

**38th NATIONAL CROSS COUNTRY CHAMPIONSHIPS 2003-  
01.02.2004-SHIMLA  
FINAL RESULTS  
SENIOR MEN (12 KM)**

| Position | Name               | State/ Unit | Performance |
|----------|--------------------|-------------|-------------|
| 1        | AMAN SAINI         | HP          | 38:09.8S    |
| 2        | MANOJ SINGH        | SSCB        | 38:42.4S    |
| 3        | SHESH MANI         | SSCB        | 38:54.1S    |
| 4        | JOGA               | RLY         | 38:58.9S    |
| 5        | P. NAGENDRA RAO    | SSCB        | 39:09.1S    |
| 6        | SURENDRA SINGH     | SSCB        | 39:09.7S    |
| 7        | PURAN CHANDRE      | RLY         | 39:41.2S    |
| 8        | SANTOSH KUMAR      | RLY         | 39:54.2S    |
| 9        | AVTAR SINGH        | SSCB        | 39:54.6S    |
| 10       | B.S. LONE          | RLY         | 39:56.21S   |
| 11       | A. KOTHARI         | MP          | 40:19.00S   |
| 12       | RITESH RATTAN      | HP          | 40:53.8S    |
| 13       | SHASHI PRAKASH     | UP          | 40:57.9S    |
| 14       | SANJAY KUMAR       | HARY        | 41:00.8S    |
| 15       | N. GOJEN SINGH     | POL         | 41:09.1S    |
| 16       | VIKRAM SINGH       | MP          | 41:17.4S    |
| 17       | GAGMAL             | POL         | 41:17.9S    |
| 18       | BABLOO GHOSH       | WB          | 41:19.8S    |
| 19       | MANGAT RAM         | POL         | 41:28.6S    |
| 20       | NARESH KUMAR       | POL         | 41:31.9S    |
| 21       | BASAVARAJ INGALAJI | RLY         | 41:42.4S    |
| 22       | PRATAP SINGH       | SSCB        | 41:53.1S    |
| 23       | POONA RAM          | POL         | 41:54.8S    |
| 24       | --                 | --          | 41:59.7S    |
| 25       | GIRISH KUMAR K.    | KER         | 42:07.3S    |
| 26       | DATTARAY J.Y.      | MAHA        | 42:15.3S    |
| 27       | LALLAN KUMAR       | BIH         | 42:28.2S    |
| 28       | SANDEEP KUMAR      | MP          | 42:28.9S    |
| 29       | ANGAD KUMAR        | MAHA        | 42:30.8S    |
| 30       | HARUN ALI          | UP          | 44:31.7S    |

**MEN (4 KM)**

|    |                 |           |           |
|----|-----------------|-----------|-----------|
| 1  | RAJ KUMAR SINGH | SSCB      | 12:08.8S  |
| 2  | MOHAN CHANDRA   | SSCB      | 12:13.3S  |
| 3  | DURGA SINGH     | SSCB      | 12:15.2S  |
| 4  | KISHAN KUMAR    | SSCB      | 12:18.2S  |
| 5  | SITA RAM        | SSCB      | 12:21.3S  |
| 6  | PRAVEEN         | I. POLICE | 12:27.4S  |
| 7  | VIJAI PAL       | RLY       | 12:28.2S  |
| 8  | ARUN D'SOUZA    | RLY       | 12:28.3S  |
| 9  | UPENDRA         | I. POLICE | 12:28.5S  |
| 10 | R.B. SUBA       | I. POLICE | 12:28.8S  |
| 11 | R.SURESH        | KER       | 12:29.1S  |
| 12 | BRAJVEER SINGH  | MAHA      | 12:31.8S  |
| 13 | C. MOHAN DAS    | KER       | 12:42.5S  |
| 14 | ALFRED R.       | SSCB      | 12:47.5S  |
| 15 | DHARAMVEER      | RLY       | 12:48.00S |
| 16 | AMARDEEP SINGH  | RLY       | 12:51.2S  |

|    |                     |           |           |
|----|---------------------|-----------|-----------|
| 17 | K. K. LEJU          | MAHA      | 12:53.9S  |
| 18 | UPENDRA             | POLICE    | 12:54.5S  |
| 19 | G. G. JHOMAS        | I. POLICE | 12:54.8S  |
| 20 | DEVENDRA YADAV      | UP        | 12:55.2S  |
| 21 | SANTOSH JOHN        | KER       | 12:57.8S  |
| 22 | BINDRA SINGH        | I. POLICE | 13:04.6S  |
| 23 | JASBIR SINGH        | PUN       | 13:05.00S |
| 24 | ANIL                | HARY      | 13:09.0S  |
| 25 | K. K. LAJJU         | MAHA      | 13:13.2S  |
| 26 | SAMSHAD KHAN        | MAHA      | 13:13.8S  |
| 27 | SHYAM BEHARI YADAV  | RLY       | 13:15.3S  |
| 28 | SANGAM SINGH PATEL  | UP        | 13:16.6S  |
| 29 | PRADEEP KUMAR SAINI | MAHA      | 13:17.8S  |
| 30 | MUKESH KUMAR        | RAJ       | 13:19.0S  |
| 31 | AMIT                | DEL       | 14:00.0S  |

### **JUNIOR MEN (8 KM)**

|    |                      |      |           |
|----|----------------------|------|-----------|
| 1  | SUNIL KUMAR          | HARY | 26:11.1S  |
| 2  | MUKESH KUMAR         | HARY | 26:13.1S  |
| 3  | KUSHAL SINGH NEGI    | UP   | 26:14.6S  |
| 4  | MUKESH KUMAR         | UP   | 26:16.00S |
| 5  | ARVIND KUMAR YADAV   | HARY | 26:22.1S  |
| 6  | BHAGAT SINGH         | SSCB | 26:25.00S |
| 7  | TEJINDER SINGH SAINI | PUN  | 26:28.9S  |
| 8  | PRITAM KUMAR BIND    | UTTA | 26:33.00S |
| 9  | RAJESH JHODAR        | MAHA | 26:49.9S  |
| 10 | DILPIP KUMAR         | UP   | 27:02.2S  |
| 11 | SUNIL                | DEL  | 27:05.00S |
| 12 | VINOD KUMAR          | BIH  | 27:06.2S  |
| 13 | MANOJ KUMAR          | UP   | 27:11.3S  |
| 14 | VIJAY YADAV          | UP   | 27:17.2S  |
| 15 | BRIJESH KUMAR        | UP   | 27:30.2S  |
| 16 | KAMALJIT SINGH       | HARY | 27:35.2S  |
| 17 | GOPAL SINGH          | UTTA | 27:41.2S  |
| 18 | HARDEEP SINGH        | PUN  | 27:49.4S  |
| 19 | DILPIP KUMAR         | BIH  | 27:50.45S |
| 20 | PRADEEP KUMAR        | AP   | 27:52.3S  |
| 21 | PARDEEP              | HARY | 27:55.5S  |
| 22 | SANJAY SINGH SAHI    | UTTA | 28:02.2S  |
| 23 | SUNIL GAND           | MP   | 28:04.3S  |
| 24 | SANJAY KUMAR         | HP   | 28:10.00S |
| 25 | TAJBALI YADAV        | MP   | 28:16.0S  |
| 26 | MANISH               | HP   | 28:22.0S  |
| 27 | SUNIL KUMAR          | DEL  | 29:00.0S  |
| 28 | CIVIL SARJAN SINGH   | UTTA | 30:00.0S  |

### **SENIOR WOMEN (8 KM)**

|   |                |      |          |
|---|----------------|------|----------|
| 1 | L. ARUNA DEVI  | RLY  | 30:13.6S |
| 2 | PUSHPA DEVI    | RLY  | 30:23.9S |
| 3 | SINGNI DEVI    | MANI | 30:35.9S |
| 4 | JASWINDER KAUR | RLY  | 30:59.1S |
| 5 | SHASTRI DEVI   | RLY  | 31:08.5S |
| 6 | LEELAMORE AL   | RLY  | 31:25.8S |
| 7 | SARABJIT KAUR  | RLY  | 32:15.3S |

|    |                   |      |           |
|----|-------------------|------|-----------|
| 8  | SHASHI SAROJ      | UP   | 32:19.8S  |
| 9  | DOLLY SARKAR      | WB   | 32:28.8S  |
| 10 | BEANT KAUR        | PUN  | 32:31.4S  |
| 11 | RAJNI RANI        | PUN  | 32:36.4S  |
| 12 | MANJU KUMAR       | HP   | 32:50.2S  |
| 13 | NISHA VANKHEDE    | MAHA | 32:58.2S  |
| 14 | MRUNAL CHAME      | MAHA | 33:56.2S  |
| 15 | ASHA SANDHI       | WB   | 34:17.1S  |
| 16 | VIJAYA SONAWANE   | MAHA | 34:47.2S  |
| 17 | ASWANI DUKANDAR   | MAHA | 35:09.0S  |
| 18 | DHARMANTRI THAKUR | MP   | 35:24.12S |
| 19 | NAREEMA KHATUN    | WB   | 35:28.2S  |
| 20 | SHIPRA SENAPALI   | WB   | 35:30.2S  |
| 21 | HARJEET KAUR      | PUN  | 36:12.1S  |
| 22 | RENU JOON         | HARY | 36:34.2S  |
| 23 | MUNESH            | HARY | 36:52.1S  |
| 24 | SARLE             | HARY | 37:03.2S  |
| 25 | RAJESH            | HARY | 37:21.2S  |
| 26 | OMKARI GUJJAR     | UP   | 37:42.2S  |
| 27 | YOGITA            | HARY | 37:46.2S  |
| 28 | RARINDER KAUR     | PUN  | 38:17.4S  |
| 29 | MIPHILA           | HP   | 38:50.2S  |
| 30 | DEOKI             | HP   | 38:54.2S  |

#### WOMEN (4 KM)

|    |                  |      |          |
|----|------------------|------|----------|
| 1  | MOLLY BINU       | RLY  | 14:19.5S |
| 2  | MADHURI GURNULE  | MAHA | 14:30.4S |
| 3  | PARAMJIT KAUR    | PUN  | 14:34.3S |
| 4  | GEETA RAI        | UP   | 14:48.7S |
| 5  | PREEJA SRIDHARAN | RLY  | 14:55.5S |
| 6  | SARITA MARBAHE   | RLY  | 15:06.9S |
| 7  | BASANTI BISWAS   | RLY  | 15:15.0S |
| 8  | SARABJIT KAUR    | PUN  | 15:31.0S |
| 9  | JAYANTI NEGI     | DEL  | 15:31.6S |
| 10 | SURESH KUMARI    | HP   | 15:69.3S |
| 11 | HEMLATA          | RLY  | 16:45.3S |
| 12 | SARABJIT KAUR    | PUN  | 16:69.0S |
| 13 | G. LAXMI         | AP   | 16:80.0S |
| 14 | G. JULIAT        | DEL  | 16:21.2S |
| 15 | RASHMI           | KARN | 16:26.3S |
| 16 | SWATI GURNULE    | MAHA | 16:58.0S |
| 17 | KHANKAMNI        | UP   | 16:59.2S |
| 18 | PREETI L. RAO    | KARN | 17:15.2S |
| 19 | BEENA            | KER  | 17:16.2S |
| 20 | ASHAL            | KER  | 17:20.2S |
| 21 | M. PALLANI       | AP   | 19:21.2S |
| 22 | PRAMILA          | HP   | 20:24.2S |
| 23 | LATA UMA         | BIH  | 20:25.6S |
| 24 | RITA RAM TEKE    | MAHA | 21:25.6S |
| 25 | NIRMAL KAUR      | PUN  | 22:27.6S |
| 26 | GURJIT VIRKJI    | PUN  | 22:28.9S |
| 27 | MANISH WANKHEDE  | MAHA | 30:01.2S |
| 28 |                  |      | 30:02.4S |

|                    |      |          |
|--------------------|------|----------|
| 29 KIRAN KHARABE   | MAHA | 30:05.6S |
| 30 BANASHRI PARADE | MAHA | 30:04.6S |

**JUNIOR WOMEN (6 KM)**

|                          |      |          |
|--------------------------|------|----------|
| 1 B. UMA MAHESHWARI DEVI | AP   | 23:13.1S |
| 2 RENU JOON              | HARY | 23:29.3S |
| 3 KAVITA RAUT            | MAHA | 23:44.3S |
| 4 RUPINDER KAUR          | PUN  | 23:48.3S |
| 5 BHARATHI               | KARN | 23:55.9S |
| 6 ASHA K.                | HP   | 24:00.7S |
| 7 B. NAGMANI             | AP   | 24:56.8S |
| 8 RAJASHREE Y. PATEL     | KARN | 25:01.4S |
| 9 RAJDEEP KAUR           | PUN  | 25:28.8S |
| 10 DEOKI                 | KARN | 25:32.8S |
| 11 NIVEDITA              | HP   | 25:39.2S |
| 12 SAMMYE SHUKLE         | UP   | 25:59.2S |
| 13 YOGITA LI             | MAHA | 26:01.2S |
| 14 SUSHMA DEVENDRA BELE  | MAHA | 26:20.2S |
| 15 SUNITA G.L.           | KARN | 26:31.2S |
| 16 BINAY T.J.            | KER  | 26:41.2S |
| 17 MEETA BISWAS          | WB   | 26:55.1S |
| 18 MEENAKSHI B.          | KARN | 27:04.0S |
| 19 NATA SAXENA           | MP   | 27:12.3S |
| 20 DIVYASHREE T.S.       | KARN | 27:13.3S |
| 21 SEEMA NAHID AKTAR     | MAHA | 27:38.3S |
| 22 SUMITRA               | HP   | 27:45.2S |
| 23 NEELAM PREET          | HARY | 27:47.3S |
| 24 REETE                 | HP   | 28:00.0S |
| 25 ANITE                 | HP   | 28:08.2S |
| 26 NEHA AGARWAL          | UP   | 28:20.4S |
| 27 SUMAN                 | HARY | 28:29.2S |
| 28 ANURADH SINGH         | UP   | 28:30.2S |
| 29 DEEPIKA MAROTRAO ROUT | MAHA | 28:32.0S |
| 30 --                    | --   | --       |