

## 1500m (Men)

| 30+       |      |       |             |          |
|-----------|------|-------|-------------|----------|
| Chest No. | Name | State | Performance | Position |
| 30019     |      |       | 6.47        | 1        |
| 30015     |      |       | 6.52        | 2        |
| 30011     |      |       | 8.1         | 3        |

| 35+       |      |       |             |          |
|-----------|------|-------|-------------|----------|
| Chest No. | Name | State | Performance | Position |
| 35002     |      |       | 5.0         | 1        |
| 35060     |      |       | 5.16        | 2        |
| 35005     |      |       | 5.42        | 3        |

| 40+       |      |       |             |          |
|-----------|------|-------|-------------|----------|
| Chest No. | Name | State | Performance | Position |
| 40023     |      |       | 5.171       | 1        |
| 40030     |      |       | 26.17       | 2        |
| 40084     |      |       | 6.27        | 3        |

| 45+       |      |       |             |          |
|-----------|------|-------|-------------|----------|
| Chest No. | Name | State | Performance | Position |
| 45101     |      |       | 5.21        | 1        |
| 45124     |      |       | 5.35        | 2        |
| 45008     |      |       | 6.17        | 3        |

| 50+       |      |       |             |          |
|-----------|------|-------|-------------|----------|
| Chest No. | Name | State | Performance | Position |
| 50014     |      |       | 5.09        | 1        |
| 50045     |      |       | 5.22        | 2        |
| 50007     |      |       | 6.11        | 3        |

| 55+       |      |       |             |          |
|-----------|------|-------|-------------|----------|
| Chest No. | Name | State | Performance | Position |
| 55073     |      |       | 5.43        | 1        |
| 55167     |      |       | 5.47        | 2        |
| 55017     |      |       | 5.54        | 3        |

| 60+       |      |       |             |          |
|-----------|------|-------|-------------|----------|
| Chest No. | Name | State | Performance | Position |
| 60049     |      |       | 6.14        | 1        |
| 60050     |      |       | 6.29        | 2        |
| 60048     |      |       | 6.30        | 3        |

| 65+       |      |       |             |          |
|-----------|------|-------|-------------|----------|
| Chest No. | Name | State | Performance | Position |
| 65019     |      |       | 6.28        | 1        |
| 65003     |      |       | 6.30        | 2        |
| 65017     |      |       | 7.16        | 3        |

**70+**

| <b>Chest No.</b> | <b>Name</b> | <b>State</b> | <b>Performance</b> | <b>Position</b> |
|------------------|-------------|--------------|--------------------|-----------------|
| 70002            |             |              | 7.42               | 1               |
| 70050            |             |              |                    | 2               |
|                  |             |              |                    | 3               |

## Long JUMP

### 30+

| chest no. | Name            | State      | Result | Meter |
|-----------|-----------------|------------|--------|-------|
| 30001     | Bhavtaran singh | Chandigarh | 1st    | 5.36  |
| 30016     | Harvinder singh | Punjab     | 2nd    | 5.12  |
| 30038     | Ashish Kumar    | Uttarparde | 3rd    | 4.9   |

### 35+

|       |                |        |     |      |
|-------|----------------|--------|-----|------|
| 35094 | Gurpreet Singh | Punjab | 1St |      |
| 35013 | Sukhwant Singh | Punjab | 2nd | 5.05 |
| 35001 | Sanjeev Kumar  | Kerala | 3rd | 5.01 |

### 40+

| Chest No | Name           | State     | Result | Meter |
|----------|----------------|-----------|--------|-------|
| 40056    | Deepak Nagi    | Uttarkand | 1st    | 5.67  |
| 40040    | Manpreet Singh | Chd       | 2nd    | 4.78  |
| 40002    | Sumit          | HP        | 3rd    | 4.65  |

### 45+

| Chest No | Name          | State  | Result | meters |
|----------|---------------|--------|--------|--------|
| 45031    | Gurmukh       | Punjab | 1st    | 5.07   |
| 45019    | Jarnail Singh | Punjab | 2nd    | 4.65   |
| 45095    | Binder Kumar  | HP     | 3rd    | 4.42   |

## 50+

| Chest NO | Name            | State  | Result | Meters |
|----------|-----------------|--------|--------|--------|
| 50034    | Chilwant        | Punjab | 1st    | 4.95   |
| 50037    | Jagir Singh     | Punjab | 2nd    | 4.75   |
| 50046    | Jaswinder Singh | Punjab | 3rd    | 4.66   |

## 55+

| Chest No | Name        | State  | Result | Meters |
|----------|-------------|--------|--------|--------|
| 55067    | Vijay Kumar | HP     | 1st    | 4      |
| 55025    | Amrik Singh | Punjab | 2nd    | 3.9    |
| 55004    | Rampal      | HP     | 3rs    | 3.8    |

## 60+

| Chest No | Name           | State  | Result | Meters |
|----------|----------------|--------|--------|--------|
| 60051    | Jagram Jatt    | MP     | 1st    | 4.11   |
| 60112    | Savinder Singh | Punjab | 2nd    | 3.98   |
| 60016    | Dalbir Singh   | Punjab | 3rd    | 3.9    |

## 65+

| Chest No | Name              | State | Result | Meters |
|----------|-------------------|-------|--------|--------|
| 65014    | Puran Singh       |       | 1st    | 4.3    |
| 65019    | Ramkrishan Sharma |       | 2nd    | 3.94   |
| 65036    |                   |       | 3rd    | 3.92   |

## 70+

| Chest No | Name           | State  | Result | Meters |
|----------|----------------|--------|--------|--------|
| 70001    | Munshi Ram     | Delhi  | 1st    | 4.11   |
| 70022    | Breundban Sahu | Orrisa | 2nd    | 4      |
| 70016    | Pritam Singh   | Punjab | 3rd    | 3.2    |

## 75+

| Chest No | Name           | State  | Result | Meters |
|----------|----------------|--------|--------|--------|
| 75014    | Gurdial Singh  |        | 1st    | 3.21   |
| 75007    | Jagir Singh    | Punjab | 2nd    | 3.1    |
| 75015    | Gurdiyal Singh | Punjab | 3rd    | 2.32   |

## Shot Put (Men)

| 30+       |                |       |             |          |
|-----------|----------------|-------|-------------|----------|
| Chest No. | Name           | State | Performance | Position |
| 30035     | Naveen         | UP    | 11.48 m     | 1        |
| 30022     | Shohan Singh   | CHD   | 7.76 m      | 2        |
| 30003     | Shahnawaj Khan | HR    | 7.58 m      | 3        |

| 35+       |                   |        |             |          |
|-----------|-------------------|--------|-------------|----------|
| Chest No. | Name              | State  | Performance | Position |
| 35124     | Gurinderpal Singh | Punjab | 12.42       | 1        |
| 35201     | Sunil             | Kerla  | 10.23       | 2        |
| 35005     | Ramlal            | HP     | 10.19       | 3        |

| 40+       |               |        |             |          |
|-----------|---------------|--------|-------------|----------|
| Chest No. | Name          | State  | Performance | Position |
| 40022     | Gurvinder     | Punjab | 11.36       | 1        |
| 40055     | Manmohan Das  | Assam  | 9.44        | 2        |
| 40018     | Gurjeet Singh | Punjab | 8.37        | 3        |

| 45+       |             |       |             |          |
|-----------|-------------|-------|-------------|----------|
| Chest No. | Name        | State | Performance | Position |
| 45080     | Hayat Singh | UK    | 10.54       | 1        |
| 45011     | DesRAj      | HP    | 9.88        | 2        |
| 45074     | Subeadar    | HR    | 9.10        | 3        |

| 50+       |               |        |             |          |
|-----------|---------------|--------|-------------|----------|
| Chest No. | Name          | State  | Performance | Position |
| 51025     | Gamdoor Singh | Punjab | 13.85       | 1        |
| 50064     | Baksish Singh | Punjab | 12.63       | 2        |
| 50026     | Satish Kumar  | Punjab | 12.54       | 3        |

| 55+       |               |       |             |          |
|-----------|---------------|-------|-------------|----------|
| Chest No. | Name          | State | Performance | Position |
| 55026     | Kuldeep Singh | PB    | 11.75       | 1        |
| 55060     | RoopLal       | HP    | 11.70       | 2        |
| 55006     | Buta Singh    | PB    | 11.22       | 3        |

| 60+       |             |       |             |          |
|-----------|-------------|-------|-------------|----------|
| Chest No. | Name        | State | Performance | Position |
| 60032     | Phool Kumar | HR    | 14.09       | 1        |
| 60034     | Rajani      | Assam | 11.90       | 2        |
| 60019     | Kulwant     | PB    | 10.22       | 3        |

| 65+       |                |       |             |          |
|-----------|----------------|-------|-------------|----------|
| Chest No. | Name           | State | Performance | Position |
| 65030     | Dr AS Chendal  | HP    | 11.40       | 1        |
| 65004     | Jagat Singh    | HP    | 10.72       | 2        |
| 65011     | Parmjeet Singh | PB    | 10.05       | 3        |



| 70+       |                  |       |             |          |
|-----------|------------------|-------|-------------|----------|
| Chest No. | Name             | State | Performance | Position |
| 70001     | Munsi Ram        | HR    | 12.39       | 1        |
| 70008     | Avtar Singh      | PB    | 10.97       | 2        |
| 70012     | Capt Mohan Singh | PB    | 9.90        | 3        |

| 75+       |              |       |             |          |
|-----------|--------------|-------|-------------|----------|
| Chest No. | Name         | State | Performance | Position |
| 75018     | Ratan Singh  | Chd   | 10.03       | 1        |
| 75028     | Sarvan Singh | PB    | 10.01       | 2        |
| 75008     | Natha Ram    | HP    | 8.57        | 3        |

| 80+       |              |       |             |          |
|-----------|--------------|-------|-------------|----------|
| Chest No. | Name         | State | Performance | Position |
| 80045     | Jaspal Singh | PB    | 9.58        | 1        |
| 80008     | SS Sharma    | HP    | 5.98        | 2        |
| 80014     | Amar Singh   | PB    | 5.05        | 3        |

| 85+       |           |       |             |          |
|-----------|-----------|-------|-------------|----------|
| Chest No. | Name      | State | Performance | Position |
| 85097     | G S Shidu | CHD   | 10.80       | 1        |
|           |           |       |             | 2        |
|           |           |       |             | 3        |

## Long Jump (Women)

| 30+       |                   |        |             |          |
|-----------|-------------------|--------|-------------|----------|
| Chest No. | Name              | State  | Performance | Position |
| 30008     | Veerpal Kaur      | Punjab | 3.41        | 1        |
| 30027     | Samikha Dhhingner | Assam  | 3.27        | 2        |
| 30007     | Sharan Jeet       | Punjab | 2.92        | 3        |

| 35+       |           |        |             |          |
|-----------|-----------|--------|-------------|----------|
| Chest No. | Name      | State  | Performance | Position |
| 35016     | Sunita    | Punjab | 3.92        | 1        |
| 35051     | Rajkumari | HP     | 3.42        | 2        |
| 35088     | Nargis    | UK     | 2.62        | 3        |

| 40+       |                 |        |             |          |
|-----------|-----------------|--------|-------------|----------|
| Chest No. | Name            | State  | Performance | Position |
| 40021     | Deep Sharma     | Punjab | 3.39        | 1        |
| 40058     | Rekha Dey       |        | 3.32        | 2        |
| 40141     | Aman Preet Kaur | Punjab | 2.12        | 3        |

| 45+       |              |        |             |          |
|-----------|--------------|--------|-------------|----------|
| Chest No. | Name         | State  | Performance | Position |
| 45383     | Santosh Roy  | UK     | 2.85        | 1        |
| 45055     | Jagjeet Kaur | Punjab | 2.33        | 2        |
|           |              |        |             | 3        |

| 50+       |               |             |             |          |
|-----------|---------------|-------------|-------------|----------|
| Chest No. | Name          | State       | Performance | Position |
| 50001     | Ramni Devi    | Maharashtra | 2.49        | 1        |
| 50118     | CICILIA Kindo | Jharkhand   | 2.19        | 2        |
| 50015     | Jarnail kaur  | Punjab      | 2.21        | 3        |

| 55+       |                       |        |             |          |
|-----------|-----------------------|--------|-------------|----------|
| Chest No. | Name                  | State  | Performance | Position |
| 55011     | Rajwinder Kaur Sandhu | Punjab | 2.5         | 1        |
|           |                       |        |             | 2        |
|           |                       |        |             | 3        |

| 60+       |            |        |             |          |
|-----------|------------|--------|-------------|----------|
| Chest No. | Name       | State  | Performance | Position |
| 60038     | Soma Dutta | WB     | 2.50        | 1        |
| 60012     | usha       | Punjab | 1.20        | 2        |
|           |            |        |             | 3        |

## Shot Put (Women)

| 30+       |            |            |             |             |
|-----------|------------|------------|-------------|-------------|
| Chest No. | Name       | State      | Performance | Position    |
| 30027     | samikha    | assam      | 7.46 m      | 1           |
| 30033     | Rasmita    | Orrisa     | 7.37m       | 2           |
| 30007     | Sharanjeet | Punjab     | 6.53m       | 3           |
| 30020     | Pooja      | Chandigarh | 10.89 m     | consolation |

| 35+       |             |        |             |          |
|-----------|-------------|--------|-------------|----------|
| Chest No. | Name        | State  | Performance | Position |
| 35055     | Parvati     | Orrisa | 10.69m      | 1        |
| 35030     | Kasmir Kaur | Punjab | 10.65m      | 2        |
| 35031     | Manjeet     | Punjab | 8.78m       | 3        |

| 40+       |               |        |             |          |
|-----------|---------------|--------|-------------|----------|
| Chest No. | Name          | State  | Performance | Position |
| 40029     | Rita rani     | punjab | 10.17m      | 1        |
| 40045     | Parmjeet kaur | Punjab | 9.87m       | 2        |
| 40188     | Anuradha      | HP     | 9.81m       | 3        |

| 45+       |              |            |             |          |
|-----------|--------------|------------|-------------|----------|
| Chest No. | Name         | State      | Performance | Position |
| 45077     | Kuldeep kaur | chandigarh | 8.31m       | 1        |
| 45052     | namita       | orrisa     | 8.13m       | 2        |

|       |       |    |       |   |
|-------|-------|----|-------|---|
| 45034 | Hansa | HP | 8.01m | 3 |
|-------|-------|----|-------|---|

| 50+       |               |       |             |          |
|-----------|---------------|-------|-------------|----------|
| Chest No. | Name          | State | Performance | Position |
| 50054     | Neela         | Assam | 10.17m      | 1        |
| 50072     | Deepa Gupta   | UP    | 7.12m       | 2        |
| 50069     | Chander Kanta | UP    | 6.73m       | 3        |

| 55+       |                |           |             |          |
|-----------|----------------|-----------|-------------|----------|
| Chest No. | Name           | State     | Performance | Position |
| 55011     | Rajwinder Kaur | Punjab    | 6.51m       | 1        |
| 55075     | Sudesh Hajri   | HP        | 6.34m       | 2        |
| 55083     | Manju          | Rajasthan | 6.33m       | 3        |

| 60+       |                |             |             |          |
|-----------|----------------|-------------|-------------|----------|
| Chest No. | Name           | State       | Performance | Position |
| 60006     | Ruby Gupta     | West Bengal | 6.79m       | 1        |
| 60027     | Rajwinder Kaur | Chandigarh  | 5.03m       | 2        |
| 60036     | Sushila        | Rajasthan   | 4.83m       | 3        |

| 65+       |              |        |             |          |
|-----------|--------------|--------|-------------|----------|
| Chest No. | Name         | State  | Performance | Position |
| 65012     | Raj Bajwa    | Punjab | 7.87m       | 1        |
| 65034     | Manjeet Kaur | Punjab | 7.84m       | 2        |
| 65020     | T.Nisha      | Assam  | 7.43m       | 3        |

| 70+       |                |           |             |          |
|-----------|----------------|-----------|-------------|----------|
| Chest No. | Name           | State     | Performance | Position |
| 70019     | Surender Sohal | Rajasthan | 4.70m       | 1        |
|           |                |           |             | 2        |
|           |                |           |             | 3        |

| 85+       |               |        |             |          |
|-----------|---------------|--------|-------------|----------|
| Chest No. | Name          | State  | Performance | Position |
| 85004     | Daisy Victor  | T.N    | 4.57m       | 1        |
| 85011     | Mohinder Kaur | Punjab | 3.10        | 2        |
|           |               |        |             | 3        |

# 800m (Men)

| 35+       |                |       |             |          |
|-----------|----------------|-------|-------------|----------|
| Chest No. | Name           | State | Performance | Position |
| 35063     |                |       | 2.16        | 1        |
| 35026     | Jatinder Singh |       | 2.25        | 2        |
| 35098     |                |       | 2.26        | 3        |

## 10000m (Men)

| 30+       |                |        |             |          |
|-----------|----------------|--------|-------------|----------|
| Chest No. | Name           | State  | Performance | Position |
| 30054     | Jatinder singh | punjab | 34.36       | 1        |
| 30032     | Arvind kumar   |        | 42.11       | 2        |
| 30019     | Chanan Singh   | punjab | 43.9        | 3        |

| 35+       |           |       |             |          |
|-----------|-----------|-------|-------------|----------|
| Chest No. | Name      | State | Performance | Position |
| 35010     | Sukh Ram  | HP    | 40.0        | 1        |
| 35060     | Raj Kumar | UP    | 42.0        | 2        |
|           |           |       |             | 3        |

| 40+       |                  |        |             |          |
|-----------|------------------|--------|-------------|----------|
| Chest No. | Name             | State  | Performance | Position |
| 40023     | Sukhwinder singh | punjab | 42.13       | 1        |
| 40159     | Sonu singh       | Punjab | 45.08       | 2        |
| 40061     | Parikshita       | odisha | 46.17       | 3        |

| 45+       |               |       |             |          |
|-----------|---------------|-------|-------------|----------|
| Chest No. | Name          | State | Performance | Position |
| 45037     | Ashwani       |       | 50.40       | 1        |
| 45045     | Chharundu Ram | HP    | 52.39       | 2        |
|           |               |       |             | 3        |



| 50+       |                 |        |             |          |
|-----------|-----------------|--------|-------------|----------|
| Chest No. | Name            | State  | Performance | Position |
| 50014     | Gumeet Singh    | Punjab | 41.16       | 1        |
| 50028     | Balwinder singh | Punjab |             | 2        |
| 50103     | Satnam singh    | Punjab |             | 3        |

| 55+       |               |            |             |          |
|-----------|---------------|------------|-------------|----------|
| Chest No. | Name          | State      | Performance | Position |
| 55167     | Gurdeep singh | Punjab     |             | 1        |
| 55073     | Gurmail Singh | Chandigarh | 44.15       | 2        |
| 55017     | Manbir Singh  | Punjab     | 45.32       | 3        |

| 60+       |             |        |             |          |
|-----------|-------------|--------|-------------|----------|
| Chest No. | Name        | State  | Performance | Position |
| 60026     | Amrik singh | Punjab | 51.48       | 1        |
|           |             |        |             | 2        |
|           |             |        |             | 3        |

| 65+       |                |        |             |          |
|-----------|----------------|--------|-------------|----------|
| Chest No. | Name           | State  | Performance | Position |
| 65003     | Om Prakash     | HP     | 51.009      | 1        |
| 65017     | Robinder Singh | Punjab | 56.13       | 2        |
| 65018     | Sadhu singh    | Punjab | 01.41.00    | 3        |

| 70+       |      |       |             |          |
|-----------|------|-------|-------------|----------|
| Chest No. | Name | State | Performance | Position |
|           |      |       |             | 1        |
|           |      |       |             | 2        |
|           |      |       |             | 3        |

| 75+       |             |       |             |          |
|-----------|-------------|-------|-------------|----------|
| Chest No. | Name        | State | Performance | Position |
| 75019     | Madan Singh | HR    | 01.15.40    | 1        |
|           |             |       |             | 2        |
|           |             |       |             | 3        |

| 80+       |          |            |             |          |
|-----------|----------|------------|-------------|----------|
| Chest No. | Name     | State      | Performance | Position |
| 80004     | Ram Dutt | chandigarh |             | 1        |
|           |          |            |             | 2        |
|           |          |            |             | 3        |

## High Jump (Men)

| 35+       |                |       |             |          |
|-----------|----------------|-------|-------------|----------|
| Chest No. | Name           | State | Performance | Position |
| 35012     | Deep Singh     | PB    |             | 1        |
| 35044     | Gurpreet Singh | PB    |             | 2        |
|           |                |       |             | 3        |

| 40+       |                 |            |             |          |
|-----------|-----------------|------------|-------------|----------|
| Chest No. | Name            | State      | Performance | Position |
| 40067     | Yadwinder singh | Punjab     |             | 1        |
| 40056     | Deepak Negi     | Uttrakhand |             | 2        |
|           |                 |            |             | 3        |

| 45+       |                 |            |             |          |
|-----------|-----------------|------------|-------------|----------|
| Chest No. | Name            | State      | Performance | Position |
| 45027     | Ramesh Hooda    | Chandigarh |             | 1        |
| 45346     | Guljinder Singh | Punjab     |             | 2        |
| 45011     | Desh Raj        | HP         |             | 3        |

| 50+       |                  |        |             |          |
|-----------|------------------|--------|-------------|----------|
| Chest No. | Name             | State  | Performance | Position |
| 50016     | Paramjit singh   | Punjab |             | 1        |
| 50053     | Gurveer Singh    | Punjab |             | 2        |
| 50012     | Lakhwinder Singh |        |             | 3        |

| 55+       |      |       |             |          |
|-----------|------|-------|-------------|----------|
| Chest No. | Name | State | Performance | Position |
| 55079     |      |       |             | 1        |
| 55004     |      |       |             | 2        |
|           |      |       |             | 3        |

| 60+       |                 |       |             |          |
|-----------|-----------------|-------|-------------|----------|
| Chest No. | Name            | State | Performance | Position |
| 60051     | Jagram jat      | MP    |             | 1        |
| 60032     | Phool kumar     | HR    |             | 2        |
| 60003     | Rajinder Sharma | HP    |             | 3        |

| 65+       |                 |           |             |          |
|-----------|-----------------|-----------|-------------|----------|
| Chest No. | Name            | State     | Performance | Position |
| 65027     | Inder Singh     | HR        |             | 1        |
| 65036     | Mulkityat singh | Punjab    |             | 2        |
| 65022     | B.S ohlan       | Rajasthan |             | 3        |

| 70+       |                |           |             |          |
|-----------|----------------|-----------|-------------|----------|
| Chest No. | Name           | State     | Performance | Position |
| 70022     | Brundaban sahu | orissa    |             | 1        |
| 70025     | M.S shekhawat  | rajasthan |             | 2        |
|           |                |           |             | 3        |

**75+**

| <b>Chest No.</b> | <b>Name</b>   | <b>State</b> | <b>Performance</b> | <b>Position</b> |
|------------------|---------------|--------------|--------------------|-----------------|
| 75014            | Gurdail singh | Punjab       |                    | 1               |
|                  |               |              |                    | 2               |
|                  |               |              |                    | 3               |

## 10000m (Women)

| 40+       |                |        |             |          |
|-----------|----------------|--------|-------------|----------|
| Chest No. | Name           | State  | Performance | Position |
| 40012     | Kalpana Parmar | HP     | 01.10.44    | 1        |
| 40141     | Amanpreet Kaur | Punjab | 01.30.11    | 2        |
|           |                |        |             | 3        |

| 45+       |               |            |             |          |
|-----------|---------------|------------|-------------|----------|
| Chest No. | Name          | State      | Performance | Position |
| 45001     | Neeru         | Chandigarh | 01.9.15     | 1        |
| 45007     | Seema Prammar | HP         | 01.15.22    | 2        |
|           |               |            |             | 3        |

| 60+       |               |        |             |          |
|-----------|---------------|--------|-------------|----------|
| Chest No. | Name          | State  | Performance | Position |
| 60046     | Bakshish Kaur | Punjab | 01.15.29    | 1        |
|           |               |        |             | 2        |
|           |               |        |             | 3        |

## High Jump (Women)

| 30+       |               |            |             |          |
|-----------|---------------|------------|-------------|----------|
| Chest No. | Name          | State      | Performance | Position |
| 30020     | POOJA AHLAWAT | CHANDIGARH | 1.10        | 1        |
| 30006     | SUKHJEET KAUR | PUNJAB     | 1.00        | 2        |
|           |               |            |             |          |

| 60+       |            |             |             |          |
|-----------|------------|-------------|-------------|----------|
| Chest No. | Name       | State       | Performance | Position |
| 60038     | SOMA DATTA | WEST BENGAL | 90CM        | 1        |
|           |            |             |             |          |
|           |            |             |             |          |

| 65+       |              |        |             |          |
|-----------|--------------|--------|-------------|----------|
| Chest No. | Name         | State  | Performance | Position |
| 65034     | MANJEET KAUR | PUNJAB | 90CM        | 1        |
|           |              |        |             |          |
|           |              |        |             |          |

**200m (Men) final****30+**

| Chest No. | Name            | State      | Performance | Position |
|-----------|-----------------|------------|-------------|----------|
| 30023     | RAJ KUMAR       | CHANDIGARH | 26:77       | 1        |
| 30038     | ASHISH KUMAR    | UP         | 27:92       | 2        |
| 30011     | ARUN            | PUNJAB     | 31:66       | 3        |
| 3017      | GURSIMRAN SINGH | PUNJAB     | 41:90       | 4        |

**35+**

| Chest No. | Name           | State   | Performance | Position |
|-----------|----------------|---------|-------------|----------|
| 35047     | ANIL KUMAR     | HARYANA | 24:81       | 1        |
| 35014     | BEANT SINGH    | PUNJAB  | 25:92       | 2        |
| 35035     | GURPREET SINGH | PUNJAB  | 27:34       | 3        |
| 35062     | RAKESH KUMAR   | HARYANA | 40:20       | 4        |

**40+**

| Chest No. | Name           | State  | Performance | Position |
|-----------|----------------|--------|-------------|----------|
| 40227     | BHAGWANT SINGH | PUNJAB | 25:48       | 1        |
| 40031     | HARMEET        | PUNJAB | 27:09       | 2        |
| 40002     | SMITH          | H.P.   | 29:23       | 3        |

**45+ (HEAT Final )**

| Chest No. | Name          | State  | Performance | Position |
|-----------|---------------|--------|-------------|----------|
| 45053     | B.S.K. SOMAL  | ORISSA | 25:80       | 1        |
| 45017+    | HARNAK        | PUNJAB | 27:20       | 2        |
| 45019     | JARNAIL SINGH | PUNJAB | 27:27       | 3        |
|           |               |        |             |          |



**50+ (HEAT final)**

| Chest No. | Name             | State  | Performance | Position |
|-----------|------------------|--------|-------------|----------|
| 50034     | CHITWANT SINGH   | PUNJAB | 27:39       | 1        |
| 50013     | PUSHPINDER SINGH | PUNJAB | 28:87       | 2        |
| 50019     | HARJINDER SINGH  | PUNJAB | 29:02       | 3        |
|           |                  |        |             |          |

**55+ (HEAT final)**

| Chest No. | Name          | State  | Performance | Position |
|-----------|---------------|--------|-------------|----------|
| 55019     | ASHOK KUMAR   | PUNJAB | 27:27       | 1        |
| 55030     | BAJRANG LAL   | PUNJAB | 28:70       | 2        |
| 55024     | KULDEEP SINGH | PUNJAB | 29:49       | 3        |

**60+ (HEAT final)**

| Chest No. | Name               | State  | Performance | Position |
|-----------|--------------------|--------|-------------|----------|
| 60043     | ASHOK KUMAR BISWAL | ODISHA | 28.74       | 1        |
| 60112     | SAVINDER SINGH     | PUNJAB | 30.88       | 2        |
| 60021     | HARBANS SINGH      | PUNJAB | 31.64       | 3        |

**65+**

| Chest No. | Name             | State | Performance | Position |
|-----------|------------------|-------|-------------|----------|
| 65013     | Sarbjit Singh    | PB    | 31.28       | 1        |
| 65019     | Ramlishan Sharma | HR    | 31.32       | 2        |
| 65029     | Bholeswar        | HP    | 34.25       | 3        |

**70+**

| Chest No. | Name         | State     | Performance | Position |
|-----------|--------------|-----------|-------------|----------|
| 70001     | MUSHI RAM    | HARYANA   | 30:99       | 1        |
| 70004     | HARBHAJAN    | PUNJAB    | 34:38       | 2        |
| 70015     | MILKHA SINGH | PUNJAB    | 39:75       | 3        |
| 70020     |              | RAJASTHAN | 42:23       | 4        |

**75+**

| Chest No. | Name          | State    | Performance | Position |
|-----------|---------------|----------|-------------|----------|
| 75013     | AJEET SINGH   | PUNJAB   | 32:79       | 1        |
| 75006     | TEJ SINGH     | HARYANA  | 32:90       | 2        |
| 75015     | RAGHBIR SINGH | PUNJAB   | 49:66       | 3        |
| 75012     | DINDYAL BISHT | HIMACHAL |             | 4        |

**85+**

| Chest No. | Name          | State  | Performance | Position |
|-----------|---------------|--------|-------------|----------|
| 85002     | JASWANT SINGH | PUNJAB | 2:04.99     | 1        |
|           |               |        |             |          |
|           |               |        |             | 3        |

**200m (Women)****30+**

| Chest No. | Name          | State  | Performance | Position |
|-----------|---------------|--------|-------------|----------|
| 30008     | VEERPAL KAUR  | PUNJAB | 38.57       | 1        |
| 30006     | SUKHJEET KAUR | PUNJAB | 42.45       | 2        |
|           |               |        |             |          |

**35+**

| Chest No. | Name       | State      | Performance | Position |
|-----------|------------|------------|-------------|----------|
| 35078     | MRIDULA    | UTTRAKHAND | 35.64       | 1        |
| 35040     | SWEEN      | CHANDIGARH | 36.45       | 2        |
| 35094     | SOMUPANT   | UTTRAKHAND | 37.55       | 3        |
| 35051     | RAJ KUMARI | H.P.       | 39.78       | 4        |

**40+**

| Chest No. | Name        | State     | Performance | Position |
|-----------|-------------|-----------|-------------|----------|
| 40008     | MANISHA     | H.P.      | 34.68       | 1        |
| 40015     | SAMITA      | PUNJAB    | 36.34       | 2        |
| 40083     | M.P. LALITA | TELANGANA | 48.78       | 3        |

**45+**

| Chest No. | Name               | State      | Performance | Position |
|-----------|--------------------|------------|-------------|----------|
| 45055     | JAGJIT KAUR        | PUNJAB     |             | 1        |
| 45016     | SAROJINI THAPLIYAL | UTTRAKHAND |             | 2        |
| 45125     | CHANDRA            | UTTRAKHAND |             | 3        |
| 45038     | SARLA DEVI         | HARYANA    |             |          |

| 50+       |               |            |             |          |
|-----------|---------------|------------|-------------|----------|
| Chest No. | Name          | State      | Performance | Position |
| 50038     | SURINDER KAUR | PUNJAB     | 35.12       | 1        |
| 50118     | CICILIA       | JHARKHAND  | 43.59       | 2        |
| 50011     | BHAWNA        | CHANDIGARH | 57.67       | 3        |

| 60+       |               |           |             |          |
|-----------|---------------|-----------|-------------|----------|
| Chest No. | Name          | State     | Performance | Position |
| 60012     | PUSHPA        | PUNJAB    |             | 1        |
| 60186     | VIJAY LAKSHMI | TELANGANA |             | 2        |
|           |               |           |             |          |

| 65+       |               |       |             |          |
|-----------|---------------|-------|-------------|----------|
| Chest No. | Name          | State | Performance | Position |
| 65043     | SUDESH KUMARI | H.P.  | 01.12.37    | 1        |
|           |               |       |             |          |
|           |               |       |             |          |

| 70+       |          |         |             |          |
|-----------|----------|---------|-------------|----------|
| Chest No. | Name     | State   | Performance | Position |
| 70017     | DARSHANA | HARYANA | 1.10.12     | 1        |
|           |          |         |             |          |
|           |          |         |             |          |

## Javelin Throw (Men)

| 30+       |                 |         |             |          |
|-----------|-----------------|---------|-------------|----------|
| Chest No. | Name            | State   | Performance | Position |
| 30034     | TARUN ARYA      | U.P.    | 56.67       | 1        |
| 30039     | SUBHASH CHANDRA | U.P.    | 31.40       | 2        |
| 30003     | SHAHNAWAZ KHAN  | HARYANA | 28.05       | `        |

| 35+       |                 |        |             |          |
|-----------|-----------------|--------|-------------|----------|
| Chest No. | Name            | State  | Performance | Position |
| 35038     | BIKRAMJIT SINGH | PUNJAB | 50.37       | 1        |
| 35131     | GAGANDEEP SINGH | PUNJAB | 46.30       | 2        |
| 35050     | RAJEN RONGTI    | ASSAM  | 42.64       | 3        |

| 40+       |                |            |             |          |
|-----------|----------------|------------|-------------|----------|
| Chest No. | Name           | State      | Performance | Position |
| 40040     | MANPREET SINGH | CHANDIGARH | 41.50       | 1        |
| 40021     | NAGINDER SINGH | PUNJAB     | 40.18       | 2        |
| 40019     | NARANJAN SINGH | H.P.       | 27.04       | 3        |

| 45+       |                |            |             |          |
|-----------|----------------|------------|-------------|----------|
| Chest No. | Name           | State      | Performance | Position |
| 45080     | HARJOT SINGH   | UTTRAKAHND | 42.95       | 1        |
| 45002     | AVTAR SINGH    | HIMACHAL   | 34.60       | 2        |
| 45032     | RAVINDER SINGH | PUNJAB     | 32.20       | 3        |

| 50+       |               |        |             |          |
|-----------|---------------|--------|-------------|----------|
| Chest No. | Name          | State  | Performance | Position |
| 50025     | HARIRAM       | PUNJAB | 31.55       | 1        |
| 50005     | JARNAIL SINGH | H.P.   | 29.70       | 2        |
| 50055     | J.K.TALUKDAR  | ASSAM  | 27.15       | 3        |

| 55+       |               |           |             |          |
|-----------|---------------|-----------|-------------|----------|
| Chest No. | Name          | State     | Performance | Position |
| 55060     | RUPLAL        | H.P.      | 47.20       | 1        |
| 55042     | SATVEER SINGH | RAJASTHAN | 31.80       | 2        |
| 55006     | BUTA SINGH    | PUNJAB    | 28.64       | 3        |

| 60+       |                    |            |             |          |
|-----------|--------------------|------------|-------------|----------|
| Chest No. | Name               | State      | Performance | Position |
| 60006     | JASBIR SINGH       | CHANDIGARH | 22.70       | 1        |
| 60023     | JOGINDER SINGH     | PUNJAB     | 20.10       | 2        |
| 60042     | JUGAL BARSAD SINGH | ODISHA     | 21.66       | 3        |

| 65+       |                     |       |             |          |
|-----------|---------------------|-------|-------------|----------|
| Chest No. | Name                | State | Performance | Position |
| 65007     | RISHI RAM           | H.P.  | 24.27       | 1        |
| 65004     | JAGAT SINGH         | H.P.  | 23.93       | 2        |
| 65024     | GIRISH KUMAR SAXENA | M.P.  | 22.25       | 3        |

| 70+       |              |        |             |          |
|-----------|--------------|--------|-------------|----------|
| Chest No. | Name         | State  | Performance | Position |
| 70049     | KAUR SINGH   | PUNJAB | 22.30       | 1        |
| 70016     | PRITAM SINGH | PUNJAB | 21.95       | 2        |
| 70008     | AVTAR SINGH  | PUNJAB | 17.50       | 3        |

| 75+       |                     |            |             |          |
|-----------|---------------------|------------|-------------|----------|
| Chest No. | Name                | State      | Performance | Position |
| 75028     | SWARN SINGH         | PUNJAB     | 21.80       | 1        |
| 75008     | NATHA RAM           | H.P.       | 19.17       | 2        |
| 75017     | DILJEET KUMAR SAGAR | CHANDIGARH | 17.55       | 3        |

| 80+       |            |        |             |          |
|-----------|------------|--------|-------------|----------|
| Chest No. | Name       | State  | Performance | Position |
| 80014     | AMAR SINGH | PUNJAB | 9.35        | 1        |
|           |            |        |             |          |
|           |            |        |             |          |

| 85+       |            |            |             |          |
|-----------|------------|------------|-------------|----------|
| Chest No. | Name       | State      | Performance | Position |
| 85097     | G.S. SIDHU | CHANDIGARH | 15.83       | 1        |
|           |            |            |             |          |
|           |            |            |             |          |

## Triple Jump (Men)

| 30+       |                 |       |             |          |
|-----------|-----------------|-------|-------------|----------|
| Chest No. | Name            | State | Performance | Position |
| 30016     | Harwinder singh | Pb    | 10.29       | 1        |
| 30001     | BHAVTARAN SINGH | CHD   | 10.9        | 2        |
|           |                 |       |             |          |

| 35+       |                 |        |             |          |
|-----------|-----------------|--------|-------------|----------|
| Chest No. | Name            | State  | Performance | Position |
| 35094     | GURPREET SINGH  | PUNJAB | 10.23       | 1        |
| 35143     | JAGMINDER ANTIL | CHD    | 9.53        | 2        |
|           |                 |        |             |          |

| 40+       |               |             |             |          |
|-----------|---------------|-------------|-------------|----------|
| Chest No. | Name          | State       | Performance | Position |
| 40056     | DEEPAK NEGI   | UTTARAKHAND | 10.95       | 1        |
| 40021     | NAGINDER      | PUNJAB      | 9.69        | 2        |
| 40152     | ASHWINI KUMAR | H.P.        | 9.43        | 3        |

| 45+       |                  |         |             |          |
|-----------|------------------|---------|-------------|----------|
| Chest No. | Name             | State   | Performance | Position |
| 45064     | RAKESH KUMAR     | HARYANA | 11.60       | 1        |
| 45031     | GURMUKH SINGH    | PUNJAB  | 11.15       | 2        |
| 45073     | VIKRAM CHOUDHARY | H.P.    | 10.47       | 3        |



| 50+       |                 |        |             |          |
|-----------|-----------------|--------|-------------|----------|
| Chest No. | Name            | State  | Performance | Position |
| 50012     | LAHWINDER SINGH | PUNJAB | 10.63       | 1        |
| 50037     | JAGIR SINGH     | PUNJAB | 10.01       | 2        |
| 50027     | HARMESH SINGH   | PUNJAB | 8.70        | 3        |

| 55+       |              |       |             |          |
|-----------|--------------|-------|-------------|----------|
| Chest No. | Name         | State | Performance | Position |
| 55079     | MEHAR SINGH  | H.P.  | 7.76        | 1        |
| 55021     | SUSHAM SINGH | H.P.  | 7.60        | 2        |
|           |              |       |             | 3        |

| 60+       |                |        |             |          |
|-----------|----------------|--------|-------------|----------|
| Chest No. | Name           | State  | Performance | Position |
| 60016     | DALBIR SINGH   | PUNJAB | 9.49        | 1        |
| 60022     | DAVINDER SINGH | PUNJAB | 8.24        | 2        |
| 60112     | SAVINDER SINGH | PUNJAB | 8.19        | 3        |

| 65+       |              |        |             |          |
|-----------|--------------|--------|-------------|----------|
| Chest No. | Name         | State  | Performance | Position |
| 65014     | PURAN SINGH  | PUNJAB | 8.63        | 1        |
| 65036     | MALKIT SINGH | PUNJAB | 8.59        | 2        |
|           |              |        |             |          |

| 70+       |                          |           |             |          |
|-----------|--------------------------|-----------|-------------|----------|
| Chest No. | Name                     | State     | Performance | Position |
| 70022     | BRVENDABAN SAHU          | ODISHA    | 7.40        | 1        |
| 70016     | PRITAM SINGH             | PUNJAB    | 6.95        | 2        |
| 70025     | MAHINDER SINGH SHEKHAWAT | RAJASTHAN | 6.55        | 3        |

| 75+       |               |        |             |          |
|-----------|---------------|--------|-------------|----------|
| Chest No. | Name          | State  | Performance | Position |
| 75014     | GURDYAL SINGH | PUNJAB | 6.89        | 1        |
| 75007     | GURNAM SINGH  | PUNJAB | 6.88        | 2        |
|           |               |        |             |          |

## Javelin Throw (Women)

| 30+       |               |       |             |          |
|-----------|---------------|-------|-------------|----------|
| Chest No. | Name          | State | Performance | Position |
| 30020     | POOJA AHLAWAT | CHD   | 18.50       | 1        |
|           |               |       |             | 2        |
|           |               |       |             | 3        |

| 35+       |               |       |             |          |
|-----------|---------------|-------|-------------|----------|
| Chest No. | Name          | State | Performance | Position |
| 350330    | Kashmir kaur  | PB    | 31.13       | 1        |
| 35031     | MANJEET KAUR  | PB    | 27.05       | 2        |
| 35043     | HARPREET KAUR | CHD   | 6.00        | 3        |

| 40+       |                |       |             |          |
|-----------|----------------|-------|-------------|----------|
| Chest No. | Name           | State | Performance | Position |
| 40045     | PARMJEET KAUR  | PB    | 27.95       | 1        |
| 40029     | RITA RANI      | PB    | 21.65       | 2        |
| 40020     | RAJWINDER KAUR | PB    | 20.50       | 3        |

| 45+       |              |         |             |          |
|-----------|--------------|---------|-------------|----------|
| Chest No. | Name         | State   | Performance | Position |
| 45077     | KULDEEP KAUR | CHD     | 14.30       | 1        |
| 45038     | SARLA DEVI   | HARYANA | 10.60       | 2        |
| 45075     | MEENAKSHI    | PB      | 9.53        | 3        |

| 50+       |         |           |             |          |
|-----------|---------|-----------|-------------|----------|
| Chest No. | Name    | State     | Performance | Position |
| 50118     | CICILIA | JHARKHAND | 12.80       | 1        |
| 50011     | BHAWNA  | CHD       | 5.19        | 2        |
|           |         |           |             | 3        |

| 55+       |              |           |             |          |
|-----------|--------------|-----------|-------------|----------|
| Chest No. | Name         | State     | Performance | Position |
| 55083     | MANJU MISHRA | RAJSHATAN | 14.14       | 1        |
|           |              |           |             | 2        |
|           |              |           |             | 3        |

| 60+       |               |           |             |          |
|-----------|---------------|-----------|-------------|----------|
| Chest No. | Name          | State     | Performance | Position |
| 60006     | RUBI GUPTA    | W.BENGAL  | 16.58       | 1        |
| 60036     | SUSHILA KHAN  | RAJASTHAN | 12.73       | 2        |
| 60013     | CHARAJIT KAUR | PUNJAB    | 10.34       | 3        |

| 65+       |           |        |             |          |
|-----------|-----------|--------|-------------|----------|
| Chest No. | Name      | State  | Performance | Position |
| 65012     | RAJ BAJWA | PUNJAB | 13.35       | 1        |
|           |           |        |             | 2        |
|           |           |        |             | 3        |

**70+**

| Chest No. | Name           | State     | Performance | Position |
|-----------|----------------|-----------|-------------|----------|
| 70017     | DARSHAN        | HARYANA   | 8.66        | 1        |
| 70019     | SURENDER SOHAL | RAJASTHAN | 8.55        | 2        |
|           |                |           |             | 3        |

### Triple Jump (Women)

| 35+       |              |            |             |          |
|-----------|--------------|------------|-------------|----------|
| Chest No. | Name         | State      | Performance | Position |
| 35016     | SUNITA DHAND | PUNJAB     | 7.46        | 1        |
| 35088     | NARGIS IRFAN | UTTRAKHAND | 5.46        | 2        |
|           |              |            |             | 3        |

| 40+       |            |        |             |          |
|-----------|------------|--------|-------------|----------|
| Chest No. | Name       | State  | Performance | Position |
| 40058     | REKHA DEY  | ODISHA | 7.56        | 1        |
| 40027     | DEEP SHANA | PUNJAB | 7.00        | 2        |
| 40150     | POONAM     | PUNJAB | 4.75        | 3        |

| 60+       |                  |         |             |          |
|-----------|------------------|---------|-------------|----------|
| Chest No. | Name             | State   | Performance | Position |
| 60039     | SARASWATI RAJPUT | GUJARAT | 6.35        | 1        |
|           |                  |         |             |          |
|           |                  |         |             |          |