

AFI NATIONAL RANKINGS 2025

(as of 14.12.2025)

v.1

MEN

100m

10.18	NR	0.5	1rB	Animesh Kujur	ORI	02.06.2003	Dromia	Vari, GRE	5 Jul 2025
10.19		-0.6	1	Manikanta Hoblidhar	KAN	29.11.2001	ONAC	Ranchi	28 Sep 2025
10.20		1.8	1rD	Gurindervir Singh	PUN	24.12.2000	NGP	Bengaluru	28 Mar 2025
10.22		0.2	1	Tamilarasu S	TN	20.05.2002	ISAC	Chennai	20 Aug 2025
10.27		0.9	1	Pranav Gurav	MAH	03.07.2001	FedCup	Kochi	21 Apr 2025
10.33		1.3	3s1	Ragul Kumar G	TN	22.03.2000	ONAC	Ranchi	27 Sep 2025
10.36		1.1	2s1	Amlan Borgohain	ASM	25.04.1998	FedCup	Kochi	21 Apr 2025
10.38		1.1	1rE	Harsh Santosh Raut	MAH	17.04.2005	IndOpn-6	Pune	12 Jul 2025
10.44		0.6	1s2	Yernena Rao Balavardhan	CTG	02.08.2000	ONAC	Ranchi	27 Sep 2025
10.45		1.8	4rD	Lalu Prasad Bhoi	ORI	21.09.2003	NGP	Bengaluru	28 Mar 2025
10.48		1.0	2h3	Dondapati Mruty Jayram	ORI	12.01.2005	FedCup	Kochi	21 Apr 2025
10.49		0.1	1	Himanshu	HAR	16.11.2006	JFC	Prayagraj	22 Jun 2025
10.49		1.7	1rL	Rohit Gorkha		21.10.1999	IndOpn-8	Sangrur	27 Jul 2025
10.50		0.7	1h6	Saurabh Rajesh Naitam	MAH	23.03.2001	IndOpn-4	Chennai	15 Apr 2025
10.50		1.1	4s1	Paras	HP	24.06.1998	FedCup	Kochi	21 Apr 2025
10.50		0.1	2	Abhay Singh	MP	15.06.2006	JFC	Prayagraj	22 Jun 2025
10.50		0.2	1rD	Harjit Singh	PUN	28.08.1997	NGP	Ludhiana	2 Aug 2025
10.51		0.6	1s2	Parth Singh	JHA	11.02.2007	NJC-U20	Bhubaneswar	11 Oct 2025
10.53		1.1	5s1	Maneesh M	KER	06.02.1993	FedCup	Kochi	21 Apr 2025
10.54		0.1	3	Varun Oori Manohar	TN	27.08.2005	JFC	Prayagraj	22 Jun 2025
10.54		0.7	1rH	Rohit	HAR	08.03.2000	IndOpn-8	Sangrur	27 Jul 2025
10.54		0.6	2s3	Sarun Payasingh	ORI	09.07.2000	ISAC	Chennai	20 Aug 2025

Wind-aided marks:

10.42		2.7	4rC	Lalu Prasad Bhoi	ORI	21.09.2003	Dromia	Vari, GRE	5 Jul 2025
10.47		2.7	5rC	Dondapati Mruty Jayram	ORI	12.01.2005	Dromia	Vari, GRE	5 Jul 2025

200m

20.32	NR	0.8	3	Animesh Kujur	ORI	02.06.2003	AsiCh	Gumi, KOR	31 May 2025
20.80		1.4	2	Amlan Borgohain	ASM	25.04.1998	FedCup	Kochi	24 Apr 2025
20.85		1.4	3	Ragul Kumar G	TN	22.03.2000	FedCup	Kochi	24 Apr 2025
20.91		1.4	4	Manikanta Hoblidhar	KAN	29.11.2001	FedCup	Kochi	24 Apr 2025
20.95		1.7	1	Sandeep Singh	HP	30.10.1997	ONAC	Ranchi	30 Sep 2025
21.06		0.1	2rD	Vishal T K	TN	17.12.2003	NGP	Thiruvananthapuram	17 May 2025
21.06		0.4	1s1	Abhin B Devadiga	KAN	15.08.2001	ONAC	Ranchi	29 Sep 2025
21.07		1.2	3	Nithin B	TN	12.04.1999	NatG	Dehradun	11 Feb 2025
21.10		1.1	1	Dondapati Mruty Jayram	ORI	12.01.2005	NC-U23	Hanumakonda	18 Oct 2025
21.12		0.5	3s2	Shubham	HAR	29.08.2001	ONAC	Ranchi	29 Sep 2025
21.14		0.4	2h1	Ankit Kumar Kaswan	RAJ	05.06.2005	ISAC	Chennai	23 Aug 2025
21.15		0.4	2s1	Prasannakumar V M	KAN	06.03.2003	ONAC	Ranchi	29 Sep 2025
21.18		0.3	3h2	Abhay Singh	MP	15.06.2006	FedCup	Kochi	24 Apr 2025
21.23		-0.4	1rC	Lalu Prasad Bhoi	ORI	21.09.2003	NGP	Thiruvananthapuram	17 May 2025
21.24		1.4	1rB	Raja Babu Alam	HAR	01.11.2004	IndOpn-7	Patna	19 Jul 2025
21.24		-0.2	1	Pratik Maharana	ORI	08.06.2007	NJC-U20	Bhubaneswar	13 Oct 2025
21.25		0.5	1rE	Tamilarasu S	TN	20.05.2002	IndOpn-5	Bengaluru	28 Jun 2025
21.29		0.4	3s1	Harjit		28.08.1997	ONAC	Ranchi	29 Sep 2025
21.30		1.1	3	Prateek D	KAN	09.05.2006	NC-U23	Hanumakonda	18 Oct 2025
21.32		0.3	4h2	Adesh Garsa	RAJ	07.12.2000	FedCup	Kochi	24 Apr 2025
21.32		-0.4	2rC	Dharmveer Choudhary	RAJ	05.02.2001	NGP	Thiruvananthapuram	17 May 2025
21.32		1.8	2rD	Vikram Kumar Gurjar	RAJ	07.06.1999	IndOpn-5	Bengaluru	28 Jun 2025
21.32		1.1	4	Shivam	UP	20.12.2006	NC-U23	Hanumakonda	18 Oct 2025

Wind-aided marks:

20.27		2.3	5	Animesh Kujur	ORI	02.06.2003	Athletica	Geneva, SUI	21 Jun 2025
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400m

45.12	NR		1	Vishal T K	TN	17.12.2003	ISAC	Chennai	21 Aug 2025
45.75			1	Rajesh Ramesh	TN	28.03.1999	ONAC	Ranchi	28 Sep 2025
45.86			2	Amoj Jacob P A	DEL	02.05.1998	WACT	Bhubaneswar	10 Aug 2025

46.05	2	Santhosh Kumar T	TN	01.01.1998	ONAC	Ranchi	28 Sep 2025
46.17	3	Vikrant Panchal	HAR	30.01.2000	ISAC	Chennai	21 Aug 2025
46.23	3	Rashid	MP	08.01.2001	ONAC	Ranchi	28 Sep 2025
46.33	2	Jay Kumar	DEL	10.06.2006	FedCup	Kochi	22 Apr 2025
46.39	3	Manu T S	KER	17.10.2001	FedCup	Kochi	22 Apr 2025
46.56	2	Mohammed Ashfaq	KER	26.06.2007	SAAC	Ranchi	25 Oct 2025
46.58	1	Astik Pradhan	ORI	23.04.2006	JFC	Prayagraj	23 Jun 2025
46.60	1rB	Yokesh T	TN	05.01.2000	IndOpn-5	Bengaluru	28 Jun 2025
46.65	3s2	Rince Joseph	KER	31.08.2002	FedCup	Kochi	21 Apr 2025
46.66	2s3	Dharmveer Choudhary	RAJ	05.02.2001	FedCup	Kochi	21 Apr 2025
46.67	2rA	Mohammed Sinan	ORI	10.07.2000	IntCh	Dubai, UAE	9 May 2025
46.67	4	Noah Nirmal Tom		13.11.1994	ONAC	Ranchi	28 Sep 2025
46.79	3s3	Prakhar Sharma	UTK	01.09.1999	FedCup	Kochi	21 Apr 2025
46.82	1	Bapi Hansda	ORI	26.07.2006	NatG	Dehradun	9 Feb 2025
46.89	1h1	Tushar Kanti Manna	DEL	03.10.2001	Open 400m	Thiruvananthapuram	24 Mar 2025
46.89	3rD	Arul Rajalingam	TN	13.03.2000	IndOpn-6	Pune	12 Jul 2025
46.94	1s2	Ankul		19.11.2005	NC-U23	Hanumakonda	16 Oct 2025

800m

1:44.93	NR	6	Mohammed Afsal P	KER	03.02.1996	Cybulski	Poznan, POL	5 Jul 2025
1:46.82		2h2	Anu Kumar	UTK	02.11.2002	FedCup	Kochi	23 Apr 2025
1:47.09		1rA	Krishan Kumar	HAR	12.10.1997	NGP	Bengaluru	28 Mar 2025
1:47.14		2	Prakash Gadade	MAH	31.07.2002	WACT	Bhubaneswar	10 Aug 2025
1:47.59		5rC	Pradeep Senthilkumar	TN	12.05.2003	FloridaRelays	Gainesville, USA	5 Apr 2025
1:48.11		1rB	Aman Kumar	UP	20.10.1999	IndOpn-5	Bengaluru	28 Jun 2025
1:48.16		3	Shakeel	RAJ	17.04.2005	FedCup	Kochi	24 Apr 2025
1:48.39		2h2	Basant Chauhan	CHD	31.08.2001	ONAC	Ranchi	29 Sep 2025
1:48.42		4h2	Rijoy J	KER	21.12.2003	FedCup	Kochi	23 Apr 2025
1:48.74		1	Somnath Chauhan	HAR	02.02.2004	NC-U23	Hanumakonda	18 Oct 2025
1:48.82		2	Tushar Vasant Bhekane	KAN	25.08.2003	ISAC	Chennai	23 Aug 2025
1:48.89		2	Prathamesh	MAH	27.10.2002	NC-U23	Hanumakonda	18 Oct 2025
1:48.90		3h2	Salman Farookh	KER	16.04.2002	ONAC	Ranchi	29 Sep 2025
1:48.91		4	Vinod Kumar Banoth	TEL	16.12.2005	ISAC	Chennai	23 Aug 2025
1:49.18		4	Shiva Tomar	UP	22.03.2005	NC-U23	Hanumakonda	18 Oct 2025
1:49.47		3h3	Aman Kumar-2	HAR	06.06.2001	ISAC	Chennai	22 Aug 2025
1:49.53		2h1	Satyajeet Pujari	MAH	07.07.2003	ONAC	Ranchi	29 Sep 2025
1:49.68		2rB	Bejoy J	KER	23.03.2006	IndOpn-4	Chennai	15 Apr 2025
1:49.78		1rA	Nilkantha Ray	WB	06.04.2002	IndOpn-5	Bengaluru	28 Jun 2025
1:49.90		4h2	Shyam Milan Bind	MP	05.08.2004	ONAC	Ranchi	29 Sep 2025

1500m

3:36.58		4rB	Gulveer Singh	UP	01.06.1998		Los Angeles, USA	12 Jul 2025
3:41.10		8	Rahul Harveer Singh	DEL	01.12.1996	The Ten	SJ Capistrano, USA	29 Mar 2025
3:41.22		1	Yoonus Shah	UP	10.05.2001	ISAC	Chennai	21 Aug 2025
3:41.55		2	Ajay Kumar Saroj	UP	01.05.1997	ISAC	Chennai	21 Aug 2025
3:42.77		3	Narender Singh	HAR	07.10.1997	FedCup	Kochi	21 Apr 2015
3:42.86		3	Arjun Waskale	MP	03.07.2003	ISAC	Chennai	21 Aug 2025
3:43.21		4	Rahul Baloda	RAJ	05.06.1999	ISAC	Chennai	21 Aug 2025
3:43.63		5	Prakash Gadade	MAH	31.07.2002	ISAC	Chennai	21 Aug 2025
3:43.68		6	Shailabh	DEL	11.09.2005	ISAC	Chennai	21 Aug 2025
3:43.69		6	Kartik Karkera	MAH	17.03.1997	FedCup	Kochi	21 Apr 2015
3:45.11		8	Amit Kumar	HAR	22.05.2004	ISAC	Chennai	21 Aug 2025
3:45.64		4r12	Nirmit Dahiya	DEL	03.01.1999	APU Franson	Azusa, USA	10 May 2025
3:46.27		1	Sunil Dawar		02.08.2001	ONAC	Ranchi	28 Sep 2025
3:46.64		2	Ritesh Ohre	MP	31.12.2003	NatG	Dehradun	8 Feb 2025
3:47.21		4	Sakir	HAR	05.10.2005	IndOpn-4	Chennai	15 Apr 2025
3:47.57		3h1	Jagdish		08.08.1996	ONAC	Ranchi	27 Sep 2025
3:47.64		4h1	Nabeel Sahi M P	KER	20.08.1999	ONAC	Ranchi	27 Sep 2025
3:48.09		2rB	Sachchelal Patel		07.03.1996	IndOpn-6	Pune	12 Jul 2025
3:48.17		8	Harshdeep Singh	PUN	28.09.2001	FedCup	Kochi	21 Apr 2015
3:48.30		9	Pushpendra Singh Rathore	RAJ	18.06.1997	FedCup	Kochi	21 Apr 2015

5000m

12:59.77	i	4	Gulveer Singh	UP	01.06.1998	DMR Chal	Boston, USA	21 Feb 2025
13:33.51		6	Abhishek Pal	UP	15.07.1997	AsiCh	Gumi, KOR	30 May 2025
13:41.58		2	Sawan Barwal	HP	18.02.1998	FedCup	Kochi	24 Apr 2025
13:47.16		3	Kiran Matre	MAH	05.08.2001	FedCup	Kochi	24 Apr 2025
13:53.52		4	Shadab Ayyub Pathan	MAH	23.10.2001	FedCup	Kochi	24 Apr 2025
13:54.80		5	Saurabh Kumar	DEL	02.07.2002	FedCup	Kochi	24 Apr 2025
14:00.03		6	Lovepreet Singh	PUN	13.01.1999	FedCup	Kochi	24 Apr 2025
14:00.04		2	Gagan Singh	HAR	21.12.2003	NatG	Dehradun	12 Feb 2025
14:01.33		3	Sunil Dawar	MP	02.08.2001	NatG	Dehradun	12 Feb 2025
14:03.00		4	Harmanjot Singh	MP	10.10.1995	NatG	Dehradun	12 Feb 2025
14:05.37		7	Naresh Chopra	RAJ	05.12.2004	FedCup	Kochi	24 Apr 2025
14:05.67	i	20rC	Kartik Kumar	UP	12.05.1999	DavidHemery	Boston, USA	14 Feb 2025
14:06.57		1	Prince Kumar		25.02.2000	ONAC	Ranchi	27 Sep 2025
14:06.94		8	Raj Shekhar Pathak	UP	01.12.2000	FedCup	Kochi	24 Apr 2025
14:09.45		9	Abdhesh Chaudhary	UP	01.01.2004	FedCup	Kochi	24 Apr 2025
14:09.71		1	Mohit Choudhary	TEL	01.04.2006	NJC-U20	Bhubaneswar	10 Oct 2025
14:10.86		10	Abdul Bari	UP	18.09.1999	FedCup	Kochi	24 Apr 2025
14:11.71		1	Mrunal Sarode	MAH	18.11.2003	IndOpn-6	Pune	12 Jul 2025
14:13.41		2	Dharmender	RAJ	20.07.1999	IndOpn-6	Pune	12 Jul 2025
14:14.32		1	Ram Hishad	UP	20.03.2006	NC-U23	Hanumakonta	18 Oct 2025

10000m

27:00.22	NR	6rB	Gulveer Singh	UP	01.06.1998	The Ten	SJ Capistrano, USA	29 Mar 2025
28:11.34		8rA	Kartik Kumar	UP	12.05.1999	The Ten	SJ Capistrano, USA	29 Mar 2025
28:49.93		1	Sawan Barwal	HP	18.02.1998	NatG	Dehradun	8 Feb 2025
29:04.76		2	Kiran Matre	MAH	05.08.2001	NatG	Dehradun	8 Feb 2025
29:14.86		2	Abhishek Pal	UP	15.07.1997	Fed Cup	Kochi	21 Apr 2025
29:42.61		1	Vinod Singh	MP	20.07.2005	IndOpn-1	Sangrur	1 Apr 2025
29:48.56		2	Sahil Sagar	PUN	05.11.2000	IndOpn-1	Sangrur	1 Apr 2025
29:48.91		1	Rijwan	RAJ	15.07.2005	NC-U23	Hanumakonda	16 Oct 2025
29:49.26		2	Sachin Yadav	UP	26.02.2006	NC-U23	Hanumakonda	16 Oct 2025
29:50.05		3	Shivaji Madappa	KAN	02.05.2004	NC-U23	Hanumakonda	16 Oct 2025
29:52.45		4	Gaurav Bhosale	MAH	16.09.2005	NC-U23	Hanumakonda	16 Oct 2025
29:53.70		5	Shivam	UP	09.07.2003	NC-U23	Hanumakonda	16 Oct 2025
29:53.73		6	Mohit Choudhary	TEL	01.04.2006	NC-U23	Hanumakonda	16 Oct 2025
29:53.83		7	Vijay Savaratkar	KAN	23.11.2004	NC-U23	Hanumakonda	16 Oct 2025
29:54.94		8	Vikas Kumar Bind	MP	11.01.2006	NC-U23	Hanumakonda	16 Oct 2025
29:57.38		4	Arun	HAR	07.01.2006	NatG	Dehradun	8 Feb 2025
29:58.75		9	Onkar Panhalkar	KAN	14.08.2003	NC-U23	Hanumakonda	16 Oct 2025
30:01.29		10	Pawan AN Samariya	RAJ	25.08.2004	NC-U23	Hanumakonda	16 Oct 2025
30:06.12		11	Panchanan Bera	WB	29.10.2003	NC-U23	Hanumakonda	16 Oct 2025
30:10.18		5	Lovepreet Singh	PUN	13.01.1999	FedCup	Kochi	21 Apr 2025

3000m Steeplechase

8:20.92		1	Avinash Sable	MAH	13.09.1994	AsiCh	Gumi, KOR	29 May 2025
8:38.91		1	Vikram Singh	MP	03.07.1996	ONAC	Ranchi	30 Sep 2025
8:39.69		2	Rohit Verma	HAR	20.10.1998	ONAC	Ranchi	30 Sep 2025
8:40.06		1rA	Sunil Joliya Jinabhai	GUJ	26.12.2002	IndOpn-4	Chennai	15 Apr 2025
8:44.66		3	Rajkumar		12.12.1999	ONAC	Ranchi	30 Sep 2025
8:44.87		1rB	Balkishan	HAR	09.11.1998	IndOpn-4	Chennai	15 Apr 2025
8:45.38		4	Shankar Lal Swami	HAR	05.07.1996	FedCup	Kochi	23 Apr 2025
8:46.11		2rB	Pukeshwar Lal	CTG	25.03.1997	IndOpn-4	Chennai	15 Apr 2025
8:46.21		1rB	Sharuk Khan	UP	25.07.2006	IndOpn-8	Sangrur	28 Jul 2025
8:46.26		1	Sumit Kumar	MP	04.07.2000	NatG	Dehradun	10 Feb 2025
8:47.23		3rB	Suraj Pal	UP	20.05.2002	IndOpn-4	Chennai	15 Apr 2025
8:49.69		3rB	Shubham Bhandare	MAH	17.06.2000	IndOpn-8	Sangrur	28 Jul 2025
8:51.91		1	Rahul	HAR	03.06.2003	NC-U23	Hanumakonta	18 Oct 2025
8:52.04		5	Ritesh Kumar	HAR	18.08.2004	ONAC	Ranchi	30 Sep 2025
8:52.18		2	Navratan	HAR	06.12.2006	NC-U23	Hanumakonta	18 Oct 2025
8:53.63		3	Ranvir Singh	GUJ	04.07.2005	NC-U23	Hanumakonta	18 Oct 2025
8:54.73		1rA	Ashish Pal	UP	28.01.2004	IndOpn-8	Sangrur	28 Jul 2025

8:54.98	6	Sohel Beg	UTK	05.06.2005	ONAC	Ranchi	30 Sep 2025
8:55.13	4	Atul Poonia	RAJ	01.10.2000	ISAC	Chennai	24 Aug 2025
8:55.91	4	Dhuladev Baban Ghagare	MAH	22.02.2003	NC-U23	Hanumakonta	18 Oct 2025

110m Hurdles

13.51	1.1	2	Tejas Ashok Shirse	MAH	04.06.2002	Voor Mon	Leuven, BEL	16 Aug 2025
13.70	1.6	2rA	Madhvendra Singh	RAJ	30.10.2003	PacificCoast	Long Beach, USA	17 Apr 2025
13.78	0.1	1	Manav Rajanarayanan	TN	07.06.2000	SAAC	Ranchi	25 Oct 2025
13.84	2.0	1	Krishik M	KAN	16.10.2003	NC-U23	Hanumakonda	17 Oct 2025
13.98	2.0	2	Rahil Sakeer V P	KER	23.11.2004	NC-U23	Hanumakonda	17 Oct 2025
14.08	1.2	1rD	Muhammed Lazan VK	KER	01.06.2002	IndOpn-8	Sangrur	28 Jul 2025
14.15	0.4	1h1	Rathish Pandidurai	TN	11.06.2004	ONAC	Ranchi	28 Sep 2025
14.20	0.2	1rC	Dhanush Adithan G	TN	30.09.2001	IndOpn-5	Bengaluru	28 Jun 2025
14.24	1.2	4	Ronald Babu	MP	09.04.1998	FedCup	Kochi	22 Apr 2025
14.25	0.1	6	Shintomon CB	KER	28.05.2002	ISAC	Chennai	22 Aug 2025
14.26	-0.3	3h2	Nishanthraja G		12.04.2001	ONAC	Ranchi	28 Sep 2025
14.29	0.5	4	Harmanjeet Singh	DEL	20.04.2002	NatG	Dehradun	9 Feb 2025
14.34	0.7	2rA	Hariharan K	TN	19.03.2005	IndOpn-6	Pune	12 Jul 2025
14.41	1.2	1rB	Tarundeep Singh Bhatia	PUN	06.09.1994	IndOpn-8	Sangrur	28 Jul 2025
14.42	0.1	7	Mohammed Fais C	KER	06.04.1999	ISAC	Chennai	22 Aug 2025
14.47	0.7	3rA	Sandeep Vinodkumar		07.08.2006	IndOpn-6	Pune	12 Jul 2025
14.49		Dec	Kushal Kumar Mohite	MAH	04.02.2003	NatG	Dehradun	9 Feb 2025
14.50	1.2	1rE	Graceson Jeeva A	ORI	05.04.2003	IndOpn-8	Sangrur	28 Jul 2025
14.58	0.9	Dec	Tejaswin Shankar	DEL	21.12.1998	AsiCh	Gumi, KOR	28 May 2025
14.61	0.5	5	Rithik Rahul M	TN	20.05.2005	ONAC	Ranchi	28 Sep 2025

400m Hurdles

49.22		2	Yashas P	KAN	08.12.2001	Taiwan Opn	Taipei, TPE	8 Jun 2025
49.76		1	Ruchit Mori	GUJ	24.08.2001	ISAC	Chennai	23 Aug 2025
50.11		2	Subhas Das	WB	23.01.2002	FedCup	Kochi	23 Apr 2025
50.29		1	Arjun Pradeep	KER	22.06.2005	NC-U23	Hanumakonta	18 Oct 2025
50.75		1	Murad Sirman	GUJ	10.09.2005	JFC	Prayagraj	24 Jun 2025
50.98		1rA	Aswin Krishnan L	TN	09.10.2001	NGP	Ludhiana	2 Aug 2025
51.02		2	Hardeep Kumar	PUN	27.06.2003	NatG	Dehradun	12 Feb 2025
51.06		3	Karna Bag	WB	10.07.2004	SAAC	Ranchi	26 Oct 2025
51.13		2	Natarajan Kalanithi	TN	06.11.2004	NC-U23	Hanumakonta	18 Oct 2025
51.29		3	Rakshith Ravindhra Naik	KAN	29.08.2004	ONAC	Ranchi	30 Sep 2025
51.42		2h2	Dhaval Utekar	GUJ	06.10.2000	NatG	Dehradun	11 Feb 2025
51.43		4	Karthik Yarravarapu	AP	01.04.2004	ISAC	Chennai	23 Aug 2025
51.49		1h1	Nikhil Bhardwaj	PUN	24.05.1996	NatG	Dehradun	11 Feb 2025
51.67		2h2	Shakti Singh	RAJ	11.01.2000	ISAC	Chennai	23 Aug 2025
51.67		5	Tejpartap Singh	PUN	07.06.2000	ISAC	Chennai	23 Aug 2025
51.67		5	Sathish K	TN	01.09.1994	ONAC	Ranchi	30 Sep 2025
51.68		6	Aryan Prajwal Kashyapa	KAN	03.03.2004	ONAC	Ranchi	30 Sep 2025
51.74		1	Vishnu	TN	15.07.2006	NJC-U20	Bhubaneswar	13 Oct 2025
51.77		2h1	Rohan Kamble	MAH	15.02.2002	NatG	Dehradun	11 Feb 2025
51.85		1rB	Jabir M P	KER	08.06.1996	IndOpn-4	Chennai	15 Apr 2025
51.86		1rA	Nikunj Zala	GUJ	18.01.2004	IndOpn-6	Pune	12 Jul 2025
52.02		2	Gurudeep S	TN	29.05.2006	NJC-U20	Bhubaneswar	13 Oct 2025
52.07		3	Bhushan Sunil Patil	KAN	01.07.2006	NJC-U20	Bhubaneswar	13 Oct 2025
52.12		4h3	Manoop M	KER	22.08.2001	ISAC	Chennai	23 Aug 2025
52.34		2rD	Aftab Alam	UP	03.05.1997	IndOpn-6	Pune	12 Jul 2025
52.37		3	Amit Kumar	UP	14.01.2007	JFC	Prayagraj	24 Jun 2025
52.70		1h3	Ali Shaikh	MAH	27.06.2006	NJC-U20	Bhubaneswar	12 Oct 2025
52.78		1rA	Kunal Kumar	DEL	24.12.2004	IndOpn-5	Bengaluru	28 Jun 2025
52.80		4h1	Karthik Raja A	TN	16.02.2005	ONAC	Ranchi	29 Sep 2025
52.84		4rD	Jerome Sanjay Nishanth	TN	21.02.2006	IndOpn-6	Pune	12 Jul 2025
53.01		2rB	Sarabeshwar L	TN	15.05.2003	IndOpn-5	Bengaluru	28 Jun 2025
53.02		4h3	Jagathish S	TN	19.03.2001	ONAC	Ranchi	29 Sep 2025
53.03		5rB	Jayesh Baldaniya	GUJ	10.08.2003	IndOpn-2	Nadiad	5 Apr 2025
53.18		4	Jashanpreet Singh	PUN	10.01.2008	JFC	Prayagraj	24 Jun 2025
53.18		6	Santosh Khati	DEL	19.11.2005	NJC-U20	Bhubaneswar	13 Oct 2025

53.29	3rC	Keshav Tanwar	DEL	24.05.2002	IndOpn-6	Pune	12 Jul 2025
53.44	7	Santhosh R	TN	21.04.2004	NC-U23	Hanumakonta	18 Oct 2025
53.56	4h2	Narender Aman	HAR	28.11.1999	NatG	Dehradun	11 Feb 2025
53.62	3rA	Akash Dubey	MP	13.12.2000	NGP	Ludhiana	2 Aug 2025
53.63	2h2	Viksit Kumar		02.12.2003	NC-U23	Hanumakonta	18 Oct 2025
53.70	4rB	Ragul B	TN	07.12.2004	IndOpn-4	Chennai	15 Apr 2025

High Jump

2.28	6	Sarvesh Anil Kushare	MAH	17.06.1995	WCh	Tokyo, JPN	16 Sep 2025
2.21	2	Aadarsh Ram J	TN	27.09.1997	ISAC	Chennai	23 Aug 2025
2.19	Dec	Tejaswin Shankar	DEL	21.12.1998	AsiCh	Gumi, KOR	27 May 2025
2.18	3	Swadhin Kumar Majhi	ORI	10.04.2000	ISAC	Chennai	23 Aug 2025
2.18	1	Rohit		08.03.2000	ONAC	Ranchi	29 Sep 2025
2.14	3	Bharath Raj B	KER	02.01.2004	Fed Cup	Kochi	22 Apr 2025
2.14	4	Jesse Sandesh	KAN	22.10.1995	Fed Cup	Kochi	22 Apr 2025
2.14	4	Aromal T	KER	13.09.1998	ISAC	Chennai	23 Aug 2025
2.13	2	Uchhaal Kumar Roy	WB	11.10.2002	Open Jumps	Bengaluru	22 Mar 2025
2.13	1	Shiv Bhagwan	HAR	06.08.2005	NC-U23	Hanumakonda	17 Oct 2025
2.11	1	Basant	RAJ	07.01.2007	JFC	Prayagraj	24 Jun 2025
2.11	2	Sudeep	KAN	29.04.2004	NC-U23	Hanumakonda	17 Oct 2025
2.11	3	Md Asraf Ali	WB	16.01.2003	NC-U23	Hanumakonda	17 Oct 2025
2.11	4	Dhairyshil Gayakwad	MAH	10.02.2003	NC-U23	Hanumakonda	17 Oct 2025
2.10	5	Shyam Sunder	RAJ	01.05.2005	NGP	Bengaluru	28 Mar 2025
2.10	4	Arjun K S		01.05.1998	IndOpn-6	Pune	12 Jul 2025
2.10	5	Abhay Gurav	MAH	03.05.2000	ISAC	Chennai	23 Aug 2025
2.09	4	Santhosh M	KER	14.10.2000	IndOpn-5	Bengaluru	28 Jun 2025
2.09	2	Sagar Roy	WB	31.10.2006	NJC-U20	Bhubaneswar	12 Oct 2025
2.09	5	Mohamed Duil S		26.06.2004	NC-U23	Hanumakonda	17 Oct 2025
2.09	6	Adityansh Singh	MP	05.12.2005	NC-U23	Hanumakonda	17 Oct 2025

Pole Vault

5.40 NR	6q=	Dev Kumar Meena	MP	07.05.2005	WUG	Bochum, GER	25 Jul 2025
5.20	1=	Reegan G	TN	08.08.2001	ISAC	Chennai	20 Aug 2025
5.20	1=	Gotham M	TN	25.09.2002	ISAC	Chennai	20 Aug 2025
5.11	1	Kavinraja S	TN	26.06.2006	JFC	Prayagraj	22 Jun 2025
5.10	2	Yugendran R	TN	01.10.2003	IndOpn-4	Chennai	15 Apr 2025
5.10	2	Rambeer Singh	RAJ	30.06.1996	ONAC	Ranchi	27 Sep 2025
5.10	3=	Siva S	TN	05.06.1996	ONAC	Ranchi	27 Sep 2025
5.10	1	Kuldeep Kumar	UP	12.03.2005	NC-U23	Hanumakonda	16 Oct 2025
5.00	4	Avneesh Kumar	UP	01.07.2001	NatG	Dehradun	10 Feb 2025
5.00	3	Ramratan	RAJ	01.05.2005	NGP	Bengaluru	28 Mar 2025
5.00	2	Narendra Singh	RAJ	29.07.2003	IndOpn-5	Bengaluru	28 Jun 2025
5.00	3	Kamal Loganathan	TN	02.03.2003	ISAC	Chennai	20 Aug 2025
4.90	1	Gokulnath U	TN	15.02.1997	Open Jumps	Bengaluru	22 Mar 2025
4.90	7	Jessan K G	KER	03.01.1998	ONAC	Ranchi	27 Sep 2025
4.80	7	Anshu Patel	MP	03.05.2005	IndOpn-5	Bengaluru	28 Jun 2025
4.80	8	Subashchandran P	KAN	06.03.2003	IndOpn-5	Bengaluru	28 Jun 2025
4.80	10	Gnana Sone A	TN	02.03.2001	ONAC	Ranchi	27 Sep 2025
4.70	5	Anas Babu E B	KER	09.10.1995	Open Jumps	Bengaluru	22 Mar 2025
4.70	6	Balan S	TN	12.07.2003	Open Jumps	Bengaluru	22 Mar 2025
4.70	7	Deepak Yadav	UP	06.06.2002	Open Jumps	Bengaluru	22 Mar 2025
4.70	12	Bineesh Jacob	KER	17.03.1986	Fed Cup	Kochi	22 Apr 2025
4.70	14	Rohit Patil	MAH	07.04.2000	Fed Cup	Kochi	22 Apr 2025
4.70	7	Nitin	HAR	25.08.2001	ISAC	Chennai	20 Aug 2025

Long Jump

8.13	1.0	1	Sreeshankar M	KER	27.03.1999	WACT	Bhubaneswar	10 Aug 2025
8.06	1.7	1	Anurag C V	KER	23.01.2004	NC-U23	Hanumakonda	17 Oct 2025
8.04	0.0	2	Shahnavaz Khan	UP	02.02.2008	WACT	Bhubaneswar	10 Aug 2025
7.94	1.1	1	David P	TN	17.03.2002	Fed Cup	Kochi	22 Apr 2025
7.93	0.7	1	Muhammed Anees Yahya	KER	03.12.1995	IndOpn-5	Bengaluru	28 Jun 2025
7.92 i		1	Lokesh Sathyanathan	KAN	21.12.1999	Don Kirby	Albuquerque, USA	14 Feb 2025

7.90	1.4	2	Sunny Kumar	BIH	13.07.2001	IndOpn-5	Bengaluru	28 Jun 2025
7.83	1.1	2	Jeswin Aldrin J	TN	24.12.2001	Fed Cup	Kochi	22 Apr 2025
7.83	-0.1	2	Jithin Arjunan R C	TN	11.12.2007	JFC	Prayagraj	23 Jun 2025
7.82	0.3	1	Parth Singh	RAJ	11.02.2007	NJC-U20	Bhubaneswar	11 Oct 2025
7.82	1.9	2	Sharon Jestus J	TN	31.12.2004	NC-U23	Hanumakonda	17 Oct 2025
7.80	1.3	1q	Mohammed Muhassin	KER	06.08.2005	Fed Cup	Kochi	21 Apr 2025
7.79	0.6	1	Mohd Atta Sazid	HAR	10.02.2006	NGP	Ludhiana	2 Aug 2025
7.77	-0.4	2	Sarun Payasingh	ORI	09.07.2000	ONAC	Ranchi	29 Sep 2025
7.74	0.0	1	Aditya Kumar Singh	MP	26.12.2002	IndOpn-4	Chennai	15 Apr 2025
7.73	0.0	1	Vishnu M	TN	10.10.1998	NGP	Bengaluru	28 Mar 2025
7.71	0.0	4	Samuel R	TN	18.02.1995	IndOpn-5	Bengaluru	28 Jun 2025
7.70	0.0	3	Swaminathan R	TN	07.04.1996	ISAC	Chennai	24 Aug 2025
7.69	0.9	1	Avinash Kumar	HAR	16.10.2002	IndOpn-2	Nadiad	5 Apr 2025
7.67	2.0	3	Aryan Choudhary		13.01.2004	NC-U23	Hanumakonda	17 Oct 2025

Triple Jump

17.37 NR=	0.6	1	Praveen Chithravel	TN	05.06.2001	Fed Cup	Kochi	24 Apr 2025
17.19	1.7	1	Abdulla Aboobacker	KER	17.01.1996	Open Jumps	Bengaluru	22 Mar 2025
16.49	2.0	2q	Selva Prabhu T	TN	28.12.2004	NCAA West	College Station, USA	30 May 2025
16.44	0.0	1	Karthik Unnikrishnan	KER	03.06.1993	ISAC	Chennai	22 Aug 2025
16.27	0.8	4	Yuva Raj	TN	31.07.2001	Fed Cup	Kochi	24 Apr 2025
16.27	0.3	1	Dinesh V	TN	03.05.1997	ONAC	Ranchi	30 Sep 2025
16.26	-1.0	3	Gailey Venister D	TN	31.01.2000	WACT	Bhubaneswar	10 Aug 2025
16.25	1.7	2	Sebastian V S	KER	04.10.2003	ONAC	Ranchi	30 Sep 2025
16.23	0.4		Mohammed Muhassin	KER	06.08.2005	Fed Cup	Kochi	24 Apr 2025
16.20	0.9	5	Vimal Mukesh T	TN	25.03.1996	Fed Cup	Kochi	24 Apr 2025
16.12	-1.8	1	Vishal Bahadur	JHA	09.05.2003	NC-U23	Hanumakonta	18 Oct 2025
16.01	0.7	2	Mohammed Salahuddin SN	TN	24.03.1994	NatG	Dehradun	11 Feb 2025
15.94	1.7	3	Ashok Yadav	HAR	16.10.1999	Open Jumps	Bengaluru	22 Mar 2025
15.83	0.0	6	Jay Shah Pradeep	MAH	11.10.1997	ISAC	Chennai	22 Aug 2025
15.80	0.0	4	Aushal Doni	TN	21.09.1999	IndOpn-5	Bengaluru	28 Jun 2025
15.75	1.3	5	Jesse Sandesh	KAN	22.10.1995	IndOpn-5	Bengaluru	28 Jun 2025
15.64	0.9	1	Puneet Kumar	UP	02.02.1994	IndOpn-7	Patna	19 Jul 2025
15.63	-1.0	2	Pradeep Kumar	UP	20.01.2004	NC-U23	Hanumakonta	18 Oct 2025
15.61	0.5	1	Yuvaraj K	TN	18.04.2006	NJC-U20	Bhubaneswar	13 Oct 2025
15.60	-0.7	3	Narpinder Singh	PUN	06.11.2002	NC-U23	Hanumakonta	18 Oct 2025

Shot Put

19.82		1	Samardeep Singh Gill	MP	03.01.2001	ISAC	Chennai	23 Aug 2025
19.74		1	Tajinderpal Singh Toor	PUN	13.11.1994	NatG	Dehradun	10 Feb 2025
19.36		2	Sanyam Sanjay	HAR	05.10.2003	IndOpn-8	Sangrur	28 Jul 2025
19.04		3	Prabhkirpal Singh	PUN	12.07.1997	NatG	Dehradun	10 Feb 2025
18.27		2	Sawan Sombir	HAR	28.11.2004	Open Throws	Navi Mumbai	21 Mar 2025
18.23		3	Ravi Kumar		06.05.1992	ONAC	Ranchi	29 Sep 2025
18.19		4	Karanveer Singh	PUN	24.07.1997	IndOpn-8	Sangrur	28 Jul 2025
18.16		5	Devinder Singh	PUN	30.10.1992	IndOpn-8	Sangrur	28 Jul 2025
18.15		6	Aniket	UTK	05.11.2001	IndOpn-8	Sangrur	28 Jul 2025
18.05		1	Akash Grehwal	UP	01.09.2001	IndOpn-7	Patna	19 Jul 2025
17.96		7	Aryan Tyagi	UP	14.08.2001	ONAC	Ranchi	29 Sep 2025
17.77		4	Varinderpal Singh	PUN	22.12.2002	Open Throws	Navi Mumbai	21 Mar 2025
17.67		1	Atul	HAR	17.01.2005	NC-U23	Hanumakonda	17 Oct 2025
17.66		7	Dhanvir Singh	PUN	28.12.2002	NatG	Dehradun	10 Feb 2025
17.66		5	Balaji	TN	26.09.2000	Open Throws	Navi Mumbai	21 Mar 2025
17.59		5q	Adhish Ghildiyal	UTK	21.05.2002	ONAC	Ranchi	28 Sep 2025
17.54		1	Amit Kumar Singh		14.11.1999	IndOpn-1	Sangrur	1 Apr 2025
17.46		2	Iqbal Singh Chahal	PUN	13.11.1999	NGP	Ludhiana	2 Aug 2025
17.43		2	Anurag Singh Kaler	UP	24.07.2005	NC-U23	Hanumakonda	17 Oct 2025
17.40		8	Shivam Choudhary	UP	25.08.1997	ONAC	Ranchi	29 Sep 2025

Discus Throw

58.13		1	Nirbhay Singh	HAR	20.11.1996	Fed Cup	Kochi	22 Apr 2025
56.33		1	Kirpal Singh Batth	CHD	19.05.1992	ONAC	Ranchi	28 Sep 2025

55.11	2	Abhimanyu	HAR	18.12.2001	Fed Cup	Kochi	22 Apr 2025
55.01	1	Gagandeep Singh	PUN	20.05.1995	NatG	Dehradun	8 Feb 2025
54.89	3	Dharamraj Yadav		26.01.1991	ONAC	Ranchi	28 Sep 2025
54.86	4	Nagendra Annappa Naik	KAN	18.11.2002	ONAC	Ranchi	28 Sep 2025
53.79	3	Bhartpreet Singh	PUN	02.07.2004	Fed Cup	Kochi	22 Apr 2025
53.60	1	Ujjwal Choudhary	HAR	24.03.2006	NC-U23	Hanumakonda	17 Oct 2025
53.35	5	Pradeep Kumar		01.04.2001	ONAC	Ranchi	28 Sep 2025
53.23	4	Ajay Kumar	TEL	20.06.2003	Fed Cup	Kochi	22 Apr 2025
53.13	6	Mohammed Saqlain	KAN	30.03.2000	ONAC	Ranchi	28 Sep 2025
52.98	7	Arjun	DEL	01.07.1993	ONAC	Ranchi	28 Sep 2025
52.79	3	Alex P Thankachan	KER	21.03.2000	NatG	Dehradun	8 Feb 2025
52.59	6	Bhanu Sharma	RAJ	19.10.1996	ISAC	Chennai	21 Aug 2025
52.50	1	Sahil Chechi	HAR	27.07.2000	IndOpn-2	Nadiad	5 Apr 2025
52.37	3	Ritik		06.07.2006	NC-U23	Hanumakonda	17 Oct 2025
52.23	7	Shubakarman Singh	PUN	05.10.2003	ISAC	Chennai	21 Aug 2025
52.20	4	Sumit Kumar	RAJ	21.06.2004	NC-U23	Hanumakonda	17 Oct 2025
51.99	8	Surya Prakash P	TN	25.09.2002	ISAC	Chennai	21 Aug 2025
51.87	6q	Oinam Alson Singh	MANI	22.01.2002	ONAC	Ranchi	27 Sep 2025

Hammer Throw

69.87	1	Damneet Singh	PUN	10.03.2000	IndOpn-8	Sangrur	28 Jul 2025
67.63	2	Gaurav	HAR	12.02.1996	IndOpn-8	Sangrur	28 Jul 2025
67.32	3	Devang	DEL	20.12.2003	IndOpn-8	Sangrur	28 Jul 2025
66.94	4	Ashish Jakhar	HAR	05.01.1999	IndOpn-8	Sangrur	28 Jul 2025
66.64	1	Taranveer Singh Bains	PUN	01.10.1996	NatG	Dehradun	11 Feb 2025
66.05	5	Praveen Kumar	RAJ	14.12.2000	IndOpn-8	Sangrur	28 Jul 2025
65.59	3	Mohammad Shahban	UP	16.04.2004	ONAC	Ranchi	29 Sep 2025
62.91	6	Nitin Malik	HAR	01.01.2000	IndOpn-8	Sangrur	28 Jul 2025
62.76	1	Shantanu Uchale	MAH	31.01.1999	NGP	Ludhiana	2 Aug 2025
62.71	5	Gurdev Singh	PUN	14.08.2001	NatG	Dehradun	11 Feb 2025
62.56	6	Niraj Kumar	RAJ	17.09.1990	NatG	Dehradun	11 Feb 2025
62.25	7	Arnav Yadav	UP	10.08.2001	IndOpn-8	Sangrur	28 Jul 2025
62.16	8	Vikrant Ramesh Rainak	MAH	08.03.1998	IndOpn-8	Sangrur	28 Jul 2025
61.62	9	Jaswinder Singh	AP	12.10.1994	IndOpn-8	Sangrur	28 Jul 2025
61.24	10	Sadik Khan	MP	15.07.1997	IndOpn-8	Sangrur	28 Jul 2025
61.00	5q	Mukul	UP	13.11.2001	ONAC	Ranchi	28 Sep 2025
60.53	7	Vishal Choudhary	UP	10.12.2001	ONAC	Ranchi	29 Sep 2025
60.47	11	Mohd Nadeem	UP	20.04.2004	IndOpn-8	Sangrur	28 Jul 2025
60.24	4	Pradeep Sangwan		07.01.1999	Fed Cup	Kochi	23 Apr 2025
60.19	12	Amit Pundir	HAR	05.05.2004	IndOpn-8	Sangrur	28 Jul 2025

Javelin Throw

90.23 NR	2	Neeraj Chopra	HAR	24.12.1997	DL	Doha, QAT	16 May 2025
86.27	4	Sachin Yadav	UP	25.10.1999	WCh	Tokyo, JPN	18 Sep 2025
83.65	1	Rohit Yadav	UP	06.06.2001	ISAC	Chennai	24 Aug 2025
82.57	5	Yashvir Singh	RAJ	22.10.2001	AsiCh	Gumi, KOR	31 May 2025
80.95	1	Shivam Lohakare	MAH	14.09.2004	IndOpn-6	Pune	12 Jul 2025
80.12	1	Rishabh Nehra	UP	10.12.1999	ONAC	Ranchi	30 Sep 2025
79.33	3	Vikash Sharma	UTK	23.04.2003	NatG	Dehradun	12 Feb 2025
78.60	8	Kishore Kumar Jena	ORI	06.09.1995	DL	Doha, QAT	16 May 2025
78.01	2	Uttam Patil	MAH	01.11.1998	ONAC	Ranchi	30 Sep 2025
77.84	3	Sahil Silwal	HAR	17.12.2000	Fed Cup	Kochi	21 Apr 2025
77.00	2	Shivpal Singh	UP	06.07.1995	Open Throws	Navi Mumbai	21 Mar 2025
76.66	3	Shashank Patil	KAN	10.10.2004	Open Throws	Navi Mumbai	21 Mar 2025
76.56	1	Anand Singh	UP	03.03.2004	NC-U23	Hanumakonta	18 Oct 2025
76.50	1	Aditya	HAR	22.10.2006	NJC-U20	Bhubaneswar	14 Oct 2025
76.09	4	Vikrant Malik	ORI	02.01.1996	Open Throws	Navi Mumbai	21 Mar 2025
76.03	1	Dipanshu Sharma	UP	25.04.2006	IndOpn-8	Sangrur	27 Jul 2025
75.13	7	Jaideep	HAR	12.03.1996	ONAC	Ranchi	30 Sep 2025
74.70	6	Bibin Antony	MP	04.05.1994	NatG	Dehradun	12 Feb 2025
73.71	7	Parmod	HAR	03.12.1999	NatG	Dehradun	12 Feb 2025
73.35	3	Prateek Kumar	HAR	17.01.2004	NC-U23	Hanumakonta	18 Oct 2025

Decathlon

7826	NR	4	Tejaswin Shankar	DEL	21.12.1998	Czapiewski	Naklo Nad Notecia	27 Jul 2025
7226		2	Yaman Deep Sharma	RAJ	10.03.1999	Fed Cup	Kochi	24 Apr 2025
7212		1	Usaid			ONAC	Ranchi	28 Sep 2025
7156		3	Jashbir Nayak	ORI	03.04.2002	Fed Cup	Kochi	24 Apr 2025
7102		2	Kushal Mohite	MAH		ONAC	Ranchi	28 Sep 2025
7090		3	Stalin Joes S	TN		ONAC	Ranchi	28 Sep 2025
7087		4	Rohit Roman	AP	05.07.1999	ONAC	Ranchi	28 Sep 2025
7016		5	Thowfeeq N	KER	20.12.2003	ONAC	Ranchi	28 Sep 2025
6820		3	Kamal Dhankhar	HAR	13.10.1998	ISAC	Chennai	21 Aug 2025
6820		2	Abhijit Bhosale	MAH	30.06.2004	NC-U23	Hanumakonta	17 Oct 2025
6818		5	Gokul S	KER	17.12.1996	Fed Cup	Kochi	24 Apr 2025
6730		7	Umesh Lamba	RAJ	25.02.2000	Fed Cup	Kochi	24 Apr 2025
6647		4	Amolak	MP		ISAC	Chennai	21 Aug 2025
6628		7	Kamal Singh	UP		ONAC	Ranchi	28 Sep 2025
6598		5	Mohit	HAR		ISAC	Chennai	21 Aug 2025
6579		6	John Paul J	TN		ISAC	Chennai	21 Aug 2025
6574		3	Harish S	TN		NC-U23	Hanumakonta	17 Oct 2025
6212		9	Dhaval Solanki	GUJ	23.04.2000	Fed Cup	Kochi	24 Apr 2025
6072		4	Shikhar Rai	WB		NC-U23	Hanumakonta	17 Oct 2025
6026		10	Abyakat Mirdha	ORI	14.09.2003	Fed Cup	Kochi	24 Apr 2025

20 KM Walk

1:21:14		3	Servin Sebastian	TN	26.11.1999	AsiCh	Gumi, KOR	27 May 2025
1:21:34		2	Suraj Panwar	UTK	02.04.2001	NatG	Dehradun	11 Feb 2025
1:21:42		3	Amanjot Singh	PUN	19.03.1999	NatG	Dehradun	11 Feb 2025
1:21:52		2	Amit	HAR	25.12.2003	NRW	Chandigarh	19 Apr 2025
1:22:02		4	Paramjeet Singh Bisht	UTK	03.03.2002	NatG	Dehradun	11 Feb 2025
1:22:26		5	Ram Baboo	UP	20.03.1999	NatG	Dehradun	11 Feb 2025
1:22:42		38	Vikash Singh	DEL	06.07.1996	Gran Premio	La Coruna, ESP	7 Jun 2025
1:22:52		6	Mukesh Nitharwal	RAJ	04.06.2000	NatG	Dehradun	11 Feb 2025
1:23:50		5	Akshdeep Singh	PUN	22.11.1999	NRW	Chandigarh	19 Apr 2025
1:24:23		1	Nitin Gupta		01.01.2008	ONAC	Ranchi	29 Sep 2025
1:24:51		7	Sachin Singh Bohra	UTK	22.03.2003	NatG	Dehradun	11 Feb 2025
1:25:16		7	Sahil	PUN	09.04.2002	NRW	Chandigarh	19 Apr 2025
1:25:24		8	Gaurav Kumar	UP	14.03.2002	NRW	Chandigarh	19 Apr 2025
1:26:07		10	Hardeep	HAR	22.09.1998	NRW	Chandigarh	19 Apr 2025
1:26:34		20	Rahul	HAR	07.01.2000	WUG	Bochum, GER	27 Jul 2025
1:27:42		12	Ningthoukhongjam Singh	MANI	01.03.2002	NRW	Chandigarh	19 Apr 2025
1:27:47		5	Vishvendra Singh	MP	10.07.2002	ONAC	Ranchi	29 Sep 2025
1:28:01		6	Bilin George Anto	KER	09.11.2004	ONAC	Ranchi	29 Sep 2025
1:28:02		7	Khangembam	MANI	28.02.2002	ONAC	Ranchi	29 Sep 2025
1:28:13.60		2	Roshan Kumar	JHA	05.10.2004	NC-U23	Hanumakonda	17 Oct 2025

35 KM Walk

2:32:54		1	Ram Baboo	UP	20.03.1999	NRW	Chandigarh	19 Apr 2025
2:35:06		2	Sandeep Kumar	HAR	01.05.1986	NRW	Chandigarh	19 Apr 2025
2:41:42		3	Vijay Vishwakarma	GOA	11.10.1999	NRW	Chandigarh	19 Apr 2025
2:42:17		4	Resham Midhun	TEL	06.12.1987	NRW	Chandigarh	19 Apr 2025
2:44:08		5	Sandeep Singh	UTK	16.08.1997	NRW	Chandigarh	19 Apr 2025
2:44:38		6	Vikash Kumar Yadav	RAJ	25.10.2000	NRW	Chandigarh	19 Apr 2025
2:45:22		7	Juned Khan	HAR	10.05.1999	NRW	Chandigarh	19 Apr 2025
2:45:25		8	Sachin Sharma	UP	12.08.2001	NRW	Chandigarh	19 Apr 2025
2:47:46		9	Sunil Kumar	UTK	15.05.1988	NRW	Chandigarh	19 Apr 2025
2:47:57		10	Anshul Dhoundiyal	UTK	30.06.2004	NRW	Chandigarh	19 Apr 2025
2:49:30		11	Dhir Goyal	PUN	16.12.2001	NRW	Chandigarh	19 Apr 2025
2:50:37		12	Kushal Singh	UP	04.01.1999	NRW	Chandigarh	19 Apr 2025
2:56:49		13	Bajrangi Prajapati	MP	12.07.2003	NRW	Chandigarh	19 Apr 2025
3:01:08		14	Amit Shishram Gurjar	RAJ	01.05.2003	NRW	Chandigarh	19 Apr 2025
3:05:58		15	Bajrang Lal	RAJ	11.10.1994	NRW	Chandigarh	19 Apr 2025
3:08:36		16	Sonu Mishra	PUN	12.10.1997	NRW	Chandigarh	19 Apr 2025

WOMEN

100m

11.36	0.1	1	Dhanalakshmi S	TN	05.06.1998	ISAC	Chennai	20 Aug 2025
11.41	0.4	1rC	Nithya Gandhe	TEL	10.11.1999	NGP	Bengaluru	28 Mar 2025
11.54	-1.5	2	Abinaya Rajarajan	TN	21.11.2006	Fed Cup	Kochi	21 Apr 2025
11.55	0.4	2rC	Sneha S S	KAN	27.03.1998	NGP	Bengaluru	28 Mar 2025
11.62	1.8	1s3	Sakshi Chavan	GUJ	18.01.2005	NC-U23	Hanumakonda	16 Oct 2025
11.63	1.6	1s1	Sudeshna Shivankar	MAH	09.09.2003	NC-U23	Hanumakonda	16 Oct 2025
11.67	2.0	1rB	Angel Silvia M	TN	12.08.2002	NGP	Bengaluru	28 Mar 2025
11.69	0.0	1h1	Jilna M V	KER	28.12.1997	ONAC	Ranchi	27 Sep 2025
11.71	0.2	2r4	Harita Bhadra	MAH	06.06.2003	Stratford Speed	London, GBR	22 Jun 2025
11.72	-0.4	2h1	Srabani Nanda	ORI	07.05.1991	NGP	Kochi	21 Apr 2025
11.72	1.8	2s3	Tamanna	HAR	29.09.2004	NC-U23	Hanumakonda	16 Oct 2025
11.73	-0.3	2h2	Daneshwari A T	KAN	14.08.2000	Fed Cup	Kochi	21 Apr 2025
11.75	0.4	4rC	Vijaya Kumari	MP	15.04.1999	NGP	Bengaluru	28 Mar 2025
11.78	-0.2	2h3	Sudheeksha V	KAN	28.04.2005	Fed Cup	Kochi	21 Apr 2025
11.81	1.6	2s1	Sheetal Kumari	BIH	18.11.2003	NC-U23	Hanumakonda	16 Oct 2025
11.84	1.8	3s3	Tanisha	DEL	12.04.2004	NC-U23	Hanumakonda	16 Oct 2025
11.86	-0.2	1	Nipam	UP	20.06.2007	JFC	Prayagraj	22 Jun 2025
11.87	0.6	1rA	Kiruthika R	TN	27.02.2004	IndOpn-4	Chennai	15 Apr 2025
11.88	-0.9	3	Giridharani R	TN	07.07.2001	NatG	Dehradun	8 Feb 2025
11.90	-0.2	2	Archita Banerjee	WB	04.04.2008	JFC	Prayagraj	22 Jun 2025
11.90	0.0	1rB	Mariya Nivetha P	TN	28.08.2003	IndOpn-5	Bengaluru	28 Jun 2025
11.90	0.9	3rB	Simrandeep Kaur	PUN	01.08.1998	NGP	Ludhiana	2 Aug 2025
11.90	0.5	1s2	Aarti	HAR	08.06.2008	NJC-U18	Bhubaneswar	10 Oct 2025
11.90	1.6	3s1	Sukhveer Kaur	PUN	01.10.2003	NC-U23	Hanumakonda	16 Oct 2025

200m

23.35	1.0	1	Jyothi Yarraji	AP	28.08.1999	NatG	Dehradun	11 Feb 2025
23.36	0.5	1rB	Nithya Gandhe	TEL	10.11.1999	NGP	Bengaluru	28 Mar 2025
23.53	-0.6	1	Dhanalakshmi S	TN	05.06.1998	ISAC	Chennai	23 Aug 2025
23.59	0.4	1rB	Sneha K	KER	19.05.1999	NGP	Thiruvananthapuram	17 May 2025
23.65	0.5	3rB	Vijaya Kumari	MP	15.04.1999	NGP	Bengaluru	28 Mar 2025
23.70	1.0	2	Unnathi Aiyappa	KAN	05.06.2005	NatG	Dehradun	11 Feb 2025
23.70		Hep	Agasara Nandini	TEL	07.08.2003	Fed Cup	Kochi	21 Apr 2025
23.72	0.4	2rB	Nithya Ramraj	TN	20.09.1998	NGP	Thiruvananthapuram	17 May 2025
23.75		Hep	Moumita Mondal	WB	09.12.2001	Fed Cup	Kochi	21 Apr 2025
23.78	-0.5	1	Sakshi Chavan	GUJ	18.01.2005	ONAC	Ranchi	30 Sep 2025
23.79	1.0	4	Madhumita Deb	MP	01.04.2002	NatG	Dehradun	11 Feb 2025
23.81	1.0	1rA	Angel Silvia M	TN	12.08.2002	IndOpn-5	Bengaluru	28 Jun 2025
23.87	-0.5	2	Neeru Pathak	UP	27.01.2007	ONAC	Ranchi	30 Sep 2025
24.04	-0.6	2	Shivani Saini	UP	17.01.2004	ISAC	Chennai	23 Aug 2025
24.11	0.7	2rA	Simrandeep Kaur	DEL	01.08.1998	NGP	Bengaluru	28 Mar 2025
24.16	-0.6	1rC	Sandramol Sabu	KER	08.07.2005	IndOpn-4	Chennai	15 Apr 2025
24.22	0.3	1s1	Aarti	HAR	08.06.2008	NJC-U18	Bhubaneswar	13 Oct 2025
24.29	0.6	2h1	Dhesikha V	TN	20.06.2006	ISAC	Chennai	23 Aug 2025
24.30	0.5	1rB	Shivkanya Mukati	MP	01.03.2004	IndOpn-7	Patna	19 Jul 2025
24.31	0.5	3	Sudheeksha V	KAN	28.04.2005	Fed Cup	Kochi	24 Apr 2025

400m

51.12		1	Aishwarya Mishra	MAH	16.08.1997	NatG	Dehradun	9 Feb 2025
52.41		1	Rupal Chaudhary	UP	23.12.2004	Open 400m	Thiruvananthapuram	24 Mar 2025
52.81		2	Vithya Ramraj	TN	20.09.1998	Fed Cup	Kochi	22 Apr 2025
52.85		1	Neeru Pathak	UP	27.01.2007	ONAC	Ranchi	28 Sep 2025
53.00		3	Sneha K	KER	19.05.1999	Fed Cup	Kochi	22 Apr 2025
53.17		1rC	Devyaniba Zala	GUJ	15.03.2002	IndOpn-4	Chennai	15 Apr 2025
53.34		1rC	Vijayakumari G K	KAN	05.08.1996	IndOpn-5	Bengaluru	28 Jun 2025
53.35		4	Subha Venkatesan	TN	31.08.1999	Fed Cup	Kochi	22 Apr 2025
53.40		1rB	Anankha B A	KER	29.03.2001	NGP	Ludhiana	2 Aug 2025
53.51		6	Jisna Mathew	KER	07.01.1999	Fed Cup	Kochi	22 Apr 2025

53.62	1	Aayushi	UP	22.07.2004	NC-U23	Hanumakonda	17 Oct 2025
53.75	2	Olimba Steffi	TN	15.02.2002	ONAC	Ranchi	28 Sep 2025
53.81	1rC	Manisha Kumari	HP	21.11.2000	IndOpn-8	Sangrur	27 Jul 2025
53.96	3	Prachi	UP	20.12.1996	ISAC	Chennai	21 Aug 2025
53.99	4	Sonia Baishya	WB	31.12.1995	ISAC	Chennai	21 Aug 2025
54.02	1	Isha Rajesh	MAH	29.09.2006	JFC	Prayagraj	23 Jun 2025
54.04	5	Gowrinandana	KER	26.03.2002	ISAC	Chennai	21 Aug 2025
54.04	2s2	Poovamma M R	KAN	05.05.1990	ONAC	Ranchi	27 Sep 2025
54.04	3	Priya H Mohan	KAN	15.03.2003	ONAC	Ranchi	28 Sep 2025
54.29	2h1	Ansa Babu	KER	09.04.1998	Fed Cup	Kochi	21 Apr 2025

800m

2:00.71	1	Twinkle Chaudhary	PUN	17.10.1995	Fed Cup	Kochi	24 Apr 2025
2:00.82	1	Chanda KM	DEL	16.08.2001	NatG	Dehradun	11 Feb 2025
2:01.03	7h6	Pooja	HAR	17.06.2002	WCh	Tokyo, JPN	18 Sep 2025
2:03.69	3	Amandeep Kaur	PUN	09.07.2003	Fed Cup	Kochi	24 Apr 2025
2:04.15	2	Lili Das	WB	18.03.1998	ONAC	Ranchi	30 Sep 2025
2:04.44	2	Huidrom Bhmeshwory	MANI	01.02.2004	ISAC	Chennai	23 Aug 2025
2:04.56	3	Thota Sankeertana	CTG	17.07.2003	ISAC	Chennai	23 Aug 2025
2:06.48 i	3rA	Nidhi Singh		31.01.1999	Last Chance	Boston, USA	2 Mar 2025
2:07.84	1	Vaishnavi Rawal	KAN	09.05.2006	NJC-U20	Bhubaneswar	13 Oct 2025
2:07.89	1	Prateeksha Yadav	UP	30.06.2005	JFC	Prayagraj	23 Jun 2025
2:08.27	2	Payal	HAR	16.11.2005	NJC-U20	Bhubaneswar	13 Oct 2025
2:08.77	1	Priscilla Daniel	KER	01.07.2002	IndOpn-8	Sangrur	28 Jul 2025
2:08.84	2	Heena	HAR	22.10.2007	JFC	Prayagraj	23 Jun 2025
2:08.95	4h2	Deeksha KM	MP	01.01.1999	NatG	Dehradun	10 Feb 2025
2:08.96	5	Phul Kumari	BIH	12.05.2005	ONAC	Ranchi	30 Sep 2025
2:08.99	2	Radha Chaudhary	DEL	02.02.2001	IndOpn-8	Sangrur	28 Jul 2025
2:09.10	1	Laxmipriya Kisan	ORI	10.04.2005	NGP	Thiruvananthapuram	17 May 2025
2:09.15	3h1	Vineeta Gurjar	UP	27.09.2005	Fed Cup	Kochi	23 Apr 2025
2:09.18	3	Geetika Dahiya	HAR	04.10.2006	NJC-U20	Bhubaneswar	13 Oct 2025
2:09.58	2	Vijayakumari G K	KAN	08.05.1996	NGP	Thiruvananthapuram	17 May 2025

1500m

4:10.68	1	Pooja	HAR	17.06.2002	ISAC	Chennai	21 Aug 2025
4:10.88	1	Lili Das	WB	18.03.1998	Fed Cup	Kochi	21 Apr 2025
4:13.97	3	Ankita Dhiyani	UTK	05.02.2002	The Ten	SJ Capistrano, USA	29 Mar 2025
4:15.89	2	Sanjana Singh	HAR	23.12.2006	ONAC	Ranchi	28 Sep 2025
4:17.74	1	Chanda KM	DEL	16.08.2001	NatG	Dehradun	8 Feb 2025
4:17.97	3	Kajal Kanwade	GUJ	26.01.2001	ONAC	Ranchi	28 Sep 2025
4:21.37	3	Amandeep Kaur	PUN	09.07.2003	ISAC	Chennai	21 Aug 2025
4:21.48	4	Vineeta Gurjar	UP	27.09.2005	Fed Cup	Kochi	21 Apr 2025
4:21.92	2	Deeksha KM	MP	01.01.1999	NatG	Dehradun	8 Feb 2025
4:23.42	5	Nikita Sharma	HP	04.07.2001	Fed Cup	Kochi	21 Apr 2025
4:23.94	4	Thota Sankeerthana	CTG	17.07.2003	NatG	Dehradun	8 Feb 2025
4:25.79	4	Huidrom Bhmeshwori	MANI	01.02.2004	ISAC	Chennai	21 Aug 2025
4:26.40	2	Anju	HAR	13.11.2004	IndOpn-4	Chennai	15 Apr 2025
4:26.81	3	Disha Borse	MAH	15.03.2001	IndOpn-4	Chennai	15 Apr 2025
4:27.41	7	Priyanka C	KAN	02.01.2004	Fed Cup	Kochi	21 Apr 2025
4:28.43	9rA	Akshana	MP	01.06.2003	CrimsonTide	Tuscaloosa, USA	12 Apr 2025
4:29.19	1	Vaishnavi Rawal	KAN	09.05.2006	NJC-U20	Bhubaneswar	10 Oct 2025
4:29.19	2	Radha Yadav	MP	2.08.2007	NJC-U20	Bhubaneswar	10 Oct 2025
4:29.89	5	Muskan-2	HAR	10.06.2008	NatG	Dehradun	8 Feb 2025
4:30.20	1	Prateeksha Yadav	UP	30.06.2005	JFC	Prayagraj	23 Jun 2025

5000m

15:15.33	2	Parul Chaudhary	UP	15.04.1995	AsiCh	Gumi, KOR	31 May 2025
15:35.86	2	Seema	HP	10.01.2001	WUG	Bochum, GER	26 Jul 2025
15:36.40	5	Sanjivani Jadhav	MAH	12.07.1996	AsiCh	Gumi, KOR	31 May 2025
15:56.03	1	Ankita Dhiyani	UTK	05.02.2002	NatG	Dehradun	12 Feb 2025
16:21.88	3	Kajal Kanwade	GUJ	26.01.2001	ONAC	Ranchi	27 Sep 2025
16:25.78	3	Anjali Devi	HAR	21.02.2002	Fed Cup	Kochi	24 Apr 2025

16:35.54	4	Beby	UP	01.05.2004	Fed Cup	Kochi	24 Apr 2025
16:35.85	5	Supriti Kachhap	JHA	03.04.2003	Fed Cup	Kochi	24 Apr 2025
16:48.43	3rA	Akshana	MP	01.06.2003	YellowJacket	Atlanta, USA	21 Mar 2025
16:49.00	4	Ravina Gayakwad	MAH	10.10.2004	ONAC	Ranchi	27 Sep 2025
16:49.27	2	Kavita Yadav	UP	08.11.1998	IndOpn-3	Ranchi	10 Apr 2025
16:53.52	3	Poonam Sonune	MAH	04.04.2000	NatG	Dehradun	12 Feb 2025
16:55.46	2	Garima Yadav	MP	04.07.2005	IndOpn-2	Nadiad	5 Apr 2025
16:56.41	4	Rinkee Dhanya	MAH	23.06.2003	NatG	Dehradun	12 Feb 2025
16:56.83	5	Nirmala	RAJ	15.07.2002	ONAC	Ranchi	27 Sep 2025
17:03.42	4	Reenu	HAR	15.02.1997	IndOpn-3	Ranchi	10 Apr 2025
17:07.09	1	Priyanka Oksa		10.08.2005	JFC	Prayagraj	24 Jun 2025
17:07.71	2	Shilpa Dilhora	GUJ	23.12.2005	JFC	Prayagraj	24 Jun 2025
17:07.91	6	Antima Pal	UP	01.01.2004	Fed Cup	Kochi	24 Apr 2025

10000m

32:14.66	19rB	Seema	HP	10.01.2001	The Ten	SJ Capistrano, USA	29 Mar 2025
33:08.17	5	Sanjivani Jadhav	MAH	12.07.1996	AsiCh	Gumi, KOR	29 May 2025
33:18.03	23rB	Ankita Dhiyani	UTK	05.02.2002	The Ten	SJ Capistrano, USA	29 Mar 2025
34:40.37	1	Jyoti	UP	05.07.1997	IndOpn-3	Ranchi	10 Apr 2025
34:45.47	2	Ravina Gayakwad	MAH	10.10.2004	SAAC	Ranchi	26 Oct 2025
34:50.71	2	Bharti	HAR	01.01.1997	IndOpn-3	Ranchi	10 Apr 2025
34:59.67	3	Beby	UP	01.05.2004	Fed Cup	Kochi	21 Apr 2025
35:14.24	4	Anjali Devi	HAR	21.02.2002	Fed Cup	Kochi	21 Apr 2025
35:15.92	1	Bushra Khan Gauri	MP	26.07.2004	IndOpn-1	Sangrur	1 Apr 2025
35:40.42	2	Basanti Kumari		10.01.2002	ONAC	Ranchi	30 Sep 2025
35:45.19	3	Soniya	UTK	25.07.2000	NatG	Dehradun	8 Feb 2025
35:53.65	4	Kavita Yadav	UP	08.11.1998	NatG	Dehradun	8 Feb 2025
35:55.83	1	Nandani Gupta	UP	04.11.1997	IndOpn-7	Patna	19 Jul 2025
36:00.63	2	Reeba Anna George	KER	07.08.1996	ISAC	Chennai	24 Aug 2025
36:01.87	5	Jyoti-2	HAR	09.02.2003	NatG	Dehradun	8 Feb 2025
36:19.07	3	Latha D	TN	20.06.2002	ISAC	Chennai	24 Aug 2025
36:21.40	3	Yashi Sachan	UP	15.10.2002	IndOpn-3	Ranchi	10 Apr 2025
36:29.31	4	Chandrakala Sharma	SKM	22.01.1998	IndOpn-3	Ranchi	10 Apr 2025
36:47.22	1	Latika Talwar	RAJ	12.01.2004	NC-U23	Hanumakonda	16 Oct 2025
36:48.05	4	Renu Singh		03.12.2004	ONAC	Ranchi	30 Sep 2025

3000m Steeplechase

9:12.46	NR	2	Parul Chaudhary	UP	15.04.1995	AsiCh	Gumi, KOR	30 May 2025
9:31.99		2	Ankita Dhiyani	UTK	05.02.2002	WUG	Bochum, GER	27 Jul 2025
10:05.60		1	Priti Lamba	HAR	18.12.1995	IndOpn-8	Sangrur	28 Jul 2025
10:09.07		1	Prachi Devkar	MAH	30.06.2005	NC-U23	Hanumakonda	18 Oct 2025
10:14.34		2	Komal Jagadale	MAH	26.01.1999	ONAC	Ranchi	30 Sep 2025
10:15.70		2	Manju Yadav	MP	20.12.2002	NatG	Dehradun	10 Feb 2025
10:20.89		2	Ankita	HAR	27.05.2004	ISAC	Chennai	24 Aug 2025
10:29.93		1	Vandana Mori	GUJ	31.08.2002	IndOpn-5	Bengaluru	28 Jun 2025
10:36.36		2	Nikita	RAJ	11.11.2004	IndOpn-4	Chennai	15 Apr 2025
10:36.81		3	Anupriya M	TN	10.05.1997	ISAC	Chennai	24 Aug 2025
10:37.15		3	Rebi Pal	UP	12.12.2001	NatG	Dehradun	10 Feb 2025
10:44.23		2	Susmita Tigga	ORI	25.12.2003	NC-U23	Hanumakonda	18 Oct 2025
10:46.39		3	Anjali	UTK	10.03.1999	IndOpn-4	Chennai	15 Apr 2025
10:49.40		5	Riya Dohatare	MAH	11.12.2001	NatG	Dehradun	10 Feb 2025
10:50.39		1	Sakshi Borhade	MAH	12.10.2005	JFC	Prayagraj	24 Jun 2025
10:52.64		2	Garima Yadav	MP	04.07.2005	JFC	Prayagraj	24 Jun 2025
10:55.03		5	Shaheen Dharwad	KAN	01.06.1999	ONAC	Ranchi	30 Sep 2025
10:56.98		1	Manju Choudhari	RAJ	13.12.2005	NJC-U20	Bhubaneswar	14 Oct 2025
10:57.97		4	Sakshi Gurjar	UP	15.08.2004	IndOpn-4	Chennai	15 Apr 2025
11:00.18		7	Khushbu Gupta	UP	07.11.1998	ONAC	Ranchi	30 Sep 2025

100m Hurdles

12.96	-0.1	1	Jyothi Yarraji	AP	28.08.1999	AsiCh	Gumi, KOR	29 May 2025
13.22	1.0	1	Moumita Mondal	WB	09.12.2001	ISAC	Chennai	22 Aug 2025
13.27	0.6	1	Nithya Ramraj	TN	20.09.1998	NGP	Thiruvananthapuram	17 May 2025

13.27	0.6	2	Pragyan Sahu	ORI	19.12.1999	NGP	Thiruvananthapuram	17 May 2025
13.45	1.0	2	Nandhini Kongan	TN	13.07.1999	ISAC	Chennai	22 Aug 2025
13.65	0.5	1rA	Anjali C	KER	27.07.2000	IndOpn-5	Bengaluru	28 Jun 2025
13.67	-1.4	Hep	Agasara Nandini	TEL	07.08.2003	AsiCh	Gumi, KOR	29 May 2025
13.73	1.1	1	Pranjali Patil	MAH	23.01.2003	NC-U23	Hanumakonda	17 Oct 2025
13.86	1.2	2	Kanimozhi C	TN	08.11.1997	IndOpn-6	Pune	12 Jul 2025
13.90	1.0	6	Srireshma S	TN	04.05.2001	ISAC	Chennai	22 Aug 2025
13.90	1.1	2	Akschida S	TN	02.10.2004	NC-U23	Hanumakonda	17 Oct 2025
13.90	1.1	3	Shreeya Rajesh	KAN	15.05.2005	NC-U23	Hanumakonda	17 Oct 2025
13.99	0.5	1h1	Yamini Karthikeyan	TN	28.09.2006	NJC-U20	Bhubaneswar	11 Oct 2025
14.03	0.0	1	Shiny Gladssia	TN	25.10.2005	NJC-U20	Bhubaneswar	11 Oct 2025
14.03	-0.8	1h2	Atchaya S	TN	13.01.2003	NC-U23	Hanumakonda	17 Oct 2025
14.04	1.0	7	Kitwika Singh	UP	11.12.1998	ISAC	Chennai	22 Aug 2025
14.14	1.1	5	Sabita Toppo	ORI	06.04.2005	NC-U23	Hanumakonda	17 Oct 2025
14.27	0.0	2	Adithya Aji	KER	03.05.2007	NJC-U20	Bhubaneswar	11 Oct 2025
14.29	0.6	4	Aliza Aftab Mulla	MAH	28.02.2006	NGP	Thiruvananthapuram	17 May 2025
14.31	0.1	4h2	Namayi Ruchitha	TEL	05.05.2004	ONAC	Ranchi	28 Sep 2025

Wind-aided marks:

13.66	2.6	1	Pranjali Patil	MAH	23.01.2003	IndOpn-8	Sangrur	28 Jul 2025
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400m Hurdles

56.04		1	Vithya Ramraj	TN	20.09.1998	Fed Cup	Kochi	23 Apr 2025
57.46		7	Anu Raghavan	KER	20.04.1993	AsiCh	Gumi, KOR	31 May 2025
58.26		1	Aswini R	TN	24.08.2004	IndOpn-5	Bengaluru	28 Jun 2025
58.90		1	Ramandeep Kaur	PUN	20.12.2003	ISAC	Chennai	23 Aug 2025
58.93		1	Olimba Stefi	TN	15.02.2002	ONAC	Ranchi	30 Sep 2025
59.76		6h3	Deekshita Ramakrishna	KAN	28.04.2003	WUG	Bochum, GER	22 Jul 2025
59.86		2	Shreevarthani S K	TN	18.04.2005	NatG	Dehradun	12 Feb 2025
1:00.03		1	Harshita R	TN	21.06.2005	NC-U23	Hanumakonta	18 Oct 2025
1:00.06		2	Neha Dhabale	MAH	06.08.2003	ONAC	Ranchi	30 Sep 2025
1:00.61		4	Prajna K	KAN	25.07.2001	NatG	Dehradun	12 Feb 2025
1:00.68		2	Megha M	KAN	19.05.2001	IndOpn-5	Bengaluru	28 Jun 2025
1:00.83		2	Moumi Jana	WB	23.08.2004	NC-U23	Hanumakonta	18 Oct 2025
1:01.00		4	Lovely Rajput	UP	29.05.2004	NC-U23	Hanumakonta	18 Oct 2025
1:01.09		1	Tanu Chaudhary	UP	20.04.2009	JFC	Prayagraj	24 Jun 2025
1:01.29		2h1	Nanhi Pannu	HAR	16.10.1999	JUCO	Hutchinson, USA	15 May 2025
1:01.75		1	Muskan	HAR	26.01.2006	NJC-U20	Bhubaneswar	13 Oct 2025
1:01.88		5	Raji C T	KER	01.08.1988	NGP	Thiruvananthapuram	17 May 2025
1:01.92		2	Apurva Anand Naik	KAN	01.08.2006	JFC	Prayagraj	24 Jun 2025
1:02.06		2h1	Anushka Dattatray	MAH	04.05.2005	NatG	Dehradun	11 Feb 2025
1:02.11		4	Atchaya S S	TN	13.01.2003	IndOpn-5	Bengaluru	28 Jun 2025

High Jump

1.89		1	Pooja	HAR	21.02.2007	AsiCh	Gumi, KOR	30 May 2025
1.83		1	Abhinaya S Shetty	KAN	16.06.1999	NGP	Bengaluru	28 Mar 2025
1.82		2	Gobika K	TN	06.08.2002	Fed Cup	Kochi	24 Apr 2025
1.81		1	Reet Rathor	UP	10.06.2006	JFC	Prayagraj	23 Jun 2025
1.77		3	Rekha	HAR	24.01.1999	NatG	Dehradun	12 Feb 2025
1.77		5	Khyati Mathur	UP	02.09.2003	NatG	Dehradun	12 Feb 2025
1.77		6	Athira Somaraj	KER	26.10.1998	NatG	Dehradun	12 Feb 2025
1.76		2	Pallavi S Patil	KAN	12.09.2002	IndOpn-5	Bengaluru	28 Jun 2025
1.75		2	Rubina Yadav	HAR	14.01.2001	IndOpn-4	Chennai	15 Apr 2025
1.75		1	Jonika Pahal	HAR	21.01.2004	NGP	Ludhiana	2 Aug 2025
1.74		7	Prachi	HAR	02.04.2007	NatG	Dehradun	12 Feb 2025
1.74		2	Supriya S B	KAN	11.03.2001	Open Jumps	Bengaluru	22 Mar 2025
1.74		2	Payal Jamod	GUJ	21.12.2003	IndOpn-2	Nadiad	5 Apr 2025
1.73		4	Manshi	UP	03.09.2002	ONAC	Ranchi	28 Sep 2025
1.73		5	Kevinaa Ashwine Annavi	TN	23.03.2002	ONAC	Ranchi	28 Sep 2025
1.71		Hep	Pooja-2	HAR	09.03.2003	Fed Cup	Kochi	21 Apr 2025
1.69		Hep	Agasara Nandini	TEL	07.08.2003	AsiCh	Gumi, KOR	29 May 2025
1.69		8	Giji George Stephen	TN	30.12.2000	ISAC	Chennai	24 Aug 2025
1.68		1	Anchal Patil	MAH	13.02.2008	NYC	Patna	12 Mar 2025

1.68	3	Rimpal Kaur	PUN	15.09.2005	NGP	Ludhiana	2 Aug 2025
1.68	1	Seema Kumari	UP	26.08.2004	NC-U23	Hanumakonda	16 Oct 2025
1.68	2	Sarika Kumawat	RAJ	30.04.2005	NC-U23	Hanumakonda	16 Oct 2025

Pole Vault

4.10	1	Baranica Elangovan	TN	03.02.1997	ISAC	Chennai	21 Aug 2025
4.05	2	Mariya Jaison	KER	23.09.1997	ISAC	Chennai	21 Aug 2025
4.00	1	Pavithra Vengatesh	TN	08.12.2001	Fed Cup	Kochi	21 Apr 2025
4.00	3	Sathya Tamilarasan	TN	05.02.2001	ISAC	Chennai	21 Aug 2025
3.90	3	Vanshika Ghanghas	HAR	08.10.2005	Fed Cup	Kochi	21 Apr 2025
3.90	4	Sindhushree G	KAN	23.10.2000	Fed Cup	Kochi	21 Apr 2025
3.90	4	Krishna Rachan	KER	24.05.1994	ISAC	Chennai	21 Aug 2025
3.85	1	Karthika V	TN	21.11.2005	NC-U23	Hanumakonda	17 Oct 2025
3.70	1 jr	Nitika Anup Akare	MP	31.12.2005	Open Jumps	Bengaluru	22 Mar 2025
3.70	6	Nishabanu Abdula	KAN	24.01.1997	ISAC	Chennai	21 Aug 2025
3.70	5	Blessy	KER	21.10.2001	ONAC	Ranchi	29 Sep 2025
3.70	6	Reshma Raveendran		20.02.1996	ONAC	Ranchi	29 Sep 2025
3.65	2	Nekha Eldho		05.03.2003	NC-U23	Hanumakonda	17 Oct 2025
3.60	3	Dharshini Vijayakumar	TN	26.11.2003	NGP	Bengaluru	28 Mar 2025
3.60	3=	Deepika A	TN	12.12.2004	NC-U23	Hanumakonda	17 Oct 2025
3.55	3	Jeena Basil	KER	06.04.2007	NJC-U20	Bhubaneswar	11 Oct 2025
3.50	7	Babita Patel	MP	12.08.2000	NatG	Dehradun	8 Feb 2025
3.50	7	Parameshwari C	TN	06.06.2004	IndOpn-4	Chennai	15 Apr 2025
3.50	3	Chuki Birda	RAJ	07.06.2007	JFC	Prayagraj	23 Jun 2025
3.40	9	Bhavya Jain	MP	23.03.2005	NatG	Dehradun	8 Feb 2025
3.40	4	Bhumika Kaushik	HAR	18.05.2006	JFC	Prayagraj	23 Jun 2025
3.40	6=	Rajni	HAR	12.03.2004	IndOpn-5	Bengaluru	28 Jun 2025
3.40	10	Arulmozhi K	TN	17.04.2003	IndOpn-5	Bengaluru	28 Jun 2025
3.40	9	Jyoti	02.09.2	17.04.2003	ISAC	Chennai	21 Aug 2025
3.40	4	Tanu Yadav	UP	02.07.2006	NJC-U20	Bhubaneswar	11 Oct 2025

Long Jump

6.64	1.1	1	Shaili Singh	UP	07.01.2004	Fed Cup	Kochi	24 Apr 2025
6.54	1.7	2	Ancy Sojan E	KER	01.03.2001	Women'sGala	Dubai, UAE	11 May 2025
6.45	0.8	3	Moumita Mondal	WB	09.12.2001	Fed Cup	Kochi	24 Apr 2025
6.36		1	Mubassina Mohammed	LKD	22.02.2006	NC-U23	Hanumakonda	16 Oct 2025
6.32	1.2	1	Pavana Nagaraj	KAN	07.11.2005	MSR	Walnut, USA	18 Apr 2025
6.31	-0.4	1	Bhavani Yadav	AP	19.12.1998	IndOpn-5	Bengaluru	28 Jun 2025
6.26	0.4	5	Kusuma Ravada	AP	15.09.2001	Fed Cup	Kochi	24 Apr 2025
6.24	0.0	2	Sandra Babu	KER	03.07.2001	IndOpn-5	Bengaluru	28 Jun 2025
6.22		2	Sinchana M S	KAN	28.02.2003	NC-U23	Hanumakonda	16 Oct 2025
6.16	0.0	3	Sherin A	TN	24.02.2000	ISAC	Chennai	23 Aug 2025
6.13	0.5	2	Abinaya Sri A	RAJ	30.10.2004	NGP	Bengaluru	28 Mar 2025
6.13	1.2	Hep	Agasara Nandini	TEL	07.08.2003	AsiCh	Gumi, KOR	30 May 2025
6.07	0.3	2	Bhairabi Roy	WB	02.02.1995	ONAC	Ranchi	30 Sep 2025
6.07	-0.1	2	Taranika Teta	CTG	15.11.2005	NJC-U20	Bhubaneswar	11 Oct 2025
6.03	0.5	4	Ambrika Narzary	ASM	14.01.2002	NatG	Dehradun	9 Feb 2025
6.03	0.5	7	Deepanshi Singh	UP	03.04.2001	UAE-GP	Dubai, UAE	9 May 2025
6.02	0.9	6	Priya Rathore	RAJ	25.06.1998	Fed Cup	Kochi	24 Apr 2025
5.99	1.6	7	Nirma Bhuraji	GUJ	03.06.2004	Fed Cup	Kochi	24 Apr 2025
5.99	1.5	8	Meryl Ann Mathew	TN	13.08.2003	Fed Cup	Kochi	24 Apr 2025
5.97	1.1	5	Shridevika V S	KAN	14.07.2000	ONAC	Ranchi	30 Sep 2025

Triple Jump

13.58	1.4	3	Niharika Vashisht	PUN	17.10.1995	Women'sGala	Dubai, UAE	11 May 2025
13.48	1.2	2	Sandra Babu	KER	03.07.2001	Fed Cup	Kochi	23 Apr 2025
13.25	1.1	3	Sheena N V	KER	22.11.1992	Fed Cup	Kochi	23 Apr 2025
13.22	1.5	4	Mallala Anusha	AP	10.07.2002	Fed Cup	Kochi	23 Apr 2025
13.22	-1.5	1	Poorva Sawant	MAH	23.01.2003	NC-U23	Hanumakonta	18 Oct 2025
13.15	0.0	2	Aleena T Saji	KER	12.03.2002	ISAC	Chennai	20 Aug 2025
13.10	0.9	1	Bhairabi Roy	WB	02.02.1995	ONAC	Ranchi	27 Sep 2025
12.99	1.1	1	Sharvari Parulekar	MAH	21.03.2002	Jim Freeman	Louisville, USA	26 Apr 2025

12.99	-1.3	2	Preeti	RAJ	24.04.2005	NC-U23	Hanumakonta	18 Oct 2025
12.98	0.0	5	Nimisha Dayma	MP	15.05.2003	ISAC	Chennai	20 Aug 2025
12.86	0.4	6	Pavithra G	KAN	10.03.2000	NatG	Dehradun	10 Feb 2025
12.81	-3.0	3	Manali Chauhan	HAR	21.01.2003	IndOpn-8	Sangrur	28 Jul 2025
12.79		2	Arshdeep Kaur	PUN	02.11.1999	IndOpn-1	Sangrur	1 Apr 2025
12.75	-0.1	1	Sadhana Ravi	TN	16.12.2007	JFC	Prayagraj	24 Jun 2025
12.65	-1.5	3	Merymukta Soreng	ORI	01.11.2004	NC-U23	Hanumakonta	18 Oct 2025
12.64	0.0	1	Sonam KM	UP	15.05.1998	IndOpn-7	Patna	19 Jul 2025
12.62	0.0	7	Asha Ilango	TN	18.06.1999	ISAC	Chennai	20 Aug 2025
12.58	0.5	4	Adithya P S	KER	10.03.2003	Open Jumps	Bengaluru	22 Mar 2025
12.58	-0.6	4	Martina Ilisiyus Lakra	MP	20.08.2001	IndOpn-8	Sangrur	28 Jul 2025
12.55	0.0	2	Paveena Rajesh	TN	02.07.2006	JFC	Prayagraj	24 Jun 2025

Shot Put

16.52		1	Yogita		01.11.2000	ONAC	Ranchi	28 Sep 2025
16.27		1	Poorna Raorane	MAH	26.12.2000	IndOpn-4	Chennai	15 Apr 2025
16.18		1	Shiksha	HAR	12.12.2002	Open Throws	Navi Mumbai	21 Mar 2025
16.10		1	Vidhi	UP	27.12.2004	Fed Cup	Kochi	23 Apr 2025
16.06		2	Srishti Vig	DEL	15.07.1995	Fed Cup	Kochi	23 Apr 2025
16.03 i		3	Krishna Jayasankar	TN	10.11.2002	MWC	Albuquerqu, USA	1 Mar 2025
15.97		1	Jasmine Kaur	PUN	11.02.2003	NatG	Dehradun	12 Feb 2025
15.75		1	Kachnar Chaudhary	RAJ	17.05.1999	ISAC	Chennai	28 Aug 2025
15.13		2	Anjali	HAR	08.02.2003	IndOpn-8	Sangrur	21 Jul 2025
15.08		1	Tamanna	HAR	31.08.2006	NJC-U20	Bhubaneswar	13 Oct 2025
14.97		5	Rekha	HAR	02.02.2001	ISAC	Chennai	21 Aug 2025
14.86		6	Ambika V	KAN	13.04.2000	NatG	Dehradun	12 Feb 2025
14.83		1	Dona Maria Dony	KER	29.06.2006	JFC	Prayagraj	23 Jun 2025
14.73		5	Vanshika Shekhawat	RAJ	20.10.2004	IndOpn-8	Sangrur	28 Jul 2025
14.53		7	Simranjeet Kaur	DEL	26.01.2003	NatG	Dehradun	12 Feb 2025
14.49		2	Antima Mishra	UP	25.12.2005	JFC	Prayagraj	23 Jun 2025
14.49		2	Anupriya V S	KER	17.06.2006	NJC-U20	Bhubaneswar	13 Oct 2025
14.48		1	Sonu Kumari	RAJ	03.04.2004	IndOpn-6	Pune	12 Jul 2025
14.31		3	Anshu	HAR	13.11.2007	JFC	Prayagraj	23 Jun 2025
14.03		3	Alka Singh	BIH	03.10.2007	NJC-U20	Bhubaneswar	13 Oct 2025

Discus Throw

57.18		1	Seema	HAR	25.02.1999	ISAC	Chennai	23 Aug 2025
55.61		7q	Krishna Jayasankar	TN	10.11.2002	NCAA West	College Station, USA	31 May 2025
53.71		2	Nidhi Rani	HAR	03.01.1997	ONAC	Ranchi	27 Sep 2025
52.15		2	Bhavana Yadav	DEL	09.04.1999	Fed Cup	Kochi	22 Apr 2025
52.05		3	Sanya Yadav	HAR	09.08.2003	ONAC	Ranchi	27 Sep 2025
51.36		3	Priya	HAR	20.06.2004	Fed Cup	Kochi	22 Apr 2025
51.30		2	Neetika Verma	UP	03.04.2001	Fed Cup	Kochi	22 Apr 2025
50.73		1	Nikita Kumari	RAJ	26.07.2006	NC-U23	Hanumakonda	16 Oct 2025
49.94		3	Amanat Kamboj	PUN	18.11.2007	NatG	Dehradun	8 Feb 2025
49.62		1	Anisha	HAR	03.07.2005	JFC	Prayagraj	22 Jun 2025
49.60		4	Mukesh Kumari	RAJ	01.01.1997	NatG	Dehradun	8 Feb 2025
49.21		2	Kiran	RAJ	01.07.2003	NC-U23	Hanumakonda	16 Oct 2025
48.41		3	Anusha Yadav	DEL	15.04.2003	NGP	Ludhiana	2 Aug 2025
48.40		3	Akhila Raju	KER	19.03.2005	NC-U23	Hanumakonda	16 Oct 2025
48.28		6	Amera Anwar Shah	MAH	21.02.2002	Fed Cup	Kochi	22 Apr 2025
48.15		2	Supriya Attri	UP	20.05.2007	NJC-U20	Bhubaneswar	10 Oct 2025
47.81		3	Riddhi	HAR	28.04.2007	NJC-U20	Bhubaneswar	10 Oct 2025
47.66		3	Arshdeep Kaur Khang	PUN	07.01.2005	IndOpn-8	Sangrur	27 Jul 2025
47.59		5	Ujwal Kasana	UP	06.06.2005	NC-U23	Hanumakonda	16 Oct 2025
47.31		4	Sonal Goyal	DEL	27.03.1998	IndOpn-8	Sangrur	27 Jul 2025

Hammer Throw

63.91		1	Tanya Chaudhary	UP	21.09.2003	ISAC	Chennai	20 Aug 2025
62.89		1	Anushka Yadav	UP	04.05.2008	NatG	Dehraedun	10 Feb 2025
61.93		6	Harshita Sehrawat	DEL	01.04.2003	UAE-GP	Dubai, UAE	9 May 2025
59.79		1	Manpreet Kaur	PUN	19.08.1998	IndOpn-8	Sangrur	28 Jul 2025

59.58	2	Divya Shandilya	ORI	05.07.1998	ISAC	Chennai	20 Aug 2025
58.89	5	Nandni	UP	02.05.2008	NatG	Dehraedun	10 Feb 2025
57.57	3	Maya	RAJ	20.02.2001	ISAC	Chennai	20 Aug 2025
57.34	3	Jyoti Yadav	UP	01.01.1999	IndOpn-8	Sangrur	28 Jul 2025
57.05	4	Kulvinder Kaur	RAJ	15.02.1998	NatG	Dehraedun	10 Feb 2025
56.29	4	Aaisha Patel	UP	01.07.1999	ONAC	Ranchi	30 Sep 2025
55.43	6	Anmol Kaur	PUN	04.01.1992	NatG	Dehraedun	10 Feb 2025
55.27	5	Shruti Singh	UP	21.01.2000	ONAC	Ranchi	30 Sep 2025
54.52	6	Ranju Devi	PUN	23.02.1994	IndOpn-8	Sangrur	28 Jul 2025
53.69	7	Anisha Dahiya		03.12.2000	ONAC	Ranchi	30 Sep 2025
53.32	8	Varsha	DEL	07.02.1999	NatG	Dehraedun	10 Feb 2025
53.05	2	Haqikat Kaur	PUN	28.09.2005	JFC	Prayagraj	24 Jun 2025
51.37	1	Sneha	HAR	24.06.2005	NC-U23	Hanumakonta	18 Oct 2025
51.16	8	Manjita	RAJ	02.08.2004	IndOpn-8	Sangrur	28 Jul 2025
50.78	2	Mital Solanki	GUJ	28.08.2003	Open Throws	Navi Mumbai	21 Mar 2025
50.76	3	Varsha Kanpure	MAH	22.09.1998	NGP	Ludhiana	2 Aug 2025

Javelin Throw

62.59	1	Annu Rani	UP	29.08.1992	Wieslaw Maniak	Szczecin, POL	6 Aug 2025
57.19	2	Deepika	HAR	21.11.2005	ISAC	Chennai	23 Aug 2025
55.55	1	Jyoti Rakesh	HAR	01.04.2002	NatG	Dehradun	9 Feb 2025
55.55	2	Karishma S Sanil	KAN	04.06.2000	NatG	Dehradun	9 Feb 2025
54.85	3	Ramyashree Jain	KAN	18.11.2004	NatG	Dehradun	9 Feb 2025
54.37	2	Shilpa Rani	HAR	15.06.1996	Open Throws	Navi Mumbai	21 Mar 2025
52.34	3	Rashmi K	AP	24.11.1993	ONAC	Ranchi	29 Sep 2025
50.94	4	Shakshi Sharma	UP	09.02.2002	ONAC	Ranchi	29 Sep 2025
50.87	4	Uma Choudhary	RAJ	04.10.1999	Fed Cup	Kochi	24 Apr 2025
50.54	5	Monika	MP	20.03.1998	ONAC	Ranchi	29 Sep 2025
49.53	2	Poonam	HAR	22.04.2007	NJC-U20	Bhubaneswar	13 Oct 2025
49.26	6	Seema	HAR	27.12.2004	ONAC	Ranchi	29 Sep 2025
48.55	6	Anjani Kumari	BIH	01.01.2000	NatG	Dehradun	9 Feb 2025
48.47	4	Sanjana Choudhary	RAJ	09.07.1999	IndOpn-1	Sangrur	1 Apr 2025
47.65	1	Bhavya Pilania	HAR	18.10.2007	JFC	Prayagraj	24 Jun 2025
47.64	1	Khushee Yadav	RAJ	31.12.2003	NC-U23	Hanumakonta	18 Oct 2025
47.30	4	Lalita Choudhary	RAJ	19.05.1998	Open Throws	Navi Mumbai	21 Mar 2025
47.11	5	Neelam Choudhary-1	RAJ	10.01.2000	ISAC	Chennai	23 Aug 2025
46.66	3	Tanisha Yadav	RAJ	23.09.2006	NJC-U20	Bhubaneswar	13 Oct 2025
46.23	1	Srishti Singh	MAH	02.01.2005	IndOpn-6	Pune	12 Jul 2025

Heptathlon

5941	1	Agasara Nandini	TEL	07.08.2003	AsiCh	Gumi, KOR	30 May 2025
5629	1	Anamika K A	KER		ONAC	Ranchi	30 Sep 2025
5401	2	Pooja	HAR	09.03.2003	Fed Cup	Kochi	22 Apr 2025
5373	3	Moumita Mondal	WB	09.12.2001	Fed Cup	Kochi	22 Apr 2025
5260	3	Swapna Barman	WB		ONAC	Ranchi	30 Sep 2025
5208	1	Khushi	HAR		NC-U23	Hanumakonta	18 Oct 2025
5134	2	Deepika S	TN	09.04.2002	ISAC	Chennai	24 Aug 2025
5116	2	Nishi Kumari	BIH		NC-U23	Hanumakonta	18 Oct 2025
5084	3	Isha Negi	UTK		NC-U23	Hanumakonta	18 Oct 2025
5053	3	Sonu Kumari	HAR		ISAC	Chennai	24 Aug 2025
4862	4	Neeta Kumari	RAJ	22.01.2003	Fed Cup	Kochi	22 Apr 2025
4748	4	Tanushree	RAJ	14.02.2002	NatG	Dehradun	11 Feb 2025
4675	6	Kajal	HAR		ONAC	Ranchi	30 Sep 2025
4654	1	Sriteja Tholem	TEL		NJC-U20	Bhubaneswar	13 Oct 2025
4557	6	Akshata	RAJ	14.02.2002	Fed Cup	Kochi	22 Apr 2025
4543	4	Magudeshwari S	TN		NC-U23	Hanumakonta	18 Oct 2025
4511	7	Mariya Thomas	KER	03.11.1999	FedCup	Kochi	22 Apr 2025
4496	7	Madhu	HAR		ONAC	Ranchi	30 Sep 2025
4455	6	Bidisha Kundu	WB	19.03.2005	NatG	Dehradun	11 Feb 2025
4417	6	Kirti Isharwal	DEL		NC-U23	Hanumakonta	18 Oct 2025

20 KM Walk

1:35:21	15	Sejal Anil Singh	MAH	12.08.2003	WUG	Bochum, GER	27 Jul 2025
1:35:13.19	1	Ravina	HAR	21.05.1997	ISAC	Chennai	22 Aug 2025
1:36:15	1	Munita Prajapati	UP	15.01.2002	ONAC	Ranchi	29 Sep 2025
1:37:43	2	Kamla	RAJ	15.08.1999	ONAC	Ranchi	29 Sep 2025
1:39:19	3	Shalini	UTK	08.10.2002	NRW	Chandigarh	19 Mar 2025
1:39:28.83	1	Mahima Choudhary	RAJ	10.02.2005	NC-U23	Hanumakona	17 Oct 2025
1:39:49	4	Bandana Patel	BIH	16.08.1998	ONAC	Ranchi	29 Sep 2025
1:39:52	4	Mary Margaret K		18.01.1996	NRW	Chandigarh	19 Mar 2025
1:39:55.93	2	Aarti	HAR	06.09.2006	NC-U23	Hanumakona	17 Oct 2025
1:40:25	5	Komal	HAR	14.10.1999	ONAC	Ranchi	29 Sep 2025
1:40:29.94	2	Payal	UTK	05.05.1999	ISAC	Chennai	22 Aug 2025
1:41:12	20	Mansi Negi	UTK	03.05.2003	WUG	Bochum, GER	27 Jul 2025
1:41:12	6	Nikita Lamba	RAJ	01.07.2002	ONAC	Ranchi	29 Sep 2025
1:41:34.72	3	Mokavi Muthurathinam	TN	07.09.2002	ISAC	Chennai	22 Aug 2025
1:42:48	7	Preeti	HAR	08.02.2002	ONAC	Ranchi	29 Sep 2025
1:43:17	6	Komal Pal	MP	16.03.2003	NRW	Chandigarh	19 Mar 2025
1:44:45	9	Reshma Patel		15.09.2004	ONAC	Ranchi	29 Sep 2025
1:46:25	10	Akshaya K	KER	17.03.2001	ONAC	Ranchi	29 Sep 2025
1:47:12	11	Jaspal Kaur	HAR	08.02.1998	ONAC	Ranchi	29 Sep 2025
1:48:18	9	Jyoti	HAR	01.11.2002	NRW	Chandigarh	19 Mar 2025