

15th National Sr Federation Cup Athletics Championships-2010				
Org By:- Jharkhand Athletics Association				
01st To 04th May 2010 *** Birsa Munda Stadium, Ranchi (Jharkhand)				
~~* FINAL RESULTS *~*~*				
Event # 1 MENS 100m				
TIME=19:00 Hrs				
1/5/2010				
# N.R.:ANIL KUMAR P. NEW DELHI 10.30 24.08.05				
% M.R.:PIYUSH KUMAR DELHI 10.35 MAR-04				
RESULTS OF FINALS				
1	Sameer Mon .	ATHLETICS FEDERATION	+0.0m/s	10.47
2	Rahamatulla Molla	WEST BENGAL	+0.0m/s	10.56
3	Nagaraj.B.g .	KARNATAKA	+0.0m/s	10.59
4	Ritesh Anand .	JHARKHAND	+0.0m/s	10.63
5	Sukhendu Mondal .	WEST BENGAL	+0.0m/s	10.82
6	Ajay kr. nayak .	JHARKHAND	+0.0m/s	10.90
7	Al Ameen .	INDIAN BANK	+0.0m/s	10.92
8	Praveen Kumar .	ARMY	+0.0m/s	11.08
RESULTS OF SEMIS Heat 1				
1	Sameer Mon .	ATHLETICS FEDERATION	+0.0m/s	10.54
2	Ritesh Anand .	JHARKHAND	+0.0m/s	10.71
3	Praveen Kumar .	ARMY	+0.0m/s	10.86
4	Aneesh .	AIR FORCE	+0.0m/s	10.88
5	Jyoti S.d. .	TRIPURA	+0.0m/s	10.97
6	K. Pavan kumar .	ANDHRA PRADESH	+0.0m/s	11.11
7	Rahul Panwar .	DELHI	+0.0m/s	11.19
8	R Shreenivasan .	MADHYA PRADESH	+0.0m/s	11.35
RESULTS OF SEMIS Heat 2				
1	Sukhendu Mondal .	WEST BENGAL	+0.0m/s	10.68
2	Ajay kr. nayak .	JHARKHAND	+0.0m/s	10.81
3	Hariom Sharma .	ARMY	+0.0m/s	10.88
4	S. Srinivas .	ANDHRA PRADESH	+0.0m/s	10.96
5	M Prakash .	INDIAN BANK	+0.0m/s	11.15
6	Mukesh Pathak .	INDIAN NAVY	+0.0m/s	11.26
7	Ranjit Sharma .	MADHYA PRADESH	+0.0m/s	11.27

8	Mp Thameem .	AIR FORCE	+0.0m/s	11.38
RESULTS OF SEMIS Heat 3				
1	Rahamatulla Molla	WEST BENGAL	+0.0m/s	10.61
2	Nagaraj.B.g .	KARNATAKA	+0.0m/s	10.71
3	Al Ameen .	INDIAN BANK	+0.0m/s	10.78
4	B Ramu .	ARMY	+0.0m/s	11.03
5	Sarath .	AIR FORCE	+0.0m/s	11.06
	Sunil Kumar .	MADHYA PRADESH		DNS
RESULT OF Heat 1				
1	Hariom Sharma .	ARMY	+0.0m/s	11.11
2	Nagaraj.B.g .	KARNATAKA	+0.0m/s	11.16
3	Mp Thameem .	AIR FORCE	+0.0m/s	11.60
4	K.K.biju .	INDIAN NAVY	+0.0m/s	11.86
5	Sachin Kumar .	BIHAR	+0.0m/s	11.97
6	Sudhakar Jena .	ORDINANCE FACTORIES	+0.0m/s	12.36
	Vikas Puthran .	BSNL		DNF
RESULT OF Heat 2				
1	Rahamatulla Molla	WEST BENGAL	-0.3m/s	10.99
2	Praveen Kumar .	ARMY	-0.3m/s	11.08
3	B Ramu .	ARMY	-0.3m/s	11.16
4	Mukesh Pathak .	INDIAN NAVY	-0.3m/s	11.36
5	Rahul Panwar .	DELHI	-0.3m/s	11.44
6	Ch. Eshwar Reddy	ANDHRA PRADESH	-0.3m/s	11.68
	Ranjit Singh .	PUNJAB S.ELECTRICITY		DNS
	Ashu Bhatia .	JHARKHAND		DNS
RESULT OF Heat 3				
1	Sameer Mon .	ATHLETICS FEDERATION	+0.0m/s	10.91
2	Sukhendu Mondal .	WEST BENGAL	+0.0m/s	11.09
3	Baldev Singh .	CHANDIGARH	+0.0m/s	11.23
4	K. Pavan kumar .	ANDHRA PRADESH	+0.0m/s	11.29
5	M Prakash .	INDIAN BANK	+0.0m/s	11.33
6	Ranjit Sharma .	MADHYA PRADESH	+0.0m/s	11.48
7	Patil manoj .	GUJRAT	+0.0m/s	11.86
8	Md Faiyaz ahmed .	BIHAR	+0.0m/s	12.41
RESULT OF Heat 4				

1	Ritesh Anand .		JHARKHAND	-0.3m/s	11.05
2	S. Srinivas .		ANDHRA PRADESH	-0.3m/s	11.17
3	Aneesh .		AIR FORCE	-0.3m/s	11.20
4	R Shreenivasan .		MADHYA PRADESH	-0.3m/s	11.42
5	Rathva Rasik .		GUJRAT	-0.3m/s	11.62
	Dushyant Singh .		UTTAR PRADESH		DNS
	M. Manikandaraj .		TAMILNADU		DNS
RESULT OF Heat 5					
1	Ajay kr. nayak .		JHARKHAND	+0.0m/s	10.88
2	Al Ameen .		INDIAN BANK	+0.0m/s	10.96
3	Jyoti S.d. .		TRIPURA	+0.0m/s	11.01
4	Sarath .		AIR FORCE	+0.0m/s	11.28
5	Sunil Kumar .		MADHYA PRADESH	+0.0m/s	11.54
6	D.A. Basarwadekar		BSNL	+0.0m/s	12.09
	Tahir Ahmad.mir .		JAMMU & KASHMIR		DNS
Event # 2 MENS 200m					
TIME=18:15 Hrs					
4/5/2010					
# N.R.:ANIL KUMAR P. BANGLORE 20.73 17/07/00					
% M.R.:ANAND MENEZES AP 20.79 JUN-02					
RESULTS OF FINALS					
1	N.Kumar .		AIR FORCE	+0.0m/s	21.50
2	Dharmbir .		HARYANA	+0.0m/s	21.66
3	Hariom Sharma .		ARMY	+0.0m/s	21.82
4	Praveen Kumar .		ARMY	+0.0m/s	21.91
5	Vishal Saxena .		BSNL	+0.0m/s	21.92
6	S.Mishra .		AIR FORCE	+0.0m/s	21.95
7	N.siva Kumar .		ANDHRA PRADESH	+0.0m/s	21.96
8	L.Mardi .		AIR FORCE	+0.0m/s	22.05
RESULTS OF SEMIS Heat 1					
1	N.Kumar .		AIR FORCE	+0.0m/s	21.71
2	Dharmbir .		HARYANA	+0.0m/s	21.77
3	N.siva Kumar .		ANDHRA PRADESH	+0.0m/s	21.88
4	L.Mardi .		AIR FORCE	+0.0m/s	22.19
5	Al Ameen .		INDIAN BANK	+0.0m/s	22.73

6	B Ramu .	ARMY	+0.0m/s	22.90
7	M R khan .	MADHYA PRADESH	+0.0m/s	23.69
RESULTS OF SEMIS Heat 2				
1	Praveen Kumar .	ARMY	+0.0m/s	21.94
2	S.Mishra .	AIR FORCE	+0.0m/s	22.16
3	Malaviya Mayur .	GUJRAT	+0.0m/s	22.31
4	Swaroop Rajan .	INDIAN NAVY	+0.0m/s	22.52
5	Manoj Kumar .	MADHYA PRADESH	+0.0m/s	22.98
	Parveen Kumar .	HARYANA		DNF
	Tahir Ahmad.mir .	JAMMU & KASHMIR		DNS
	Kiran H.b. .	KARNATAKA		DNS
RESULTS OF SEMIS Heat 3				
1	Hariom Sharma .	ARMY	+0.0m/s	21.84
2	Vishal Saxena .	BSNL	+0.0m/s	21.86
3	Ratheesh. M .	KERALA	+0.0m/s	22.50
4	Vikas Sharma .	MADHYA PRADESH	+0.0m/s	22.60
5	M Prakash .	INDIAN BANK	+0.0m/s	22.85
6	Rajendra Singh .	JHARKHAND	+0.0m/s	22.99
7	Jaswant Singh .	HARYANA	+0.0m/s	23.11
	Bachhu Durlav .	WEST BENGAL		DNS
RESULT OF Heat 1				
1	N.Kumar .	AIR FORCE	+0.0m/s	21.65
2	Dharmbir .	HARYANA	+0.0m/s	21.80
3	Praveen Kumar .	ARMY	+0.0m/s	22.03
4	Ratheesh. M .	KERALA	+0.0m/s	22.20
5	M R khan .	MADHYA PRADESH	+0.0m/s	23.47
	Md Wasim akram .	JHARKHAND		DNF
	Rahul Panwar .	DELHI		DNS
RESULT OF Heat 2				
1	S.Mishra .	AIR FORCE	+0.0m/s	22.45
2	M Prakash .	INDIAN BANK	+0.0m/s	22.87
3	Manoj Kumar .	MADHYA PRADESH	+0.0m/s	22.92
4	Jaswant Singh .	HARYANA	+0.0m/s	24.66
	Manoj Kumar .	UTTAR PRADESH		DNS
	Amandeep Sharma .	PUNJAB S.ELECTRICITY		DNS

	Umesh .		BSNL		DNS
RESULT OF Heat 3					
1	Hariom Sharma .		ARMY	+0.0m/s	21.89
2	Vikas Sharma .		MADHYA PRADESH	+0.0m/s	22.31
3	Bachhu Durlav .		WEST BENGAL	+0.0m/s	22.88
4	Rajendra Singh .		JHARKHAND	+0.0m/s	23.08
	M. Manikandaraj .		TAMILNADU		DNS
	Jyoti S.d. .		TRIPURA		DNS
	Harvinder Singh .		UTTAR PRADESH		DNS
RESULT OF Heat 4					
1	Malaviya Mayur .		GUJRAT	+0.0m/s	22.15
2	Vishal Saxena .		BSNL	+0.0m/s	22.16
3	L.Mardi .		AIR FORCE	+0.0m/s	22.21
4	Swaroop Rajan .		INDIAN NAVY	+0.0m/s	22.49
5	Tahir Ahmad.mir .		JAMMU & KASHMIR	+0.0m/s	24.62
	Bibin Mathew .		JHARKHAND		DNS
RESULT OF Heat 5					
1	Parveen Kumar .		HARYANA	+0.0m/s	21.82
2	N.siva Kumar .		ANDHRA PRADESH	+0.0m/s	22.02
3	Al Ameen .		INDIAN BANK	+0.0m/s	22.68
4	B Ramu .		ARMY	+0.0m/s	22.91
5	Kiran H.b. .		KARNATAKA	+0.0m/s	22.93
	Sukhendu Mondal .		WEST BENGAL		DNF
	Budh Ram .		RAJASTHAN		DNS
Event # 3 MENS 400m					
TIME= 18:00 Hrs					
1/5/2010					
# N.R.:K.M. BINU ATHENS 45.48 20/08/04					
% M.R.:P. RAMCHANDRAN TN 45.66 JUN-02					
RESULTS OF FINALS					
1	Parveen Kumar .		HARYANA		46.87
2	S.K.murtaza .		WEST BENGAL		47.04
3	J. Prem anand .		TAMILNADU		47.10
4	Sreejith p.s. .		JHARKHAND		47.29
5	Jitin Paul .		ATHLETICS FEDERATION		47.72

6	Avin A thomas .	ATHLETICS FEDERATION	48.04
7	R.K.george .	AIR FORCE	48.18
8	Jayaprakash Shetty	KARNATAKA	48.20
RESULTS OF SEMIS Heat 1			
1	Parveen Kumar .	HARYANA	47.55
2	R.K.george .	AIR FORCE	47.74
3	Sarish Paul .	ARMY	47.92
4	Vikas .	ATHLETICS FEDERATION	48.28
5	Joseph G. Abraham	KERALA	48.54
6	Swaroop Rajan .	INDIAN NAVY	49.16
7	D. Bharata Reddy	ANDHRA PRADESH	49.25
8	S.Mishra .	AIR FORCE	50.21
RESULTS OF SEMIS Heat 2			
1	J. Prem anand .	TAMILNADU	47.22
2	Sreejith p.s. .	JHARKHAND	47.33
3	Jitin Paul .	ATHLETICS FEDERATION	47.58
4	Jayaprakash Shetty	KARNATAKA	47.89
5	P.C.barman .	ARMY	48.21
6	Bachhu Durlav .	WEST BENGAL	48.97
7	Lokesh .	MADHYA PRADESH	49.60
	K. M. binu .	KERALA	DNS
RESULTS OF SEMIS Heat 3			
1	S.K.murtaza .	WEST BENGAL	47.31
2	Avin A thomas .	ATHLETICS FEDERATION	47.66
3	N.Kumar .	AIR FORCE	48.01
4	Sunil .	HARYANA	48.27
5	Jinu K d .	ARMY	49.44
6	S. Srinivas rao .	ANDHRA PRADESH	49.48
	Ajay Kumar .	BSF	DNS
RESULT OF Heat 1			
1	N.Kumar .	AIR FORCE	48.11
2	Jitin Paul .	ATHLETICS FEDERATION	48.72
3	P.C.barman .	ARMY	49.41
4	Sunil Joseph .	BSNL	50.90
5	Jeetendra Giri .	MADHYA PRADESH	51.63

6	Amish P.pothan .	ORDINANCE FACTORIES	54.53
	Vikas Singh .	UTTAR PRADESH	DNS
	Deshmukh Sagar .	MAHARASTRA	DNS
RESULT OF Heat 2			
1	S.K.murtaza .	WEST BENGAL	48.27
2	Avin A thomas .	ATHLETICS FEDERATION	48.55
3	D. Bharata Reddy	ANDHRA PRADESH	48.70
4	Jinu K d .	ARMY	49.04
5	Lokesh .	MADHYA PRADESH	49.66
6	Shejil Varghese .	INDIAN NAVY	50.25
7	Ranjith Rai .	KARNATAKA	52.74
	Yogendra Kumar Baliyan	BIHAR	DNS
RESULT OF Heat 3			
1	Parveen Kumar .	HARYANA	47.99
2	Sreejith p.s. .	JHARKHAND	48.23
3	Bachhu Durlav .	WEST BENGAL	48.35
4	Jayaprakash Shetty	KARNATAKA	48.80
5	S. Srinivas rao .	ANDHRA PRADESH	49.57
6	Rakesh yadav .	UTTAR PRADESH	50.91
7	Aniruddha Das .	ORDINANCE FACTORIES	56.33
	D. Deepak Rathina	TAMILNADU	DNS
RESULT OF Heat 4			
1	J. Prem anand .	TAMILNADU	48.05
2	R.K.george .	AIR FORCE	48.15
3	Ajay Kumar .	BSF	48.27
4	Vikas .	ATHLETICS FEDERATION	48.35
5	T.G.agesh .	INDIAN NAVY	50.31
6	Rahul Singh .	DELHI	50.35
	Binish. V. b .	KERALA	DNS
	Gurpreet Singh .	PUNJAB	DNS
RESULT OF Heat 5			
1	Sarish Paul .	ARMY	49.86
2	Joseph G. Abraham	KERALA	50.12
3	Virendra Kairi .	MADHYA PRADESH	50.35
4	Kuldev Singh .	ONGC	50.88

	Bir Ranjeet Singh		PUNJAB S.ELECTRICITY		DNS
	Harpreet Singh .		PUNJAB		DNS
	Neeraj Panwar .		UTTAR PRADESH		DNS
	S. Gnanasekaran .		TAMILNADU		DNS
RESULT OF Heat 6					
1	K. M. binu .		KERALA		48.61
2	Sunil .		HARYANA		48.72
3	S.Mishra .		AIR FORCE		49.34
4	Swaroop Rajan .		INDIAN NAVY		49.59
	Ajay .		HARYANA		DNS
	Md Wasim akram .		JHARKHAND		DNS
	Vikas Puthran .		BSNL		DNS
	Amrik Rana .		DELHI		DNS
Event # 4 MENS 800m					
TIME= 18:00 Hrs					
4/5/2010					
# N.R.:SRIRAM SINGH MONTREAL 1:45.77 27/07/76					
% M.R.:GHAMANDA RAM RAJ 1:47.74 MAR-06					
RESULTS OF FINALS					
1	S. Prakash Verma		JHARKHAND		1:48.59
2	P. Francis Sagayaraj		TAMILNADU		1:48.71
3	Pankaj Dimri .		UTTARAKHAND		1:49.60
4	Ghamnda Ram .		ONGC		1:49.88
5	Satnam Singh .		PUNJAB		1:50.75
6	S.L.bishnoi .		AIR FORCE		1:52.87
7	Ranjan Kariappa .		KARNATAKA		1:53.14
	S.K.murtaza .		WEST BENGAL		DNF
RESULT OF Heat 1					
1	P. Francis Sagayaraj		TAMILNADU		1:52.15
2	Satnam Singh .		PUNJAB		1:52.57
3	Ranjan Kariappa .		KARNATAKA		1:52.69
4	P.Ebenazar .		TAMILNADU		1:53.09
5	Amol Kumar .		ARMY		1:54.92
6	E.K.joseph .		AIR FORCE		1:56.35
7	Manoj Burman .		GUJRAT		1:59.19

8	Vijesh V. .	ARMY	1:59.25
9	Francis Fernandes	GOA	2:05.91
10	Parmar Upendra .	GUJRAT	2:06.09
	Madhukant Pandey	BIHAR	DNF
	Kuldeep Kumar .	PUNJAB	DNF
RESULT OF Heat 2			
1	S. Prakash Verma	JHARKHAND	1:53.37
2	S.L.bishnoi .	AIR FORCE	1:53.43
3	A.Alberi .	ARMY	1:54.60
4	Vipul Rana .	JHARKHAND	1:54.72
5	Rajeev .	HARYANA	1:54.91
6	Jaya Kumar k.a. .	INDIAN NAVY	1:55.64
7	Ajay .	DELHI	2:03.00
8	Amrish Sharma .	JAMMU & KASHMIR	2:06.76
	Nitin Kumar .	UTTAR PRADESH	DNF
	N.Yadav .	INDIAN NAVY	DNF
	Jomet C.t. .	MAHARAstra	DNF
	Ram Asrey yadav .	UTTAR PRADESH	DNF
RESULT OF Heat 3			
1	Pankaj Dimri .	UTTARAKHAND	1:51.63
2	Ghamnda Ram .	ONGC	1:51.89
3	S.K.murtaza .	WEST BENGAL	1:52.47
4	Suhesh .	MADHYA PRADESH	1:52.72
5	Manjit Singh .	HARYANA	1:53.97
6	Shammi Yadav .	DELHI	1:55.77
7	Anil Kujur .	JHARKHAND	1:59.89
8	Ramraj .	RAJASTHAN	2:01.02
	Sumit Kumar .	BIHAR	DNS
	Rohith V. .	BSNL	DNS
	Jayaprakash Shetty	KARNATAKA	DNS
	Beer Singh .	HARYANA	DNS
Event # 5 MENS 1500m			
TIME=17:45 Hrs			
02-5-2010			

# N.R.:BAHADUR PRASAD CHENNAI 3:38.00 23/12/95				
% M.R.:C. HAMZA ARMY 3:41.12 13.5.2007				
1	Sandeep .	GUJRAT		3:47.69
2	P.Ebenezar .	TAMILNADU		3:48.91
3	Ranjan Kariappa .	KARNATAKA		3:49.78
4	Pranjal Gogal .	ARMY		3:50.17
5	N.Yadav .	INDIAN NAVY		3:52.17
6	Ranjeet C k .	MADHYA PRADESH		3:52.36
7	Arjun Pradhan .	ARMY		3:54.63
8	Ajesh N.b. .	MAHARASTRA		3:55.29
9	Anoop T.k .	GUJRAT		3:57.14
10	Sanjeev .	HARYANA		3:58.71
Event # 6 MENS 5000m				
TIME= 7:00 Hrs				
01-5-2010				
#N.R.:B.PRASAD BIRMINGHAM :13:29.70 25/06/92				
% M.R.:SURENDER SINGH ARMY :13:51.64 10.5.2007				
1	Sunil .	HARYANA		14:08.62
2	Sandeep Kumar Batham	MADHYA PRADESH		14:09.15
3	Md Yunus .	ARMY		14:11.59
4	S. Raghunath .	TAMILNADU		14:18.99
5	Sandeep .	GUJRAT		14:23.56
6	Kheta Ram .	ARMY		14:37.78
7	Vishram Meena .	RAJASTHAN		14:49.63
8	Devender Singh Parihar	BSNL		14:52.49
9	Singh Sobraj .	MAHARASTRA		15:01.39
10	Karan Singh .	HARYANA		15:01.58
11	Padmanabhan .	UTTAR PRADESH		15:01.59
12	Singh Laxman .	MAHARASTRA		15:06.53
13	Dharmender Singh	CHANDIGARH		15:10.04
14	Samod Kumar .	DELHI		15:15.11
15	Y.Yadav .	AIR FORCE		15:16.92
16	Ashish Kumar .	MAHARASTRA		15:18.63
17	Lakshmi Narayanan	TAMILNADU		15:20.00
18	S.V.taide .	AIR FORCE		15:31.85

19	Sukhdev Singh .		CHANDIGARH		15:37.64
20	Ram Raj .		JAMMU & KASHMIR		15:45.82
	Param Singh .		UTTAR PRADESH		DNF
	Ramesh Mor .		PUNJAB		DNF
	Arvind Yadav .		MADHYA PRADESH		DNF
	Jhagendraa Kumar Sahu		CHATTISGARH		DNF
	Mahesh Kumar .		BSNL		DNF
	Amar Singh .		ARMY		DNF
	Umesh Kumar Kushwaha		BIHAR		DNF
	Dharmendra .		MADHYA PRADESH		DNF
	Sandip Kumar .		JHARKHAND		DNF
Event # 7 MENS 10000m					
TIME= 5:30 Hrs					
4/5/2010					
#N.R.:S.SINGH VIGO-SPAIN :28:02.89 12.07.08					
% M.R.:SURENDER SINGH ARMY :28:57.90 13.5.2007					
1	Sunil .		HARYANA		29:30.81
2	Suresh Kumar .		ONGC		29:33.40
3	Md Yunus .		ARMY		29:37.75
4	Kheta Ram .		ARMY		30:08.80
5	B.C.tilak .		ARMY		30:18.11
6	Nandraj Singh .		RAJASTHAN		30:21.08
7	Vishram Meena .		RAJASTHAN		31:01.33
8	Pal Ramesh Kumar		MAHARASTRA		31:04.45
9	Rajesh .		GUJRAT		31:40.40
10	Lakshmi Narayanan		TAMILNADU		31:41.06
11	Dharmender Singh		CHANDIGARH		31:47.04
12	O Sanatan singh .		MADHYA PRADESH		32:03.83
13	Yadav Guddu .		MAHARASTRA		33:32.23
14	Devender Singh Parihar		BSNL		33:52.33
15	Jasbeer Saini .		UTTARAKHAND		34:16.19
	Sandeep Kumar Batham		MADHYA PRADESH		DNF
	Pritam Bind .		ONGC		DNF
	Arvind Yadav .		MADHYA PRADESH		DNF
	Santosh Kumar Dhiwar		CHATTISGARH		DNF

	S. Raghunath .	TAMILNADU	DNF
	S.B.patel .	AIR FORCE	DNF
	Suresh kumar Patel	UTTAR PRADESH	DNF
	Ramesh Mor .	PUNJAB	DNS
	M.Shallairung Kabui	MANIPUR	DNS
	S.V.taide .	AIR FORCE	DNS
	Karan Singh .	HARYANA	DNS
	Param Singh .	UTTAR PRADESH	DNS
	Thounaojam Sanji T.	DELHI	DNS
	Nandraj Singh Naruka	UTTAR PRADESH	DNS
Event # 8 MENS 3000m Steeplechase			
TIME= 18:50 Hrs			
03-5-2010			
# N.R.:GOPAL SAINI TOKYO 8:30.88 5/6/1981			
% M.R.:A De'SOUZA AP 8:51.77 JUN-02			
1	R. Ramachandran .	TAMILNADU	8:44.33 *NMR
2	Pritam Bind .	ONGC	8:45.44
3	Elam Singh .	UTTARAKHAND	8:45.84
4	Thounaojam Sanji T.	DELHI	9:02.40
5	Vineet Malik .	UTTARAKHAND	9:15.79
6	D.Kumar .	INDIAN NAVY	9:20.97
7	Karamveer .	ARMY	9:23.07
8	Singh Sobraj .	MAHARASTRA	9:23.73
9	Jasvirsingh .	GUJRAT	9:23.89
10	Jaiveer Singh .	ARMY	9:29.76
11	Raju Ram jani .	CRPF	9:31.26
12	K.l. Girish .	KARNATAKA	9:33.97
	Tejbali Yadav .	ARMY	DNS
	Sukhdev Singh .	CHANDIGARH	DNS
	Sheymon Joseph .	KERALA	DNS
	Elam Singh .	JHARKHAND	DNS
	Rati Ram saini .	RAJASTHAN	DNS
	Jiyalal .	MADHYA PRADESH	DNS
	Avdhesh Kumar .	MADHYA PRADESH	DNS
	Manju .	JHARKHAND	DNS

	Y.Yadav .		AIR FORCE		DNS
	Om Prakash .		MADHYA PRADESH		DNS
	Vijay Kumar Bharti		UTTAR PRADESH		DNS
	Sheo Poojan Bind		UTTAR PRADESH		DNS
Event # 9 MENS 110m Hurdles					
TIME= 17:50 Hrs					
3/5/2010					
# N.R.:KRISHAN MOHAN K. SSCB 13.96 10.09.08					
% M.R.:NAUNIDH SINGH BSF 14.21 JUL-03					
RESULTS OF FINALS					
1	Parmar Sandeep .		MAHARASTRA	+0.0m/s	14.34
2	Thingalaya Sidhant		MAHARASTRA	+0.0m/s	14.41
3	Amandeep Singh .		PUNJAB	+0.0m/s	14.61
4	Sabha Bhagat .		ANDHRA PRADESH	+0.0m/s	14.62
5	Amith Yadav.s. .		KARNATAKA	+0.0m/s	14.65
6	P.Pandi .		ARMY	+0.0m/s	14.72
7	M. Krish Beethovan		TAMILNADU	+0.0m/s	14.75
8	P.Gopinath .		AIR FORCE	+0.0m/s	15.22
RESULT OF Heat 1					
1	P.Pandi .		ARMY		14.83
2	Amith Yadav.s. .		KARNATAKA		15.10
3	Amandeep Singh .		PUNJAB		15.17
4	B.Nimesh .		INDIAN NAVY		15.51
	Bir Ranjeet Singh		PUNJAB S.ELECTRICITY		DNS
	Raghvender Singh		UTTAR PRADESH		DNS
RESULT OF Heat 2					
1	Thingalaya Sidhant		MAHARASTRA		14.56
2	P.Gopinath .		AIR FORCE		15.31
3	Dharmmedhar Mahanta		ORISSA		15.32
4	T.Sherawat .		ARMY		15.63
5	Ajit Shukla .		MADHYA PRADESH		16.02
6	Rajesh Mathew .		INDIAN NAVY		16.48
	Rohit Hawal .		KARNATAKA		DNS
RESULT OF Heat 3					
1	Parmar Sandeep .		MAHARASTRA		14.65

2	Sabha Bhagat .	ANDHRA PRADESH	15.17
3	M. Krish Beethovan	TAMILNADU	15.23
4	A.Joshi .	ARMY	15.79
5	R K vishwakarma .	MADHYA PRADESH	15.99
6	Rahul Kumar Tiwari	UTTAR PRADESH	16.06
Event # 10 MENS 400m Hurdles			
TIME= 17:15 Hrs			
04-5-2010			
# N.R.:JOSEPH G.ABRAHAM OSAKA 49.51 26.08.07			
% M.R.:JOSEPH ABRAHAM CRPF 50.04 13.5.2007			
RESULTS OF FINALS			
1	Joseph G. Abraham	KERALA	51.11
2	Avin A thomas .	ATHLETICS FEDERATION	51.38
3	Thapan Devnath .	ARMY	51.66
4	T. Balamurugan .	TAMILNADU	52.55
5	Chandra Shekar .	ARMY	53.69
6	Jitender .	ARMY	53.93
7	Jaspal Singh .	MADHYA PRADESH	54.55
	Shejil Varghese .	INDIAN NAVY	DNF
RESULT OF Heat 1			
1	Thapan Devnath .	ARMY	51.99
2	Avin A thomas .	ATHLETICS FEDERATION	52.47
3	Shibu Michkel .	MADHYA PRADESH	54.88
4	A. Yogesh .	TAMILNADU	56.24
	Jomon. P. p .	KERALA	DNS
	Bhagbir Singh .	DELHI	DNS
	G.k. Aditya .	KARNATAKA	DNS
RESULT OF Heat 2			
1	Jitender .	ARMY	52.57
2	Joseph G. Abraham	KERALA	53.00
3	Shejil Varghese .	INDIAN NAVY	53.36
4	Jaspal Singh .	MADHYA PRADESH	54.58
5	Dharmmedhar Mahanta	ORISSA	56.04
	Manish Kumar Maurya	UTTAR PRADESH	DNS

	P Shanker .	ONGC	DNS
RESULT OF Heat 3			
1	T. Balamurugan .	TAMILNADU	53.97
2	Chandra Shekar .	ARMY	54.06
3	K.T.tony .	INDIAN NAVY	55.06
4	Sushil Rawal .	BSF	56.34
5	R.K.yadav .	AIR FORCE	58.38
	Md. Rizwan khan .	JHARKHAND	DNS
	Vijith Vijayan .	KERALA	DNS
Event # 11 MENS High Jump			
TIME= 17:15			
02-5-2010			
# N.R.:HARI SHANKER ROY SINGAPORE 2.25 28.09.04			
% M.R.:HARI SHANKER ROY WB 2.21 13.5.2007			
1	C. Nickil Chittarasu	TAMILNADU	2.15m
2	Jitin Thomas .	ARMY	2.11m
3	P.Shankar .	INDIAN NAVY	2.08m
4	L. Yogaraj .	TAMILNADU	2.08m
5	Pavan Prakash .	ARMY	2.00m
6	G.S.sarath .	AIR FORCE	2.00m
7	Ashok M .	MADHYA PRADESH	2.00m
8	Abhishek Roy .	MADHYA PRADESH	1.95m
8	Ritesh Kumar .	DELHI	1.95m
10	S.Sreenath .	INDIAN NAVY	1.90m
	Alex Thomas .	ARMY	NM
	Suresh Kumar .	UTTAR PRADESH	NM
	Basavaraj T .	KARNATAKA	DNS
	K.N.dileep .	BSNL	DNS
	Hari Shankar Roy	JHARKHAND	DNS
	Chander Has Kushwaha	UTTAR PRADESH	DNS
	Nitya Nand Singh	UTTAR PRADESH	DNS
	Chavda Lakshman .	GUJRAT	DNS
Event # 12 MENS Pole Vault			
TIME= 17:00 Hrs			
03-5-2010			

# N.R.:VIJAY PAL SINGH TRIVENDRAM 5.10 27/12/87				
% M.R.:GAJANAN UPADHAYA UP 5.00 JUNE-5				
1	Gajana Upadhay .	JHARKHAND		5.02m *NMR
2	N. Vadivel .	TAMILNADU		4.90m
3	Bineesh Jacob .	KERALA		4.80m
4	Ajimon .	ARMY		4.80m
5	Jora Singh .	BSF		4.60m
5	Sunder Singh .	BSF		4.60m
5	Vijender Kumar .	ANDHRA PRADESH		4.60m
8	Sanjeev Kumar .	ARMY		4.60m
8	Devender .	HARYANA		4.60m
10	Avdesh Kumar .	ARMY		4.50m
10	Suresh .	HARYANA		4.50m
12	Sita Ram .	RAJASTHAN		4.30m
	Sabu R .	MADHYA PRADESH		FOUL
	B N singh .	MADHYA PRADESH		FOUL
	Maharani Deen Yadav	BSNL		DNS
	K. Rajesh .	TAMILNADU		DNS
	Parveen Kumar .	PUNJAB		DNS
	Sunder Singh .	HARYANA		DNS
Event # 13 MENS Long Jump				
TIME=17:10				
02-5-2010				
# N.R.:AMRIT PAL SINGH DELHI 8.08 16/03/04				
% M.R.:AMRIT PAL SINGH PUN 8.08 MAR-04				
1	Raja Oommen .	KERALA	+0.0m/s	7.42m
	6.97, 6.38, 7.39, 7.25, 7.42, 7.39			
2	Ankit Sharma .	MADHYA PRADESH	+0.0m/s	7.39m
	7.18, 7.28, 7.23, 7.29, 7.39, FOUL			
3	Rajpal Singh .	ARMY	+0.0m/s	7.37m
	7.25, 6.91, 7.30, FOUL, 7.37, FOUL			
4	Md Ibrar .	AIR FORCE	+0.0m/s	7.36m
5	R.S.bijil .	ARMY	+0.0m/s	7.32m
6	Nafees Ahmed .	ARMY	+0.0m/s	7.18m
7	Sudhir .	HARYANA	+0.0m/s	7.18m

8	Smsher Pratap Singh		ONGC	+0.0m/s	7.14m
9	K.N.dileep .		BSNL	+0.0m/s	7.07m
10	A. Amalanathan .		TAMILNADU	+0.0m/s	6.91m
11	Sabha Bhagat .		ANDHRA PRADESH	+0.0m/s	6.89m
12	Mukesh Kumar Singh		BIHAR	+0.0m/s	6.87m
13	Anupam Das .		MADHYA PRADESH	+0.0m/s	6.75m
14	Rakesh Kr.singh .		JHARKHAND	+0.0m/s	6.74m
15	Gajender Singh .		UTTAR PRADESH	+0.0m/s	6.71m
16	S.S.yadav .		AIR FORCE	+0.0m/s	6.69m
17	Santosh George .		INDIAN NAVY	+0.0m/s	6.42m
18	Baria Rajendrasinh		GUJRAT	+0.0m/s	6.31m
19	Suresh Kumar .		HARYANA	+0.0m/s	6.17m
	V.ashok Kumar .		BSNL		FOUL
	Amritpal Singh .		PUNJAB		DNS
	Raja .		GUJRAT		DNS
	Anilkumar .		GUJRAT		DNS
	Pushpender Singh		UTTAR PRADESH		DNS
	Maha Singh .		PUNJAB		DNS
	Saurabh singh .		UTTAR PRADESH		DNS
	A. Rositto sax .		TAMILNADU		DNS
	Bhupinder Singh .		BSF		DNS
	Shankar Dhamdhay		GOA		DNS
Event # 14 MENS Triple Jump					
TIME= 17:20					
01-5-2010					
# N.R.:RENJITH MAHESHWARY GUWAHATI 17.04 23.06.07					
% M.R.:RENJITH MAHESHWARI KER 16.72 13.5.2007					
1	Saurabh singh .		UTTAR PRADESH	+0.0m/s	15.42m
14.80, 14.78, 15.14, 15.13, 15.19, 15.42					
2	Bibin Dev .		ARMY	+0.0m/s	15.16m
14.79, FOUL, 15.16, FOUL, FOUL, 14.97					
3	Shailender Kumar		CRPF	+0.0m/s	15.04m
14.61, 14.74, 14.70, 14.57, 15.04, 15.00					
4	Y.papa Rao .		ARMY	+0.0m/s	14.95m
5	Gajender Singh .		UTTAR PRADESH	+0.0m/s	14.83m

6	Tanmoy Adhikari .	MADHYA PRADESH	+0.0m/s	14.69m
7	Sopavitar Pal Singh	BSF	+0.0m/s	14.67m
8	N.Mohanan .	INDIAN NAVY	+0.0m/s	14.63m
9	M. Sharat babu .	ANDHRA PRADESH	+0.0m/s	14.52m
10	Jixton Tom jose .	ARMY	+0.0m/s	14.37m
11	S D kiran .	MADHYA PRADESH	+0.0m/s	13.23m
	P.Kannan .	INDIAN BANK		FOUL
	Md lbrar .	AIR FORCE		FOUL
	T.M.thangavelu .	INDIAN BANK		FOUL
	Jaspal Singh .	PUNJAB S.ELECTRICITY		DNS
	Amarjit Singh .	PUNJAB		DNS
	B. Baskar .	TAMILNADU		DNS
	Anilsing .	GUJRAT		DNS
	Amarjeet Singh .	JHARKHAND		DNS
	V.ashok Kumar .	BSNL		DNS
	Mishra Dhiraj .	MAHARASTRA		DNS
	Pushpender Singh	UTTAR PRADESH		DNS
Event # 15 MENS Discus Throw				
TIME=17:05 Hrs				
03-5-2010				
# N.R.:VIKAS GOWDA SALINAS 64.96 17/5/07				
% M.R.:ANIL KUMAR TELCO 59.55 MAR-00				
1	Simranjit Singh .	BSF		52.97m
50.49, 51.10, FOUL, 52.97, FOUL, FOUL				
2	Vikas Poonia .	ATHLETICS FEDERATION		51.83m
FOUL, 51.83, FOUL, 48.55, FOUL, FOUL				
3	Amrit Pal singh .	JHARKHAND		51.09m
47.67, 49.79, 51.09, 49.21, 49.19, 49.86				
4	Lakhwinder Singh	HARYANA		50.23m
5	Sunil .	ATHLETICS FEDERATION		50.13m
6	Vipender Singh .	INDIAN NAVY		49.73m
7	Rishpal Singh .	DELHI		48.64m
8	Ramavtar .	ARMY		46.72m
9	U.S.chaudhary .	AIR FORCE		46.13m
10	Nitesh Rathi .	ARMY		44.92m

11	Deepak Chaudhary	UTTAR PRADESH	44.88m
12	Satish Kumar .	ARMY	44.79m
13	Dharam raj .	UTTAR PRADESH	42.27m
14	Bonny C g .	MADHYA PRADESH	42.08m
15	Amit Kumar Singh	UTTAR PRADESH	41.41m
16	Nand Lal singh .	BIHAR	38.01m
17	Rahul Kr. ojha .	JHARKHAND	34.78m
	Surendra Singh .	JHARKHAND	DNS
	Vivek .	GUJRAT	DNS
	Amrinder Singh .	PUNJAB S.ELECTRICITY	DNS
Event # 16 MENS Hammer Throw			
TIME=17:00 Hrs			
04-5-2010			
# N.R.:RAKESH KUMAR YADAV BANGLORE 70.16 17/07/03			
% M.R.:ISHTIYaq AHMED UP 67.41 AUG-99			
1	Chandrodaya Narayan Singh	UTTAR PRADESH	62.83m
	59.83, FOUL, 58.89, 60.69, 60.97, 62.83		
2	Harvinder Singh Dagar	UTTAR PRADESH	61.77m
	60.68, FOUL, 61.77, FOUL, FOUL, 61.20		
3	Nirbhay Singh .	INDIAN NAVY	61.59m
	58.46, 59.48, FOUL, 60.91, 61.59, FOUL		
4	Ajaj Ahmed .	ONGC	60.93m
5	Shiv Kumar .	UTTARAKHAND	60.73m
6	Imran Ahmed .	ARMY	59.90m
7	Satish .	MADHYA PRADESH	58.15m
8	Kaushal Kumar Singh	BIHAR	56.61m
9	Rama Shankar Yadav	MADHYA PRADESH	56.09m
10	Neeraj .	RAJASTHAN	55.65m
11	Hari Singh .	GUJRAT	54.59m
12	Amit Gill .	HARYANA	53.36m
13	Shahnawaz Khan .	PUNJAB	53.29m
14	Anil Kumar .	RAJASTHAN	52.98m
15	Harmesh .	MADHYA PRADESH	51.79m
16	Vinod Kumar .	BSNL	48.29m
	Rambir .	HARYANA	FOUL

	Amit Kumar .	ARMY	FOUL
	Ravinder .	ARMY	FOUL
	S.K.mishra .	JHARKHAND	DNS
	Kaushal Kumar Singh	UTTAR PRADESH	DNS
	C.B.shukla .	JHARKHAND	DNS
	Sahib Singh .	PUNJAB S.ELECTRICITY	DNS
	Aftab Alam .	ANDHRA PRADESH	DNS
Event # 17 MENS Javelin Throw			
TIME= 18:15 Hrs			
02-5-2010			
# N.R.:SATVIR SINGH KOLKATTA 79.68 27/10/98			
% M.R.:RAMAN DEEP SINGH POL 78.79 AUG-99			
1	Kashinath .	KARNATAKA	74.06m
	69.70, 70.35, 72.48, 74.06, 73.61, 70.33		
2	Vipin Kasana .	DELHI	73.92m
	FOUL, 68.58, 72.23, 73.92, 72.89, 71.48		
3	Anuj Kumar .	DELHI	72.71m
	63.53, 61.99, 69.54, 72.71, FOUL, FOUL		
4	Devender Singh .	ARMY	71.31m
5	Krishana Nand Tripathi	UTTAR PRADESH	70.85m
6	Jag Mohan .	INDIAN NAVY	70.75m
7	Samarjeet Singh .	ONGC	70.57m
8	A.K.tiwari .	ARMY	68.65m
9	Amit Majumder .	BIHAR	67.19m
10	Satpal .	HARYANA	65.42m
11	Arun Singh .	ARMY	64.32m
12	Yashjeet Singh .	UTTARAKHAND	63.51m
13	Ankit Singh .	MADHYA PRADESH	62.63m
14	Sandeep Kumar y S	MADHYA PRADESH	62.49m
15	Vipan Kumar Tyagi	BSF	59.52m
16	Bir Bahadur Singh	BIHAR	57.95m
17	Lijish .	MADHYA PRADESH	57.73m
	M.Priyokumar Meitei	MANIPUR	FOUL
	Digantha Barua .	ONGC	DNS
	Vipin Kasana .	UTTAR PRADESH	DNS

	Purandar Pj .	KARNATAKA	DNS
	Virender Kumar .	AIR FORCE	DNS
	Anil Kumar .	HARYANA	DNS
	Vipin Panwar .	UTTAR PRADESH	DNS
Event # 18 MENS Shot Put			
TIME= 19:50 Hrs			
3/5/2010			
# N.R.:SHAKTI SINGH CHENNAI 20.42 29/07/00			
% M.R.:BAHADUR SINGH P.POL 19.68 JUN-02			
1	Saurabh Vij .	ONGC	18.91m
FOUL, 17.66, 17.76, 17.67, 18.77, 18.91			
2	Gurpreet Singh .	PUNJAB	17.73m
16.49, 16.16, 16.53, 16.83, 17.03, 17.73			
3	A.Malik .	AIR FORCE	17.37m
FOUL, 16.63, FOUL, 16.36, 17.37, 17.16			
4	Kulvinder .	AIR FORCE	17.33m
5	Sandeep Kumar .	ARMY	16.60m
6	S Santosh kumar .	MADHYA PRADESH	16.54m
7	Jasdeep Singh .	ONGC	16.49m
8	Ramesh Kumar .	HARYANA	15.96m
9	Budhisatva Banerjee	MADHYA PRADESH	15.81m
10	Sombir Singh .	ARMY	14.51m
11	Aravind .	KARNATAKA	14.44m
12	Baljinder Singh .	ARMY	14.35m
13	Rahul Kr. ojha .	JHARKHAND	13.01m
	Tarun Veer Singh Waraich	UTTARAKHAND	FOUL
	Om Prakash .	HARYANA	DNS
	Santhosh Kumar .	TAMILNADU	DNS
	Sudhansu Mishra .	UTTAR PRADESH	DNS
	Satyender Kumar .	JHARKHAND	DNS
	Md Ujjaed .	UTTAR PRADESH	DNS
Event # 19 MENS 4x100m Relay			
TIME= 9:00 Hrs			
02-5-2010			
# N.R.:INDIAN NATIONAL TEAM BUSAN 39.36 13/10/02			

% M.R.:AAFI NATIONAL TEAM AAFI 40.27 JUL-98				
RESULTS OF FINALS				
1	ARMY			41.71
171	Hariom Sharma .	199	Satbir .	
161	B Ramu .	188	Praveen Kumar .	
2	PUNJAB			42.17
651	Amandeep Singh .	655	Bhagwant Singh .	
666	Parveen Kumar .	670	Vikas Parashar .	
3	ANDHRA PRADESH			42.65
138	K. Pavan kumar .	147	Ch. Eshwar Reddy	
148	D. Bharata Reddy	140	N.siva Kumar .	
4	MADHYA PRADESH			42.82
596	Virendra Kairi .	588	Shanoj .	
595	Vikas Sharma .	580	R Shreenivasan .	
5	INDIAN NAVY			42.94
378	B.Nimesh .	382	K.K.biju .	
394	Swaroop Rajan .	385	Mukesh Pathak .	
6	GUJRAT			43.25
321	Rathva Rasik .	317	Patil manoj .	
311	Malaviya Mayur .	327	Baria Rajendrasinh	
7	AIR FORCE			43.70
117	R.K.yadav .	112	Mp Thameem .	
104	Aneesh .	124	Sarath .	
8	BSNL			43.73
248	Sunil Joseph .	256	D.A. Basarwadekar	
255	Vishal Saxena .	250	Umesh .	
RESULT OF Heat 1				
1	PUNJAB			42.38
2	ANDHRA PRADESH			42.65
3	MADHYA PRADESH			42.82
4	AIR FORCE			43.70
	JHARKHAND			DNS
	BIHAR			DNS
RESULT OF Heat 2				
1	ARMY			42.07

2	BSNL				42.93
3	INDIAN NAVY				43.15
4	GUJRAT				43.32
5	INDIAN BANK				44.68
	TAMILNADU				DNS
Event # 20 MENS 4x400m Relay					
TIME=19:00 Hrs					
4/5/2010					
#N.R.:I.NATIONAL TEAM BANGKOK 3:02.62 19/12/98					
% M.R.:AFI NATIONAL TEAM AAFI 3:04.40 JUN-02					
1	ARMY				3:11.54
175	Jinu K d .	186	Pavan Prakash .		
189	R.K.tiwari .	198	Sarish Paul .		
2	HARYANA				3:11.85
345	Dharmbir .	338	Ajay .		
361	Sunil .	349	Manjit Singh .		
3	AIR FORCE				3:12.57
116	R.K.george .	121	S.Mishra .		
110	L.Mardi .	114	N.Kumar .		
4	INDIAN NAVY				3:15.06
395	T.G.agesh .	383	K.T.tony .		
393	Shejil Varghese .	394	Swaroop Rajan .		
5	MADHYA PRADESH				3:17.08
572	Lokesh .	590	Suhesh .		
589	Shibu Michkel .	596	Virendra Kairi .		
6	BSNL				3:24.69
250	Umesh .	248	Sunil Joseph .		
253	Vikas Puthran .	247	Rohith V. .		
	TAMILNADU				DNS
709	A. Yogesh .	723	T. Balamurugan .		
720	S. Gnanasekaran .	713	J. Prem anand .		
Event # 21 MENS 20000m Walk					
TIME= 6:00 Hrs					
03-5-2010					
# N.R.:BABU BHAI INDIA 1:24:31.00 15.03.09					

% M.R.:GURDEV SINGH ARMY 1:31:33.90 JULY-03			
1	Gurmit Singh .	JHARKHAND	1:31:18.46 *NMR
2	Gurpreet Singh .	ARMY	1:33:47.10
3	Ashok Kumar Patel	CHATTISGARH	1:34:25.27
4	H.R.yadav .	AIR FORCE	1:34:36.66
5	Raj Narayan Dhuryavanshi	UTTAR PRADESH	1:35:08.08
6	Sanabam Daman Singh	ARMY	1:36:39.07
7	Satyanarayan .	CHATTISGARH	1:36:39.33
8	Rudra Pratap Mishra	JHARKHAND	1:37:45.70
9	Sandeep Kumar .	ARMY	1:37:45.90
10	Parveen .	CRPF	1:40:31.84
11	Sandeep Kumar .	HARYANA	1:42:33.39
12	S Raj .	MADHYA PRADESH	1:43:55.99
	Promude .	MADHYA PRADESH	DNS
	Vipin Kumar .	INDIAN NAVY	DNS
	Jyoti Teotia .	UTTAR PRADESH	DNS
	Abdul Jaleel .	AIR FORCE	DNS
	Shailesh Kumar .	JHARKHAND	DNS
	Anand Sharma .	UTTAR PRADESH	DNS
	Y.khamba Singh .	MANIPUR	DNS
	L B meetai .	MADHYA PRADESH	DNS
	Anil Rathi .	HARYANA	DNS
	Manjeet Singh .	INDIAN NAVY	DNS
Event # 43 MENS m Decathlon			
22.10.2009			
# N.R.:JORA SINGH DELHI 7502 2/3/03/06			
% M.R.:JORA SINGH HAR 7502 MAR-06			
1	Vinod. P. j .	KERALA	7119
	11.10,6.98,13.25,1.85,49.72,15.18,3741,4.50,45.10,4:5715		
2	Vijay Kumar .	HARYANA	6710
	12.10,6.53,12.59,1.94,54.77,15.85,41.75,4.00,54.24,4:43.72		
3	Rahul Kumar .	ARMY	6576
	11.72,6.94,12.62,1.88,51.81,17.12,37.16,3.30,56.56,4:43.03		
4	Benny Thomas .	ARMY	6313
5	A.K.yadav .	AIR FORCE	6223

6	Omveer .	MAHARASTRA		6186
7	Rakesh .	HARYANA		6036
8	Jaspal Singh .	ARMY		5570
9	Ranjeet Randhawa	DELHI		2718
10	Jora Singh .	BSF		2510
11	Ashok Kumar .	DELHI		2366
Event # 22 WOMENS 100m				
TIME= 19:15 Hrs				
1/5/2010				
# N.R.:RACHITA MISTRY TRIVANDRAM 11.38 12.08.00				
% M.R.:RACHITA MISTRY MAH 11.30 MAR-00				
RESULTS OF FINALS				
1	Manisha .	HARYANA	+0.0m/s	11.86
2	Srabani Nanda .	ORISSA	+0.0m/s	11.98
3	Priya. P.k .	KERALA	+0.0m/s	12.01
4	Arjina Khatun .	WEST BENGAL	+0.0m/s	12.11
5	Ch. Shanti .	ANDHRA PRADESH	+0.0m/s	12.20
6	Ranjita Roy .	WEST BENGAL	+0.0m/s	12.23
7	Mandeep Kaur .	PUNJAB	+0.0m/s	12.29
8	N. Sudha .	ANDHRA PRADESH	+0.0m/s	12.48
RESULT OF Heat 1				
1	Manisha .	HARYANA	+0.0m/s	12.22
2	Mandeep Kaur .	PUNJAB	+0.0m/s	12.33
3	Ranjita Roy .	WEST BENGAL	+0.0m/s	12.36
4	N. Sudha .	ANDHRA PRADESH	+0.0m/s	12.36
	Poonam Tomar .	DELHI		DNS
RESULT OF Heat 2				
1	Arjina Khatun .	WEST BENGAL	+0.0m/s	12.23
2	Ch. Shanti .	ANDHRA PRADESH	+0.0m/s	12.25
3	Renubala Mahanta	ORISSA	+0.0m/s	12.39
4	Viji Vijayan .	KERALA	+0.0m/s	12.65
5	Sumana Mazumdar .	BSNL	+0.0m/s	14.32
	Sharadha Narayanan	TAMILNADU		DNS
	Aarti .	UTTAR PRADESH		DNS
RESULT OF Heat 3				

1	Srabani Nanda .	ORISSA	+0.0m/s	12.08
2	Priya. P.k .	KERALA	+0.0m/s	12.17
3	Asha Roy .	WEST BENGAL	+0.0m/s	12.55
4	Amita Sethi .	BSNL	+0.0m/s	13.20
	Vinita sahani .	UTTAR PRADESH		DNS
	Bhannga Hema .	MAHARASTRA		DNS
Event # 23 WOMENS 200m				
TIME= 18:30 Hrs				
4/5/2010				
# N.R.:SARASWATI SAHA LUDHIANA 22.82 28/08/02				
% M.R.:P.T. USHA S.RLY 23.30 JUL-98				
RESULTS OF FINALS				
1	Sini Jose .	KERALA	+0.0m/s	23.94
2	S. Geetha .	ANDHRA PRADESH	+0.0m/s	24.14
3	Namita Samal .	JHARKHAND	+0.0m/s	24.37
4	Manisha .	HARYANA	+0.0m/s	24.42
5	Srabani Nanda .	ORISSA	+0.0m/s	24.56
6	Ch. Shanti .	ANDHRA PRADESH	+0.0m/s	25.02
7	K. Mridula .	ANDHRA PRADESH	+0.0m/s	25.19
8	Alka Rani .	DELHI	+0.0m/s	25.38
RESULT OF Heat 1				
1	S. Geetha .	ANDHRA PRADESH	+0.0m/s	24.32
2	Sini Jose .	KERALA	+0.0m/s	24.48
3	Namita Samal .	JHARKHAND	+0.0m/s	24.57
4	Srabani Nanda .	ORISSA	+0.0m/s	24.64
5	Vidhvans Shriya	MAHARASTRA	+0.0m/s	26.15
6	Uma Devi g .	BSNL	+0.0m/s	31.57
	Arjina Khatun .	WEST BENGAL		DNF
	Viji Vijayan .	KERALA		DNS
RESULT OF Heat 2				
1	Manisha .	HARYANA	+0.0m/s	24.76
2	Ch. Shanti .	ANDHRA PRADESH	+0.0m/s	25.21
3	K. Mridula .	ANDHRA PRADESH	+0.0m/s	25.36
4	Alka Rani .	DELHI	+0.0m/s	25.42
5	Ranjana Roy .	WEST BENGAL	+0.0m/s	26.00

6	Geetanjali Jena .	BSNL	+0.0m/s	26.73
	Amita Sethi .	BSNL		DNS
	Mandeep Kaur .	PUNJAB		DNS
Event # 24 WOMENS 400m				
TIME=17:30Hrs				
2/5/2010				
# N.R.:MANJIT KAUR CHENNAI 51.05 16/06/04				
% M.R.:K.M. BEENAMOL KER 51.81 JUN-02				
RESULTS OF FINALS				
1	Sini Jose .	KERALA		53.01
2	Jauna Murmu .	ONGC		53.26
3	K. Mridula .	ANDHRA PRADESH		55.08
4	Ratandeep Kaur .	PUNJAB		55.73
5	R. Elavarasi	INDIAN BANK		55.88
6	Ranjana Roy .	WEST BENGAL		56.19
7	K. Sowjanya .	ANDHRA PRADESH		56.69
8	Manisha Devi .	HARYANA		56.73
RESULT OF Heat 1				
1	Sini Jose .	KERALA		54.88
2	K. Mridula .	ANDHRA PRADESH		55.79
3	R. Elavarasi	INDIAN BANK		56.07
4	Manisha Devi .	HARYANA		56.17
5	Ranjana Roy .	WEST BENGAL		56.22
6	Saraswati Chand .	ORISSA		59.49
RESULT OF Heat 2				
1	Jauna Murmu .	ONGC		55.29
2	Ratandeep Kaur .	PUNJAB		56.92
3	K. Sowjanya .	ANDHRA PRADESH		57.92
4	Alka Rani .	DELHI		58.91
5	Alby Mol. k.v .	KERALA		59.56
6	Vidhvans Shriya	MAHARASTRA		59.78
7	Sabina Khatun .	WEST BENGAL		1:00.10
Event # 25 WOMENS 800m				
TIME=17:45 Hrs				
4/5/2010				

# N.R.:SHINY WILSON CHENNAI 1:59.85 20/12/95				
% M.R.:JYOTIMOYEE SIKDAR E.RLY 2:02.28 JUL-98				
1	Sushma Devi .		ATHLETICS FEDERATION	2:06.51
2	Sinimol Paulose		ONGC	2:07.90
3	Bindhu. S.r .		KERALA	2:08.81
4	Wahida Rehman .		CRPF	2:10.74
5	Ritu .		HARYANA	2:12.42
6	Ambika Sreedharan		KERALA	2:14.63
7	Sabina Khatun .		WEST BENGAL	2:15.88
8	B.e. Indira .		KARNATAKA	2:18.21
9	G. Alekya .		ANDHRA PRADESH	2:20.06
10	Sunita .		DELHI	2:23.12
11	Pammi .		BIHAR	2:23.20
Event # 26 WOMENS 1500m				
TIME= 18:00 Hrs				
02-5-2010				
# N.R.:SUNITA RANI BUSAN 4:06.03 10.10.02				
% M.R.:SUNITA RANI PUN 4:08.01 AUG-99				
1	Jhuma Khatun .		WEST BENGAL	4:18.62
2	Sinimol Paulose		ONGC	4:19.09
3	Sushma Devi .		ATHLETICS FEDERATION	4:21.85
4	Bindhu. S.r .		KERALA	4:22.62
5	Jijimol Jacob .		KERALA	4:43.83
6	B.e. Indira .		KARNATAKA	4:58.93
7	Archana Pal .		UTTAR PRADESH	5:07.00
	Wahida Rehman .		CRPF	DNS
	G. Alekya .		ANDHRA PRADESH	DNS
	Sini Mole Paulosh		JHARKHAND	DNS
	Karishma Kashyap		UTTAR PRADESH	DNS
Event # 27 WOMENS 5000m				
TIME= 6:30 Hrs				
01-5-2010				
# N.R.:SUNITA RANI BUSAN :15:18.77 12.10.02				
% M.R.:SUNITA RANI PUN :15:41.40 AUG-99				
1	Kavita Raut .		ONGC	15:48.19

2	Preeja Sreedharan	KERALA	15:48.57
3	Jhuma Khatun .	WEST BENGAL	16:19.08
4	Babar Laita .	MAHARASTRA	16:51.02
5	Jijimol Jacob .	KERALA	17:21.52
6	L. Surya .	TAMILNADU	17:28.73
7	Rout Rohini .	MAHARASTRA	18:34.74
8	Amita .	HARYANA	18:38.05
9	Archana Pal .	UTTAR PRADESH	18:58.75
10	Sudha .	TAMILNADU	19:01.08
	Karishma Kashyap	UTTAR PRADESH	DNS
	Raut Kavita .	MAHARASTRA	DNS
	Ritu Pal .	UTTAR PRADESH	DNS
	Anuradha Singh .	MADHYA PRADESH	DNS
Event # 28 WOMENS 10000m			
TIME= 6:05 Hrs			
4/5/2010			
#N.R.:P.SRIDHARAN WATFORD-LONDAN :32:04.41 14.06.08			
% M.R.:PREEJA SREDHARAN KER :33:19.71 13.5.2007			
1	Preeja Sreedharan	KERALA	32:56.58 *NMR
2	Kavita Raut .	ONGC	33:44.34
3	Babar Laita .	MAHARASTRA	35:22.25
4	L. Surya .	TAMILNADU	35:53.54
5	Patil Vijayamala	MAHARASTRA	36:03.63
6	Geeta Rai .	UTTAR PRADESH	37:33.83
7	Sudha .	TAMILNADU	40:14.09
8	Sheeba. D .	KERALA	41:29.13
	Anuradha Singh .	MADHYA PRADESH	DNS
Event # 29 WOMENS 3000m Steeplechase			
TIME= 18:30 Hrs			
03-5-2010			
# N.R.:SUDHA SINGH CHINA :10:10.77 NOV 2009			
% M.R.:SUDHA SINGH JHAR :10:29.92 FEB-08			
1	Sudha Singh .	UTTAR PRADESH	10:15.91
2	Kiran Tiwari .	MADHYA PRADESH	10:22.93
3	Priyanka Singh Patel	UTTAR PRADESH	10:23.04

	T S luwang .		UTTAR PRADESH		DNF
	Remeswari. M.v .		KERALA		DNF
Event # 30 WOMENS 100m Hurdles					
TIME=7:50 Hrs					
03-5-2010					
# N.R.:ANURADHA BISWAL NEW DELHI 13.38 8/9/2002					
% M.R.:ANURADHA BISWAL ORI 13.48 MAR-06					
1	Anuradha Biswal .		ORISSA	-0.1m/s	14.28
2	Anchu M.m. .		JHARKHAND	-0.1m/s	14.35
3	Tripti das .		JHARKHAND	-0.1m/s	16.83
	Shilpa Sundar .		KARNATAKA		DNF
	Sankari .		TAMILNADU		DNS
Event # 31 WOMENS 400m Hurdles					
TIME= 17:15 Hrs					
4/5/2010					
# N.R.:P.T. USHA LOS ANGELS 55.42 8/8/1984					
% M.R.:SAHEBANI ORAM ORI 57.60 JUN 2002					
1	Jauna Murmu .		ONGC		59.82
2	R. Elavarasi		INDIAN BANK		1:00.70
3	Shiji John.c .		KARNATAKA		1:01.17
4	Neethumol P. Mathew		KERALA		1:04.37
5	Anu Paul .		KERALA		1:04.48
6	Bharti Dey .		MADHYA PRADESH		1:04.84
7	Geetanjali Jena .		BSNL		1:05.85
8	Bratati Basanta .		WEST BENGAL		1:08.46
Event # 32 WOMENS High Jump					
TIME= 17:10 Hrs					
03-5-2010					
# N.R.:BOBBY ALOYSIUS CHENNAI 1.91 18/07/04					
% M.R.:BOBBY ALOYSIUS KERALA 1.89 JUL-03					
1	Kavya Muthanna .		KARNATAKA		1.70m
2	Mallika Mondal .		WEST BENGAL		1.70m
2	K.c. Chandanna .		KARNATAKA		1.70m
4	Santi Barman .		WEST BENGAL		1.60m
4	Harshini Kumari .		KARNATAKA		1.60m

6	Teja Kharkanis .	MAHARASTRA		1.60m
	Reena .	HARYANA		DNS
	P. Divyapriya .	TAMILNADU		DNS
Event # 33 WOMENS Pole Vault				
TIME= 17:10 Hrs				
01-5-2010				
# N.R.:V.S. SUREKHA PATIALA 4.08 23.10.06				
% M.R.:V.S. SUREKHA TN 3.85 MAR-06				
	D. Tamilarasi .	TAMILNADU		DNS
	N. mudhisini Devi	JHARKHAND		DNS
	Sangita .	MADHYA PRADESH		DNS
	Saranya .	TAMILNADU		DNS
Event # 34 WOMENS Long Jump				
TIME= 17:30 Hrs				
04-5-2010				
# N.R.:ANJU B.GEORGE ATHENS 6.83 27/08/04				
% M.R.:ANJU B.GEORGE KERALA 6.59 JUN-02				
1	Resmi Bose .	KERALA	+0.0m/s	6.25m
	6.19, 6.01, 6.19, 6.20, 5.87, 6.25			
2	Renubala Mahanta	ORISSA	+0.2m/s	5.98m
	5.47, 5.83, 5.98, 5.98, 5.87, 5.96			
3	Shalu Choudhary .	DELHI	+0.0m/s	5.76m
	2.99, FOUL, 5.62, 5.76, 5.61, FOUL			
4	Shini. A. p .	KERALA	+0.1m/s	5.66m
5	Piyali Paul .	WEST BENGAL	+0.3m/s	5.53m
6	D. Tamilarasi .	TAMILNADU	+0.1m/s	4.98m
	Shilpa Sundar .	KARNATAKA		DNS
	P. Subhashini .	TAMILNADU		DNS
Event # 35 WOMENS Triple Jump				
TIME= 18:15 Hrs				
02-5-2010				
# N.R.:ANJU B. GEORGE HYDRABAD 13.67 18/12/02				
% M.R.:ANISHA K.VIJAYAN CRPF 13.57 MAR-06				
1	Mereena Joseph .	KERALA	+0.0m/s	12.55m
	12.35, FOUL, 12.55, FOUL, FOUL, 12.50			

2	Joyline Lobo .	KARNATAKA	+0.0m/s	12.55m
12.22, 12.21, FOUL, FOUL, 12.19, 12.55				
3	Papia Khatun .	WEST BENGAL	+0.0m/s	12.22m
11.26, 12.02, 12.16, 12.06, 12.10, 12.22				
	Shalu Choudhary .	DELHI		FOUL
	Aparnas .	GUJRAT		DNS
Event # 36 WOMENS Discus Throw				
TIME= 17:00 Hrs				
01-5-2010				
# N.R.:SEEMA ANTIL CHENNAI 64.64 16/06/04				
% M.R.:NEELAM J.SINGH AP 60.95 JUN-02				
1	Seema Antil .	HARYANA		57.21m
57.21, 56.63, 54.71, 55.57, 53.30, 54.25				
2	Parbati Sethi .	ORISSA		44.11m
40.43, 43.95, 44.11, 43.60, FOUL, 42.59				
3	K. Anitha devi .	ANDHRA PRADESH		41.56m
41.17, FOUL, 39.41, 38.24, 41.56, FOUL				
4	Manisha .	PUNJAB		41.05m
	Ambey Yadav .	UTTAR PRADESH		DNS
	Neha Singh .	MADHYA PRADESH		DNS
	Rinku Sangwan .	HARYANA		DNS
Event # 37 WOMENS Hammer Throw				
TIME= 18:15 Hrs				
01-5-2010				
# N.R.:HARDEEP KAUR NEW DELHI 61.67 8/9/2002				
% M.R.:HARDEEP KAUR PUN 61.31 JUN-02				
1	Gunjan singh .	UTTAR PRADESH		56.37m
FOUL, 53.32, 51.53, FOUL, 54.76, 56.37				
2	Ushma .	ATHLETICS FEDERATION		52.69m
49.99, 51.95, 52.69, 51.59, FOUL, 51.30				
3	Manju Bala .	RAJASTHAN		52.08m
FOUL, 50.97, FOUL, FOUL, FOUL, 52.08				
4	Archana Bara .	BIHAR		50.08m
5	Sarita .	UTTAR PRADESH		48.96m
6	Vipin Kumari .	CRPF		43.62m

	Ritu Rani .	UTTAR PRADESH	DNS
Event # 38 WOMENS Javelin Throw			
TIME= 18:15 Hrs			
03-5-2010			
# N.R.:GURMEET KAUR BANGLORE 58.64 17/07/00			
% M.R.:GURMEET KAUR DEL 55.88 AUG-99			
1	Suman devi .	UTTAR PRADESH	46.48m
40.65, 39.89, 42.78, 44.05, 43.09, 46.48			
2	Tuleshwari Devi .	RAJASTHAN	44.84m
44.84, 41.32, 43.99, 43.93, 43.77, 41.91			
3	Rupinder Kaur .	PUNJAB	44.64m
44.64, 40.59, 40.32, 42.19, 42.02, 42.69			
4	Fultusi Ghosh .	BIHAR	41.65m
5	Patwant Kaur .	PUNJAB	41.08m
6	Gurpreet .	HARYANA	40.37m
7	Gurpreet Kaur .	PUNJAB	34.90m
	Aarti Maurya .	UTTAR PRADESH	DNS
Event # 39 WOMENS Shot Put			
TIME= 17:30 Hrs			
4/5/2010			
# N.R.:HARBANS KAUR MUMBAI 17.43 24/11/97			
% M.R.:HARBANS KAUR TN 16.94 AUG-97			
1	Seema Antil .	HARYANA	14.30m
12.81, 13.72, 14.18, 14.30, 13.81, 13.93			
2	Steffi Cordoz .	GOA	13.67m
13.21, 13.67, 12.85, 13.45, FOUL, 13.37			
3	Patwant Kaur .	PUNJAB	13.14m
12.35, 12.72, 12.87, 12.93, 13.06, 13.14			
	Neelam .	HARYANA	DNS
	Rinku Sangwan .	HARYANA	DNS
	Neha Singh .	MADHYA PRADESH	DNS
	Ambey Yadav .	UTTAR PRADESH	DNS
Event # 40 WOMENS 4x100m Relay			
TIME= 19:35 Hrs			
3/5/2010			

# N.R.:INDIAN NATIONAL TEAM FUKUKA 44.43 22/07/98				
% M.R.:AAFI NATIONAL TEAM AAFI 44.31 JUL-98				
1	ANDHRA PRADESH			47.33
135	S. Geetha .	133	K. Sowjanya .	
132	K. Mridula .	128	Ch. Shanti .	
2	ORISSA			47.75
637	Saraswati Chand .	639	Renubala Mahanta	
638	Srabani Nanda .	634	Anuradha Biswal .	
3	WEST BENGAL			48.70
802	Ranjita Roy .	793	Arjina Khatun .	
854	Asha Roy .	805	S Roy	
4	BSNL			53.24
241	Amita Sethi .	242	Geetanjali Jena .	
243	Sumana Mazumdar .	244	Uma Devi g .	
Event # 41 WOMENS 4x400m Relay				
TIME= 19:15 Hrs				
4/5/2010				
#N.R.:I.NATIONAL TEAM ATHENS 3:26.89 27/08/04				
% M.R.:AAFI NATIONAL TEAM AAFI 3:36.74 JUN-02				
1	KERALA		KERALA	3:48.35
489	Alby Mol. k.v .	490	Anu Paul .	
519	N Mathew	513	Sini Jose .	
2	ANDHRA PRADESH		ANDHRA PRADESH	3:53.29
135	S. Geetha .	133	K. Sowjanya .	
132	K. Mridula .	129	G. Alekya .	
3	WEST BENGAL		WEST BENGAL	4:02.66
801	Ranjana Roy .	803	Sabina Khatun .	
795	Bratati Basanta .	804	Santi Barman .	
	BSNL		BSNL	DNS
Event # 42 WOMENS 20000m Walk				
TIME= 6:00 Hrs				
02-5-2010				
# N.R.:L.DEEPMALE DEVI CHENNAI 1:39:00.60 03.11.06				
% M.R.:L. DEEPMALA DEVI MAN 1:39:00.60 JUL-03				
1	Meeshma. K. m .		KERALA	1:50:45.34

2	Meena Chhikara .		CRPF		1:53:57.63
3	Lamnganbi Devi .		MANIPUR		2:07:26.34
	Sandhya. K.j .		KERALA		DNS
	Sandhya K.j. .		CRPF		DNS
	Deep mala devi .		JHARKHAND		DNS
Event # 54 WOMENS m Heptathlon					
24.10.2009					
# N.R.:J.J. SHOBHA DELHI 6211 17.03.04					
% M.R.:J.J. SHOBHA AP 6211 MAR-04					
1	Sindhu. K.d .		KERALA		4957
	15.40,1.68,9.48,26.93,5.42,36.73,2:18.66				
2	Navpreet Kaur .		PUNJAB		4393
	14.69,1.65,10.30,25.52,5.17,Foul,2:27.88				
3	Manjushree .		KARNATAKA		3533
	18.06,1.34,8.00,28.04,5.12,32.04,2:49.62				
4	Sushmita Singha Roy		WEST BENGAL		3188