



UTTARAKHAND MASTERS ATHLETICS CHAMPIONSHIP -
2020

at MAHARANA PRATAP SPORTS COLLEGE-RAIPUR, DEHRADUN ON 21.02.2021

1 # MALE 35+ 100M Run

RESULTS OF FINALS

1	MOIEN KHAN	DEHRADUN	13.16
2	VIRENDER PAL SINGH	DEHRADUN	15.97
3	DINESH PRASAD PAINULY	DEHRADUN	16.17

2 # MALE 35+ 200M Run

RESULTS OF FINALS

1	MOIEN KHAN	DEHRADUN	28.68
2	VIRENDER PAL SINGH	DEHRADUN	38.54
3			

3 # MALE 35+ 400M Run

RESULTS OF FINALS

1	DINESH THAPLIYAL	DEHRADUN	1.08
2	MANISH BHATT	DEHRADUN	1.14
3	DINANATH	DEHRADUN	1.17

4 # MALE 35+ 800M Run

RESULTS OF FINALS

1	SUMIT SAH	DEHRADUN	2.38
2	DINESH THAPLIYAL	DEHRADUN	2.51
3	SAMSHER SINGH SEHGAL	DEHRADUN	2.52

5 # MALE 35+ 1500M Run

RESULTS OF FINALS

1	DINATH	DEHRADUN	5.33
2	SUMIT SAH	DEHRADUN	5.38
3	SAMSHER SINGH SEHGAL	DEHRADUN	6.38

5A # MALE 35+ 3000M RACE WALK

RESULTS OF FINALS

RAJEEV NAYAN PANDEY	DEHRADUN	23.24
SACHIN KUMAR	DEHRADUN	23.30

6 # MALE 35+ 5000M Run

RESULTS OF FINALS

1	ANURAG SAINI	DEHRADUN	20.14
2	SUMIT SAH	DEHRADUN	22.04
3			

7 # MALE 35+ 5000M RACE WALK

RESULTS OF FINALS

1
2
3

8 # MALE 35+ LONG JUMP

RESULTS OF FINALS

1	MOIEN KHAN	DEHRADUN	4.74M
2	SAMSHER SINGH	-	4.21M
9 # MALE 35+ HIGH JUMP			
RESULTS OF FINALS			
1	MANISH BHATT	DEHRADUN	1M
2			
3			
10 # MALE 35+ TRIPLE JUMP			
RESULTS OF FINALS			
1	MANISH BHATT	DEHRADUN	8.95M
2			
2			
11 # MALE 35+ SHOTPUT			
RESULTS OF FINALS			
1	SAMSHER SINGH VIRK	DEHRADUN	7.72M
2	DINESH PRASAD PAINULY	DEHRADUN	7.66M
3	RAJEEV NAYAN PANDEY	DEHRADUN	7.42M
12 # MALE 35+ DISCUS			
RESULTS OF FINALS			
1	AMIT RAWAT	DEHRADUN	21.85M
2	SAMSHER SINGH VIRK	DEHRADUN	20.97M
3	RAJEEV NAYAN PANDEY	DEHRADUN	19.80M
13 # MALE 35+ JAVELIN			
RESULTS OF FINALS			
1	SAMSHER SINGH VIRK	DEHRADUN	31.72M
2	AMIT RAWAT	DEHRADUN	21.70M
3	VIRENDER PAL SINGH	DEHRADUN	17.31M

1 # MALE 40+ 100M Run			
RESULTS OF FINALS			
1	PIYUSH RATURI	DEHRADUN	12.30
2	SURVEER GUSSAIN	DEHRADUN	27.66
3	ASHISH RAWAT	DEHRADUN	13.87
2 # MALE 40+ 200M Run			
RESULTS OF FINALS			
1	PIYUSH RATURI	DEHRADUN	24.83
2	SURVEER GUSSAIN	DEHRADUN	27.66
3	PRAVEEN CHAND RATFURI	DEHRADUN	28.92
3 # MALE 40+ 400M Run			
RESULTS OF FINALS			
1	PRAVEEN CHAND RATURI	DEHRADUN	1.07
2			
3			
4 # MALE 40+ 800M Run			
RESULTS OF FINALS			
1	PRAVEEN CHAND RATURI	DEHRADUN	2.29.7
2	KALAM SINGH BISHT	DEHRADUN	2.29.9
3	RAJENDRA PRASAD	DEHRADUN	2.34
5 # MALE 40+ 1500M Run			
RESULTS OF FINALS			
1	KALAM SINGH BISHT	DEHRADUN	5.15
2	RAJENDRA PRASAD JOSHI	DEHRADUN	5.22
3	AJAY BISHT	DEHRADUN	5.46
5A # MALE 40+ 3000M RACE WALK			
23.03 27.27	1	B D BHATT	DEHRADUN
		BALWANT SINGH	DEHRADUN
6 # MALE 40+ 5000M Run			
RESULTS OF FINALS			
1	KALAM SINGH BISHT	DEHRADUN	19.19
2	RAJENDRA PRASAD JOSHI	DEHRADUN	19.40
3	AJAY BISHT	DEHRADUN	20.58
7 # MALE 40+ 5000M RACE WALK			
RESULTS OF FINALS			
1			
2			
3			
8 # MALE 40+ LONG JUMP			
RESULTS OF FINALS			
1	PIYUSH RATURI	DEHRADUN	5.24
2	SURVEER GUSSAIN	DEHRADUN	4.77
2	ASHISH RAWAT	DEHRADUN	4.75

9 # MALE 40+ HIGH JUMP			
RESULTS OF FINALS			
1			
2			
3			
10 # MALE 40+ TRIPLE JUMP			
RESULTS OF FINALS			
1	SACHIN SINGH	DEHRADUN	7.60M
2	BHAIRAV DUTT BHATT	CHAMPAWAT	6.86M
3			
11 # MALE 40+ SHOTPUT			
RESULTS OF FINALS			
1	SUDARSHAN SINGH	DEHRADUN	8.64M
2	YASHPAL SINGH JATHURI	DEHRADUN	7.77M
3	NEERAJ KUMAR	DEHRADUN	7.00M
12 # MALE 40+ DISCUS			
RESULTS OF FINALS			
1	SUDARSHAN SINGH	DEHRADUN	23.40M
2	YASHPAL SINGH JETHURI	DEHRADUN	22.70M
3	SACHINDRA SINGH WALDIA	NAINITAL	18.62M
13 # MALE 40+ JAVELIN			
RESULTS OF FINALS			
1	KAWALDEEP SINGH	DEHRADUN	36.39M
2	SUDARSHAN SINGH	DEHRADUN	35.90M
3	BHARAT DUTT BHATT	CHAMOLI	FOUL

1 # MALE 45+ 100M Run				
RESULTS OF FINALS				
1		SUSHIL BADOLA	DEHRADUN	12.80
2		DEEPAK NEGI	NAINITAL	12.98
3		DEEPAK PANDEY	DEHRADUN	14.23
2 # MALE 45+ 200M Run				
RESULTS OF FINALS				
1		SUSHIL BADOLA	DEHRADUN	26.95
2		PRAMOD KUMAR JOSHIA	DEHRADUN	28.92
3		DEEPAK PANDEY	DEHRADUN	29.84
3 # MALE 45+ 400M Run				
RESULTS OF FINALS				
1	4536	SUHIL BADOLA	DEHRADUN	1.02
2		LAKSHMAN LAMA	DEHRADUN	1.11
3		TARA BAHADUR THAPA	DEHRADUN	1.19
4 # MALE 45+ 800M Run				
RESULTS OF FINALS				
1		PADAM SINGH	DEHRADUN	2.40
2		TARA BAHADUR THAPA	DEHRADUN	3.02
3				
5 # MALE 45+ 1500M Run				
RESULTS OF FINALS				
1		PADAM SINGH	DEHRADUN	5.49
2		DHARMENDRA SINGH RAWAT	DEHRADUN	6.14
3		VIJAY	DEHRADUN	9.16
5A # MALE 45+ 3000M RACE WALK				
1	RESULTS OF FINALS	DHARMENDRA SINGH RAWAT	DEHRADUN	23.07
27.38	2	VIJAY	DEHRADUN	
6 # MALE 45+ 5000M Run				
RESULTS OF FINALS				
1		LAXMAN LAMA	DEHRADUN	20.56
2		DHARMENDRA SINGH RAWAT	DEHRADUN	21.04
3		TARA BAHADUR THAPA	DEHRADUN	21.45
7 # MALE 45+ 5000M RACE WALK				
RESULTS OF FINALS				
1				
2				
3				
8 # MALE 45+ LONG JUMP				
RESULTS OF FINALS				
1		DEEPAK NEGI	NAINITAL	5.58M
2		PRAMOD KUMAR JOSHIA	DEHRADUN	4.58M
2		PRAVEEN KUMAR	DEHRADUN	3.74M

8A # MALE 45+ TRIPLE JUMP			
RESULTS OF FINALS			
11.06M	1	DEEPAK NEGI	NAINITAL
9 # MALE 45+ SHOTPUT			
RESULTS OF FINALS			
1		SALIL RAWAT	DEHRADUN 8.01M
2		YUDHVEER SINGH NEGI	DEHRADUN 7.28M
3		KULDEEP SINGH NEGI	DEHRADUN 6.91M
10 # MALE 45+ DISCUS			
RESULTS OF FINALS			
1		PRAVEEN KUMAR	DEHRADUN 21.00M
2		YUDHVEER SINGH NEGI	DEHRADUN 20.17M
3		KULDEEP SINGH NEGI	DEHRADUN 18.10M
11 # MALE 45+ JAVELIN			
RESULTS OF FINALS			
1		YUDHVEER SINGH NEGI	DEHRADUN 29.28M
2		SALIL RAWAT	DEHRADUN 23.45M
3			

1 # MALE 50+ 100M Run			
RESULTS OF FINALS			
1	MUKUL BASHNET	DEHRADUN	14.12
2	PREEM PRAKASH PUROHIT	DEHRADUN	14.28
3	LALIT CHANDER JOSHI	DEHRADUN	14.47
2 # MALE 50+ 200M Run			
RESULTS OF FINALS			
1	B K GOGOI	DEHRADUN	29.32
2	SANTOSH KUMAR NEGI	DEHRADUN	32.47
3	AMRIK SINGH VIRK	DEHRADUN	35.01
3 # MALE 50+ 400M Run			
RESULTS OF FINALS			
1	B K GOGOI	DEHRADUN	1.04
2	SHASHI DIWAKAR	DEHRADUN	1.09
3	DINESH KANWAL	DEHRADUN	1.14
4 # MALE 50+ 800M Run			
RESULTS OF FINALS			
1	LALIT CHANDER	DEHRADUN	2.33
2	RAJ KUMAR	DEHRADUN	2.36
3	SHASHI DIWAKAR	DEHRADUN	2.37
5 # MALE 50+ 1500M Run			
RESULTS OF FINALS			
1	RAJKUMAR	DEHRADUN	5.38
2	SASHI DIWAKAR	DEHRADUN	5.57
3	B C TIWARI	DEHRADUN	6.47
5A # MALE 50+ 3000M RACE WALK			
RESULTS OF FINALS			
1	C K MUKH	DEHRADUN	19.52
2	V K GOGOI	DEHRADUN	20.58
3	B C TIWARI	DEHRADUN	22.00
6 # MALE 50+ 5000M Run			
RESULTS OF FINALS			
1	RAJKUMAR	DEHRADUN	20.14
2	MOHAN SINGH	DEHRADUN	23.40
3	SOBAN SINGH NEGI	DEHRADUN	24.38
7 # MALE 50+ 5000M RACE WALK			
RESULTS OF FINALS			
1			
2			
3			
8 # MALE 50+ LONG JUMP			
RESULTS OF FINALS			
1	P K PUROHIT	DEHRADUN	4.42
2	MUKUL BASNET	DEHRADUN	4.23

2	MOHAN SINGH	DEHRADUN	3.79
9 # MALE 50+ TRIPLE JUMP			
RESULTS OF FINALS			
1	MUKUL BASNET	DEHRADUN	8.93
2	DATA RAM BHATT	DEHRADUN	6.95
2			
9A # MALE 50+ HIGH JUMP			
1.15M	1	RESULTS OF FINALS	KAMAL RAWAT DEHRADUN
10 # MALE 50+ SHOTPUT			
RESULTS OF FINALS			
1	BHUPINDER SINGH	DEHRADUN	9.60
2	RAJENDER SINGH	DEHRADUN	9.57
3	RAMESH CHAND	DEHRADUN	9.51
11 # MALE 50+ DISCUS			
RESULTS OF FINALS			
1	RAJENDER SINGH	DEHRADUN	26.37M
2	BHARAT SINGH RAWAT	DEHRADUN	25.54M
3	S S NEGI	NAINITAL	24.36M
12 # MALE 50+ JAVELIN			
RESULTS OF FINALS			
1	KAMAL RAWAT	DEHRADUN	27.65M
2	RAJENDER SINGH	DEHRADUN	26.95M
3	BHARAT SINGH RAWAT	DEHRADUN	26.83M

1 # MALE 55+ 100M Run			
RESULTS OF FINALS			
1	VIRENDER KUMAR RAWAT	DEHRADUN	14.60
2	PREM SINGH DEOPA	DEHRADUN	14.81
3	R AJESH CHANDRA BHATT	DEHRADUN	15.65
2 # MALE 55+ 200M Run			
RESULTS OF FINALS			
1	VIRENDRA KUMAR RAWAT	DEHRADUN	32.23
2	SHIV KUMAR TOMAR	DEHRADUN	33.24
3	RAJESH CHANDRA BHATT	DEHRADUN	33.59
3 # MALE 55+ 400M Run			
RESULTS OF FINALS			
1	VIRENDRA KUMAR	DEHRADUN	1.18
2	DINESH CHANDRA	DEHRADUN	1.20
3	PANNA LAL SHUKLA	DEHRADUN	1.40
4 # MALE 55+ 800M Run			
RESULTS OF FINALS			
1	DINESH CHANDRA	DEHRADUN	3.05
2	VINOD KUMAR SAKLANI	DEHRADUN	3.13
3	PANNA LAL SHUKLA	DEHRADUN	3.32
5 # MALE 55+ 1500M Run			
RESULTS OF FINALS			
1	MUKESH RANA	DEHRADUN	5.48
2	DINESH CHANDRA	DEHRADUN	6.29
3	G C S BISHT	NAINITAL	8.20
6 # MALE 55+ 3000M RACE WALK			
RESULTS OF FINALS			
1	SHIV KUMAR TOMER	DEHRADUN	21.20
2			
3			
7 # MALE 55+ 5000M RACE			
RESULTS OF FINALS			
1	MUKESH RANA	DEHRADUN	20.04
2	VINOD KUMAR SAKLANI	DEHRADUN	22.04
3	G C S BISHT	DEHRADUN	27.03
8 # MALE 55+ LONG JUMP			
RESULTS OF FINALS			
1	PREM SINGH DEOPA	DEHRADUN	3.93M
2	PRAMOD SINGH NEGI	DEHRADUN	3.64M
3	RAJESH CHANDER BHATT	DEHRADUN	3.38M
9 # MALE 55+ TRIPLE JUMP			
RESULTS OF FINALS			
1	PREM SINGH DEOPA	US NAGAR	8.43M

2	PRAMOD SINGH NEGI	DEHRADUN	7.60M
2	PRADEEP KUMAR NAITHANI	DEHRADUN	7.20M
10 # MALE 55+ SHOTPUT			
RESULTS OF FINALS			
1	VIJAY RAJ SH. BISHT	DEHRADUN	9.00M
2	UTTAM SINGH GUSSAIN	DEHRADUN	7.30M
3	LAXMAN SINGH PAL	DEHRADUN	7.26M
11 # MALE 55+ DISCUS			
RESULTS OF FINALS			
1	VIJAY RAJ SH. BISHT	DEHRADUN	27.86M
2	JANARDHAN PAL NAUTIYAL	DEHRADUN	16.60M
3	UTTAM SINGH GUSSAIN	DEHRADUN	15.51M
12 # MALE 55+ JAVELIN			
RESULTS OF FINALS			
1	VIJAY RAJ SH. BISHT	DEHRADUN	43.90M
2	SANDEEP CHAUHAN	DEHRADUN	31.83M
3	LAXMAN SINGH	DEHRADUN	20.72M
1 # MALE 60+ 100M Run			
RESULTS OF FINALS			
1	BHIM SINGH	NANITAL	13.80
2	SATISH CHAND CHAUHAN	DEHRADUN	15.04
3	VINOD KUMAR GUPTA	DEHRADUN	16.53
2 # MALE 60+ 200M Run			
RESULTS OF FINALS			
1	BHIM SINGH	NAINITAL	28.47
2	SATISH CHAND CHAUHAN	DEHRADUN	30.00
3	VINOD KUMAR GUPTA	DEHRADUN	34.07
3 # MALE 60+ 400M Run			
RESULTS OF FINALS			
1	SATISH CHAND CHAUHAN	DEHRADUN	1.10
2	VINOD KUMAR GUPTA	DEHRADUN	1.19
3	C P DANDRIYAL	DEHRADUN	1.22
4 # MALE 60+ 800M Run			
RESULTS OF FINALS			
1	GOVIND KUMAR RANA	DEHRADUN	2.47
2	JITENDRA GUPTA	DEHRADUN	2.56
3	C P DANDRIYAL	DEHRADUN	3.23
5 # MALE 60+ 1500M Run			
RESULTS OF FINALS			
1	GOVIND KUMAR RANA	DEHRADUN	5.49
2	JITENDRA KUMAR GUPTA	DEHRADUN	5.57
3	ASHOK SHARMA	DEHRADUN	6.56
6 # MALE 60+ 3000M Run			

RESULTS OF FINALS				
1		KAILASH CHANDER PUNETHA	CHAMPAWAT	20.27
2		ISHWAR CHAND CHAWLA	DEHRADUN	21.37
3		GAMBHIR SINGH PANWAR	DEHRADUN	22.07
6A # MALE 60+ 5000M Run				
1	RESULTS OF FINALS	JITENDRA KUMAR GUPTA	DEHRADUN	20.14
2		Dr D S NEGI	DEHRADUN	21.26
3		ASHOK SHARMA	DEHRADUN	24.47
7 # MALE 60+ 5000M RACE WALK				
RESULTS OF FINALS				
1				
2				
3				
8 # MALE 60+ LONG JUMP				
RESULTS OF FINALS				
1		RAJENDRA SINGH	DEHRADUN	3.30M
2		KAILASH CHANRA	CHAMPAWAT	3.07M
2		SATISH CHAND	DEHRADUN	2.82M
8 # MALE 60+ TRIPLE JUMP				
RESULTS OF FINALS				
5.65M	1	KRISHNA KUMAR NEGI	DEHRADUN	
9 # MALE 60+ HIGH JUMP				
RESULTS OF FINALS				
1		CHANDI PRASAD DANDRIYAL	DEHRADUN	1.05M
2		GAMBHIR SINGH PANWAR	DEHRADUN	1.00M
3				
10 # MALE 60+ SHOTPUT				
RESULTS OF FINALS				
1		BHIM SINGH	NAINITAL	9.60M
2		JAIMAL SINGH NEGI	DEHRADUN	9.15M
3		PRAMOD KUMAR	DEHRADUN	8.73M
11 # MALE 60+ DISCUS				
RESULTS OF FINALS				
1		JAIMAL SINGH NEGI	DEHRADUN	24.60M
2		PRAMOD CHAUDHRY	DEHRADUN	22.41M
3		DR A K SHARMA	DEHRADUN	22.00M
12 # MALE 60+ JAVELIN				
RESULTS OF FINALS				
1		PRAMOD KUMAR CHAUDHAR	DEHRADUN	30.30M
2		ISHWAR CHAND CHAWLA	DEHRADUN	22.10M
3		UJAGAR SINGH	DEHRADUN	20.57M
1 # MALE 65+ 100M Run				
RESULTS OF FINALS				
1		GURMED SINGH	DEHRADUN	16.47

2	HIMMAT SINGH	DEHRADUN	21.46
3			
2 # MALE 65+ 200M Run			
RESULTS OF FINALS			
1	DHANI RAM	DEHRADUN	36.23
2	MAHESH CHANDRA	DEHRADUN	40.07
3	HIMMAT SINGH	DEHRADUN	47.78
3 # MALE 65+ 400M Run			
RESULTS OF FINALS			
1	COL K S MANHAS	DEHRADUN	1.23
2	RAJENDER SINGH MEHRA	DEHRADUN	1.26
3	GURMED SINGH	DEHRADUN	1.31
4 # MALE 65+ 800M Run			
RESULTS OF FINALS			
1	COL K S MANHAS	DEHRADUN	3:26
2	DHANI RAM	DEHRADUN	3:56
3			
5 # MALE 65+ 1500M Run			
RESULTS OF FINALS			
1			
6 # MALE 65+ 3000M RACE WALK			
RESULTS OF FINALS			
1	TIKAM SINGH PANWAR	DEHRADUN	14.40
7 # MALE 65+ 5000M RACE WALK			
RESULTS OF FINALS			
1	DHANI RAM	DEHRADUN	22.32
2	MAHESH CHANDRA	DEHRADUN	22.34
3	JAGAT SINGH PANWAR	DEHRADUN	22.40
8 # MALE 65+ SHOTPUT			
RESULTS OF FINALS			
1	COL K S MANHAS	DEHRADUN	7.30M
2	RAMESH PAL	DEHRADUN	7.01M
3	HIMMAT SINGH	DEHRADUN	6.24M
9 # MALE 65+ DISCUS			
1	RESULTS OF FINALS	RAMESH PAL	DEHRADUN
21.50M			
1 # MALE 70+800 METER			
RESULTS OF FINALS			

1		RK BADONI	PAURI	3.35
2		GURPHOOL SINGH	DEHRADUN	4.00
3				
1 # MALE 70+5000 METER RACE				
22.37	1	RESULTS OF FINALS		
		RK BADONI	PAURI	
2 # MALE 70+ SHOTPUT				
		RESULTS OF FINALS		
1		KALYAN SINGH	DEHRADUN	7.55
2				
3				
3 # MALE 70+ DISCUSS				
		RESULTS OF FINALS		
15.91	1	KALYAN SINGH	DEHRADUN	
1 # MALE 80+ 100M Run				
		RESULTS OF FINALS		
1				
2				
3				
2 # MALE 80+ 200M Run				
		RESULTS OF FINALS		
1		BHAWAN SINGH RAWAT	DEHRADUN	37.40
2				
3				
3 # MALE 80+ TRIPLE JUMP				
		RESULTS OF FINALS		
1		BHAWAN SINGH RAWAT	DEHRADUN	7.20
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		DARSHAN SINGH	DEHRADUN	20.34
2				
3				

3 # MALE 90+ JAVELIN			
RESULTS OF FINALS			
1	DARSHAN SINGH	DEHRADUN	23.70M
2			
3			
3 # MALE 90+ 100 METER			
RESULTS OF FINALS			
50.06M	1	B S CHAUHAN	DEHRADUN

