Himachal Pradesh Athletics Championship 2021

On 13th and 14th February 2021 at Dharmshala

Men 100m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Paras	Kangra		First	10.58s
2	Ravinder	Solan		Second	10.98s
3	Vikas	Hamirpur		Third	11.84s

Men 200m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Paras	Kangra		First	22.8s
2	Sandeep	Hamirpur		Second	24.27s
3	Rishav	Una		Third	24.8s

Men 400m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Ankesh	Kangra		First	48.68s
2	Sandeep	Hamirpur		Second	51.08s
3	Rishabh	Sirmour		Third	54.07s

Men 800m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Ankesh	Kangra		First	1:54.07s
2	Abhishak	Kangra		Second	2:07.54s
3	Gulshan	Hamirpur		Third	2:08.83s

Men 1500m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Parveen	Mandi		First	4”06.8s
2	Tarun	Una		Second	4:25.3s
3	Raninder	Una		Third	4.27s

Men 5000m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Praveen	Mandi		First	16:30.9s
2	Aman	Una		Second	17:39.68s
3	Akshay	Kullu		Third	17:55.96s

Men 10000m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Sanjeev	Hamirpur		First	36:15.4s
2	Akshay	Kullu		Second	36:17.9s
3	Shahid Mohd	Una		Third	36:54.3s

Men Long Jump

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Rohit Kumar	Hamirpur		First	6.30m
2	Ravinder Kumar	Solan		Second	6.1m
3	Akash	Sirmour		Third	5.98m

Men Shot Put

Sr No	Name of Athlete	District unit	Event	Place	Performance

1	Jai Singh	Solan		First	10.69m
2	Ritik heer	Una		Second	8.88m
3	Vikas Parmar	Mandi		Third	8.66m

Women 100m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Priya Thakur	Hamirpur		First	12.44s
2	Gurpreet Kaur	Sirmour		Second	16.06s
3	Deepika	Kangra		Third	16.43s

Women 200m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Priya	Hamirpur		First	25.77s
2	Kritika	Bilaspur		Second	29.34s
3	Ambika	Mandi		Third	31.71s

Women 400m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Manisha	Hamirpur		First	1:02.6s
2	Monika	Mandi		Second	1:19.84s
3				Third	

Women 800m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Sunita	Kangra		First	2:20.9s
2	Ankita	Mandi		Second	2:49.55s
3	Shabnam	Mandi		Third	3:04.41s

Women 1500m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Sunita	Kangra		First	4:55.2s
2	Tamanna	Mandi		Second	5:05.8s
3	Anita	Mandi		Third	5:36.3s

Women 5000m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Kaneejo	Kangra		First	18:31.97s
2	Gargi	Una		Second	19:14.5s
3	Tamanna	Mandi		Third	19:30.7s

Women 10000m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Bhagirathi	Sirmour		First	
2	Jayotibala	Una		Second	
3	ganga	Mandi		Third	

Women Long Jump

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Preeti	Mandi		First	4.02m
2	Meena	Bilaspur		Second	3.95m
3	Anjani	L&s		Third	3.93m

Woman Shot put

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Priya	Kangra		First	8.18m
2	Rama Devi	Una		Second	7.57m
3				Third	

Junior Men 100m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Arik	Kangra		First	11.55s
2	Avantik	Kangra		Second	11.93
3	kartik	Sirmour		Third	11.98s

Junior Men 200m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Rajeev Kumar	Hamirpur		First	23.2s
2	AniK	Kangra		Second	24.09s
3	Arik	Kangra		Third	24.5s

Junior Men 400m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Rohit	Mandi		First	49.54s
2	Rajeev	Hamirpur		Second	51.13s
3	Kishan	Hamirpur		Third	52.11s

Junior Men 800m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Rohit	Mandi			2:01.9s
2	Vikash	Kullu			2:03.5s
3	Krishan	Hamirpur			2:07.2s

Junior Men 1500m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Chaman Lal	Mandi		First	4:13.4s
2	Shivam	Kangra		Second	4:13.7s
3	Aaditya	Hamirpur		Third	4:26.4s

Junior Men 5000m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Chaman Lal	Mandi		First	16.34s
2	Abhishak	Una		Second	17.18s
3	Suneel	Kullu		Third	17.23s

Junior Men 10000m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Abhishak	Una		First	33.45.3s
2	Rohit	Sirmour		Second	33:50.2s
3	Rohit	Hamirpur		Third	35:11.5s

Junior Men Long Jump

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Pankaj	Mandi		First	5.85m
2	Rajpal	Solan		Second	5.50m
3	Subham	Kangra		Third	5.45m

Junior Men Shot Put

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Yuv Raj	Sirmaour		First	11.2m

2	Aman	Solan		Second	9.95m
3	Aditya	Mandi		Third	9.65m

Junior woman 100m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Soniya	Kangra		First	12.51s
2	Sheetal	Hamirpur		Second	14.24s
3	Samiksha	Sirmour		Third	15.01s

Junior woman 200m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Soniya Jamwal	Kangra			26.63s
2	Sheetal	Hamirpur			30.52s
3	Prerna waliya	Mandi			32.06s

Junior woman 400m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Prinyaka	Mandi		First	1:15.3s
2	Kanchan	Mandi		Second	1:17.09s
3	Nagma	Sirmour		Third	1:22.3s

Junior woman 800m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Nikita	Una		First	2:20.2s
2	Anjana	Mandi		Second	2:34.7s
3	Tanuja	Mandi		Third	3:52.2s

Junior woman 1500m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Nikita	Una		First	4:55.9s
2	Anjana	Mandi		Second	5:26.16s
3	Prakriti	Hamirpur		Third	6:42.22s

Junior woman 5000m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Ganga	Mandi		First	20:08.2s
2	Shiya	Mandi		Second	20:30.8s
3	Jayoti	Una		Third	20:45.6s

Junior woman 10000m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Ganga	Mandi		First	40:26.4s
2	Jayoti	Una		Second	40:43.8s
3	Bhagirathi	Sirmour		Third	42:19.8s

Junior woman Long Jump

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Samiksha	Sirmour		First	4.28m
2	Manisha	Solan		Second	3.94m
3	Jayoti	Mandi		Third	3.70m

Junior woman Shot Put

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Rasleen Kaur	Sirmour		First	8.10m
2	Sunita Devi	Solan		Second	8.04m
3				Third	

Boys U-18 100m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Akrit	Kangra		First	11.78s
2	Neeraj	Hamirpir		Second	12.12s
3	Rishav	Solan		Third	12.24s

Boys U-18 200m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Arvind	Kangra		First	24.3s
2	Aakrit	Kangra		Second	24.4s
3	Banti	Sirmour		Third	24.8s

Boys U-18 400m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Arvind	Kangra		First	52.62s
2	Banti	Sirmour		Second	54.74s
3	Deepak	Una		Third	55.45s

Boys U-18 800m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Karan Singh	Una		First	2:04.9s
2	Yash Pal	Mandi		Second	2:06.1s
3	Mohit	Bilaspur		Third	2:12.2s

Boys U-18 1500m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Rahul	Mandi		First	4:24.2s
2	Karan	Una		Second	4:25.00s
3	Aniket	Solan		Third	4:26.8s

Boys U-18 3000m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Rahul	Mandi		First	9:30.2s
2	Rohit	Mandi		Second	9:31.2s
3	Naman	Sirmour		Third	9:44.4s

Boys U-18 Long Jump

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Harash	Hamirpur		First	5.64m
2	Asmit	Mandi		Second	5.59m
3	Laksay	Kangra		Third	5.40m

Boys U-18 Shot Put

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Yajat	Sirmour		First	16.48m

2	Anand	Hamirpur		Second	9.30m
3	Vansh	Kullu		Third	9.21m

Girls U-18 100m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Sanjana	Hamirpur			13.25s
2	Jayoti	Mandi			13.76s
3	Satwinder	Sirmour			14.01s

Girls U-18 200m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Divya Rajput	Hamirpur		First	27.09
2	Sanjana	Hamirpur		Second	28.1s
3	Samriti	Kangra		Third	28.6s

Girls U-18 400m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Divya Rajpur	Hamirpur		First	1:00.89s
2	Kushi	Kangra		Second	1:02.87s
3	Sakshi	Mandi		Third	1:11.03s

Girls U-18 800m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Khushi	Kangra		First	2:34.2s
2	Parul	Bilaspur		Second	2:49.3s
3	Nidhi Thakur	Bilaspur		Third	2:50.03s

Girls U-18 1500m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Aastha	Mandi		First	5:43.2s
2	Sanya	Sirmour		Second	6:23.5s
3	Nikita	Sirmour		Third	7:13.3s

Girls U-18 3000m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Bholi	Kangra		First	
2	Aastha	Mandi		Second	
3	Mansi	Mandi		Third	

Girls U-18 Long Jump

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Mehak	Kangra		First	4.40m
2	Iram	Sirmour		Second	4.22m
3	Sagya	mandi		Third	4.20m

Girls U-18 Shot Put

Sr No	Name of Athlete	District unit	Event	Place	Performance

1	Nancy	Hamirpur		First	9.86m
2	Himanshi	Solan		Second	6.95m
3	Shiwani	kullu		Third	6.90m

Boys U-16 100m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Ankit Kumar	Shimla		First	12.15s
2	Mohdjumaid	Sirmour		Second	12.43s
3	Nayan	Kangra		Third	12.47s

Boys U-16 300m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Gursimran Singh	Hamirpur	300m	First	39.8s
2	Prabhjot Singh	Sirmour		Second	40.7s
3	Shashank	Hamirpur		Third	41.7s

Boys U-16 800m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Aayan	Hamirpur		First	2:09.9s
2	Vansh	Kangra		Second	2:11.02s
3	Junaid	Sirmour		Third	2:16.3s

Boys U-16 2000m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Raghav	Solan		First	6:26.2s
2	Ashok	Sirmour		Second	6:33.7
3	Rajat	Una		Third	6:37.7s

Boys U-16 Long Jump

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Naman	Hamirpur		First	5.38m
2	Ayush	Hamirpur		Second	4.90m
3	Akhil	Mandi		Third	4.70m

Boys U-16 Shot Put

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Vaibhav	Sirmour		First	12.26m
2	Gaurav	Sirmour		Second	10.65m
3	Parshant	Hamirpur		Third	9.30m

Girls U-16 100m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Kanu Priya	Solan		First	13.68s
2	Saisha	Hamirpur		Second	14.12s
3	Akshita	Kangra		Third	14.48s

Girls U-16 300m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Kanupriya	Solan		First	46.8s
2	Saisha	Hamirpur		Second	47.3s
3	AKshita	Kangra		Third	47.6s

Girls U-16 800m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Ishita	Hamirpur		First	
2	Rita	Kulu		Second	
3	Harmanpreet	Sirmour		Third	

Girls U-16 2000m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Ishita	Hamirpur		First	8:37.5s
2	Rita	Kullu		Second	8:49.6s
3	Muskan	shimla		Third	8:50.3s

Girls U-16 Long Jump

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Preeti	Bilaspur		First	4.01m
2	Diksha	Sirmour		Second	4.00m
3	Nancy	Mandi		Third	3.95m

Girls U-16 Shot Put

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Preeti	Sirmour		First	9.6m
2	Sakshi	Sirmour		Second	8.24m
3	Kalpana	Mandi		Third	7.22m

Boys U-14 60m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Suryansh	Mandi		First	8.4s
2	Krishav	Hamir pur		Second	8.5s
3	Shourya Tomar	Sirmour		Third	8.6s

Boys U-14 200m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1				First	
2				Second	
3				Third	

Boys U-14 600m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Rohit	Mandi		First	1:37.6s
2	Vishal	Una		Second	1:39.55
3	Krishav	Hamirpur		Third	1:39.8s

Boys U-14 Long Jump

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Akshita	Solan		First	4.08m
2	Suhani	Hamirpur		Second	3.60m
3	Shabnam	Kinnour		Third	3.3m

Boys U-14 Shot Put

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Prerit	Solan		First	9.91m
2	Preet	Solan		Second	9.04m
3	manish	Sirmour		Third	8.74m

Girls U-14 60m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Ambika	Hamirpur		First	8.6s
2	Anjali	Kinnour		Second	9.2s
3	Yahsika	Hamirpur		Third	9.6s

Girls U-14 200m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1				First	
2				Second	
3				Third	

Girls U-14 600m

Sr No	Name of Athlete	District unit	Event	Place	Performance
1	Suhani	Hamirpur		First	2:05.2s
2	Jayoti	Kinour		Second	2:09.3s
3	Mehak	Sirmour		Third	2:10.5s

Girls U-14 Long Jump

Sr No	Name of Athlete	District unit	Event	Place	Performance
1				First	
2				Second	
3				Third	

Girls U-14 Shot Put

Sr No	Name of Athlete	District unit	Event	Place	Performance
1				First	
2				Second	
3				Third	