

NATIONAL SENIOR RECORDS (as of 10th November 2023)

MEN

100m	10.26	1.2	Amiya Kumar Mallick	Odisha	28-Apr-2016	New Delhi
	10.23 #	1.6	Manikanta Hoblidhar	Karnataka	11-Oct-2023	Bengaluru
200m	20.63	1.5	Muhammed Anas	Kerala	15-Aug-2018	Jablonec nad Nisou
	20.52 #	1.0	Amlan Borgohain	Assam	6-Apr-2022	Thenhipalam
400m	45.21		Muhammed Anas Yahiya	Kerala	13-Jul-2019	Kladno
800m	1:45.65		Jinson Johnson	Kerala	27-Jun-2018	Guwahati
1500m	3:35.24		Jinson Johnson	Kerala	1-Sep-2019	Berlin
5000m	13:29.70		Bahadur Prasad	Delhi	27-Jun-1992	Birmingham
	13:25.65 #		Avinash Sable	Maharashtra	6-May-2022	San Juan Capistrano
	13:19.30 #		Avinash Sable	Maharashtra	6-May-2023	Walnut
10000m	28:02.89		Surendra Singh	Uttarakhand	12-Jul-2008	Vigo
3000m Steeple	8:18.12		Avinash Sable	Maharashtra	30-Jul-2021	Tokyo
	8:16.21 #		Avinash Sable	Maharashtra	23-Mar-2022	Thiruvananthapuram
	8:12.48 #		Avinash Sable	Maharashtra	5-Jun-2022	Rabat
	8:11.20 #		Avinash Sable	Maharashtra	6-Aug-2022	Birmingham
110m Hurdles	13.48	-0.9	Siddhanth Thingalaya	Maharashtra	10-Jun-2017	Mesa
400m Hurdles	48.80		A. Dharun	Tamil Nadu	16-Mar-2019	Patiala
High Jump	2.29		Tejaswin Shankar	Delhi	27-Apr-2018	Lubbock
Pole Vault	5.30		S. Siva	Tamil Nadu	19-Sep-2018	Jalahalli
	5.31 #		S. Siva	Tamil Nadu	3-Oct-2022	Gandhinagar
Long Jump	8.26	0.3	Murali Sreeshankar	Kerala	16-Mar-2021	Patiala
	8.36 #	1.5	Murali Sreeshankar	Kerala	3-Apr-2022	Thenhipalam
	8.42 #	1.8	Jeswin Aldrin	Tamil Nadu	2-Mar-2023	Bellary
Triple Jump	17.30	1.8	Renjith Maheswary	Kerala	11-Jul-2016	Bangalore
	17.37 #	-1.5	Praveen Chithravel	Tamil Nadu	6-May 2023	Havana
Shot Put	21.49		Tajinder Pal Singh Toor	Punjab	21-Jun-2021	Patiala
	21.77 #		Tajinder Pal Singh Toor	Punjab	19-Jun-2023	Bhubaneswar
Discus Throw	66.28		Vikas Gowda	Karnataka	12-Apr-2012	Norman
Hammer Throw	70.73		Neeraj Kumar	Rajasthan	29-Jun-2016	Hyderabad
Javelin Throw	88.07		Neeraj Chopra	Haryana	5-Mar-2021	Patiala
	89.30 #		Neeraj Chopra	Haryana	14-Jun-2022	Turku
	89.94 #		Neeraj Chopra	Haryana	30-Jun-2022	Stockholm
Decathlon	7658		Bharatinder Singh	Haryana	12-Jun-2011	Bangalore
	7666 #		Tejaswin Shankar	Delhi	3-Oct-2023	Hangzhou
4x100m Relay	38.89		National Team		12-Oct-2010	New Delhi
	<i>Rahamatulla Molla, Suresh Sathya, Sameer Mon, Abdul Najeed Qureshi</i>					
4x400m Relay	3:00.25		National Team		6-Aug-2021	Tokyo
	<i>Muhammed Anas Yahiya, Noah Nirmal Tom, Arokia Rajiv, Amoj Jacob</i>					
	2:59.05 #		National Team		26-Aug-2023	Budapest
	<i>Muhammed Anas Yahiya, Amoj Jacob, Muhammed Ajamal, Rajesh Ramesh</i>					
Marathon	2:12:00		Shivnath Singh	Bihar	28-May-1978	Jullundur
10,000m Walk	38:49.21 #		Sandeep Kumar	Haryana	7-Aug-2022	Birmingham
20 KM walk	1:20:16		Sandeep Kumar	Haryana	13-Feb-2021	Ranchi
	1:19:55 #		Akshdeep Singh	Punjab	14-Feb-2023	Ranchi

35 KM walk	2:45:17		Eknath Turambekar	Maharashtra	5-Mar-2022	Muscat
	2:40:16 #		Juned Khan	Haryana	17-Apr-2022	Ranchi
	2:36:35 #		Ram Baboo	Uttar Pradesh	4-Oct-2022	Gandhinagar
	2:31:36 #		Ram Baboo	Uttar Pradesh	15-Feb-2023	Ranchi
	2:29:56 #		Ram Baboo	Uttar Pradesh	25-Mar-2023	Dudince
50 KM walk	3:56:00		Sandeep Kumar	Haryana	18-Feb-2017	New Delhi

WOMEN

100m	11.17	0.0	Dutee Chand	Odisha	21-Jun-2021	Patiala
200m	22.82	0.8	Saraswati Saha	West Bengal	28-Aug-2002	Ludhiana
400m	50.79		Hima Das	Assam	26-Aug-2018	Jakarta
800m	1:59.17		Tintu Luka	Kerala	4-Sep-2010	Split
1500m	4:05.39		Harmilan Bains	Punjab	16-Sep-2021	Warangal
5000m	15:15.89		Preeja Sreedharan	Kerala	26-Nov-2010	Guangzhou
	15:10.35 #		Parul Chaudhary	Uttar Pradesh	6-May-2023	Walnut
10000m	31:50.47		Preeja Sreedharan	Kerala	21-Nov-2010	Guangzhou
3000m Steeple	9:19.76		Lalita Babar	Maharashtra	13-Aug-2016	Rio de Janeiro
	9:15.31 #		Parul Chaudhary	Uttar Pradesh	27-Aug-2023	Budapest
100m Hurdles	13.38	-0.7	Anuradha Biswal	Odisha	26-Aug-2002	New Delhi
	13.38=	0.4	Anuradha Biswal	Odisha	8-Sep-2002	New Delhi
	13.23 #	-0.1	Jyothi Yarraji	Andhra Pradesh	10-May-2022	Limassol
	13.11 #	0.3	Jyothi Yarraji	Andhra Pradesh	22-May-2022	Loughborough
	13.04 #	1.4	Jyothi Yarraji	Andhra Pradesh	26-May-2022	Vught
	12.82 #	0.9	Jyothi Yarraji	Andhra Pradesh	17-Oct-2022	Bengaluru
	12.78 #	1.0	Jyothi Yarraji	Andhra Pradesh	4-Aug-2023	Chengdu
400m Hurdles	55.42		P.T. Usha	Kerala	8-Aug-1984	Los Angeles
	55.42 =		Vithya Ramraj	Tamil Nadu	2-Oct-2023	Hangzhou
High Jump	1.92		Sahana Kumari	Karnataka	23-Jun-2012	Hyderabad
Pole Vault	4.15		V.S. Surekha	Tamil Nadu	4-Nov-2014	New Delhi
	4.20 #		Rosy Meena Paulraj	Tamil Nadu	1-Oct-2022	Gandhinagar
	4.21 #		Rosy Meena Paulraj	Tamil Nadu	15-Oct-2022	Bengaluru
Long Jump	6.83	1.2	Anju B. George	Kerala	27-Aug-2004	Athens
Triple Jump	14.11	0.9	Mayookha Johny	Kerala	9-Jul-2011	Kobe
Shot Put	17.96		Manpreet Kaur	Punjab	16-Sep-2015	Kolkata
	18.06 #		Manpreet Kaur	Haryana	11-Jun-2022	Chennai
	18.06 #		Abha Khatua	Maharashtra	16-Jul-2023	Bangkok
Discus Throw	66.59		Kamalpreet Kaur	Punjab	21-Jun-2021	Patiala
Hammer Throw	65.25		Sarita Singh	Uttar Pradesh	1-Jun-2017	Patiala
Javelin Throw	63.24		Annu Rani	Uttar Pradesh	15-Mar-2021	Patiala
	63.82 #		Annu Rani	Uttar Pradesh	8-May-2022	Jamshedpur
Heptathlon	6211		J.J. Shobha	Andhra Pradesh	17-Mar-2004	New Delhi
4x100m Relay	43.37		National "Select" Team		21-Jun-2021	Patiala
	<i>Archana Suseendran, Dhanalakshmi Sekar, Hima Das, Dutee Chand</i>					
4x400m Relay	3:26.89		National Team		27-Aug-2004	Athens
	<i>Rajwant Kaur, K M Beenamol, Chitra K Soman, Manjit Kaur</i>					
Marathon	2:34:43		O.P. Jaisha	Punjab	30-Aug-2015	Beijing
10,000m Walk	43:38.83 #		Priyanka Goswami	Uttar Pradesh	6-Aug-2022	Birmingham

20 KM walk	1:28:45		Priyanka Goswami	Uttar Pradesh	13-Feb-2021	Ranchi
35 KM walk	3:13:19		Priyanka Goswami	Uttar Pradesh	5-Mar-2022	Muscat
	3:00:04 #		Ramandeep Kaur	Punjab	17-Apr-2022	Ranchi
	2:57:54 #		Manju	Punjab	15-Feb-2023	Ranchi

MIXED

4x400m Relay	3:15.71		National Team	28-Aug-2018	Jakarta
	<i>Muhammed Anas, M R Poovamma, Hima Das, Arokia Rajiv</i>				
	3:14.70 #		National Team	15-Jul-2023	Bangkok
	<i>Rajesh Ramesh, Aishwarya Mishra, Amoj Jacob, Subha Venkatesan</i>				
	3:14.34 #		National Team	2-Oct-2023	Hangzhou
<i>Muhammad Ajmal, Vithya Ramraj, Rajesh Ramesh, Subha Venkatesan</i>					

records subject to usual ratification procedures