

Event # 1 MENS 100 Run

NR ::ANIL KUMAR P CHENNAI 10.30 24/08/2005

MR ::ANIL KUMAR P. SSCB- CHENNAI 10.37 OCT'01

RESULTS OF FINALS

1	ANIL KUMAR P.	SERVICES	+1.5m/s	10.46
2	JAGDISH BASAK	POLICE	+1.5m/s	10.54
3	A. ARVIND	IND. RAILWAYS	+1.5m/s	10.58
4	R. SEENIVASAN	SERVICES	+1.5m/s	10.74
5	ALEX ANTONY RAJ	TAMILNADU	+1.5m/s	10.81
6	MEGHASHYAM RAO	IND. RAILWAYS	+1.5m/s	10.90
7	VARUN SABHARWAL	DELHI	+1.5m/s	10.97
8	G. MANIKAVASAGAM	TAMILNADU	+1.5m/s	11.00

Event # 2 MENS 200 Run

NR ::ANIL KUMAR P BANGALORE 20.73 17/07/2000

MR ::ANAND MENEZES RSCB- DEHLI 21.06 SEP'02

RESULTS OF FINALS

1	A. ARVIND	IND. RAILWAYS	+1.6m/s	21.28
2	MUTHUSAMY .	IND. RAILWAYS	+1.6m/s	21.53
3	B. RAMU	SERVICES	+1.6m/s	21.73
4	RITESH ANAND	STEEL PLANTS	+1.6m/s	21.83
5	BARNA BASS	TAMILNADU	+1.6m/s	21.90
6	VISHAL SAXSENA	IND. RAILWAYS	+1.6m/s	21.91
7	RAJESH KUMAR	SERVICES	+1.6m/s	22.00
8	K..K. BIJU	SERVICES	+1.6m/s	22.44

Event # 3 MENS 400 Run

NR ::K M BINU ATHENS 45.48 20/08/2004

MR ::PARAMJIT SINGH KOLKATA 45.70 NOV'98

RESULTS OF FINALS

1	SREEJITH P.S.	IND. RAILWAYS		47.33
2	KULDEV SINGH	POLICE		47.43
3	ANNY .	IND. RAILWAYS		47.74
4	P.S. SAJI	POLICE		47.79
5	SARISH PAUL	SERVICES		48.10
6	SRINIVAS RAO	IND. RAILWAYS		48.25
7	RAJESH OMPRAKASH	DELHI		48.30
8	BHUPENDER SINGH	HARYANA		48.46

Event # 4 MENS 800 Run

NR ::SRIRAM SINGH MONTREAL 1:45.77 27/07/1976

MR ::AVTAR SINGH DELHI :01:47.58 1990

RESULTS OF FINALS

1	GAMNDA RAM	SERVICES	1:46.67	NMR
2	JOSEMON MATHEW	SERVICES	1:49.50	
3	R BANGARIAH	ANDHRA PRADESH	1:51.08	
4	DALJEET SINGH	STEEL PLANTS	1:52.44	
5	RAMZAN KHAN	RAJASTHAN	1:54.61	
6	AMIT KUMAR MISHRA	STEEL PLANTS	1:58.25	
	RAJEEV R.	IND. RAILWAYS	DNF	
	JASKARAN SINGH	HARYANA	DNF	

Event # 5 MENS 1500 Run

NR ::BAHADUR PRASAD CHENNAI :03:38.00 23/12/1995

MR ::BAHADUR PRASAD MADRAS :03:40.06 FEB'94

1	PRITAM BIND	UTTARANCHAL	3:48.46	
2	C. HAMZA	SERVICES	3:48.75	
3	GAMNDA RAM	SERVICES	3:51.47	
4	SUNIL KUMAR	IND. RAILWAYS	3:52.53	
5	SANDIP KUMAR	MAHARASHTRA	3:55.97	
6	P. SUNNY SHARMA	IND. RAILWAYS	3:56.64	
7	P. GOPI	TAMILNADU	3:57.60	
8	DALJEET SINGH	STEEL PLANTS	4:01.14	

Event # 6 MENS 5000 Run

NR ::B.PRASAD BIRMINGHAM :13:29.70 07/05/1992

MR ::BAHADUR PRASAD MADRAS :13:54.72 FEB'94

1	JAGANNATH LAKADE	SERVICES	14:16.58	
2	SANTOSH KUMAR	IND. RAILWAYS	14:26.74	
3	SUNIL KUMAR	IND. RAILWAYS	14:26.89	
4	SURENDER SINGH	SERVICES	14:47.84	
5	JAGMAL SINGH	POLICE	14:48.10	
6	S. RAGHUNATH	IND. RAILWAYS	14:50.38	
7	VIKRAM SINGH	SERVICES	14:56.22	
8	TAJINDER SINGH	PUNJAB	15:00.47	

Event # 7 MENS 10000 Run

NR ::HARI CHAND MONTREAL :28:48.72 23/07/1976

MR ::SHIVNATH SINGH :28:58.10 1978

1	JAGANNATH LAKADE	SERVICES	31:23.65	
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2	DEEP CHAND	SERVICES	31:24.40
3	S. RAGHUNATH	IND. RAILWAYS	31:37.05
4	SANTOSH KUMAR	IND. RAILWAYS	31:38.21
5	POONARAM .	POLICE	31:39.04
6	TAJINDER SINGH	PUNJAB	31:53.27
7	A. MAHENDRAN	TAMILNADU	32:14.16
8	AJAY KUMAR PATEL	UTTAR PRADESH	32:43.33

Event # 8 MENS 110 Hurdles

NR ::GURPREET SINGH LUCKNOW 14.07 19/09/2001

MR ::NAUNIDH SINGH PUNJAB-BANGALORE 14.12 SEP'03

RESULTS OF FINALS

1	NAUNIDH SINGH	PUNJAB	-0.2m/s	14.05	NR
2	KRISHNA MOHAN	SERVICES	-0.2m/s	14.18	
3	AUGUSTIN P.E.	IND. RAILWAYS	-0.2m/s	14.48	
4	RAJESH MATHEW	SERVICES	-0.2m/s	14.58	
5	BIBIN JOSEPH	KERALA	-0.2m/s	14.95	
6	HARVINDER SINGH	PUNJAB	-0.2m/s	15.34	
7	GURPREET SINGH	PUNJAB	-0.2m/s	15.51	

Event # 9 MENS 400 Hurdles

NR ::SAHIB SINGH KOLKATA 50.43 11/05/1998

MR ::SAHIB SINGH KOLKATA 50.43 NOV'98

RESULTS OF FINALS

1	JOSEPH ABRAHAM	POLICE	50.87
2	GURPREET SINGH	PUNJAB	51.45
3	B. NIMESH	SERVICES	52.66
4	A. JEYASANKAR	TAMILNADU	53.24
5	N. SATISH	IND. RAILWAYS	53.48
6	SANTOSH HOSMANI	KERALA	53.86
7	GOVIND .	DELHI	53.96
8	SATNAM SINGH-I	PUNJAB	57.13

Event # 10 MENS 3000 Steeplechase

NR ::GOPAL SAINI TOKYO :08:30.88 06/05/1981

MR ::GOPAL SAINI :08:40.05 1984

1	ARUN DSOUZA	IND. RAILWAYS	9:00.38
2	BHAGWAN DIWAKAR GIRI	IND. RAILWAYS	9:02.98
3	OMPRAKASH .	MAHARASHTRA	9:08.96

4	ALOK KUMAR	SERVICES	9:09.50
5	SURESH R.	SERVICES	9:21.97
6	C.D. BASWARAJ	IND. RAILWAYS	9:29.64
7	RAJA RAMJANI	POLICE	9:31.10
8	B.N. SANTOSH	KARNATAKA	9:44.08

Event # 11 MENS 20k Walk

NR ::GURDEV SINGH CHENNAI 1:25:21.70 30/07/2000

MR ::C.S. RATHI DELHI 1:25:48.00 1990

1	GURMEET SINGH	PUNJAB	1:30:50.0
2	SUMANTRO SINGH	SERVICES	1:33:52.0
3	VIJAY GEHLOT	IND. RAILWAYS	1:35:09.0
4	ASHOK PATEL	IND. RAILWAYS	1:36:11.0
5	RAJEEV KUMAR	SERVICES	1:36:14.0
6	SANDEEP ISHWAR SINGH	HARYANA	1:39:39.0
7	VIJAY KUMAR	PUNJAB	1:41:32.0
8	PAWAN KUMAR S.	RAJASTHAN	1:44:49.0

Event # 12 MENS High Jump

NR ::HARI SHANKAR ROY SINGAPORE 2.25 28/09/2004

MR ::CHANDAR PAL RSCB-DELHI 2.17 JAN'93

1	HARISHANKAR ROY	IND. RAILWAYS	2.10
2	BENEDICT STARLE	IND. RAILWAYS	2.10
3	SUNIL KUMAR	SERVICES	2.05
3	RANDHIR SINGH	HARYANA	2.05
4	ANIL CHAHAL	IND. RAILWAYS	2.05
4	K.R. ROSHAN	LIC	2.05
4	M. LORANS	SERVICES	2.05
8	S. SRINATH	SERVICES	1.95

Event # 13 MENS Pole Vault

NR ::VIJAY PAL SINGH TRIVENDRUM 5.10 27/12/1987

MR ::M.A. ELDO DELHI 5.00 1990

1	V.V. GEESH KUMAR	POLICE	5.05	NMR
2	GAJANAN UPADHAYA	IND. RAILWAYS	4.90	
3	PRAVEEN KUMAR	IND. RAILWAYS	4.70	
4	K.P. BIMIN	IND. RAILWAYS	4.70	
5	PAWAN KUMAR	DELHI	4.70	
6	R. RANJITH	TAMILNADU	4.70	
7	VIJAY VARGEHESE	KERALA	4.60	

8	SHAYJU K.	SERVICES		4.50	
Event # 14 MENS Long Jump					
NR ::AMRITPAL SINGH DELHI 8.08 16/03/2004					
MR ::SANJAY KUMAR RAI RSCB-CHENNAI 8.02 OCT'01					
1	SHIVSHANKAR .	IND. RAILWAYS	+0.4m/s	7.81	
2	RAJESH .	IND. RAILWAYS	-0.2m/s	7.50	
3	MAHA SINGH	IND. RAILWAYS	+0.9m/s	7.44	
4	PUSHPINDER SINGH	UTTAR PRADESH	+0.6m/s	7.37	
5	M. SARAVANAKUMAR	TAMILNADU	-0.5m/s	7.35	
6	RAJESH BABU	POLICE	+0.1m/s	7.33	
7	GEOBIN CLEMENT	SERVICES	+0.7m/s	7.26	
8	SANTOSH GEORGE	SERVICES	-1.3m/s	7.16	
Event # 15 MENS Triple Jump					
NR ::MOHINDER SINGH GILL FRENZO 16.79 05/08/1971					
MR ::SANJAY KUMAR RAI RSCB-CHENNAI 16.23 OCT'01					
1	RANJITH MAHESHWARY	IND. RAILWAYS	-0.9m/s	16.39	NMR
2	AMARJEET SINGH	IND. RAILWAYS	-0.5m/s	15.78	
3	MALKIT SINGH	PUNJAB	-1.2m/s	15.60	
4	BIBU MATHEW	SERVICES	-0.1m/s	15.47	
5	S.K. DWIVEDI	SERVICES	-0.5m/s	15.43	
6	SHYAM SUNDER	DELHI	-0.9m/s	14.93	
7	BHUPINDER SINGH	POLICE	+0.1m/s	14.87	
8	RASPAL SINGH	ELECT. BOARD	-1.5m/s	14.52	
Event # 16 MENS Shot Put					
NR ::SHAKTI SINGH CHENNAI 20.42 29/07/2000					
MR ::BAHADUR SINGH KOLKATA 19.59 NOV'98					
1	NAVPREET SINGH	POLICE		18.19	
2	JAIVEER SINGH	SERVICES		17.88	
3	MALKHAN SINGH	HARYANA		16.68	
4	RANVIJAY SINGH	UTTAR PRADESH		16.63	
5	P.B. GIRI	SERVICES		16.38	
6	KULDEEP MANN	DELHI		16.20	
7	LAKHWINDER SINGH	IND. RAILWAYS		16.00	
8	SANDEEP SINGH	HARYANA		14.72	
Event # 17 MENS Discus Throw					
NR ::VIKAS GOWDA SALIANAS-USA 64.69 JULY'05					
MR ::ANIL KUMAR S. BANGALORE 60.07 SEP'03					

1	AMRITPAL SINGH	PUNJAB	53.75
2	SUKHBIR SINGH	POLICE	53.18
3	VIBENDRA SINGH	SERVICES	53.00
4	AMANDEEP SINGH	PUNJAB	52.46
5	HARPREET SINGH	DELHI	51.72
6	RAMBIR .	SERVICES	51.50
7	RAJESH DAHIYA	IND. RAILWAYS	49.49
8	SANDEEP SINGH	HARYANA	47.91

Event # 18 MENS Hammer Throw

NR ::RAKESH KUMAR YADAV BANGALORE 70.16 17/07/2003

MR ::PRAMOD TIWARI CHENNAI 70.05 OCT'01

1	NIRBHAY SINGH	SERVICES	65.85
2	KULWINDER SINGH SR.	POLICE	65.83
3	PRAMOD KUMAR TIWARI	UTTAR PRADESH	62.35
4	PARGAT SINGH	IND. RAILWAYS	61.71
5	MADHU KUMAR	IND. RAILWAYS	58.69
6	VIKAS P.	IND. RAILWAYS	58.59
7	RAVINDAR .	SERVICES	53.40
8	VINOD KUMAR SINGH	LIC	52.81

Event # 19 MENS Javelin Throw

NR ::SATBIR SINGH KOLKATA 79.68 28/10/1998

MR ::HARMINDER SINGH DELHI 77.39 SEP'02

1	ANIL KUMAR	IND. RAILWAYS	76.31
2	SUNIL GOSWAMI	LIC	74.58
3	JAGDISH KUMAR	POLICE	74.09
4	GAJENDRA .	IND. RAILWAYS	73.66
5	OM NARAYAN	IND. RAILWAYS	73.00
6	ANKIT JAI RAM	HARYANA	71.59
7	ARUN KUMAR PATEL	UTTAR PRADESH	70.37
8	JAGMOHAN SINGH	SERVICES	69.27

Event # 20 MENS Decat.

NR ::KULWINDER SINGH CHENNAI 7325.PT 02/08/2005

MR ::KULWINDER SINGH DELHI 7149 PT SEP'02

1	KULWINDER SINGH	SERVICES	7257
2	JORA SINGH	POLICE	6956
3	RAMNIVAS .	IND. RAILWAYS	6679
4	MANDEEP KUMAR	IND. RAILWAYS	6499

5	RIJU P.	IND. RAILWAYS	6440
6	SEBI MON AUGUSTIN	SERVICES	6102
7	RAMAKRISHNAN .	SERVICES	5945
8	RAMANDEEP SINGH	CHANDIGARH	5258

Event # 21 MENS 4x100 Relay

NR ::INDIAN NATIONAL TEAM BUSAN 39.36 13/10/2002

MR ::RAILWAYS CHENNAI 40.30 OCT'01

1	RAILWAYS M NAGRAJ,B.G. ARVIND,A.	IND. RAILWAYS NILAGUND,VILAS RAO,MEGHASHYAM	40.22	NMR
2	SERVICES F DEVASIA,BINOY .,PARASURAM	SERVICES SEENIVASAN,R. KUMAR P.,ANIL	41.14	
3	TAMILNADU P HARIGANESH,R. ANTONY RAJ,ALEX	TAMILNADU BASS,BARNA MANIKAVASAGAM,G.	41.78	
4	PUNJAB C KUMAR,SANDEEP SINGH,SARAJ	PUNJAB PRATAP SINGH,SHAMSH KUMAR,SHALINDER	43.01	

Event # 22 MENS 4x400 Relay

NR ::I.NATIONAL TEAM BANGKOK :03:02.62 19/12/1998

MR ::AFI NATIONAL TEAM KOLKATA :03:04.91 NOV'98

1	RAILWAYS M P.S.,SREEJITH PADHI,SRREKANTH	IND. RAILWAYS RAO,SRINIVAS .,ANNY	3:12.68	
2	SERVICES F KUMAR ROHIL,ANIL SINGH,SATVIR	SERVICES PAUL,SARISH V.K.,SAJI	3:12.70	
3	ANDHRA PRADESH G BANGARIAH,R .,SUDHAKAR	ANDHRA PRADESH SHANKAR,PALLAVATH REDDY,BHARATHA	3:13.65	

Event # 23 WOMENS 100 Run

NR ::RACHITA MISTRY TRIVANDRUM 11.38 08/12/2000

MR ::SARASWATI SAHA RSCB-DELHI 11.43 SEP'02

1	POONAM TOMAR	IND. RAILWAYS	+1.1m/s	11.80
2	GOWRAMMA G. D.	IND. RAILWAYS	+1.1m/s	11.97
3	NIDHI SINGH	IND. RAILWAYS	+1.1m/s	12.02

4	SOMANA MONDAL	UTTAR PRADESH	+1.1m/s	12.93
5	ANJU KHARE	LIC	+1.1m/s	13.85

Event # 24 WOMENS 200 Run

NR ::SARASWATI SAHA LUDHIYANA 22.82 28/08/2002

MR ::SARASWATI SAHA RSCB-DELHI 22.83 SEP'02

1	BABITA B. SINGH	IND. RAILWAYS	+0.6m/s	24.01
2	GOWRAMMA G. D.	IND. RAILWAYS	+0.6m/s	24.58
3	K. MRUDHULA	ANDHRA PRADESH	+0.6m/s	25.00
4	H.M. JYOTHI	KARNATAKA	+0.6m/s	25.67
5	G. HARATHI	ANDHRA PRADESH	+0.6m/s	25.89
	SAGARDEEP KAUR	POLICE		DNS

Event # 25 WOMENS 400 Run

NR ::MANJIT KAUR CHENNAI 51.05 16/06/2004

MR ::K M BEENAMOL RSCB-DELHI 51.90 SEP'02

RESULTS OF FINALS

1	PINKI PRAMANIK	IND. RAILWAYS		53.29
2	MANDEEP KAUR JR.	PUNJAB		54.40
3	RUPINDER KAUR	IND. RAILWAYS		54.73
4	IYLEENA SAMANTHA	IND. RAILWAYS		56.09
5	K. MRUDHULA	ANDHRA PRADESH		56.19
6	HARPREET KAUR	PUNJAB		56.96
7	TAJINDER KAUR	PUNJAB		57.85
	BINDU RANI	KARNATAKA		DNS

Event # 26 WOMENS 800 Run

NR ::SHINY WILSON CHENNAI :01:59.85 20/12/1995

MR ::K. C. ROSAKUTTY GANDHINAGAR :02:01.06 DEC'97

1	PINKI PRAMANIK	IND. RAILWAYS		2:04.30
2	S. SHANTHI	TAMILNADU		2:06.08
3	RUPINDER KAUR	IND. RAILWAYS		2:08.14
4	B. VENKAT LAXMI	IND. RAILWAYS		2:09.83
5	SUNITA PURANCHAND	DELHI		2:10.97
6	JHUMA KHATUN	WEST BENGAL		2:11.71
7	NISHA MATHEW	KARNATAKA		2:11.82
8	CHANDULEELA .	ANDHRA PRADESH		2:14.15

Event # 27 WOMENS 1500 Run

NR ::SUNITA RANI BUSAN :04:06.03 10/10/2002

MR ::SUNITA RANI BHOPAL :04:16.48 1999

1	JAISHA O.P.	IND. RAILWAYS	4:17.78
2	SINIMOL PAULOSE	STEEL PLANTS	4:21.15
3	PREEJA SREEDHARAN	IND. RAILWAYS	4:36.90
4	ANISHA .	HIMACHAL PRADESH	5:12.67

Event # 28 WOMENS 5000 Run

NR ::SUNITA RANI BUSAN :15:18.77 12/10/2002

MR ::SUNITA RANI BHOPAL :16:00.98 OCT'99

1	JAISHA O.P.	IND. RAILWAYS	17:08.76
2	PREEJA SREEDHARAN	IND. RAILWAYS	17:15.10
3	KAVITA RAUT	IND. RAILWAYS	17:16.59
4	RUPINDER KAUR	PUNJAB	17:41.93
5	ANITA JAIBHAGWAN	DELHI	20:07.40

Event # 29 WOMENS 10000 Run

NR ::L. ARUNA DEVI CHENNAI :34:30.20 29/07/2000

MR ::L. ARUNA DEVI DELHI :34:57.32 SEP'02

1	L. ARUNADEVI	IND. RAILWAYS	36:51.13
2	PAMPA CHANDA	IND. RAILWAYS	37:15.70
3	MADHURI GURNULE	LIC	38:12.55
4	KAMLESH BHAGEL	IND. RAILWAYS	38:53.45
5	SUSHILA SINGH	UTTAR PRADESH	42:09.00
	ANITA JAIBHAGWAN	DELHI	DNF
	SHASHI SAROJ	UTTAR PRADESH	DNS
	USHA MISHRA	MADHYA PRADESH	DNS

Event # 30 WOMENS 100 Hurdles

NR ::ANURADHA BISWAL DELHI 13.38 26/08/2002

MR ::ANURADHA BISWAL DELHI 13.38 SEP'02

1	ANURADHA BISWAL	ORISSA	+1.3m/s	13.99
2	K.N. PRIYA	TAMILNADU	+1.3m/s	14.24
3	AMITA SETHI	ORISSA	+1.3m/s	14.31
4	SUSHMITA SINGHA ROY	IND. RAILWAYS	+1.3m/s	14.36
5	SEMI SEBASTIAN	IND. RAILWAYS	+1.3m/s	14.71
6	SHAMALA MOL	IND. RAILWAYS	+1.3m/s	15.12

Event # 31 WOMENS 400 Hurdles

NR ::P.T. USHA LOS ANGELES 55.42 08/08/1984

MR ::P.T. USHA 56.80 1985

## RESULTS OF FINALS

1	POOJA JAKHAR	DELHI	58.61
2	BABITA B. SINGH	IND. RAILWAYS	58.81
3	VIJAY LAXMI	IND. RAILWAYS	1:00.55
4	HARPREET KAUR	PUNJAB	1:01.95
5	HARINI CHANDRASHEKARA	KARNATAKA	1:03.11
6	BALJEET KAUR	IND. RAILWAYS	1:04.19
7	H. AMUTHA	TAMILNADU	1:04.94
8	NIKITA AGARWAL	MAHARASHTRA	1:06.81

## Event # 32 WOMENS 3000 Steeplechase

NR ::S. SHANTHI BANGALORE :10:44.65 04/07/2005

MR ::B.L. BHARTI KARNATAKA-MUMBAI :11:07.13 SEP'04

1	L. MANJULA	IND. RAILWAYS	11:10.12
2	L. PREETI RAO	IND. RAILWAYS	11:44.90
3	G. LAXMI	IND. RAILWAYS	11:58.56
	VINITA SONKAR	UTTAR PRADESH	DNS
	SUKHVIR SINGH GILL	PUNJAB	DNS
	S. SHANTHI	TAMILNADU	DNS

## Event # 33 WOMENS 20k Walk

NR ::Y. BALA DEVI HYDERABAD 1:43:06.00 30/07/2003

MR ::JASMIN KAUR BANGALORE 1:48:28.80 SEP'03

1	AMANDEEP KAUR	PUNJAB	1:43:49.0	NMR
2	L. DEEPMALA DEVI	IND. RAILWAYS	1:50:34.0	
3	M. MANJULA	IND. RAILWAYS	1:54:33.0	
4	SUPRIYA ADHAK	MAHARASHTRA	1:56:04.0	
5	C.A. MANJUSHA	IND. RAILWAYS	2:01:00.0	
	V. SARASWATHI	ANDHRA PRADESH	DNF	

## Event # 34 WOMENS High Jump

NR ::BOBBY ALOYSIUS CHENNAI 1.91 18/07/2004

MR ::BOBBY ALOYSIUS KOLKATA 1.81 NOV'98

1	TESSYMOL JOSEPH	IND. RAILWAYS	1.70
2	SUSHMITA SINGHA ROY	IND. RAILWAYS	1.70
3	HARSHINI KUMARI	LIC	1.65
4	MALLIKA MONDOL	IND. RAILWAYS	1.60
5	B.S. PREETHI	POLICE	1.55
	YASHIKA KUJJUR	COAL INDIA	NM

Event # 35 WOMENS Pole Vault

NR ::CHETNA SOLANKI DELHI 3.80 01/06/2005

MR ::V.S. SUREKHA TAMILNADU- MUMBAI 3.55 SEP'04

1	CHETNA SOLANKI	IND. RAILWAYS		3.70	NMR
2	GITANJALI BORA	IND. RAILWAYS		3.65	BMR
3	V.S. SUREKA	IND. RAILWAYS		3.60	BMR
4	SUMAN OM PRAKASH	HARYANA		3.30	
5	JISHA R.	KERALA		3.20	
6	BARNALI RAI	POLICE		3.00	
	B.S. PREETHI	POLICE			NM

Event # 36 WOMENS Long Jump

NR ::ANJU B. GEORGE ATHENS 6.83 27/08/2004

MR ::ANJU B. GEORGE DELHI 6.74 SEP'02

1	PRAJUSHA M.A.	KERALA	+0.2m/s	5.97	
2	SUSHMITA SINGHA ROY	IND. RAILWAYS	-0.2m/s	5.93	
3	REVATI .	IND. RAILWAYS	-0.6m/s	5.74	
4	POONY GEORGE	IND. RAILWAYS	-0.4m/s	5.69	
5	LEKHA ROY	LIC	-0.9m/s	5.59	
6	SAHANAS SULAIMAN	KERALA	+0.8m/s	5.44	
7	SHILPA SUNDAR	KARNATAKA	-0.2m/s	5.33	
8	MAMTA PRAJAPATI	MAHARASHTRA	-0.2m/s	5.28	

Event # 37 WOMENS Triple Jump

NR ::ANJU B. GEORGE HYDERABAD 13.67 18/12/2002

MR ::MANISHA DEY DELHI 13.35 SEP'02

1	TESSYMOL JOSEPH	IND. RAILWAYS	+0.2m/s	12.96	
2	LIBIYA .	IND. RAILWAYS	-0.5m/s	12.93	
3	MONISH DEY	IND. RAILWAYS	+0.1m/s	12.85	
4	PRAJUSHA M.A.	KERALA	-0.7m/s	12.45	
5	LEKHA ROY	LIC	+1.4m/s	12.24	
6	SAHANAS SULAIMAN	KERALA	+0.2m/s	12.14	
7	MAMTA PRAJAPATI	MAHARASHTRA	-1.4m/s	11.83	

Event # 38 WOMENS Shot Put

NR ::HARBANS KAUR MUMBAI 17.43 24/11/1997

MR ::HARBANS KAUR KOLKATA 17.46 NOV'98

1	NICOLUS LATHA	IND. RAILWAYS		14.31	
2	SAROJ SIHAG	HARYANA		13.58	
3	ARCHANA MONDOL	IND. RAILWAYS		13.09	

4	MANMEET BAINS	IND. RAILWAYS	12.57
5	SUSHMA DEVI	DELHI	11.85
6	DEEPTHI MARIA JOSE	KERALA	11.25
7	K.G. KAVITHA	LIC	10.60
8	JAGDESHWARI .	ANDHRA PRADESH	10.57

Event # 39 WOMENS Discus Throw

NR ::SEEMA ANTIL KIEV 64.84 16/06/2004

MR ::NEELAM SINGH DOGRA BANGALORE 61.17 SEP'03

1	SAROJ SIHAG	HARYANA	55.16
2	KRISHNA POONIA	IND. RAILWAYS	53.75
3	HARWANT KAUR	POLICE	50.80
4	MANMEET BAINS	IND. RAILWAYS	45.17
5	ARCHANA MONDOL	IND. RAILWAYS	44.15
6	PARBATI SETHI	ORISSA	38.53
7	INDUBALA .	COAL INDIA	28.60

Event # 40 WOMENS Hammer Throw

NR ::HARDEEP KAUR DELHI 61.67 09/08/2002

MR ::HARDEEP KAUR DELHI 61.67 SEP'02

1	RITU RANI	IND. RAILWAYS	55.41
2	USHMA DRAYAN	IND. RAILWAYS	50.33
3	RAJWINDER KAUR 1	POLICE	49.95
4	SUMAN UMED SINGH	HARYANA	49.41
5	RAKHEE GAUD	IND. RAILWAYS	48.00
6	SUKANYA MISRA	UTTAR PRADESH	46.81
7	AMANDEEP KAUR	HARYANA	42.61
8	MAHROS JABBER	KERALA	40.69

Event # 41 WOMENS Javelin Throw

NR ::GURMEET KAUR BANGALORE 58.64 17/07/2000

MR ::GURMEET KAUR DELHI 52.91 SEP'02

1	GURMEET KAUR	LIC	53.77	NMR
2	MEGHA PARDESHI	IND. RAILWAYS	50.17	
3	S. SARASWATHI	IND. RAILWAYS	48.92	
4	SUMAN DEVI	IND. RAILWAYS	47.86	
5	GURPREET GARMAIL	HARYANA	44.76	

Event # 42 WOMENS Hept

NR ::J J SHOBHA DELHI 6211.PT 18/03/2004

MR ::SOMA BISWAS CHENNAI 5739.PT OCT'01

1	SINIMOL M.P.	IND. RAILWAYS	4310
2	ROSE MARY ANTONY	KERALA	4202
3	KARPURAMALA .	IND. RAILWAYS	4127
4	JYOTI .	IND. RAILWAYS	3692

Event # 43 WOMENS 4x100 Relay

NR ::INDIAN NATIONAL TEAM FUKUOKA 44.43 22/07/1998

MR ::AFI NATIONAL TEAM KOLKATA 45.25 NOV'98

1	RAILWAYS M G. D.,GOWRAMMA SINGH,NIDHI	IND. RAILWAYS JOSE,DEEPTHI ROY,RANJITA	46.38
2	ANDHRA PRADESH G SOWJANYA,K. HARATHI,G.	ANDHRA PRADESH .,CHANDULEELA MRUDHULA,K.	49.86

Event # 44 WOMENS 4x400 Relay

NR ::I.NATIONAL TEAM ATHENS 3:26.89 27/08/2004

MR ::RAILWAYS DELHI :03:38.49 SEP'02

1	RAILWAYS M PRAMANIK,PINKI LAXMI,VIJAY	IND. RAILWAYS KAUR,RUPINDER SAMANTHA,IYLEENA	3:41.83
2	TAMILNADU P AMUTHA,H. .,ELAVARASI	TAMILNADU SHANTHI,S. ANBU VIMALA,S.	3:49.78
3	PUNJAB A KAUR JR.,MANDEEP KAUR,RUPINDER	PUNJAB KAUR,HARPREET KAUR,TAJINDER	3:52.84

Event # 45 MENS 50K Walk

NR ::KISHAN SINGH CUTTACK 4:19:48.00 18/01/1970

GURDEV SINGH	CAMPER	4:16:22.00	NR
SITA RAM	SERVICES	4:33:16.00	
JALAN P.S.	SERVICES	4:35:43.00	
BABU BHAI	SERVICES	4:52:28.00	
ASHISH KHUSWAHA	UTTAR PRADESH		
R. RAMESH	IND. RAILWAYS		
PARDEEP KUMAR	HARYANA		
MATHEW MANCHERI	IND. RAILWAYS		

Event # 46 MENS Marathon

1	H.A CHINNAPPA	SERVICES	2:28:49.0
2	NATHURAM .	SERVICES	2:28:53.0
3	SURINDER KUMAR	SERVICES	2:28:54.0
4	BINING LYNGKHAI	MAHARASHTRA	2:34:42.0
5	SOJI MATHEW	IND. RAILWAYS	2:35:34.0
6	RATHEESH S	KERALA	2:37:50.0