

**UTTARAKHAND MASTERS ATHLETICS CHAMPIONSHIP - 2019****at MAHARANA PRATAP SPORTS COLLEGE-RAIPUR, DEHRADUN ON 29-DEC-2019****1 # MALE 35+ 100M Run****RESULTS OF FINALS**

1	3517	DINESH SINGH NEGI	UDHAM SINGH NAGAR	12.75
2	3509	MANISH BHATT	DEHRADUN	13.01
3	3519	ASHISH RAWAT	NAINITAL	13.45

2 # MALE 35+ 200M Run**RESULTS OF FINALS**

1	3509	MANISH BHATT	DEHRADUN	26.88
2	3522	HARISH SINGH	CHAMPAWAT	29.53
3	3511	DINESH THAPLIYAL	DEHRADUN	30.55

3 # MALE 35+ 400M Run**RESULTS OF FINALS**

1	3509	MANISH BHATT	DEHRADUN	1:04.6
2	3529	GAGANDEEP SINGH	DEHRADUN	1:25.8
3	3507	SHAILENDRA CHAUHAN	DEHRADUN	1:28.3

4 # MALE 35+ 800M Run**RESULTS OF FINALS**

1	3507	SHAILENDRA CHAUHAN	DEHRADUN	3:16.0
2				
3				

5 # MALE 35+ 1500M Run**RESULTS OF FINALS**

1	3511	DINESH THAPLIYAL	DEHRADUN	6:19.5
2	3523	BHAIRAB DUTT BHATT	CHAMPAWAT	6:49.1
3				

6 # MALE 35+ 5000M Run**RESULTS OF FINALS**

1	3522	HARISH SINGH	CHAMPAWAT	24:07.3
2	3512	ANIL MOHAN	DEHRADUN	31:50.2
3				

7 # MALE 35+ 5000M RACE WALK**RESULTS OF FINALS**

1	3523	BHAIRAB DUTT BHATT	CHAMPAWAT	37:19.0
2	3511	DINESH THAPLIYAL	DEHRADUN	38:23.5
3	3528	SUDHIR BADONI	DEHRADUN	40:19.9

8 # MALE 35+ LONG JUMP**RESULTS OF FINALS**

1	3519	ASHISH RAWAT	NAINITAL	5.25M
2	3517	DINESH SINGH NEGI	U.S. NAGAR	5.09M
2	3514	LAKSHMAN SINGH CHAUHAN	DEHRADUN	3.56M

9 # MALE 35+ HIGH JUMP**RESULTS OF FINALS**

1	3517	DINESH SINGH NEGI	U.S. NAGAR	1.30M
2	3522	HARISH SINGH	CHAMPAWAT	1.30M
3	3504	SURVEER GUSAI	DEHRADUN	1.25M

10 # MALE 35+ TRIPLE JUMP**RESULTS OF FINALS**

1	3519	ASHISH RAWAT	RAMNAGAR	9.76M
2				
2				

11 # MALE 35+ SHOTPUT**RESULTS OF FINALS**

1	3524	PADAM BILOCHAN GIRI	NAINITAL	14.90M
2	3505	JAGJEET SINGH	DEHRADUN	11.79M
3	3515	DEEPAK BISHT	DEHRADUN	9.05M

12 # MALE 35+ DISCUS**RESULTS OF FINALS**

1	3524	PADAM BILOCHAN GIRI	NAINITAL	42.10M
2	3505	JAGJEET SINGH	DEHRADUN	42.00M
3	3515	DEEPAK BISHT	DEHRADUN	21.03M

13 # MALE 35+ JAVELIN**RESULTS OF FINALS**

1	3515	DEEPAK BISHT	DEHRADUN	32.00M
2	3506	BHARAT SH. GUSAIN	DEHRADUN	26.00M
3				

1 # MALE 40+ 100M Run				
	RESULTS OF FINALS			
1	4027	MOEIN KHAN	DEHRADUN	12.9
2	4026	SUSHIL BADOLA	DEHRADUN	13.12
3	4007	RAJESH KUMAR	NAINITAL	13.31
2 # MALE 40+ 200M Run				
	RESULTS OF FINALS			
1	4026	SUSHIL BADOLA	DEHRADUN	26.5
2	4010	PRAVEEN CHAND RATURI	DEHRADUN	28.49
3	4007	RAJESH KUMAR	NAINITAL	29.96
3 # MALE 40+ 400M Run				
	RESULTS OF FINALS			
1	4026	SUSHIL BADOLA	DEHRADUN	1:01.1
2	4010	PRAVEEN CHAND RATURI	DEHRADUN	1:02.9
3	4024	PADAM SINGH	DEHRADUN	1:03.6
4 # MALE 40+ 800M Run				
	RESULTS OF FINALS			
1	4024	PADAM SINGH	DEHRADUN	2:27.5
2	4044	RAM SINGH	BAGESHWAR	2:30.8
3	4032	KALAM SINGH BISHT	DEHRADUN	2:31.7
5 # MALE 40+ 1500M Run				
	RESULTS OF FINALS			
1	4024	PADAM SINGH	DEHRADUN	5:29.8
2	4032	KALAM SINGH BISHT	DEHRADUN	5:35.3
3	4034	PURAM SHINGH RAWAT	DEHRADUN	6:05.1
6 # MALE 40+ 5000M Run				
	RESULTS OF FINALS			
1	4032	KALAM SINGH BISHT	DEHRADUN	20:43.9
2	4016	RAJENDRA PRASAD JOSHI	DEHRADUN	20:56.4
3	4028	RAJENDRA SINGH NEGI	DEHRADUN	23:23.6
7 # MALE 40+ 5000M RACE WALK				
	RESULTS OF FINALS			
1	4003	SALIL S. RAWAT	DEHRADUN	35:01.0
2	4028	RAJENDER SINGH NEGI	DEHRADUN	37:28.6
3	4041	HARISH BHATT	DEHRADUN	40:00.1
8 # MALE 40+ LONG JUMP				
	RESULTS OF FINALS			
1	4001	DEEPAK NEGI	NAINITAL	5.89M
2	4036	SUNIL PATHAK	U.S NAGAR	5.02M
2	4027	MOEIN KHAN	DEHRADUN	4.77M
9 # MALE 40+ HIGH JUMP				
	RESULTS OF FINALS			
1	4001	DEEPAK NEGI	NAINITAL	1.35M
2	4036	SUNIL PATHAK	U.S. NAGAR	1.30M
3				
10 # MALE 40+ TRIPLE JUMP				
	RESULTS OF FINALS			
1	4001	DEEPAK NEGI	NAINITAL	10.98M
2	4036	SUNIL PATHAK	U.S. NAGAR	9.22M
2	4037	MOEIN KHAN	DEHRADUN	7.73M
11 # MALE 40+ SHOTPUT				
	RESULTS OF FINALS			
1	4040	GOPAL RAM	DEHRADUN	8.73M
2	4007	RAJESH KUMAR	NAINITAL	8.49M
3	4006	YASHPAL SH. JETHURI	TEHRI	8.10M
12 # MALE 40+ DISCUS				
	RESULTS OF FINALS			
1	4025	QAMAR ABBAS	HARIDWAR	28.89M
2	4040	GOPAL RAM	DEHRADUN	23.10M
3	4006	YASHPAL SH. JETHURI	TEHRI	21.64M
13 # MALE 40+ JAVELIN				
	RESULTS OF FINALS			
1	4043	KAWALDEEP SINGH	DEHRADUN	36.80M
2	4021	SUDHIR KUMAR	DEHRADUN	36.24M
3	4002	BHGWAN SH. RAWAT	PAURI	35.05M

1 # MALE 45+ 100M Run				
	RESULTS OF FINALS			
1	4509	DAYA CHAND	UDHAM SINGH NAGAR	13.43
2	4544	TRIVENI YADAV	HARIDWAR	13.71
3	4508	DEEPAK PANDEY	DEHRADUN	14.1
2 # MALE 45+ 200M Run				
	RESULTS OF FINALS			
1	4507	PRAMOD KUMAR JOSHIA	DEHRADUN	28.29
2	4536	SANJAY THAPA	DEHRADUN	29.00
3	4508	DEEPAK PANDEY	DEHRADUN	29.66
3 # MALE 45+ 400M Run				
	RESULTS OF FINALS			
1	4536	SANJAY THAPA	DEHRADUN	1:06.8
2	4527	JASPAL SINGH RAWAT	DEHRADUN	1:08.2
3	4511	JAGDISH RAM	DEHRADUN	1:09.5
4 # MALE 45+ 800M Run				
	RESULTS OF FINALS			
1	4511	JAGDISH RAM	DEHRADUN	2:35.4
2	4527	JASPAL SINGH RAWAT	DEHRADUN	2:48.9
3	4514	TARA BAHADUR THAPA	DEHRADUN	2:54.7
5 # MALE 45+ 1500M Run				
	RESULTS OF FINALS			
1	4544	TRIVENI YADAV	HARIDWAR	5:53.9
2				
3				
6 # MALE 45+ 5000M Run				
	RESULTS OF FINALS			
1	4514	TARA BAHADUR THAPA	DEHRADUN	25:30.9
2	4510	VIKRAM THAKUR	DEHRADUN	25:58.2
3	4513	HEMANT KUMAR	DEHRADUN	26:06.8
7 # MALE 45+ 5000M RACE WALK				
	RESULTS OF FINALS			
1	4513	HEMANT KUMAR	DEHRADUN	29:57.1
2	4516	GAGAN JOSHI	DEHRADUN	38:25.7
3				
8 # MALE 45+ LONG JUMP				
	RESULTS OF FINALS			
1	4509	DAYA CHAND	U. S NAGAR	4.91M
2	4544	TRIVENI YADAW	HARIDWAR	4.88M
2	4507	PRAMOD KUMAR JOSHIA	DEHRADUN	4.46M
9 # MALE 45+ SHOTPUT				
	RESULTS OF FINALS			
1	4523	BHARAT SH. RAWAT	DEHRADUN	7.14M
2	4515	AJAY POKHARIYAL	DEHRADUN	6.90M
3	4525	KULDEEP SINGH NEGI	DEHRADUN	6.07M
10 # MALE 45+ DISCUS				
	RESULTS OF FINALS			
1	4530	DIGAMBER SINGH	DEHRADUN	16.65M
2	4522	MANOJ KUMAR SHARMA	DEHRADUN	12.82M
3				
11 # MALE 45+ JAVELIN				
	RESULTS OF FINALS			
1	4530	DIGAMBER SINGH	DEHRADUN	24.10M
2	4523	BHARAT SH. RAWAT	DEHRADUN	23.77M
3	4522	MANOJ KUMAR SHARMA	DEHRADUN	21.33M
1 # MALE 50+ 100M Run				
	RESULTS OF FINALS			
1	5005	PREM PRAKASH PUROHIT	DEHRADUN	13.71
2	5023	VIRENDRA KUMAR	DEHRADUN	14.17
3	5035	MUKUL BASNET	DEHRADUN	14.7
2 # MALE 50+ 200M Run				
	RESULTS OF FINALS			
1	5010	Dr. BINOY KUMAR GOGAI	DEHRADUN	27.98
2	5007	LALIT CHANDRA JOSHI	DEHRADUN	30.03
3	5023	VIRENDRA KUMAR	DEHRADUN	30.3

3 # MALE 50+ 400M Run				
RESULTS OF FINALS				
1	5010	Dr. BINOY KUMAR GOGAI	DEHRADUN	1:01.0
2	5007	LALIT CHANDRA JOSHI	DEHRADUN	1:07.7
3	5020	SASHI DIWAKAR	DEHRADUN	1:07.9
4 # MALE 50+ 800M Run				
RESULTS OF FINALS				
1	5014	RAJKUMAR	DEHRADUN	2:32.3
2	5020	SASHI DIWAKAR	DEHRADUN	2:56.8
3	5008	CHHATRESH KUMAR MUKHIYA	DEHRADUN	3:27.5
5 # MALE 50+ 1500M Run				
RESULTS OF FINALS				
1	5014	RAJKUMAR	DEHRADUN	5:35.6
2	5020	SASHI DIWAKAR	DEHRADUN	6:01.9
3	5008	CHHATRESH KUMAR MUKHIYA	DEHRADUN	6:09.7
6 # MALE 50+ 5000M Run				
RESULTS OF FINALS				
1	5014	RAJKUMAR	DEHRADUN	20:18.4
2	5015	SOVAN SINGH NEGI	DEHRADUN	24:38.3
3	5033	VED PRAKASH SH. RAWAT	HARIDWAR	27:57.5
7 # MALE 50+ 5000M RACE WALK				
RESULTS OF FINALS				
1	5008	CHHATRESH KUMAR MUKHIA	DEHRADUN	31:47.0
2	5039	SANJAY GARG	ROORKEE	36:59.8
3	5002	DEVENDER SINGH SAGOI	DEHRADUN	37:27.6
8 # MALE 50+ LONG JUMP				
RESULTS OF FINALS				
1	5018	PRATAP SINGH NEGI	DEHRADUN	4.78M
2	5034	VIJAY SINGH	DEHRADUN	4.10M
2	5035	MUKUL BASNET	DEHRADUN	4.05M
9 # MALE 50+ TRIPLE JUMP				
RESULTS OF FINALS				
1	5035	MUKUL BASNET	DEHRADUN	8.89M
2				
2				
10 # MALE 50+ SHOTPUT				
RESULTS OF FINALS				
1	5005	PREM PRAKASH PUROHIT	RUDRAPRAYAG	10.83M
2	5010	DR. BINOY KUMAR GOGAI	DEHRADUN	10.67M
3	5037	RAJINDER SINGH	DEHRADUN	10.52M
11 # MALE 50+ DISCUS				
RESULTS OF FINALS				
1	5017	BHUPENDRA SINGH	DEHRADUN	30.38M
2	5029	SANJEEV KUMAR	ROORKEE	30.07M
3	5037	RAJINDER SINGH	DEHRADUN	25.50M
12 # MALE 50+ JAVELIN				
RESULTS OF FINALS				
1	5029	SANJEEV KUMAR	ROORKEE	32.48M
2	5037	RAJINDER SINGH	DEHRADUN	28.15M
3	5040	RAJINDER PAL SINGH	DEHRADUN	27.38M
1 # MALE 55+ 100M Run				
RESULTS OF FINALS				
1	5504	SHIV KUMAR TOMAR	DEHRADUN	15.73
2				
3				
2 # MALE 55+ 200M Run				
RESULTS OF FINALS				
1	5504	SHIV KUMAR TOMAR	DEHRADUN	33.07
2	5507	VINOD KUMAR SAKLANI	DEHRADUN	34.51
3	5509	RAJ DARSHAN SH. RAWAT	DEHRADUN	43.75
3 # MALE 55+ 400M Run				
RESULTS OF FINALS				
1	5508	DINESH CHANDRA	DEHRADUN	1:30.9
2	5509	RAJ DARSHAN SH. RAWAT	DEHRADUN	1:46.5
3				

4 # MALE 55+ 800M Run				
RESULTS OF FINALS				
1	5515	GOVIND KUMAR RANA	DEHRADUN	2:35.3
2	5507	VINOD KUMAR SAKLANI	DEHRADUN	2:57.6
3	5508	DINESH CHANDRA	DEHRADUN	3:47.4
5 # MALE 55+ 1500M Run				
RESULTS OF FINALS				
1	5515	GOVIND KUMAR RANA	DEHRADUN	5:35.7
2	5522	ASHOK KUMAR SHARMA	DEHRADUN	7:24.9
3				
6 # MALE 55+ 3000M Run				
RESULTS OF FINALS				
1	5513	MUKESH RANA	DEHRADUN	12:03.4
2	5515	GOVIND KUMAR RANA	DEHRADUN	12:40.6
3	5507	VINOD KUMAR SAKLANI	DEHRADUN	13:58.2
7 # MALE 55+ 5000M RACE WALK				
RESULTS OF FINALS				
1	5504	SHIV KUMAR TOMAR	DEHRADUN	35:35.1
2	5523	HARSH VARDHAN	NARSAN KALAM	35:38.6
3	5505	MANOJ SHARMA	DEHRADUN	37:03.0
8 # MALE 55+ LONG JUMP				
RESULTS OF FINALS				
1	5510	PRAMOD SINGH NEGI	DEHRADUN	3.07M
2	5522	ASHOK SHARMA	PRITHORAGARH	2.25M
2				
9 # MALE 55+ TRIPLE JUMP				
RESULTS OF FINALS				
1	5510	PRAMOD SINGH NEGI	DEHRADUN	7.08M
2				
2				
10 # MALE 55+ SHOTPUT				
RESULTS OF FINALS				
1	5511	VIJAY RAJ SH. BISHT	DEHRADUN	9.62M
2				
3				
11 # MALE 55+ DISCUS				
RESULTS OF FINALS				
1	5511	VIJAY RAJ SH. BISHT	DEHRADUN	27.62M
2				
3				
12 # MALE 55+ JAVELIN				
RESULTS OF FINALS				
1	5511	VIJAY RAJ SH. BISHT	DEHRADUN	47.02M
2	5510	PRAMOD SINGH NEGI	DEHRADUN	21.78M
3				
1 # MALE 60+ 100M Run				
RESULTS OF FINALS				
1	6002	BHIM SINGH	NANITAL	13.96
2	6005	SATISH CHAND CHAUHAN	DEHRADUN	14.11
3	6034	GURMED SINGH	DEHRADUN	15.66
2 # MALE 60+ 200M Run				
RESULTS OF FINALS				
1	6005	SATISH CHAND CHAUHAN	DEHRADUN	29.21
2	6002	BHIM SINGH	NANITAL	29.61
3	6034	GURMED SINGH	DEHRADUN	34.34
3 # MALE 60+ 400M Run				
RESULTS OF FINALS				
1	6005	SATISH CHAND CHAUHAN	DEHRADUN	1:12.5
2	6016	CHANDI PRASAD DANDRIYAL	DEHRADUN	1:24.9
3	6034	GURMED SINGH	DEHRADUN	1:32.9
4 # MALE 60+ 800M Run				
RESULTS OF FINALS				
1	6033	KAILASH CHANDRA PUNETHA	PITHORAGARH	3:17.2
2	6016	CHANDI PRASAD DANDRIYAL	DEHRADUN	3:19.5
3	6018	RAJENDRA SINGH MEHRA	BAGESHWAR	3:22.0

5 # MALE 60+ 1500M Run				
	RESULTS OF FINALS			
1	6013	JITENDRA GUPTA	DEHRADUN	5:36.3
2	6018	RAJENDRA SINGH MEHRA	BAGESHWAR	6:57.8
3	6012	BRIJ PAL SINGH	DEHRADUN	7:21.4
6 # MALE 60+ 3000M Run				
	RESULTS OF FINALS			
1	6013	JITENDRA GUPTA	DEHRADUN	12:09.8
2	6015	DR. D.S. NEGI	DEHRADUN	12:45.6
3	6012	BRIJ PAL SINGH	DEHRADUN	15:40.7
7 # MALE 60+ 5000M RACE WALK				
	RESULTS OF FINALS			
1	6033	KAILASH CHANDRA PNETHA	PITHARAGARH	20:36.0
2	6018	RAJENDRA SINGH MEHRA	BAGESHWAR	20:52.9
3	6013	JITENDRA GUPTA	DEHRADUN	21:00.5
8 # MALE 60+ LONG JUMP				
	RESULTS OF FINALS			
1	6033	KAILASH CHANDRA PUNETHA	PITHORAGARH	3.39M
2				
2				
9 # MALE 60+ HIGH JUMP				
	RESULTS OF FINALS			
1	6016	CHANDI PRASAD DANDRIYAL	DEHRADUN	1.15M
2	6007	HIRA SINGH NEGI	DEHRADUN	1.10M
3				
10 # MALE 60+ SHOTPUT				
	RESULTS OF FINALS			
1	6002	BHIM SINGH	NAINITAL	9.39M
2	6008	JAIMAL SINGH NEGI	DEHRADUN	9.15M
3	6031	DINESH DIMRI	DEHRADUN	8.50M
11 # MALE 60+ DISCUS				
	RESULTS OF FINALS			
1	6008	JAIMAL SINGH NEGI	DEHRADUN	26.58M
2	6031	DINESH DIMRI	DEHRADUN	25.38M
3	6017	RAJENDRA SINGH	DEHRADUN	20.34M
12 # MALE 60+ JAVELIN				
	RESULTS OF FINALS			
1	6007	HIRA SINGH NEGI	DEHRADUN	18.22M
2	6031	DINESH DIMRI	DEHRADUN	16.56M
3				
1 # MALE 65+ 100M Run				
	RESULTS OF FINALS			
1	6508	BHARAT SINGH NEGI	DEHRADUN	20.81
2				
3				
2 # MALE 65+ 200M Run				
	RESULTS OF FINALS			
1	6508	BHARAT SINGH NEGI	DEHRADUN	40.84
2	6510	MAHESH CHANDRA	DEHRADUN	41.01
3	6501	RAM KRISHNA BADONI	UTTARKASHI	55.63
3 # MALE 65+ 400M Run				
	RESULTS OF FINALS			
1	6510	MAHESH CHANDRA	DEHRADUN	2:20.01
2				
3				
4 # MALE 65+ 800M Run				
	RESULTS OF FINALS			
1	6501	RAM KRISHNA BADONI	UTTARKASHI	3:20.0
2				
3				
5 # MALE 65+ 1500M Run				
	RESULTS OF FINALS			
1	6503	GURPHOOL SINGH	DEHRADUN	7:58.7
2	6505	ANUP KUMAR KAUL	DEHRADUN	9:57.8
3				

6 # MALE 65+ 3000M Run				
RESULTS OF FINALS				
1	6503	GURPHOOL SINGH	DEHRADUN	17:29.5
2				
3				
7 # MALE 65+ 5000M RACE WALK				
RESULTS OF FINALS				
1	6510	MAHESH CHANDRA	DEHRADUN	23:46.1
2	6508	BHARAT SINGH NEGI	DEHRADUN	24:43.7
3	6502	JOGEN德拉 MALHOTRA	DEHRADUN	24:48.5
8 # MALE 65+ SHOTPUT				
RESULTS OF FINALS				
1	6511	BALWANT SINGH	DEHRADUN	6.12M
2	6504	B.S. BAJWA	DEHRADUN	5.93M
3	6505	ANUP KUMAR KAUL	DEHRADUN	4.93M
9 # MALE 65+ DISCUS				
RESULTS OF FINALS				
1	6503	GURPHOOL SINGH	DEHRADUN	19.76M
2	6504	B.S. BAJWA	DEHRADUN	18.98M
3	6511	BALWANT SINGH	DEHRADUN	12.85M
10 # MALE 65+ JAVELIN				
RESULTS OF FINALS				
1	6504	B.S. BAJWA	DEHRADUN	14.07M
2	6511	BALWANT SINGH	DEHRADUN	12.00M
3				
1 # MALE 80+ 100M Run				
RESULTS OF FINALS				
1	8002	BHAWAN SINGH RAWAT	DEHRADUN	19.83
2				
3				
2 # MALE 80+ 200M Run				
RESULTS OF FINALS				
1	8002	BHAWAN SINGH RAWAT	DEHRADUN	38.04
2				
3				
3 # MALE 80+ 400M Run				
RESULTS OF FINALS				
1	8002	BHAWAN SINGH RAWAT	DEHRADUN	1:26.24
2				
3				
1 # MALE 90+ SHOTPUT				
RESULTS OF FINALS				
1	9001	DARSHAN SINGH	DEHRADUN	7.90M
2				
3				
2 # MALE 90+ DISCUS				
RESULTS OF FINALS				
1	9001	DARSHAN SINGH	DEHRADUN	21.27M
2				
3				
3 # MALE 90+ JAVELIN				
RESULTS OF FINALS				
1	9001	DARSHAN SINGH	DEHRADUN	22.77M
2				
3				

