

NATIONAL INTER STATE SENIOR ATHLETICS CHAMPIONSHIPS

MEN

S.No.	Events	Performance	Name of the Athlete	State	Venue	Year
1	100 M.	10.45s {+1.0 M/S}	SANDEEP SARKARIA	DELHI	BANGALORE	04.07.2005
2	200 M.	20.80s {+1.0 M/S}	ANIL KUMAR P.	KER	CHENNAI	JUL. 2000
3	400 M.	45.56s	PARAMJIT SINGH	PUN	CHENNAI	JUL. 2000
4	800 M.	1:47.99s	GHAMANDA RAM	RAJ	BANGALORE	06.7.2005
	800 M	1:46.26s	PANKAJ DIMRI	UTT	PATIALA	06.08.2010
5	1,500 M.	3:40.1s	BAHADUR PRASAD	DEL	MADRAS	DEC. 1995
6	5,000 M.	13:51.31S	SURENDRA SINGH	UTT	CHENNAI	OCT.'2009
7	10,000 M.	29:06.17s	SURENDRA SINGH	UTT	BHOPAL	Sep. 2007
8	3,000 M. S/C	8:43.89s	ELAM SINGH	UTT	CHENNAI	OCT.'2009
		8:42.58s	RAMA CHANDRAN	KER	BANGALORE	12.06.2011
9	110 M. Hurdles	14.00 {- 1.0 M/S}	KRISHNA MOHAN K.	A.P.	MADURAI	15-18 Jun 08
	110 M. Hurdles	13.81 {-0.5 M/S}	SIDHANTH THINGALYA	MAH	PATIALA	07.08.2010
10	400 M. Hurdles	49.91s	JOSEPH G. ABRAHAM	KER	CHENNAI	OCT.'2009
11	HIGH JUMP	2.22m	HARI SHANKAR ROY	WB	BHOPAL	Sep. 2007
12	LONG JUMP	7.92m {- 0.7 M/S}	SANJAY KUMAR RAI	WB	LUCKNOW	SEP. 2001
13	TRIPLE JUMP	16.73m (+0.0 M/S)	RENJITH M.	KER	CHENNAI	OCT.'2009
14	POLE VAULT	5.05m	GAJANAN UPADHYA	JHAR	BHOPAL	Sep. 2007
15	SHOT PUT	20.42m	SHAKTI SINGH	HAR	CHENNAI	JUL. 2000
16	DISCUS	59.70m	ANIL KUMAR	HAR	CHENNAI	JUL. 2000
17	HAMMER	68.98m	PRAMOD KUMAR TEWARI	UP	LUCKNOW	SEP. 2001
18	JAVELIN	79.67m	JAGDISH BISHNOI	PUN	CHENNAI	JUL. 2000
19	DECATHLON	7380 Pts.	SURESH BABU	KER	PALAI	JUN. 1976
		7658 Pts.	BHARTINDER SINGH	HAR	BANGALORE	12.06.2011
20	4x100 M.RELAY	39.74s	AAFI NATIONAL TEAM	AAFI	CHENNAI	JUL. 2000
21	4x400 M.RELAY	3:02.88s	AAFI NATIONAL TEAM	AAFI	CHENNAI	JUL. 2000
22	20,000 M.WALK	1::25:09.36Hr.	BABU BHAI	GUJ	BHOPAL	Sep. 2007

W O M E N

1	100 M.	11.48s {+ 0.5 M/S}	RACHITA MISTRY	MAH	CHENNAI	JUL. 2000
2	200 M.	23.10s {+ 0.4 M/S}	RACHITA MISTRY	MAH	CHENNAI	JUL. 2000
3	400 M.	51.74s	MANDEEP KAUR	PUN	MADURAI	15-18 Jun 08
4	800 M.	2:01.32s	JYOTIRMOYEE SIKDAR	WB	CALCUTTA	NOV.1998
5	1,500 M.	4:10.51s	SINIMOL PAULOSE	JHAR	CHENNAI	2.11.06
6	3,000 M.	9:40.6s	APARNA BHOYAR	MAH	NEW DELHI	MAR. 1993
7	5,000 M.	15:59.06s	SUNITA RANI	PUN	CALCUTTA	NOV.1998
8	10,000 M.	34:23.80s	KAVITA RAUT	MAH	BHOPAL	Sep. 2007
	10,000 m	32:36.53s	PREEJA SREEDHARAN	KER	PATIALA	07.08.2010
9	3,000 M.S/C	10:03.05s	O.P.JAISHA	KER	PATIALA	08.08.2010
		10:01.24s	SUDHA SINGH	UP	BANGALORE	14.06.2011
10	100 M. Hurdles	13.44s {+0.6 M/S}	ANURADHA BISWAL	ORI	CHENNAI	JUL. 2000
11	400 M. Hurdles	57.70s	SAHEBANI ORAM	ORI	BANGALORE	JUN. 2002
	400 M. Hurdles	57.46s	JUANA MURMU	ORI	PATIALA	08.08.2010
12	HIGH JUMP	1.91m	BOBBY ALOYSIUS	KER	CHENNAI	JULY, 04
13	LONG JUMP	6.53m {+0.68M/S}	ANJU B. GEORGE	TN	CHENNAI	2.11.06
		6.63m	MAYOOKHA JOHNY	KER	BANGALORE	11.06.2011
14	TRIPLE JUMP	13.54m {+ 0.3 M/S}	ANJU BOBBY GEORGE	TN	BANGALORE	JUN. 2002
	TRIPLE JUMP	13.68m {- 0.1 M/S}	MAYOOKHA JOHNY	KER	PATIALA	06.08.2010
15	POLE VAULT	3.95m	V.S. SUREKHA	TN	CHENNAI	OCT.'2009
16	SHOT PUT	16.98m	HARBANS KAUR	TN	CALCUTTA	NOV.1998
17	DISCUS	62.49m	NEELAM J. SINGH	PUN	CHENNAI	JUL. 2000
18	HAMMER	60.79m	HARDEEP KAUR	PUN	CHENNAI	2.11.06
	HAMMER	61.21m	HARDEEP KAUR	PUN	PATIALA	05.08.2010
19	JAVELIN	54.21m	GURMEET KAUR	DEL	LUCKNOW	SEP. 1999
20	HEPTATHLON	6186 Pts.	SOMA BISWAS	WB	CHENNAI	JUL. 2000
21	4x100 M.RELAY	44.44s	AAFI NATIONAL TEAM	AFI	CHENNAI	JUL. 2000
22	4x400 M.RELAY	3:28.11s	AAFI NATIONAL TEAM	AFI	CHENNAI	JUL. 2000
23	10,000 M. WALK	51:29.8s	PARAMJIT KAUR	PUN	CHENNAI	JUL. 2000
24	20 KM. WALK	1::39:00.6hr.	L. DEEPAMALA DEVI	MAN	CHENNAI	3.11.06
25	20,000 M WALK	1::45:28.36s	YASMIN KAUR	PUN	JAMSHEDPUR	SEP.2003