

# *Asian Athletics Digest*

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## **South Asian Games Preview**

*Ranklists ~ Records ~ Superlatives*

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## From the Editor's desk



Hello All,

Welcome back to Asian Athletics Digest!

It has been a while since we talk each other. The first two numbers of our magazine reached around 9,000 email addresses throughout the World. Each week we are receiving further requests from new subscribers to add them in our mailing list. The number of subscribers in Asian nations are now almost in level with those from other continental areas.

This edition of our magazine is dedicated to 12<sup>th</sup> South Asian Games to be held in Guwahati, India, with athletics competitions are scheduled from 9 to 12 February.

Although your Editor is missing the action 'on site' as he is still under compulsory rest following a surgery in right leg, he effectively utilized the healing period to prepare some very special stats for the benefit of both media and spectators during the SAG-2016.

This edition of our magazine contains the South Asian regional ranking lists for 2015/16 season, a comprehensive list of Past champions, Games and National records for all participating countries in events which are scheduled to be contested in Guwahati.

We have also included in this edition some 'Superlatives' on South Asian Games compiled by our longtime friend Saman Kumara Gunawardana from Sri Lanka.

To accommodate the large number of info in this issue we have excluded some of our regular features, which will be resumed in our next edition.

As usual we continue to invite our readers to share their thoughts, and meet organizers to send in results, reports and photographs for our upcoming numbers.

Looking forward to hear from you!

Yours truly,  
*Ram. Murali Krishnan*

## South Asian Games - Preview

The South Asian Games was first held in 1984 at Kathmandu, Nepal, as "South Asian Federation Games" between the eight countries of South Asian Association of Regional Cooperation, viz., Afghanistan, Bangladesh, Bhutan, India, Maldives, Nepal, Pakistan and Sri Lanka.

The twelfth edition of the above Games will be held jointly in Indian cities of Guwahati and Shillong from February 5 to 16, this year.

The athletics competitions will be held at Indira Gandhi Athletics Stadium in Sarusajai, Guwahati, for four days from February 9 to 12.

During the inaugural edition in 1984 competitions were held in 18 events (13 for men + 5 for women), whereas the current edition in Guwahati is scheduled to conduct competitions in 37 events (20 for men and the remaining for women).

As per the rules of South Asian Sports Federation at least athletes from three nations shall take part in order to conduct an event. A final list of participating athletes and events therefore will be finalized only after the Team Managers' meeting on 8<sup>th</sup> February.

The South Asian Games witnessed many interesting happenings in athletics in its 32-year-old history. Mr Adille Sumariwalla, the fastest man in the inaugural edition held at Kathmandu in 1984 is currently President of the Athletics Federation of India and elected to the Executive Council of International Association of Athletics Federations last year.

Legendary Indian athlete P.T. Usha's record in 400m hurdles (57.18 secs) and Nepal's undisputed distance running star Baikuntha Manandhar's record in Marathon (2:15:03), both created in 1987 at Kolkata, remain intact for the past 28 years! Manandhar achieved a rare distinction of "hat-trick" of victories in Marathon between 1984 and 1987 while Usha holding the record of winning a record 5 gold medals in a single edition in Kolkata (3 individual + 2 relay events). However the credit of winning more number of medals in South Asian Games' history belongs to another Indian. Shiny Wilson (-Abraham) had an amazing collection of 21 medals, 18 of them Gold (+2 silver and 1 bronze) during her campaign which lasted for 11 glorious years between 1984 and 1995.

Island nation of Sri Lanka fielded a large number of its star-studded athletes in the past. Leading among them were champion sprinter Susanthika Jayasinghe, the 200m silver medalist in both Olympic Games and World Championships. Another of their fine athletes Sriyani Kulawansa had won 100m hurdles on five consecutive times between 1991 and 2004.

### Medal prospects in Guwahati-2016:

Based on the provisional list of entries available from various sources there will be a keen contest for the fastest man title in Guwahati. Sri Lanka's Himasha Eashan, the fastest man in south asian region last year (10.36s at home in Dec) will log horn with teammate Mohamed Ashrafu and Hassan Saaid of Maldives, both of them credited with an identical 10.42 secs.

Maldives had won only a bronze medal in the Games so far through a third place finish of their men's 4x100m relay quartet at the last edition in Dhaka-2010. Saaid finished only sixth in 200m at Dhaka. But will he make amends and create history in Guwahati?

Another top-notch competition is expected on field. Sumedha Ranasinghe thrilled everyone as he set the spear out to a remarkable distance of 83.04m – the best by a south asian javelin thrower to date – during the Sri Lankan trials for South Asian Games. Four weeks later Neeraj Chopra unleashed the 800 grams implement to a fantastic 81.04m during the qualifying rounds of Indian Universities championships at Patiala, the best by a junior (U20) athlete in the World in 2015.

In the women's side, Sri Lanka's 2013 world championship finalist and Asian silver medalist Nadeeka Lakmali will expect a tough fight from India's 2014 Asian Games bronze medalist Annu Rani.

The Indians fielded strong contenders in distance running and throwing events. It would be a cake-walk for Asian champion Inderjeet Singh in men's shot put. The same will be the case in the women's category with national record-holder as another Rio Olympics qualifier Manpreet Singh will fight it out with her namesake Manpreet junior in Guwahati.

Sri Lankan women are formidable in both long and triple jumps through NCD Priyadarshani and Vidusha Lakshani. They will be pitted against India's former Asian long jump champion Mayookha Johny.

In marathon, Sri Lanka's 2004 SAG champion Anuradha Indrajith Cooray (14<sup>th</sup> in last year's London Marathon) will try to gain another victory this time. The hosts are expected to challenge the Lankan runner in the form of Nitender Singh Rawat (8<sup>th</sup> in World Military Games last year).

It should be an easy go for the reigning champion Gayathry Govindaraj in women's 100m hurdles this time.

In the absence of Asian champion Tintu Luka, Wuhan bronze medalist Nimali (Sri Lanka) and fourth placer Gomathi (India) will try their might in Guwahati.

There may be one or two surprises from other participating teams such as Pakistan which comes with a strong field that includes Mohsin Ali, the defending champion in 110m hurdles among others.

Athletes entered in Guwahati-2016 appeared with a (\*) prefix before their names



## Men's 100m

### 2015/16 Season Top-10 Lists:

10.36	0.3	1	*Himasha Eashan W K	07.05.1995	SRI	Diyagama	03-Dec-2015
10.42	-0.2	7h7	*Hassan Saaid	04.03.1992	MDV	Beijing, CHN	22-Aug-2015
10.42	0.3	2	*Mohamed Ashrafu A L	15.10.1990	SRI	Diyagama	03-Dec-2015
10.45	0.2	1s2	Dharambir Singh	10.12.1990	IND	Thiruvananthapuram	10-Feb-2015
10.45	0.6	1	Vinoj Suranjaya de Silva M V	09.01.1995	SRI	Diyagama	20-Dec-2015
10.51	0.2	2s2	Amiya Kumar Mallick	14.11.1992	IND	Thiruvananthapuram	10-Feb-2015
10.52	-1.6	1h6	Manikanda Arumugam	15.07.1991	IND	Mangaluru	02-May-2015
10.53	-0.9	2h5	*Liaqat Ali	06.08.1983	PAK	Wuhan, CHN	03-Jun-2015
10.54		1	Jyoti Sankar Debnath	15.08.1987	IND	Hyderabad	23-Jul-2015
10.55		2	Vidya Sagar	10.06.1992	IND	Hyderabad	23-Jul-2015

#### Other Athletes:

10.57	0.3	4	Shehan Ambepitiya	17.01.1990	SRI	Diyagama	03-Dec-2015
10.57	0.3	5	Wickramasinghe K S L	22.08.1994	SRI	Diyagama	03-Dec-2015
10.64	0.3	6	Umanga Surendra R D	21.05.1981	SRI	Diyagama	03-Dec-2015
10.66		1	*Gaurav Kumar	17.01.1997	IND	Ranchi	24-Nov-2015
10.76		1h2	Sujith Kuttan	29.04.1992	IND	Chennai	10-Jul-2015
10.81	0.2	3	Rahul Kumar	10.07.1997	IND	Hyderabad	07-Aug-2015
10.83		3s3	*Akshay Khot		IND	Kolkata	16-Sep-2015
11.01	-1.0	6h2	*Hussain Haleem	27.11.1982	MDV	Wuhan, CHN	03-Jun-2015
11.13	-0.6	7p3	*Mesbah Ahmed	11.03.1995	BAN	Beijing, CHN	22-Aug-2015
11.26	-1.6	7h1	Ashish Chaudhary	25.09.1996	NEP	Wuhan, CHN	03-Jun-2015
11.60	1.7	5h2	Muhammad Firoz	01.02.1995	BAN	Gwangju, KOR	08-Jul-2015
12.15	-0.3	8p2	Tashi Dendup	22.02.1998	BHU	Beijing, CHN	22-Aug-2015
12.35	1.2	4h3	Mustafa Mohammadi	03.03.1993	AFG	Gwangju, KOR	08-Jul-2015

### Past Champions:

1984	Kathmandu	Adille Sumariwalla	IND	11.1
1985	Dhaka	Mohammed Shah Alam	BAN	10.8
1987	Kolkata	Mohammed Shah Alam	BAN	10.79
1989	Islamabad	Anand Natarajan	IND	10.68
1991	Colombo	Sriyath Subash Dissanayake	SRI	10.77
1993	Dhaka	Bimal Chandra Tarafdar	BAN	10.61
1995	Chennai	Chinthaka De Soysa	SRI	10.49
1999	Kathmandu	Anil Kumar	IND	10.37
2004	Islamabad	Piyush Kumar	IND	10.44
2006	Colombo	Umanga Surendra	SRI	10.52
2010	Dhaka	Shehan Ambepitiya	SRI	10.46

### Games & National Records:

<b>GR *</b>	<b>10.37</b>	<b>Anil Kumar (IND)</b>	<b>1999</b>
AFG	11.11	Massoud Azizi	2005
BAN	10.54	Mohammed Mahabub Alam	1999
BHU	12.15	Tashi Dendup	2015
IND	10.30	Anil Kumar	2005
	10.30=	Abdul Najeeb Qureshi	2010
MDV	10.42	Hassan Saaid	2015
NEP	10.71	Ram Krishna Chaudhari	1999
PAK	10.42	Afzal Baig	2005
SRI	10.29	Chinthaka De Soysa	1999



## Men's 200m

### 2015/16 Season Top-10 Lists:

20.66	1.0	3	Dharambir Singh	10.12.1990	IND	Wuhan, CHN	07-Jun-2015
21.02	-0.9	1	*Vinoj Suranjaya de Silva M	09.01.1995	SRI	Diyagama	19-Dec-2015
21.07	-0.1	2	*Hassan Saaid	04.03.1992	MDV	St.Paul-Reunion	04-Aug-2015
21.08		1	*Vidya Sagar S	10.06.1992	IND	Hyderabad	20-Jul-2015
21.16	-0.1	1s2	Manikanda Arumugam	15.07.1991	IND	Kolkata	19-Sep-2015
21.18		2	Sanjeet Singh	26.01.1995	IND	Hyderabad	20-Jul-2015
21.20	-0.9	2	*Mohamed Rajaskhan A R	28.12.1985	SRI	Diyagama	19-Dec-2015
21.30		3	Vipin Kumar	09.09.1992	IND	Hyderabad	20-Jul-2015
21.35		1	Mohit	08.08.1996	IND	Ranchi	25-Nov-2015
21.36	-0.1	2s2	Parveen Kumar	19.02.1990	IND	Kolkata	19-Sep-2015

#### Other Athletes:

21.41	-1.4	1	Himasha Eashan	07.05.1995	SRI	Diyagama	26-Jul-2015
21.43	-1.1	6s1	*Liaqat Ali	06.08.1983	PAK	Wuhan, CHN	06-Jun-2015
21.50	-0.9	3	R D C Niroshan		SRI	Diyagama	19-Dec-2015
21.60		2	*Adiya Vardhan	24.02.1996	IND	Ranchi	25-Nov-2015
22.25	-1.5	5h5	Ashish Chaudhary	25.09.1996	NEP	Wuhan, CHN	06-Jun-2015
22.80	-2.2	6h2	Mebah Ahmed	11.03.1995	BAN	Wuhan, CHN	06-Jun-2015
23.02	-0.7	7h4	Hassan Nujoom		MDV	Wuhan, CHN	06-Jun-2015
26.56	-0.1	6h7	Sameer Sameer		AFG	Gwangju, KOR	09-Jul-2015

#### Hand-timing:

20.7		1	*Liaqat Ali	06.08.1983	PAK	Islamabad	05-Apr-2015
21.2		1 jr	Joseph Joe M	22.02.1997	IND	Kochi	24-Aug-2015
21.3		2	Sami Ullah		PAK	Islamabad	05-Apr-2015
21.4		3	Imran Khan	03.04.1984	PAK	Islamabad	05-Apr-2015
21.8		1	*Shariful	20.10.1992	BAN	Dhaka	10-Sep-2015

### Past Champions:

1984	Kathmandu	Hemalal Priyankara	SRI	22.1
1985	Dhaka	Rami Reddy	IND	21.1
1987	Kolkata	Anand Shetty	IND	21.66
1989	Islamabad	Arjun Devaiah	IND	21.61
1991	Colombo	Sriyath Subash Dissanayake	SRI	21.34
1993	Dhaka	Sriyath Subash Dissanayake	SRI	21.34
1995	Chennai	Mohammed Mahbub Alam	BAN	21.22
1999	Kathmandu	Maqsood Ahmed	PAK	21.15
2004	Islamabad	Rohan Pradeep Kumara	SRI	20.99
2006	Colombo	Rohan Pradeep Kumara	SRI	21.14
2010	Dhaka	Abdul Najeeb Qureshi	IND	21.16

### Games & National Records:

<b>GR *</b>	<b>20.99</b>	<b>Rohan Pradeepkumara (SRI)</b>	<b>2004</b>
AFG	22.65	Massoud Azizi	2010
BAN	21.15	Mohammed Mahabub Alam	1999
BHU	24.18	Lhaba Tshering	2014
IND	20.66	Dharambir Singh	2015
MDV	21.07	Hassan Saaid	2015
NEP	21.92	Ram Krishna Chaudhari	1995
PAK	20.92	Liaqat Ali	2012
SRI	20.69	Sugath Thilakaratne	1998



## Men's 400m

### 2015/16 Season Top-10 Lists:

45.57	2	*Arokia Rajiv	22.05.1991	IND	Mungyeong, KOR	06-Oct-2015
46.54	1	*Dilip Ruwan H M	04.07.1991	SRI	Colombo	27-Aug-2015
46.57	6	Kalinga Kumarage	25.09.1992	SRI	Pathumthani, THA	25-Jun-2015
46.66	2	Muhammed Anas Y	17.09.1994	IND	Hyderabad	22-Jul-2015
46.87	2	Ayyasamy Dharun	31.12.1996	IND	Chennai	13-Jul-2015
46.87	1	Kasun Kalhar Seneviratne	01.11.1989	SRI	Diyagama	20-Dec-2015
46.92	3	Sumit Kumar	05.05.1993	IND	Hyderabad	22-Jul-2015
46.94	2	Vijayakumaran Sajin	28.01.1991	IND	Mangaluru	04-May-2015
46.99	3	Chandan Bauri	02.02.1998	IND	Apia, SAM	08-Sep-2015
47.01	1	Lalit Mathur	18.12.1994	IND	Moodbidri	18-Jan-2015

#### Other Athletes:

47.03	3	*Ajith Premakumara M G	12.10.1991	SRI	Diyagama	20-Dec-2015
47.06	2	Anjana Gunaratne Y M W G	04.04.1990	SRI	Diyagama	10-May-2015
47.47	6	*Kunhu Muhammed P P	05.03.1987	IND	Kolkata	17-Sep-2015
47.49	6	Madumal Devinka Peiris T M	04.03.1992	SRI	Diyagama	25-Jul-2015
48.87	5	*Hussain Inaas	18.09.1985	MDV	St.Paul-Reunion	04-Aug-2015

#### **Hand-timing:**

47.3	1	*Asad Iqbal	11.04.1986	PAK	Islamabad	04-Apr-2015
47.6	2	Mehboob Ali	10.04.1990	PAK	Islamabad	04-Apr-2015
48.4	1	*Hussain Inaas	18.09.1985	MDV	Johor Bahru	25-Jul-2015

### Past Champions:

1984	Kathmandu	E M Chandrathilake	SRI	48.6
1985	Dhaka	E M Chandrathilake	SRI	48.0
1987	Kolkata	Muhammad Fiaz	PAK	47.24
1989	Islamabad	Muhammad Sadaqat	PAK	47.01
1991	Colombo	Muhammad Sadaqat	PAK	47.62
1993	Dhaka	Sugath Thilakaratne	SRI	46.58
1995	Chennai	Sugath Thilakaratne	SRI	46.12
1999	Kathmandu	Rohan Pradeep Kumara	SRI	45.77
2004	Islamabad	Rohan Pradeep Kumara	SRI	45.89
2006	Colombo	Rohan Pradeep Kumara	SRI	46.33
2010	Dhaka	Bibin Mathew	IND	47.25

### Games & National Records:

<b>GR *</b>	<b>45.77</b>	<b>Rohan Pradeepkumara (SRI)</b>	<b>1999</b>
AFG	50.61	Said Gilani	2015
BAN	47.55	Mohamed Hossain Milzer	1986
BHU	57.37	Bal Bahadur Thamang	2004
IND	45.48	K M Binu	2004
MDV	47.48	Hassan Saaid	2013
NEP	48.32	Asha Ram Choudhary	1990
PAK	46.75	Saghir Ahmad	2004
SRI	44.61	Sugath Thilakaratne	1998



## Men's 800m

### 2015/16 Season Top-10 Lists:

1:47.58	1	Jinson Johnson	15.03.1991	IND	Mangaluru	02-May-2015
1:48.14	2	Manjith Singh	01.09.1989	IND	Mangaluru	02-May-2015
1:49.80	1	*Indunil Herath	27.03.1993	SRI	Diyagama	14-Jul-2015
1:49.95	1	Beant Singh	10.01.1999	IND	Hyderabad	09-Aug-2015
1:49.98	2	Wedagadara W N S K		SRI	Diyagama	26-Jul-2015
1:50.22	1	Amarasiri K G A P		SRI	Diyagama	19-Dec-2015
1:50.39	3	Hemantha Kumara R A	20.02.1991	SRI	Diyagama	26-Jul-2015
1:50.54	2	*Sanjeevan Somawardana R K C	16.09.1990	SRI	Diyagama	14-Jul-2015
1:50.7	1	*Muhammad Ikram	09.04.1994	PAK	Islamabad	04-Apr-2015
1:50.80	3	Bharath K A	09.08.1991	IND	Mangaluru	02-May-2015

#### Other Athletes:

1:50.9	2	*Ali Muhammad	01.01.1986	PAK	Islamabad	04-Apr-2015
1:51.36	2	*Ajay Kumar Saroj	01.05.1997	IND	Chennai	11-Jul-2015
1:52.76	1	*Rahul P R	01.12.1996	IND	Ranchi	25-Nov-2015
1:57.54	5	*Ahmed Hassan	15.11.1986	MDV	St.Paul-Reunion	03-Aug-2015
1:57.61	7	*Wais Ibrahim Khair Andesh	31.12.1990	AFG	Portland, USA	08-Aug-2015

### Past Champions:

1984	Kathmandu	<i>Event Not Contested</i>		
1985	Dhaka	Hakam Singh	IND	1:50.5
1987	Kolkata	Budhwa Oraon	IND	1:49.85
1989	Islamabad	Nadir Khan	PAK	1:48.38
1991	Colombo	Jossey Mathew	IND	1:49.94
1993	Dhaka	Ranjith Subasinghe	SRI	1:47.56
1995	Chennai	Rajbir Singh Jakhar	IND	1:49.80
1999	Kathmandu	Vellasamy Ratnakumar	SRI	1:51.68
2004	Islamabad	S Mohammad H Sifrath	SRI	1:51.60
2006	Colombo	Francis Sagayaraj	IND	1:50.23
2010	Dhaka	<i>Event Not Contested</i>		

### Games & National Records:

<b>GR *</b>	<b>1:47.56</b>	<b>Ranjith Subasinghe (SRI)</b>	<b>1993</b>
AFG	1:55.91	Wais Ibrahim Khairandesh	2013
BAN	1:51.16	Mohamed Hossain Milzer	1988
BHU	2:05.05	Karma Kinzang Dorji	1999
IND	1:45.77	Sri Ram Singh	1976
MDV	1:53.08	Naseer Ismail	1999
NEP	1:50.60	Dhani Ram Chaudhary	1995
PAK	1:48.10	Muhammad Siddique	1974
SRI	1:47.56	Ranjith Subasinghe	1993



## Men's 1,500m

### 2015/16 Season Top-10 Lists:

3:46.98	1	Jinson Johnson	15.03.1991	IND	Mangaluru	04-May-2015
3:47.33	1	*Ajay Kumar Saroj	01.05.1997	IND	Kolkata	17-Sep-2015
3:47.71	2	Sandeep Kumar Bathum	03.02.1988	IND	Mangaluru	04-May-2015
3:49.24	1	*Sanjeevan Somawardana R K C	16.09.1990	SRI	Diyagama	04-Dec-2015
3:49.33	4	Sajeesh Joseph	14.01.1987	IND	Kolkata	17-Sep-2015
3:49.50	4	Manikandan C	04.05.1983	IND	Mangaluru	04-May-2015
3:50.42	2	*Sanjeeva Lakmal R A	15.09.1985	SRI	Diyagama	04-Dec-2015
3:50.83	5	Harshad R Mahatare	09.08.1997	IND	Kolkata	17-Sep-2015
3:51.16	1	Shashi Bhushan Singh	10.01.1996	IND	Hyderabad	07-Aug-2015
3:51.35	2	*Rahul P R	01.12.1996	IND	Hyderabad	07-Aug-2015

#### Other Athletes:

3:53.5	1	*Ali Muhammad	01.01.1986	PAK	Islamabad	05-Apr-2015
3:55.70	2	Tharaka Fonseka H K		SRI	Diyagama	20-Dec-2015
4:11.37	12	*Ahmed Hassan	15.11.1986	MDV	Wuhan, CHN	03-Jun-2015
4:24.57	14	Tinley Tenzin	01.01.1996	BHU	Wuhan, CHN	03-Jun-2015

### Past Champions:

1984	Kathmandu	Bagicha Singh	IND	4:03.0
1985	Dhaka	Budhwa Oraon	IND	3:58.4
1987	Kolkata	Bagicha Singh	IND	3:47.59
1989	Islamabad	Ram Niwas	IND	3:46.93
1991	Colombo	Nadir Khan	PAK	3:47.25
1993	Dhaka	Bahadur Prasad	IND	3:42.16
1995	Chennai	Bahadur Prasad	IND	3:38.00
1999	Kathmandu	Gulab Chand	IND	3:50.06
2004	Islamabad	Atta Miran	PAK	3:43.40
2006	Colombo	Chatholi Hamza	IND	3:44.50
2010	Dhaka	Chaminda Indika Wijekoon	SRI	4:10.01

### Games & National Records:

<b>GR *</b>	<b>3:38.00</b>	<b>Bahadur Prasad (IND)</b>	<b>1995</b>
AFG	4:02.0	Nesrulaha	1973
BAN	3:50.46	Ahmed Mustaque	1987
BHU	4:08.09	Lungten Tshering	2004
IND	3:38.00	Bahadur Prasad	1995
MDV	4:00.06	Hussain Riyaz	1993
NEP	3:46.63	Gop Bahadur Adhikari	1993
PAK	3:41.4	Muhammad Younis	1970
SRI	3:39.61	Chaminda Indika Wijekoon	2011





## Men's 5,000m

### 2015/16 Season Top-10 Lists:

13:36.62	3	Govindan Lakshmanan	05.06.1990	IND	Wuhan, CHN	04-Jun-2015
14:03.17	2	Gopi T	24.05.1988	IND	Mangaluru	01-May-2015
14:03.28	3	*Suresh Kumar Patel	01.07.1991	IND	Mangaluru	01-May-2015
14:13.56	2	Mohammed Younis Khan	09.09.1988	IND	Thiruvananthapuram	09-Feb-2015
14:14.7	2	Kheta Ram	20.09.1986	IND	Hyderabad	21-Jul-2015
14:15.14	3	*Man Singh	20.06.1989	IND	Thiruvananthapuram	09-Feb-2015
14:18.10	6	Kalidas Laxman Hirve	24.09.1991	IND	Mangaluru	01-May-2015
14:21.91	7	Inderjeet Patel	15.01.1994	IND	Mangaluru	01-May-2015
14:23.41	8	Nitender Singh Rawat	29.09.1986	IND	Mangaluru	01-May-2015
14:23.77	9	Chaminda Indika Wijekoon	15.09.1981	SRI	Wuhan, CHN	04-Jun-2015

#### Other Athletes:

14:40.70	1	Lional Samarajeewa D	20.04.1986	SRI	Diyagama	20-Dec-2015
14:43.27	10	Lal Bahadur Thapa		NEP	Wuhan, CHN	04-Jun-2015
14:45.15	2	Saman Kumara K G R		SRI	Diyagama	20-Dec-2015
14:46.87	1	*Samantha Pushpakumara R M	16.03.1983	SRI	Diyagama	04-Dec-2015
14:47.32	2	*Asela Bandara R M Y G N	07.05.1981	SRI	Diyagama	26-Jul-2015

### Past Champions:

1984	Kathmandu	Gurnam Singh	IND	15:13.4
1985	Dhaka	Tara Singh	IND	14:40.4
1987	Kolkata	Dhanvir Singh	IND	14:32.48
1989	Islamabad	Bahadur Prasad	IND	14:29.39
1991	Colombo	Bahadur Prasad	IND	14:23.76
1993	Dhaka	Bahadur Prasad	IND	14:12.25
1995	Chennai	Bahadur Prasad	IND	14:05.37
1999	Kathmandu	K Shankar	IND	14:49.41
2004	Islamabad	Naushad Khan	PAK	14:39.47
2006	Colombo	Sunil Kumar *	IND	14:02.43
2010	Dhaka	Sunil Kumar	IND	14:23.83

### Games & National Records:

<b>GR *</b>	<b>14:02.43</b>	<b>Sunil Kumar (IND)</b>	<b>2006</b>
		<i>(Revised after doping disqualification of winner Rajendra Bhandari-NEP)</i>	
AFG	15:52.68	Aman Haidari	2010
BAN	14:47.19	Mohamed Eliysuddin	1995
BHU	16:40.10	Tshewang Pema	2004
IND	13:29.70	Bahadur Prasad	1992
MDV	15:36.52	Hussain Riyaz	1993
NEP	14:04.89	Rajendra Bahadur Bhandari	2004
PAK	14:08.4	Muhammad Younis	1977
SRI	14:08.5	K A Chandradasa	2004



## Men's 10,000m

### 2015/16 Season Top-10 Lists:

29:13.50	1	Govindan Lakshmanan	05.06.1990	IND	Thiruvananthapuram	12-Feb-2015
29:52.26	2	*Gopi T	24.05.1988	IND	Mangaluru	04-May-2015
29:53.18	3	Kheta Ram	20.09.1986	IND	Mangaluru	04-May-2015
29:53.87	4	*Suresh Kumar Patel	01.07.1991	IND	Mangaluru	04-May-2015
30:14.91	1	Sharwan Kharb	30.12.1995	IND	Ranchi	25-Nov-2015
30:26.74	2	Virendra Kumar Pal	15.10.1996	IND	Ranchi	25-Nov-2015
30:30.89	4	Inderjeet Patel	15.01.1994	IND	Kolkata	19-Sep-2015
30:45.06	6	Arjun Kumar	03.12.1997	IND	Mangaluru	04-May-2015
30:47.1	3	Srinu B		IND	Hyderabad	23-Jul-2015
30:48.75	1	*Lional Samarajewa D	20.04.1986	SRI	Diyagama	18-Dec-2015

#### Other Athletes:

30:58.10	2	*Ravindra Saman Kumara K G	13.03.1980	SRI	Diyagama	18-Dec-2015
31:05.94	3	Upul Vijitha Kumara		SRI	Diyagama	18-Dec-2015
31:29.00	6	Lal Bahadur Thapa		NEP	Wuhan, CHN	06-Jun-2015

#### ***Trials***

30:38.24	X	Mohammed Younis	09.09.1988	IND	Kolkata	19-Sep-2015
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### Past Champions:

1984	Kathmandu	Inder Singh	IND	31:55.1
1985	Dhaka	Tara Singh	IND	30:35.3
1987	Kolkata	Tara Singh	IND	30:56.86
1989	Islamabad	Manik Khan	PAK	30:59.49
1991	Colombo	K A Karunaratne	SRI	30:13.04
1993	Dhaka	Bahadur Prasad	IND	29:30.23
1995	Chennai	K Shankar	IND	29:43.75
1999	Kathmandu	K Shankar	IND	30:53.55
2004	Islamabad	<i>Event Not Contested</i>		
2006	Colombo	Surendra Singh	IND	29:41.30
2010	Dhaka	<i>Event Not Contested</i>		

### Games & National Records:

<b>GR *</b>	<b>29:30.23</b>	<b>Bahadur Prasad (IND)</b>	<b>1993</b>
AFG	33:25.6	Nouruddin	1961
BAN	30:27.7	Mohamed Eliysuddin	1999
BHU	38:39.7	Dhoman Tenzin	1984
IND	28:02.89	Surendra Singh	2008
MDV	34:33.46	Hussain Haleem	1989
NEP	30:30.99	Gopi Chandra Parki	2014
PAK	30:27.2	Mazhar Hussain	1977
SRI	29:18.0	Lucien S B Rosa	1975



## Men's Marathon

### 2015/16 Season Top-10 Lists:

2:13:47	14	*Anuradha Indrajith Cooray	24.03.1978	SRI	London, GBR	26-Apr-2015
2:15:48	10	*Nitender Singh Rawat	29.09.1986	IND	Mumbai	17-Jan-2016
2:16:15	11	Gopi T	24.05.1988	IND	Mumbai	17-Jan-2016
2:17:23	15	*Kheta Ram	20.09.1986	IND	Mumbai	17-Jan-2016
2:20:02	16	Elam Singh	21.02.1982	IND	Mumbai	17-Jan-2016
2:20:13	17	Mohammed Younis Khan	09.09.1988	IND	Mumbai	17-Jan-2016
2:20:51	18	Th. Sanjit Luwang	03.02.1988	IND	Mumbai	17-Jan-2016
2:21:27	12	Bahadur Singh Dhoni	02.05.1987	IND	Mungyeong, KOR	11-Oct-2015
2:21:35	11	Karan Singh	08.08.1990	IND	Mumbai	18-Jan-2015
2:22:19	1	Purna Bahadur Tamang	1982	NEP	Kathmandu	10-Oct-2015

#### Other Athletes:

2:22:50	2	Hom Lal Shrestha	1984	NEP	Kathmandu	10-Oct-2015
2:24:19	3	Tirtha Tamang		NEP	Kathmandu	10-Oct-2015
2:24:58	35	*Bhumi Raj Rai		NEP	Hong Kong, HKG	25-Jan-2015
2:26:27	4	Upul Vijithakumara		SRI	Colombo	04-Oct-2015
2:27:03	1	*Amila Sanath Kumara K G S	04.01.1986	SRI	Bulathsinhala	22-Aug-2015

### Past Champions:

1984	Kathmandu	Baikuntha Manandhar	NEP	2:27:11
1985	Dhaka	Baikuntha Manandhar	NEP	2:22:07
1987	Kolkata	Baikuntha Manandhar	NEP	2:15:03
1989	Islamabad	V K L Samarasinghe	SRI	2:19:42
1991	Colombo	K A Karunaratne	SRI	2:24:33
1993	Dhaka	K A Karunaratne	SRI	2:21:38
1995	Chennai	Tika Bahadur Bogoti	NEP	2:19:38
1999	Kathmandu	Sarath Prasanna Gamage	SRI	2:19:32
2004	Islamabad	Anuradha Indrajith Cooray	SRI	2:16:38
2006	Colombo	Ajith Bandara	SRI	2:25:40
2010	Dhaka	Rajendra Bahadur Bhandari	NEP	<i>short distance</i>

### Games & National Records:

<b>GR *</b>	<b>2:15:03</b>	<b>Baikuntha Manandhar (NEP)</b>	<b>1987</b>
AFG	2:28:46	Waheed Karim	1990
BAN	2:22:03	Ali Mohammed	1987
BHU	2:38:28	Sangay Wangchuk	2014
IND	2:12:00	Shivnath Singh	1978
MDV	2:45:03	Hussain Haleem	1989
NEP	2:15:03	Baikuntha Manandhar	1987
PAK	2:14:11	Naseer Ahmed	2003
SRI	2:13:47	Anuradha Indrajith Cooray	2015



## Men's 110m Hurdles

### 2015/16 Season Top-10 Lists:

13.82	0.0	1h2	Siddhant Thingalaya	03.01.1991	IND	Mangaluru	04-May-2015
13.98	-0.7	2	*Jayakumar Surendhar	11.04.1991	IND	Thiruvananthapuram	12-Feb-2015
14.01		1	Akhil Johnson	30.11.1993	IND	Hyderabad	22-Jul-2015
14.20	-0.7	3	*Kuppusamy Premkumar	23.08.1990	IND	Thiruvananthapuram	12-Feb-2015
14.24		2	Rathish Kumar	12.06.1992	IND	Hyderabad	22-Jul-2015
14.25	-0.7	4	Pinto Mathew A	10.05.1992	IND	Thiruvananthapuram	12-Feb-2015
14.29	1.0	6	Supun Viraj Randeniya	11.03.1994	SRI	Jacksonville, USA	08-May-2015
14.33	-0.1	6h3	Muhammad Sajjad Ahmad	02.02.1986	PAK	Wuhan, CHN	03-Jun-2015
14.36	0.0	4	Aneesh Joshi	17.04.1993	IND	Mangaluru	04-May-2015
14.36	0.0	4	Samarth Sadashiv	1991	IND	Kolkata	17-Sep-2015

#### Other Athletes:

14.40	0.7	1	*Hasith Nirmal K P	05.03.1992	SRI	Diyagama	10-May-2015
14.51	1.4	1	*Salinda Randeewa K W	24.01.1986	SRI	Diyagama	20-Dec-2015

#### **Wind-assisted**

14.25	2.1	4	Supun Viraj Randeniya	11.03.1994	SRI	Knoxville, USA	10-Apr-2015
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#### **Hand-timing:**

13.7		1	Samarth Sadashiv	1991	IND	Bengaluru	21-Aug-2015
14.0		1	Muhammad Sajjad Ahmad	02.02.1986	PAK	Islamabad	04-Apr-2015
14.3		2	*Mohsin Ali	19.03.1988	PAK	Islamabad	04-Apr-2015

### Past Champions:

1984	Kathmandu	<i>Event Not Contested</i>		
1985	Dhaka	Manzoor Ahmed	PAK	14.4
1987	Kolkata	Ashish Mondal	IND	14.59
1989	Islamabad	Ghulam Abbas	PAK	14.11
1991	Colombo	Ghulam Abbas	PAK	14.14
1993	Dhaka	Chaminda Fonseka	SRI	14.34
1995	Chennai	Mahesh Perera	SRI	14.22
1999	Kathmandu	Mahesh Perera	SRI	14.22
2004	Islamabad	Abdul Rasheed	PAK	14.33
2006	Colombo	Md Mafuzur Rahman	BAN	14.19
2010	Dhaka	Mohsin Ali	PAK	14.56

### Games & National Records:

<b>GR *</b>	<b>14.11</b>	<b>Ghulam Abbas (PAK)</b>	<b>1989</b>
		N/A	
AFG		N/A	
BAN	14.09	Mahfuzur Rahman	2012
BHU		N/A	
IND	13.65	Siddhant Thingalaya	2012
MDV		N/A	
NEP	16.13	Dhirendra Chaudhary	2010
PAK	13.74	Mohsin Ali	2012
SRI	14.00	Mahesh Perera	1997



## Men's 400m Hurdles

### 2015/16 Season Top-10 Lists:

50.29	1	Durgesh Kumar Pal	20.04.1994	IND	Mangaluru	02-May-2015
50.35	2	Ramachandran M	29.12.1991	IND	Mangaluru	02-May-2015
50.55	1	*Jithin Paul	13.03.1990	IND	Chennai	11-Jul-2015
50.68	2	Vishnu V Sabu	19.01.1993	IND	Hyderabad	21-Jul-2015
51.14	3	*Ayyasamy Dharun	31.12.1996	IND	Mangaluru	02-May-2015
51.51	1	Vijay Singh Malik	10.01.1993	IND	Moodbidri	17-Jan-2015
51.57	1	*Aravinda Chathuranga S M	19.05.1991	SRI	Diyagama	26-Jul-2015
51.73	1	Nandana Jagath Gunathilake	26.04.1984	SRI	Colombo	26-Aug-2015
51.80	1	Hasith Nirmal K P	05.03.1992	SRI	Diyagama	10-May-2015
51.82	4	Bastin Joseph	15.01.1993	IND	Hyderabad	21-Jul-2015

#### Other Athletes:

53.86	2	*Charith Rahula Senevirathna	02.09.1991	SRI	Diyagama	03-Dec-2015
55.13		Said Gilani	1996	AFG	Gottingen	20-Jun-2015
59.14	7h6	Farhan Ilyas	05.02.1996	PAK	Gwangju, KOR	08-Jul-2015

#### **Drugs disqualification:**

51.74	-	Binu Aquito C	07.01.1991	IND	Thiruvananthapuram	12-Feb-2015
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#### **Hand-timing:**

52.0	1	*Mehboob Ali	10.04.1990	PAK	Islamabad	04-Apr-2015
53.2	2	Muhammad Aftab		PAK	Islamabad	04-Apr-2015

### Past Champions:

1984	Kathmandu	<i>Event Not Contested</i>		
1985	Dhaka	Basant Singh	IND	52.3
1987	Kolkata	Shahid Mahmood	PAK	52.61
1989	Islamabad	Ghulam Abbas	PAK	50.68
1991	Colombo	Ghulam Abbas	PAK	50.14
1993	Dhaka	Muhammad Amin	PAK	51.29
1995	Chennai	Mahesh Perera	SRI	51.21
1999	Kathmandu	Allah Ditta	PAK	50.49
2004	Islamabad	Allah Ditta	PAK	51.15
2006	Colombo	Allah Ditta	PAK	51.00
2010	Dhaka	T Balamurugan	IND	52.24

### Games & National Records:

<b>GR *</b>	<b>50.14</b>	<b>Ghulam Abbas (PAK)</b>	<b>1991</b>
AFG	55.13	Said Gilani	2015
BAN	51.87	Abdur Rahim Nayeem	1993
BHU		N/A	
IND	49.51	Joseph G Abraham	2007
MDV		N/A	
NEP	53.23	Asha Ram Chaudhari	1993
PAK	49.90	Mohammed Amin	1994
SRI	49.44	Harijan Ratnayake	2000



## Men's High Jump

### 2015/16 Season Top-10 Lists:

2.23	2	*Manjula Kumara Wijesekara	30.01.1984	SRI	Chanthaburi, THA	29-Jun-2015
2.20	1	Sreenith Mohan	24.03.1995	IND	Moodbidri	17-Jan-2015
2.19	1	*Ajay Kumar	07.03.1996	IND	Hyderabad	07-Aug-2015
2.18	2	Jagdeep Singh	30.10.1992	IND	Moodbidri	17-Jan-2015
2.16	3	Balasubramanya Chethan	18.08.1992	IND	Moodbidri	17-Jan-2015
2.16	1	Jithin C Thomas	01.06.1990	IND	Thiruvananthapuram	12-Feb-2015
2.16	1	Shashidhar Harshith	05.11.1993	IND	Chennai	12-Jul-2015
2.16	2	*Amitha Kasun Pathirana	04.04.1989	SRI	Diyagama	03-Dec-2015
2.15	1	Milan Dissanayake	07.02.1993	SRI	Diyagama	26-May-2015
2.14	2	Thilina Karunaratne	20.06.1994	SRI	Diyagama	24-Jul-2015
2.14	2	*Tejaswin Shankar	21.12.1998	IND	Hyderabad	07-Aug-2015

### Past Champions:

1984	Kathmandu	<i>Event Not Contested</i>			
1985	Dhaka	<i>Event Not Contested</i>			
1987	Kolkata	Nallusamy Annavi	IND	2.15	
1989	Islamabad	Nallusamy Annavi	IND	2.10	
1991	Colombo	Patrick Saparamadu	SRI	2.04	
1993	Dhaka	Chander Pal Ratni	IND	2.06	
1995	Chennai	<i>Event Not Contested</i>			
1999	Kathmandu	M V Nagendra Prasad	IND	2.04	
2004	Islamabad	Manjula Kumara Wijesekara	SRI	2.20	
2006	Colombo	Manjula Kumara Wijesekara	SRI	2.19	
2010	Dhaka	Harishankar Roy	IND	2.16	

### Games & National Records:

<b>GR *</b>	<b>2.20</b>	<b>Manjula Kumara-</b>	
		<b>-Wijesekara (SRI)</b>	<b>2004</b>
AFG	1.90	Abdoul Skour	1973
BAN	2.11	Sajib Hossain	2010
BHU	1.77	Kinley Wangdi	2015
IND	2.25	Harishankar Roy	2004
MDV	1.85	Ahmed Zabeer	2009
NEP	1.98	Surya Khatri	2015
PAK	2.06	Ahmed Bilal	2001
SRI	2.27	Manjula Kumara Wijesekara	2004



## Men's Pole Vault

### 2015/16 Season Top-10 Lists:

5.10	1	Bimin K P	01.04.1985	IND	Bhopal	07-Aug-2015
5.02	1	*Anuj Singh	19.05.1995	IND	Kolkata	18-Sep-2015
5.00	1	Kundan	10.07.1994	IND	Thiruvananthapuram	13-Feb-2015
4.91	1	*Ishara Sandaruwan M H	25.03.1994	SRI	Colombo	03-Dec-2015
4.90	3	Balakrishna P	23.03.1990	IND	Thiruvananthapuram	13-Feb-2015
4.90	1	Preeth Kumar Jayaraj	21.04.1992	IND	Mangaluru	03-May-2015
4.90	1	Parveen Kumar	10.10.1992	IND	Hyderabad	21-Jul-2015
4.90	2	*Sonu Saini	19.07.1996	IND	Patiala	02-Jan-2016
4.85	1	Subramani Siva	05.06.1996	IND	Ranchi	25-Nov-2015
4.80	5	Krishna Prasath V	30.09.1991	IND	Thiruvananthapuram	13-Feb-2015
4.80	1	*Rehan Anjum	15.12.1989	PAK	Islamabad	03-Apr-2015
4.80	D	Daya Ram	05.07.1985	IND	Kolkata	17-Sep-2015

#### Other Athletes:

4.60	2	*Channa Fernando A	01.01.1984	SRI	Diyagama	03-Dec-2015
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### Past Champions:

1984	Kathmandu	<i>Event Not Contested</i>		
1985	Dhaka	<i>Event Not Contested</i>		
1987	Kolkata	Sunder Singh Tanwar	IND	4.70
1989	Islamabad	M A Eldo	IND	4.80
1991	Colombo	<i>Event Not Contested</i>		
1993	Dhaka	<i>Event Not Contested</i>		
1995	Chennai	<i>Event Not Contested</i>		
1999	Kathmandu	<i>Event Not Contested</i>		
2004	Islamabad	<i>Event Not Contested</i>		
2006	Colombo	Muhammad Ayub	PAK	4.81
2010	Dhaka	<i>Event Not Contested</i>		

### Games & National Records:

<b>GR *</b>	<b>4.81</b>	<b>Muhammad Ayub (PAK)</b>	<b>2006</b>
AFG	3.72	Said Gilani	2014
BAN	4.35	Humayun Kabir	2006
BHU		N/A	
IND	5.13	K P Bimbin	2012
MDV		N/A	
NEP	3.85	Rudra Bhattarai	1994
PAK	4.91	Adnan Anjum	2010
SRI	4.91	M H Ishuru Sandaruwan	2015



## Men's Long Jump

### 2015/16 Season Top-10 Lists:

8.04	1.3	1	*Ankit Sharma	20.07.1992	IND	Thiruvananthapuram	10-Feb-2015
8.04	1.3	3	*Kumaravel Premkumar	06.02.1993	IND	Walnut, USA	18-Apr-2015
7.80	0.6	1	Janaka Prasad Wimalasiri	08.09.1992	SRI	Diyagama	26-Jul-2015
7.78		1	Dhanushka Sandaruwan Piyarathne	15.04.1994	SRI	Diyagama	15-Nov-2015
7.71	1.1	2	Milantha Sampath Dissanayake	11.08.1991	SRI	Diyagama	26-Jul-2015
7.70		1	*Dhanuka M Liyanapathiranage	25.06.1993	SRI	Diyagama	03-Dec-2015
7.60	0.7	2	Mehakpreet Singh	26.03.1995	IND	Kolkata	17-Sep-2015
7.60		2	*Amila Jayasiri W P	24.01.1994	SRI	Diyagama	03-Dec-2015
7.58		3	Mifran M I M		SRI	Colombo	25-Aug-2015
7.58	0.3	3	Yugant Shekhar Singh	02.10.1997	IND	Kolkata	17-Sep-2015

#### Other Athletes:

7.28		1	Muhammad Shahzad Khan		PAK	Islamabad	04-Apr-2015
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### Past Champions:

1984	Kathmandu	Hemant Kumar Patel	IND	7.33
1985	Dhaka	Hemant Kumar Patel	IND	7.30
1987	Kolkata	Shyam Kumar	IND	7.51
1989	Islamabad	Muhammad Urfaq	PAK	7.79
1991	Colombo	Shyam Kumar	IND	7.70
1993	Dhaka	Benildus Fernando	SRI	7.42
1995	Chennai	Benildus Fernando	SRI	7.69
1999	Kathmandu	P K Sujith Rohitha	SRI	7.76
2004	Islamabad	Maha Singh	IND	7.70
2006	Colombo	Wayne Pepin	IND	7.73
2010	Dhaka	Mohammad Ibrar	IND	7.44

### Games & National Records:

<b>GR *</b>	<b>7.79</b>	<b>Mohammad Urfaq (PAK)</b>	<b>1989</b>
AFG	7.05	Mohammed Anwar	1940
BAN	7.61	Mohamed Ali Amin	2009
BHU	6.21	Tschewangla	2003
IND	8.09	Kumaravel Premkumar	2013
MDV	6.47	Hussain Haleem	2009
NEP	7.09	Puspendra Kumar Goit	2015
PAK	7.79	Muhammad Urfaq	1989
SRI	7.86	Sujith Rohitha	1999
	7.86=	W P Amila Jayasiri	2014





## Men's Triple Jump

### 2015/16 Season Top-10 Lists:

16.66	1.5	1	*Renjith Maheswary	30.01.1986	IND	Thiruvananthapuram	12-Feb-2015
16.41	0.9	2	Arpinder Singh	30.12.1992	IND	Thiruvananthapuram	12-Feb-2015
16.29	1.5	3	Rakesh Babu K V	23.03.1990	IND	Thiruvananthapuram	12-Feb-2015
16.29	0.0	2	*Jayakumar Surendhar	11.04.1991	IND	Kolkata	19-Sep-2015
16.20	0.0	3	Arivuselvan D	28.05.1991	IND	Kolkata	19-Sep-2015
16.13	1.1	4	Unnikrishnan Karthik	03.06.1993	IND	Thiruvananthapuram	12-Feb-2015
16.03		1	Atheetha Nimakasaja Karunasinghe	30.11.1995	SRI	Diyagama	28-Jun-2015
16.02	-0.3	1	Sanjaya Jayasinghe I D S		SRI	Diyagama	09-May-2015
15.93	0.3	2	*Dinesh Eranda Fernando	08.07.1990	SRI	Diyagama	09-May-2015
15.91		1	Abdulla Aboobacker	17.01.1996	IND	Hyderabad	09-Aug-2015

#### Other Athletes:

15.85		1	*Dulan Neranjan Thilakaratne	26.07.1986	SRI	Colombo	26-Aug-2015
15.44		1	*Muhammad Afzal	01.01.1998	PAK	Doha, QAT	10-May-2015
15.11		1	Muhammad Akhtar		PAK	Islamabad	03-Apr-2015
15.10		2	Zafar Iqbal	10.04.1982	PAK	Islamabad	03-Apr-2015

#### **Wind-assisted**

16.39	3.1	1	Bheesham Singh	22.01.1993	IND	Hyderabad	20-Jul-2015
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### Past Champions:

1984	Kathmandu	Mujibur Reahman Malik	BAN	14.58
1985	Dhaka	Rajinder Singh	IND	15.39
1987	Kolkata	Haider Ali Shah	PAK	15.62
1989	Islamabad	Haider Ali Shah	PAK	15.60
1991	Colombo	Benaras Khan	PAK	15.72
1993	Dhaka	Chandimal Niroshan	SRI	15.30
1995	Chennai	B S Vinod	IND	15.83
1999	Kathmandu	Sanjay Kumar Rai	IND	15.87
2004	Islamabad	Amarjeet Singh	IND	16.16
2006	Colombo	Chaminda S Weerasinghe	SRI	16.26
2010	Dhaka	Zafar Iqbal	PAK	16.05

### Games & National Records:

<b>GR *</b>	<b>16.26</b>	<b>Chaminda S Weerasinghe (SRI)</b>	<b>2006</b>
AFG	12.99	Mohammed Anwar	1940
BAN	15.55	Afzal Hossain	1991
BHU	13.25	Bishnu Proddham	1998
IND	17.17	Arpinder Singh	2014
MDV	12.76	Ahmed Fall	1996
NEP	15.20	Sita Ram Chaudhari	2001
PAK	16.45	Zafar Iqbal	2007
SRI	16.37	Eranda Dinesh Fernando	2012



## Men's Shot Put

### 2015/16 Season Top-10 Lists:

20.65	1	*Inderjeet Singh	19.04.1988	IND	Mangaluru	02-May-2015
19.24	5	Tejinder Pal Singh	13.11.1994	IND	Gwangju, KOR	08-Jul-2015
18.24	2	Satyendra Kumar Singh	19.05.1986	IND	Thiruvananthapuram	10-Feb-2015
18.16	1	Jagroop Singh	07.01.1985	IND	Thiruvananthapuram	08-Sep-2015
18.02	3	*Om Prakash Singh	11.01.1987	IND	Mangaluru	02-May-2015
17.73	2	Ashwini Solanki	23.02.1988	IND	Bhopal	05-Aug-2015
17.53	3	Shakti Singh	07.08.1988	IND	Chennai	13-Jul-2015
17.38	2	Jasdeep Singh	06.10.1990	IND	Moodbidri	17-Jan-2015
17.38	3	Naveen	16.05.1988	IND	Moodbidri	17-Jan-2015
17.36	1	Naresh Kumar	20.03.1991	IND	Hyderabad	22-Jul-2015

#### Other Athletes:

16.75	1	Shafaqat Hussain		PAK	Islamabad	03-Apr-2015
16.12	2	*Muhammad Waseem	01.01.1984	PAK	Islamabad	03-Apr-2015
15.29	1	*Joy Danushka Perera A	28.09.1983	SRI	Diyagama	19-Dec-2015

### Past Champions:

1984	Kathmandu	Iqbal Singh	IND	16.61
1985	Dhaka	Gurmeet Singh	IND	16.76
1987	Kolkata	Avtar Singh	IND	17.10
1989	Islamabad	Kafayat Hussain	PAK	16.10
1991	Colombo	Ghufran Hussain	PAK	16.12
1993	Dhaka	Ghufran Hussain	PAK	17.46
1995	Chennai	Bahadur Singh Sagoo	IND	18.79
1999	Kathmandu	Bahadur Singh Sagoo	IND	19.15
2004	Islamabad	Ranvijay Singh	IND	17.41
2006	Colombo	Saurabh Vij	IND	17.43
2010	Dhaka	<i>Event Not Contested</i>		

### Games & National Records:

<b>GR *</b>	<b>19.15</b>	<b>Bahadur Singh Sagoo (IND)</b>	<b>1999</b>
AFG	13.50	Abdoul Hakim	1941
BAN	14.25	Mozaffar Hossain	1998
BHU	12.48	Phaba Namgay	1998
IND	20.69	Om Prakash Singh	2012
MDV	11.02	Hassan Shamoan	2015
NEP	13.92	Ujr Singh Bista	1999
PAK	18.25	Ghufran Hussain	2000
SRI	17.03	Charith Kapukotuwa	2014



## Men's Discus Throw

### 2015/16 Season Top-10 Lists:

65.75	1	Vikas Gowda	05.07.1983	IND	La Jolla, USA	25-Apr-2015
58.51	1	*Arjun Kumar	01.07.1993	IND	Mangaluru	04-May-2015
58.41	2	Dharam Raj Yadav	26.01.1991	IND	Mangaluru	04-May-2015
54.59	2	*Kirpal Singh Batth	16.05.1992	IND	Kolkata	18-Sep-2015
54.21	3	Anshu Rai	03.08.1989	IND	Kolkata	18-Sep-2015
53.50	1	Sachin Dalal	05.09.1995	IND	Patiala	02-Jan-2016
53.49	2	Ravinder	14.05.1995	IND	Hyderabad	20-Jul-2015
53.39	4	Baljinder Singh	23.07.1989	IND	Mangaluru	04-May-2015
53.24	2	Prashant Malik	10.07.1991	IND	Patiala	02-Jan-2016
53.07	5	Prabhjot Singh	05.05.1992	IND	Mangaluru	04-May-2015

#### Other Athletes:

52.02	3	Charith Kapukotuwa	15.09.1990	SRI	Colorado Springs, USA	08-May-2015
51.65	1	*Gayan Upendra Jayawardana	11.10.1978	SRI	Diyagama	24-Jul-2015
50.72	1	Muhammad Shamshad		PAK	Islamabad	04-Apr-2015
50.32	2	*Shams-ul-Haq	19.05.1990	PAK	Islamabad	04-Apr-2015

### Past Champions:

1984	Kathmandu	<i>Event Not Contested</i>		
1985	Dhaka	<i>Event Not Contested</i>		
1987	Kolkata	Surjeet Singh	IND	51.10
1989	Islamabad	Manjeet Singh	IND	55.02
1991	Colombo	Shakti Singh	IND	52.38
1993	Dhaka	Shakti Singh	IND	55.48
1995	Chennai	Shakti Singh	IND	57.78
1999	Kathmandu	Hridayanand Singh	IND	53.11
2004	Islamabad	Hridayanand Singh	IND	53.77
2006	Colombo	Basharat Ali	PAK	55.10
2010	Dhaka	Basharat Ali	PAK	52.43

### Games & National Records:

<b>GR *</b>	<b>57.78</b>	<b>Shakti Singh (IND)</b>	<b>1995</b>
AFG	39.90	Abdoul Hakim	1941
BAN	44.98	Azharul Islam	2010
BHU	39.00	Tamyang Tashi	2003
IND	66.28	Vikas Gowda	2012
MDV	32.30	Hassan Shamoan	2014
NEP	40.68	Chabi Ram Shrestha	1999
PAK	55.10	Basharat Ali	2006
SRI	53.52	Gayan Upendra Jayawardana	2006



## Men's Hammer Throw

### 2015/16 Season Top-10 Lists:

72.86	3	Kamalpreet Singh	03.11.1987	IND	Tucson, USA	21-May-2015
67.73	1	*Neeraj Kumar	17.09.1990	IND	Kolkata	19-Sep-2015
65.39	2	*Pargat Singh	05.05.1988	IND	Kolkata	19-Sep-2015
64.87	1	Gurmeet Singh	15.03.1994	IND	Hyderabad	21-Jul-2015
64.39	1	*Muhammad Shakeel Ahmed	05.02.1990	PAK	Islamabad	04-Apr-2015
63.80	2	Azhar Abbas		PAK	Islamabad	04-Apr-2015
63.45	3	Kaushal Kumar	16.11.1988	IND	Hyderabad	21-Jul-2015
63.35	4	Chandrodaya Narayan Singh	14.07.1991	IND	Kolkata	19-Sep-2015
63.22	1	Gurjohar Singh	05.04.1986	IND	Thiruvananthapuram	09-Sep-2015
63.13	3	Sukhdev Singh	10.10.1993	IND	Thiruvananthapuram	12-Feb-2015

#### Other Athletes:

59.48	3	Habib Ullah		PAK	Islamabad	04-Apr-2015
52.53		Charith Kapukotuwa	15.09.1990	SRI	Pueblo	01-May-2015
45.09	1	*Sisira Kumara M R	04.01.1986	SRI	Diyagama	27-Aug-2015
44.97	1	*Alanson L A D E P	16.05.1978	SRI	Diyagama	25-Jul-2015

### Past Champions:

1984	Kathmandu	<i>Event Not Contested</i>			
1985	Dhaka	<i>Event Not Contested</i>			
1987	Kolkata	Surinder Singh	IND	59.80	
1989	Islamabad	Raghubir Singh Bal	IND	62.18	
1991	Colombo	<i>Event Not Contested</i>			
1993	Dhaka	Jasdev Singh Waraich	IND	62.12	
1995	Chennai	Aqarab Abbas	PAK	66.94	
1999	Kathmandu	<i>Event Not Contested</i>			
2004	Islamabad	Nadeem Ahamed Khan	PAK	62.88	
2006	Colombo	<i>Event Not Contested</i>			
2010	Dhaka	<i>Event Not Contested</i>			

### Games & National Records:

<b>GR *</b>	<b>66.94</b>	<b>Aqarab Abbas (PAK)</b>	<b>1995</b>
AFG	17.44	Najibullah Najm	2004
BAN	56.54	Monimul Hoque	1992
BHU		N/A	
IND	70.16	Rakesh Kumar Yadav	2003
MDV		N/A	
NEP	47.66	Tanka Bahadur Thapamagar	1999
PAK	68.20	Aqarab Abbas	1995
SRI	52.53	Charith Kapukotuwa	2015



## Men's Javelin Throw

### 2015/16 Season Top-10 Lists:

83.04	1	*Sumedha Jagath Ranasinghe RM	10.02.1991	SRI	Diyagama	03-Dec-2015
82.23	1	Rajinder Singh Dalvir	05.04.1989	IND	Thiruvananthapuram	12-Feb-2015
81.04	1q	*Neeraj Chopra	24.12.1997	IND	Patiala	31-Dec-2015
79.65	1	Devender Singh	18.12.1988	IND	Mangaluru	02-May-2015
77.75	1	Amarender Singh	15.08.1991	IND	Hyderabad	23-Jul-2015
77.50	2	Amit Kumar	18.09.1992	IND	Hyderabad	23-Jul-2015
77.39	1	Waruna Lakshan Dayarathne	14.05.1988	SRI	Colombo	25-Aug-2015
76.76	4	Shivpal Singh	06.07.1995	IND	Hyderabad	23-Jul-2015
76.65	5	Abhishek Singh	28.04.1994	IND	Hyderabad	23-Jul-2015
76.47	2	Rohit Kumar	15.07.1994	IND	Kolkata	17-Sep-2015

#### Other Athletes:

75.74	2	*Sampath Ranasinghe D G	01.09.1988	SRI	Diyagama	03-Dec-2015
75.14	3	*Samarjeet Singh Malhi	11.07.1988	IND	Kolkata	17-Sep-2015
70.46	1	*Arshad Nadeem	02.01.1997	PAK	Islamabad	03-Apr-2015
69.38	18q	Altaf Hussain Shah	24.02.1991	PAK	Gwangju, KOR	08-Jul-2015
69.14	2	Muhammad Sana Ullah		PAK	Islamabad	03-Apr-2015
65.61	4	Yasir Ali		PAK	Islamabad	03-Apr-2015

### Past Champions:

1984	Kathmandu	Saran Singh	IND	68.48
1985	Dhaka	Muhammad Rasheed	PAK	73.24
1987	Kolkata	Muhammad Rasheed	PAK	71.92
1989	Islamabad	Muhammad Rasheed	PAK	71.14
1991	Colombo	Muhammad Rasheed	PAK	70.32
1993	Dhaka	Daljeet Singh	IND	66.80
1995	Chennai	Jagadish Bishnoi	IND	71.52
1999	Kathmandu	Jagadish Bishnoi	IND	78.01
2004	Islamabad	Lijesh Kumar	IND	75.71
2006	Colombo	Kingsly Gunathilaka	SRI	71.99
2010	Dhaka	Kashinath Naik	IND	74.27

### Games & National Records:

<b>GR *</b>	<b>78.01</b>	<b>Jagadish Bishnoi (IND)</b>	<b>1999</b>
AFG	49.59	Said Gilani	2014
BAN	63.74	Mohammad Rasheduzzaman	2012
BHU	50.50	Tzechi Wangshan	2005
IND	82.23	Rajinder Singh	2015
MDV	47.60	Abdullah Mahir	2010
NEP	70.39	Khursed Ahmed Khan	1999
PAK	78.25	Zahid Ali Mahmood	2001
SRI	83.04	R M Sumedha Ranasinghe	2015



## Men's 4 x 100m Relay

### 2015/16 Season Top Lists:

39.38	4	Sri Lanka	SRI	Wuhan, CHN	04-Jun-2015
39.60	3	India	IND	Pathumthani, THA	25-Jun-2015
41.36	4	Maldives	MDV	St.Paul-Reunion	05-Aug-2015

#### Hand-timing:

40.6	1	WAPDA Team	PAK	Islamabad	05-Apr-2015
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#### Trials

39.11	X	India	IND	Bangalore	27-May-2015
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### Past Champions:

1984	Kathmandu	BANGLADESH	BAN	42.4
1985	Dhaka	BANGLADESH	BAN	41.0
1987	Kolkata	INDIA	IND	41.24
1989	Islamabad	INDIA	IND	40.14
1991	Colombo	SRI LANKA	SRI	40.81
1993	Dhaka	SRI LANKA	SRI	40.55
1995	Chennai	INDIA	IND	40.36
1999	Kathmandu	INDIA	IND	40.33
2004	Islamabad	INDIA	IND	39.91
2006	Colombo	INDIA	IND	40.29
2010	Dhaka	SRI LANKA	SRI	40.02

### Games & National Records:

<b>GR *</b>	<b>39.91</b>	<b>INDIA</b>	<b>2004</b>
AFG	43.11	National Team	2010
BAN	40.59	National Team	1989
BHU	46.1	National Team	2014
IND	38.89	National Team	2010
MDV	41.36	National Team	2015
NEP	41.17	National Team	1995
PAK	40.36	National Team	2004
SRI	39.38	National Team	2015

## Men's 4 x 400m Relay

### 2015/16 Season Top Lists:

3:05.14	4	India	IND	Wuhan, CHN	07-Jun-2015
3:05.79	5	Sri Lanka	SRI	Wuhan, CHN	07-Jun-2015
3:11.8	1	WAPDA Team	PAK	Islamabad	05-Apr-2015
3:14.30		Maldives	MDV	St.Paul-Reunion	06-Aug-2015

### Past Champions:

1984	Kathmandu	SRI LANKA	SRI	3:15.2
1985	Dhaka	INDIA	IND	3:14.9
1987	Kolkata	PAKISTAN	PAK	3:11.18
1989	Islamabad	PAKISTAN	PAK	3:08.72
1991	Colombo	PAKISTAN	PAK	3:09.15
1993	Dhaka	SRI LANKA	SRI	3:08.83
1995	Chennai	SRI LANKA	SRI	3:07.57
1999	Kathmandu	SRI LANKA	SRI	3:05.28
2004	Islamabad	SRI LANKA	SRI	3:05.80
2006	Colombo	SRI LANKA	SRI	3:09.25
2010	Dhaka	INDIA	IND	3:08.62

### Games & National Records:

<b>GR *</b>	<b>3:05.28</b>	<b>SRI LANKA</b>	<b>1999</b>
AFG	3:55.45	National Junior Team	2013
BAN	3:12.41	National Team	1993
BHU	4:10.1	National Team	1992
IND	3:02.62	National Team	1998
MDV	3:14.30	National Team	2015
NEP	3:14.89	National Team	1999
PAK	3:07.03	National Team	2004
SRI	3:02.71	National Team	2000



## Women's 100m

### 2015/16 Season Top-10 Lists:

11.58	0.9	3	*Srabani Nanda	07.05.1991	IND	Bangkok, THA	22-Jun-2015
11.64		1	*Dutee Chand	03.02.1996	IND	Thiruvananthapuram	20-Dec-2015
11.70	0.9	1s3	Rashmi P Sheregar	13.04.1998	IND	Thiruvananthapuram	10-Feb-2015
11.70	0.1	1	Stuti Singh	17.07.1996	IND	Hyderabad	07-Aug-2015
11.70	0.8	1	*Rumeshika Rathnayake R M	27.06.1996	SRI	Diyagama	03-Dec-2015
11.75	0.8	2	*Priyadarshani N C D	15.09.1979	SRI	Diyagama	03-Dec-2015
11.77	0.9	1s2	Merlin K Joseph	25.08.1990	IND	Thiruvananthapuram	10-Feb-2015
11.78	0.7	2s1	Vallikhad Santhini	06.10.1989	IND	Thiruvananthapuram	10-Feb-2015
11.80	-0.1	1h2	Jyothi H M	01.07.1983	IND	Chennai	13-Jul-2015
11.84	0.9	2s3	Sini Sahadevan	18.09.1989	IND	Thiruvananthapuram	10-Feb-2015

#### Other Athletes:

11.98	0.8	3	Lakshika Sugandhi W V	30.08.1991	SRI	Diyagama	03-Dec-2015
12.04	0.8	5	Nadeeshani Waragoda	04.04.1984	SRI	Diyagama	03-Dec-2015
12.05	0.8	6	Vidanaduruge S L	03.09.1991	SRI	Diyagama	03-Dec-2015
12.14	2.0	3h1	Himashree Roy	15.03.1995	IND	Bhopal	05-Aug-2015
12.15	-0.1	3s2	Neethu Mathew	26.04.1990	IND	Kolkata	16-Sep-2015
12.96	-0.6	6h4	Afa Ismail	01.11.1993	MDV	Wuhan, CHN	03-Jun-2015
12.99	-0.2	6h1	*Shirin Akhter	12.04.1994	BAN	Wuhan, CHN	03-Jun-2015

#### Hand-timing:

11.3		1	Jyothi H M	01.07.1983	IND	Bangalore	22-Aug-2015
11.9		1	*Shirin Akhter	12.04.1994	BAN	Dhaka	11-Sep-2015

#### Wind-assisted

11.48	2.5	5	*Srabani Nanda	07.05.1991	IND	Wuhan, CHN	04-Jun-2015
11.56	2.5	6	*Rumeshika Rathnayake R M	27.06.1996	SRI	Wuhan, CHN	04-Jun-2015

### Past Champions:

1984	Kathmandu	Simone Van Heer	SRI	12.3
1985	Dhaka	Sany Joseph	IND	12.1
1987	Kolkata	Sany Joseph	IND	12.20
1989	Islamabad	Ashwini Nachappa	IND	11.95
1991	Colombo	Damayanthi Dharsha	SRI	11.93
1993	Dhaka	Damayanthi Dharsha	SRI	11.78
1995	Chennai	Susanthika Jayasinghe	SRI	11.34
1999	Kathmandu	Damayanthi Dharsha	SRI	11.19
2004	Islamabad	Jani Chathurangani De Silva	SRI	11.81
2006	Colombo	Susanthika Jayasinghe	SRI	11.33
2010	Dhaka	Naseem Hameed	PAK	11.81

### Games & National Records:

<b>GR *</b>	<b>11.19</b>	<b>Damayanthi Dharsha (SRI)</b>	<b>1999</b>
AFG	14.14	Rabina Muqemmyar	2004
BAN	12.16	Shamsun Nahar Chumki	2010
BHU	13.4	Renuka Pradhan	2012
IND	11.38	Rachita Mistry	2000
MDV	12.27	Shamha Ahmed	2001
NEP	12.19	Devi Maya Paneru	1999
PAK	11.81	Sadaf Siddiqui	2008
	11.81=	Naseem Hameed	2010
SRI	11.04	Susanthika Jayasinghe	2000



## Women's 200m

### 2015/16 Season Top-10 Lists:

23.54	0.4	3	*Srabani Nanda	07.05.1991	IND	Wuhan, CHN	07-Jun-2015
23.69	0.0	1	*Dutee Chand	03.02.1996	IND	Kolkata	19-Sep-2015
24.02	0.0	1	Anilda Thomas	06.05.1993	IND	Moodbidri	20-Jan-2015
24.09		1	*Rumeshika Rathnayake R M	27.06.1996	SRI	Diyagama	11-Oct-2015
24.11	-0.4	1	Vallikhad Santhini	10.06.1989	IND	Thiruvananthapuram	13-Feb-2015
24.15	0.8	2	Chandrika Subashini Rasnayake	20.06.1987	SRI	Diyagama	19-Dec-2015
24.55	0.1	2h1	Stuti Singh	17.07.1996	IND	Hyderabad	08-Aug-2015
24.61	1.1	2h2	Padmini M G	22.02.1992	IND	Mangaluru	04-May-2015
24.65		1	Jisna Mathew	07.01.1999	IND	Ranchi	25-Nov-2015
24.71	0.0	3	Asha Roy	05.01.1990	IND	Kolkata	19-Sep-2015

#### Other Athletes:

24.84		1	Yamani Dulanjali	19.01.1998	SRI	Diyagama	18-Jun-2015
24.86	0.8	3	*Shiwanthi Jayathilaka M A S	04.03.1985	SRI	Diyagama	19-Dec-2015
25.43	0.0	4h2	*Afa Ismail	01.11.1993	MDV	St.Paul-Reunion	04-Aug-2015
26.78	-0.4	5h2	*Shirin Akhter	12.04.1994	BAN	Wuhan, CHN	06-Jun-2015
27.73	-0.8	6h1	*Aminath Nazra	19.12.1985	MDV	Wuhan, CHN	06-Jun-2015

#### **Hand-timing:**

25.0		1	*Shirin Akhter	12.04.1994	BAN	Dhaka	10-Sep-2015
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### Past Champions:

1984	Kathmandu	T G Ramani Mangalika	SRI	25.2
1985	Dhaka	Shiny Wilson (-Abraham)	IND	24.3
1987	Kolkata	P T Usha	IND	24.14
1989	Islamabad	Ashwini Nachappa	IND	23.85
1991	Colombo	K Saramma	IND	23.93
1993	Dhaka	Damayanthi Dharsha	SRI	23.84
1995	Chennai	Susanthika Jayasinghe	SRI	22.95
1999	Kathmandu	Damayanthi Dharsha	SRI	22.68
2004	Islamabad	Susanthika Jayasinghe	SRI	23.49
2006	Colombo	Susanthika Jayasinghe	SRI	22.99
2010	Dhaka	Chandrika Subashini	SRI	24.49

### Games & National Records:

<b>GR *</b>	<b>22.68</b>	<b>Damayanthi Dharsha (SRI)</b>	<b>1999</b>
AFG	31.08	Tahmina Kohistani	2014
BAN	25.04	Nazmun Nahar Beauty	2006
BHU	30.87	Sangay Wangmo	2014
IND	22.82	Saraswati Saha	2002
MDV	25.43	Afa Ismail	2015
NEP	25.00	Devi Maya Paneru	1999
PAK	24.36	Sadaf Siddiqui	2008
SRI	22.28	Susanthika Jayasinghe	2000





## Women's 400m

### 2015/16 Season Top-10 Lists:

52.60	2	*Poovamma M R	05.06.1990	IND	Chanthaburi, THA	29-Jun-2015
52.71	1	Anilda Thomas	06.05.1993	IND	Thiruvananthapuram	11-Feb-2015
53.14	2	Jisna Mathew	07.01.1999	IND	Apia, SAM	08-Sep-2015
53.68	3	Debasree Majumdar	06.04.1991	IND	Chennai	13-Jul-2015
53.79	1	*Chandrika Subashini Rasnayake	20.06.1987	SRI	Diyagama	26-Jul-2015
53.88	4	Anu Raghavan	20.04.1993	IND	Chennai	13-Jul-2015
54.31	3	Tintu Luka	26.04.1989	IND	Mangaluru	04-May-2015
54.31	2	Upamali Rathnakumari E M	02.11.1987	SRI	Diyagama	20-Dec-2015
54.50	4	Nimali W K L A	19.09.1989	SRI	Diyagama	20-Dec-2015
54.51	2	*Omayya Udayangani	19.10.1997	SRI	Diyagama	04-Dec-2015

#### Other Athletes:

55.29	3	Geethani Pathmakumari B D	04.07.1982	SRI	Diyagama	03-Dec-2015
55.30	6	Anju Thomas	25.05.1992	IND	Mangaluru	04-May-2015
55.47	4	Madushika P G N	15.01.1997	SRI	Diyagama	26-Jul-2015
55.57	3	Sini Jose	25.05.1987	IND	Kolkata	17-Sep-2015
58.09	1h1	*Priyanka Panwar	03.04.1988	IND	Bhopal	06-Aug-2015
60.99	7h4	Dil Maya Karki	03.08.1988	NEP	Beijing, CHN	24-Aug-2015
65.84	6h1	Aminath Nazra	19.12.1985	MDV	Wuhan, ChN	03-Jun-2015

#### **Hand-timing:**

53.6	1	Wathsala Karunathilake	15.02.1992	SRI	Diyagama	05-Jul-2015
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### Past Champions:

1984	Kathmandu	Shiny Wilson (-Abraham)	IND	55.5
1985	Dhaka	Saroj Lakra	IND	56.5
1987	Kolkata	P T Usha	IND	53.42
1989	Islamabad	Shiny Wilson (-Abraham)	IND	53.48
1991	Colombo	Jayamini Illeperuma	SRI	53.70
1993	Dhaka	K Saramma	IND	53.65
1995	Chennai	Shiny Wilson (-Abraham)	IND	52.12
1999	Kathmandu	Damayanthi Dharsha	SRI	52.11
2004	Islamabad	S Geetha	IND	52.25
2006	Colombo	Pinki Pramanik	IND	52.54
2010	Dhaka	Chandrika Subashini	SRI	54.27

### Games & National Records:

<b>GR *</b>	<b>52.11</b>	<b>Damayanthi Dharsha (SRI)</b>	<b>1999</b>
AFG		N/A	
BAN	55.46	Nazmun Nahar Beauty	2004
BHU	68.2	Khandu Lhamo	2001
IND	51.05	Manjit Kaur	2004
MDV	60.33	Mirfath Ahmed	2010
NEP	59.90	Pramila Rijal Chaudhary	2010
PAK	55.02	Erum Khanum	1995
SRI	51.05	Damayanthi Dharsha	2000



## Women's 800m

### 2015/16 Season Top-10 Lists:

2:00.56	1	Tintu Luka	26.04.1989	IND	Kolkata	19-Sep-2015
2:03.94	3	*Nimali W K L A	19.09.1989	SRI	Wuhan, CHN	07-Jun-2015
2:04.89	4	*Marimuthu Gomathi	08.02.1989	IND	Wuhan, CHN	07-Jun-2015
2:04.91	2	*Gayanthika Thushari Abeyrathne	23.12.1986	SRI	Diyagama	10-May-2015
2:05.05	2	Sushma Devi	07.05.1984	IND	Chennai	11-Jul-2015
2:06.37	3	Sini A Markose	24.06.1983	IND	Thiruvananthapuram	13-Feb-2015
2:06.42	3	*Sipra Sarkar	10.10.1995	IND	Kolkata	19-Sep-2015
2:06.71	4	Sugandha Kumari	10.12.1995	IND	Kolkata	19-Sep-2015
2:07.33	3	Abitha Mary Manuel	24.11.1998	IND	Apia, SAM	09-Sep-2015
2:08.07	3	Dinuka Sandakanthi K A		SRI	Diyagama	10-May-2015

#### Other Athletes:

2:10.69	3	Eranga Rasika Dulakshi	21.03.1991	SRI	Diyagama	19-Dec-2015
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### Past Champions:

1984	Kathmandu	<i>Event Not Contested</i>		
1985	Dhaka	Shiny Wilson (-Abraham)	IND	2:05.2
1987	Kolkata	Shiny Wilson (-Abraham)	IND	2:07.38
1989	Islamabad	Shiny Wilson (-Abraham)	IND	2:05.11
1991	Colombo	Sriyani Dhammika Manike	SRI	2:09.94
1993	Dhaka	Shiny Wilson (-Abraham)	IND	2:04.63
1995	Chennai	Shiny Wilson (-Abraham)	IND	1:59.85
1999	Kathmandu	K M Beenamol	IND	2:04.88
2004	Islamabad	Madhuri A Singh	IND	2:07.61
2006	Colombo	Pinki Pramanik	IND	2:03.81
2010	Dhaka	<i>Event Not Contested</i>		

### Games & National Records:

<b>GR *</b>	<b>1:59.85</b>	<b>Shiny Wilson (IND)</b>	<b>1995</b>
AFG	2:38.28	Mehrangiz Bijanpoor	2007
BAN	2:13.3	Sharmila Ray Chakma	1985
BHU	2:47.5	Chimi Dema	2015
IND	1:59.17	Tintu Luka	2010
MDV	2:28.00	Aishath Reesha	2009
NEP	2:11.05	Raj Kumari Pandey	1989
PAK	2:08.04	Bushra Parveen	2006
SRI	2:03.85	Sriyani Dhammika Manike	1992



## Women's 1,500m

### 2015/16 Season Top-10 Lists:

4:22.01	1	Monika Choudhary	28.06.1994	IND	Thiruvananthapuram	10-Feb-2015
4:22.05	1	Sushma Devi	07.05.1984	IND	Chennai	13-Jul-2015
4:22.78	1	Eranga Rasika Dulakshi	21.03.1991	SRI	Diyagama	25-Jul-2015
4:23.03	2	Sini A Markose	24.06.1983	IND	Thiruvananthapuram	10-Feb-2015
4:24.07	1	*Gayanthika Thushari Abeyrathne	23.12.1986	SRI	Diyagama	04-Dec-2015
4:24.45	1	*Sugandha Kumari	10.12.1995	IND	Kolkata	17-Sep-2015
4:25.61	2	*Chitra P U	06.09.1995	IND	Kolkata	17-Sep-2015
4:25.65	2	*Nilani Rathnayake U K	08.08.1990	SRI	Diyagama	04-Dec-2015
4:26.88	3	Kiranjit Kaur	14.06.1988	IND	Chennai	13-Jul-2015
4:26.90	3	Lili Das	18.03.1998	IND	Kolkata	17-Sep-2015

### Past Champions:

1984	Kathmandu	<i>Event Not Contested</i>		
1985	Dhaka	<i>Event Not Contested</i>		
1987	Kolkata	Suman Rawat	IND	4:39.86
1989	Islamabad	<i>Event Not Contested</i>		
1991	Colombo	Sriyani Dhammika Manike	SRI	4:54.80
1993	Dhaka	Molly Chacko	IND	4:21.20
1995	Chennai	K C Rosa Kutty	IND	4:19.65
1999	Kathmandu	Sunita Rani	IND	4:14.23
2004	Islamabad	Madhuri A Singh	IND	4:31.16
2006	Colombo	S Shanathi	IND	4:14.26
2010	Dhaka	<i>Event Not Contested</i>		

### Games & National Records:

<b>GR *</b>	<b>4:14.23</b>	<b>Sunita Rani (IND)</b>	<b>1999</b>
AFG	5:27.35	Mehrangiz Bijanpoor	2007
BAN	4:50.3	Rawshanara Putul	2009
BHU	5:21.3	Tandin Pema	2002
IND	4:06.03	Sunita Rani	2002
MDV	5:16.29	Mariyam Inaya Farooq	2010
NEP	4:34.47	Raj Kumari Pandey	1990
PAK	4:31.41	Sumaira Zahoor	2004
SRI	4:16.42	Chompika Dilrukshi	2012



## Women's 5,000m

### 2015/16 Season Top-10 Lists:

15:31.37	1	Jaisha O P	23.05.1983	IND	Thiruvananthapuram	09-Feb-2015
15:46.73	2	Lalita Babar	02.06.1989	IND	Thiruvananthapuram	09-Feb-2015
15:56.24	2	*Loganathan Suriya	07.07.1990	IND	Kolkata	16-Sep-2015
16:11.62	3	*Swati Gadhave	01.06.1990	IND	Kolkata	16-Sep-2015
16:16.18	13	Sanjivani Jadhav	12.07.1996	IND	Gwangju, KOR	11-Jul-2015
16:24.12	1	Geethani Rajasekara	17.03.1982	SRI	Diyagama	25-Jul-2015
16:36.91	2	Chitra P U	06.09.1995	IND	Patiala	30-Dec-2015
16:42.36	1	Chaturika Hemamali	1990	SRI	Diyagama	09-May-2015
16:43.99	2	Anusha Lamahewage S	04.06.1990	SRI	Diyagama	09-May-2015
16:47.76	1	*Nilani Rathnayake U K	08.08.1990	SRI	Diyagama	28-Jun-2015

### Past Champions: (3,000m in 1987 and 1991)

1984	Kathmandu	<i>Event Not Contested</i>		
1985	Dhaka	<i>Event Not Contested</i>		
1987	Kolkata	Suman Rawat	IND	10:00.38
1989	Islamabad	<i>Event Not Contested</i>		
1991	Colombo	Molly Chacko	IND	9:29.01
1993	Dhaka	<i>Event Not Contested</i>		
1995	Chennai	Madhuri Saxena	IND	16:34.51
1999	Kathmandu	Sunita Rani	IND	15:56.46
2004	Islamabad	<i>Event Not Contested</i>		
2006	Colombo	O P Jaisha	IND	16:03.11
2010	Dhaka	<i>Event Not Contested</i>		

### Games & National Records:

GR *	15:56.46	Sunita Rani (IND)	1999
		N/A	
		N/A	
		N/A	
	15:15.89	Preeja Sreedharan	2010
	20:45.7	Mariyam Inaya Farooq	2010
	16:49.98	Kanchi Maya Koju	2010
	19:04.0	Rabia Ashiq	2012
	16:21.18	Sujeewa Nilmani Jayasena	2003



## Women's 10,000m

### 2015/16 Season Top-10 Lists:

33:08.55	1	Jaisha O P	23.05.1983	IND	Thiruvananthapuram	12-Feb-2015
33:31.25	1	*Loganathan Suriya	07.07.1990	IND	Chennai	13-Jul-2015
33:54.57	6	Sanjivani Jadhav	12.07.1996	IND	Gwangju, KOR	08-Jul-2015
34:33.11	2	*Swati Gadhave	01.06.1990	IND	Kolkata	19-Sep-2015
34:42.43	2	Rohini Raut	28.06.1990	IND	Patiala	02-Jan-2016
34:50.39	1	Geethani Rajasekara	17.03.1982	SRI	Diyagama	24-Jul-2015
34:58.85	2	Preeja Sreedharan	13.03.1982	IND	Thiruvananthapuram	12-Feb-2015
35:05.10	4	Kavita Tungar-Raut	05.05.1985	IND	Thiruvananthapuram	12-Feb-2015
35:44.11	2	*Shyamalee Anusha Lamaheewage	04.06.1990	SRI	Diyagama	24-Jul-2015
35:53.39	4	Monika Athare	26.03.1992	IND	Kolkata	19-Sep-2015

#### Other Athletes:

36:56.74	1	Nilanthi Lanka Ariyadasa		SRI	Diyagama	20-Dec-2015
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#### ***Trials***

33:03.91	X	Jaisha O P	23.05.1983	IND	Kolkata	19-Sep-2015
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### Past Champions:

1984	Kathmandu	<i>Event Not Contested</i>		
1985	Dhaka	<i>Event Not Contested</i>		
1987	Kolkata	Suman Rawat	IND	35:49.65
1989	Islamabad	<i>Event Not Contested</i>		
1991	Colombo	<i>Event Not Contested</i>		
1993	Dhaka	<i>Event Not Contested</i>		
1995	Chennai	Sujeewa Nilmini Jayasena	SRI	35:42.74
1999	Kathmandu	Sunita Rani	IND	34:38.72
2004	Islamabad	<i>Event Not Contested</i>		
2006	Colombo	Preeja Sreedharan	IND	34:27.13
2010	Dhaka	<i>Event Not Contested</i>		

### Games & National Records:

<b>GR *</b>	<b>34:27.13</b>	<b>Preeja Sreedharan (IND)</b>	<b>2006</b>
		N/A	
		N/A	
		N/A	
	31:50.47	Preeja Sreedharan	2010
	45:12.36	Shamha Ahmed	2015
	35:03.43	Kanchi Maya Koju	2006
	40:42.7	Rabia Ashiq	2011
	33:57.96	Sujeewa Nilmani Jayasena	2003



## Women's Marathon

### 2015/16 Season Top-10 Lists:

2:34:43	18	Jaisha O P	23.05.1983	IND	Beijing, CHN	30-Aug-2015
2:35:35	19	Sudha Singh	25.06.1986	IND	Beijing, CHN	30-Aug-2015
2:38:21	8	Lalita Babar	02.06.1989	IND	Mumbai	18-Jan-2015
2:40:07	16	*Niluka Geethani Rajasekara	17.03.1982	SRI	Hong Kong, HKG	25-Jan-2015
2:47:01	4	Hiruni Wijayaratne	05.12.1990	SRI	Indianapolis, USA	07-Nov-2015
2:47:34	12	Swati Gadhave	01.06.1990	IND	Mumbai	17-Jan-2016
2:49:43	13	*Kavita Tungar (-Raut)	05.05.1985	IND	Mumbai	17-Jan-2016
2:50:37	11	*Jyoti Gawate		IND	Mumbai	18-Jan-2015
2:56:26	1	*Lakmini Anuradhi B G	15.10.1981	SRI	Bulathsinhala	22-Aug-2015

### Past Champions:

1984	Kathmandu	<i>Event Not Contested</i>		
1985	Dhaka	<i>Event Not Contested</i>		
1987	Kolkata	<i>Event Not Contested</i>		
1989	Islamabad	<i>Event Not Contested</i>		
1991	Colombo	<i>Event Not Contested</i>		
1993	Dhaka	<i>Event Not Contested</i>		
1995	Chennai	Vally Sathyabhama	IND	2:38:10
1999	Kathmandu	Rigzin Angmo	IND	2:55:36
2004	Islamabad	<i>Event Not Contested</i>		
2006	Colombo	<i>Event Not Contested</i>		
2010	Dhaka	<i>Event Not Contested</i>		

### Games & National Records:

<b>GR *</b>	<b>2:38:10</b>	<b>Vally Sathyabhama (IND)</b>	<b>1995</b>
AFG	3:24:07	Sahar Zamir	2007
BAN		N/A	
BHU	4:39:56	Meena Khandal	2014
IND	2:34:43	O P Jaisha	2015
MDV	3:48:11	Zuleikha Ali	2007
NEP	2:57:10	Sworupa Khadka	2013
PAK	4:12:36	Sadia Parveen	2002
SRI	2:40:07	Geethani Rajasekara	2015





## Women's 400m Hurdles

### 2015/16 Season Top-10 Lists:

57.79	4	Anu Raghavan	20.04.1993	IND	Wuhan, CHN	06-Jun-2015
58.36	1	Christine Merrill	20.08.1987	SRI	San Marcos, USA	11-Apr-2015
59.37	1	*Eranga Rasika Dulakshi	21.03.1991	SRI	Diyagama	26-Jul-2015
59.41	2	*Jauna Murmu	16.08.1990	IND	Kolkata	18-Sep-2015
59.54	3	Santosh Kumari	15.01.1990	IND	Kolkata	18-Sep-2015
59.95	2	Wickramasinghe T G N D	06.09.1987	SRI	Diyagama	26-Jul-2015
1:00.12	4	Anju Rani	25.09.1992	IND	Kolkata	18-Sep-2015
1:00.34	2	*Kawshalya Madushani	13.11.1995	SRI	Diyagama	19-Dec-2015
1:00.79	2	Arpitha M	11.02.1993	IND	Mangaluru	02-May-2015
1:00.91	1	Tiasha Samaddar	20.05.1998	IND	Hyderabad	09-Aug-2015
No Mark		*Ashwini Akkunji	07.10.1987	IND	Not yet competed this season	

### Past Champions:

1984	Kathmandu	Event Not Contested		
1985	Dhaka	Event Not Contested		
1987	Kolkata	P T Usha	IND	57.18
1989	Islamabad	Event Not Contested		
1991	Colombo	Yamuna Jayalath Yapa	SRI	1:03.58
1993	Dhaka	Event Not Contested		
1995	Chennai	M K Asha	IND	58.67
1999	Kathmandu	Event Not Contested		
2004	Islamabad	Event Not Contested		
2006	Colombo	Event Not Contested		
2010	Dhaka	Event Not Contested		

### Games & National Records:

<b>GR *</b>	<b>57.18</b>	<b>P T Usha (IND)</b>	<b>1987</b>
AFG		N/A	
BAN		N/A	
BHU		N/A	
IND	55.42	P T Usha	1984
MDV		N/A	
NEP	1:10.78	Chandra Kala Kamat	1987
PAK	1:01.50	Nadia Nazir	2008
SRI	56.45	Christine Sonali Merrill	2013





## Women's High Jump

### 2015/16 Season Top-10 Lists:

1.80	1	*Sahana Kumari	06.03.1981	IND	Thiruvananthapuram	09-Feb-2015
1.78	H	*Swapna Barman	29.10.1996	IND	Patiala	31-Dec-2015
1.77	1	*Tharanga Vinodani	15.03.1984	SRI	Diyagama	10-May-2015
1.74	2	Priyangika Madumanthi	03.12.1985	SRI	Diyagama	10-May-2015
1.73	2	Mallika Mondal	14.12.1987	IND	Thiruvananthapuram	09-Feb-2015
1.73	4	Steny Michael	11.07.1992	IND	Thiruvananthapuram	09-Feb-2015
1.73	1	*Dulanjali Ranasinghe	11.02.1989	SRI	Diyagama	20-Dec-2015
1.72	2	Nimesha Madushani Siriwardana	14.04.1994	SRI	Colombo	26-Aug-2015
1.71	H	Liksy Joseph	17.02.1990	IND	Wuhan, CHN	03-Jun-2015
1.71	1	Jayamali Gunarathne	1998	SRI	Wuhan, CHN	29-Jun-2015
1.71	2	Angel P Devasia	06.12.1994	IND	Patiala	02-Jan-2016

### Past Champions:

1984	Kathmandu	<i>Event Not Contested</i>		
1985	Dhaka	<i>Event Not Contested</i>		
1987	Kolkata	Angela Lincy	IND	1.68
1989	Islamabad	<i>Event Not Contested</i>		
1991	Colombo	Sriyani Kulawansa	SRI	1.75
1993	Dhaka	Bobby Aloysius	IND	1.71
1995	Chennai	Bobby Aloysius	IND	1.80
1999	Kathmandu	Rehana Kausar	PAK	1.69
2004	Islamabad	Mohan Sangeetha	IND	1.81
2006	Colombo	Dulanjali Ranasinghe	SRI	1.71
2010	Dhaka	Priyangika Madumanthi	SRI	1.81

### Games & National Records:

<b>GR *</b>	<b>1.81</b>	<b>Mohan Sangeetha (IND)</b>	<b>2004</b>
	<b>1.81=</b>	<b>Priyangika Madumanthi (SRI)</b>	<b>2010</b>
AFG	1.00	Mehrangiz Bijanpoor	2003
BAN	1.67	Sathi Parveen	2002
BHU	1.35	Pema Lhamo	1997
IND	1.92	Sahana Kumari	2012
MDV	1.47	Rana Ahmed Sadiq	1996
NEP	1.69	Keshari Chaudhari	2010
PAK	1.69	Rehana Kausar	1999
SRI	1.85	Priyangika Madumanthi	2008



## Women's Long Jump

### 2015/16 Season Top-10 Lists:

6.43	1.2	1	*Priyadarshani N C D	15.09.1979	SRI	Diyagama	19-Dec-2015
6.39	1.7	1	Neena V	02.05.1991	IND	Thiruvananthapuram	11-Feb-2015
6.38		1	*Shraddha B Ghule	06.03.1991	IND	Kolkata	16-Sep-2015
6.34	0.0	1	*Mayookha Johnny	09.04.1988	IND	Mangaluru	01-May-2015
6.27		3	Tanjila Khatun	14.03.1992	IND	Kolkata	16-Sep-2015
6.26		4	Maliakhal A Prajusha	20.05.1987	IND	Kolkata	16-Sep-2015
6.23	1.7	3	Bhumika Thakur	12.01.1995	IND	Thiruvananthapuram	11-Feb-2015
6.19	1.9	H	Liksy Joseph	17.02.1990	IND	Wuhan, CHN	04-Jun-2015
6.15	1.4	2	Kaushalya Devi	16.03.1992	IND	Moodbidri	19-Jan-2015
6.12	1.8	4	Govindappa Aishwarya	01.03.1991	IND	Thiruvananthapuram	11-Feb-2015

#### Other Athletes:

6.04		1	Vidusha Lakshani H D	28.12.1996	SRI	Diyagama	26-Jun-2015
6.03	0.8	2	*Lakshika Sarangi Silva S	27.10.1996	SRI	Diyagama	04-Dec-2015
5.96	-0.4	2	Rathnasiri L D D E		SRI	Diyagama	24-Jul-2015

### Past Champions:

1984	Kathmandu	<i>Event Not Contested</i>		
1985	Dhaka	Dileema Peterson	SRI	5.73
1987	Kolkata	Mercy Kuttan	IND	5.85
1989	Islamabad	Reeth Abraham	IND	5.99
1991	Colombo	Reeth Abraham	IND	5.89
1993	Dhaka	Shabana Akhtar	PAK	5.95
1995	Chennai	Shabana Akhtar	PAK	6.31
1999	Kathmandu	G G Pramila	IND	6.37
2004	Islamabad	Jetty C Joseph	IND	6.30
2006	Colombo	Anju Bobby George	IND	6.42
2010	Dhaka	N C D Priyadarshani	SRI	6.20

### Games & National Records:

<b>GR *</b>	<b>6.42</b>	<b>Anju Bobby George (IND)</b>	<b>2006</b>
AFG	2.70	Lola Vallelian	2010
BAN	6.07	Foujia Huda Jui	2004
BHU	5.47	Tashi Dema	2003
IND	6.83	Anju Bobby George	2004
MDV	4.75	Nashfa Amira	2000
NEP	5.36	Keshari Chaudhari	2013
PAK	6.31	Shabana Akhtar	1995
SRI	6.43	N C D Priyadarshani	2015



## Women's Triple Jump

### 2015/16 Season Top-10 Lists:

13.78	1	*Mayookha Johny	09.04.1988	IND	Kolkata	18-Sep-2015
13.49	0.9	1 *Vidusha Lakshani H D	28.12.1996	SRI	Diyagama	28-Jun-2015
13.33	0.0	1 *Maliakhal A Prajusha	20.05.1987	IND	Chennai	12-Jul-2015
13.27	-1.2	1 Nellickal Varkey Sheena	22.11.1992	IND	Thiruvananthapuram	13-Feb-2015
13.12	0.2	2 Bhumika Thakur	12.01.1995	IND	Moodbidri	17-Jan-2015
13.11	-0.4	2 Amitha Baby	22.06.1991	IND	Thiruvananthapuram	13-Feb-2015
12.92	-0.4	2 Neena V	02.05.1991	IND	Bhopal	07-Aug-2015
12.83	0.0	3 Bhairabi Roy	02.02.1995	IND	Moodbidri	17-Jan-2015
12.82		1 Jenimol Joy	29.12.1995	IND	Hyderabad	08-Aug-2015
12.79		3 Shilpa Chacko	18.12.1992	IND	Kolkata	18-Sep-2015

#### Other Athletes:

12.76	1	Sachantha Dulanjali K A	1992	SRI	Diyagama	24-May-2015
12.32	2	*Hashini Prabhoda Balasooriya	10.07.1998	SRI	Diyagama	28-Jun-2015

### Past Champions:

1984	Kathmandu	<i>Event Not Contested</i>
1985	Dhaka	<i>Event Not Contested</i>
1987	Kolkata	<i>Event Not Contested</i>
1989	Islamabad	<i>Event Not Contested</i>
1991	Colombo	<i>Event Not Contested</i>
1993	Dhaka	<i>Event Not Contested</i>
1995	Chennai	<i>Event Not Contested</i>
1999	Kathmandu	<i>Event Not Contested</i>
2004	Islamabad	<i>Event Not Contested</i>
2006	Colombo	<i>Event Not Contested</i>
2010	Dhaka	<i>Event Not Contested</i>

### Games & National Records:

GR *	<i>To be introduced in 2016</i>		
AFG		N/A	
BAN		N/A	
BHU	9.73	Damchoe Lhaden	2014
IND	14.11	Mayookha Johny	2011
MDV	9.81	Shain Rasheed	1996
NEP	12.20	Keshari Chaudhari	2013
PAK	11.75	Maryam Babar	2013
SRI	13.49	H D Vidusha Lakshani	2015



## Women's Shot Put

### 2015/16 Season Top-10 Lists:

17.96	1	*Manpreet Kaur	06.07.1990	IND	Kolkata	16-Sep-2015
16.04	1q	*Manpreet Kaur-2	05.03.1996	IND	Patiala	01-Jan-2016
15.67	1	Navjeet Kaur Dhillon	06.03.1995	IND	Thiruvananthapuram	10-Feb-2015
14.88	1	Uma P S	15.11.1996	IND	Bengaluru	20-Aug-2015
14.46	2	Ramanpreet Kaur	15.01.1995	IND	Moodbidri	19-Jan-2015
14.45	1	*Tharika Kumudumali Fernando	13.10.1990	SRI	Diyagama	18-Dec-2015
13.85	3	Harkirat Kaur	08.10.1992	IND	Thiruvananthapuram	10-Feb-2015
13.76	2	Sundaram Saraswathi	06.10.1985	IND	Bhopal	07-Aug-2015
13.73	1	Meghana Devanga	22.03.1997	IND	Ranchi	25-Nov-2015
13.49	5	Neha Singh	15.05.1987	IND	Kolkata	16-Sep-2015

### Past Champions:

1984	Kathmandu	<i>Event Not Contested</i>		
1985	Dhaka	Vijayamala Bhanot	IND	13.74
1987	Kolkata	Vijayamala Bhanot	IND	13.71
1989	Islamabad	Rajwinder Kaur	IND	13.99
1991	Colombo	Amandeep Kaur	IND	13.96
1993	Dhaka	Amandeep Kaur	IND	14.57
1995	Chennai	Amandeep Kaur	IND	15.18
1999	Kathmandu	Surinderjit Kaur	IND	15.52
2004	Islamabad	Nicholas Latha	IND	15.36
2006	Colombo	Saroj Kumari Sihag	IND	14.96
2010	Dhaka	<i>Event Not Contested</i>		

### Games & National Records:

<b>GR *</b>	<b>15.52</b>	<b>Surinderjit Kaur (IND)</b>	<b>1999</b>
AFG		N/A	
BAN	12.14	Nelly Jesmin	1992
BHU	11.74	Phup Lhamngmo	2000
IND	17.96	Manpreet Kaur	2015
MDV	8.72	Aishath Abdul Eva Gafour	2006
NEP	10.75	Chandra Kala Lamgade	2015
PAK	14.57	Zeenat Parveen	2005
SRI	14.88	Nadeeka Muthunayake	2008



## Women's Javelin Throw

### 2015/16 Season Top-10 Lists:

59.00	1	*Nadeeka Lakmali B L	18.09.1981	SRI	Diyagama	14-Jul-2015
58.85	1	*Annu Rani	29.08.1992	IND	Kolkata	18-Sep-2015
57.15	2	*Suman Devi	15.07.1984	IND	Kolkata	18-Sep-2015
56.37	2	*Dilhani Lekamge H L	14.01.1987	SRI	Colombo	26-Aug-2015
52.73	3	Poonam Rani	06.06.1990	IND	Kolkata	18-Sep-2015
52.39	3	Anne Maheshi de Silva	15.11.1977	SRI	Diyagama	04-Dec-2015
51.27	3	Rupinder Kaur	08.11.1988	IND	Thiruvananthapuram	11-Feb-2015
49.89	4	Sharmila Kumari	02.03.1995	IND	Kolkata	18-Sep-2015
49.76	4	Sundaram Saraswathi	06.10.1985	IND	Thiruvananthapuram	11-Feb-2015
49.69	2	Pushpa Jakhar	29.11.1997	IND	Chennai	12-Jul-2015

#### Other Athletes:

43.90	1	*Chandra Kala Lamangade	10.09.1993	NEP	Kathmandu	03-Dec-2015
36.17	12	Sima Kumari Tharu	24.04.1994	NEP	Wuhan, CHN	07-Jun-2015

### Past Champions:

1984	Kathmandu	<i>Event Not Contested</i>		
1985	Dhaka	Jolly James	IND	43.30
1987	Kolkata	Razia Sheikh	IND	50.38
1989	Islamabad	Vijitha P Amarasekara	SRI	53.06(o)
1991	Colombo	Vijitha P Amarasekara	SRI	49.00
1993	Dhaka	<i>Event Not Contested</i>		
1995	Chennai	Gurmeet Kaur	IND	51.90
1999	Kathmandu	Gurmeet Kaur	IND	52.38(n)
2004	Islamabad	Anne Maheshi De Silva	SRI	51.37
2006	Colombo	Nadeeka Lakmali	SRI	50.73
2010	Dhaka	<i>Event Not Contested</i>		

### Games & National Records:

<b>GR *</b>	<b>52.38</b>	<b>Gurmeet Kaur (IND)</b>	<b>1999</b>
AFG		N/A	
BAN	42.60	Hajera Akhtar Dolly	2004
BHU	38.92	Chechay	2001
IND	59.53	Annu Rani	2014
MDV	34.56	Aminath Shiruna	2008
NEP	43.90	Chandra Kala Lamgade	2015
PAK	44.78	Parveen Akhtar	2010
SRI	60.64	Nadeeka Lakmali	2013



## Women's 4 x 100m Relay

### 2015/16 Season Top Lists:

45.26	1	Kerala State Team	IND	Thiruvananthapuram	12-Feb-2015
47.37	5	National Army Team	SRI	Mungyeong, KOR	08-Oct-2015

### *Trials*

44.99	X	India	IND	Bangalore	27-May-2015
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### Past Champions:

1984	Kathmandu	INDIA	IND	46.9
1985	Dhaka	INDIA	IND	46.7
1987	Kolkata	INDIA	IND	46.53
1989	Islamabad	INDIA	IND	45.47
1991	Colombo	SRI LANKA	SRI	45.71
1993	Dhaka	INDIA	IND	45.10
1995	Chennai	SRI LANKA	SRI	44.74
1999	Kathmandu	INDIA	IND	44.64
2004	Islamabad	SRI LANKA	SRI	46.13
2006	Colombo	SRI LANKA	SRI	44.63
2010	Dhaka	SRI LANKA	SRI	46.33

### Games & National Records:

<b>GR *</b>	<b>44.63</b>	<b>SRI LANKA</b>	<b>2006</b>
AFG		N/A	
BAN	46.80	National Team	2010
BHU	56.5	Yangchenphug High School	2015
IND	44.43	National Team	1998
MDV	52.19	National Team	2007
NEP	49.13	National Team	1999
PAK	47.16	National Team	2010
SRI	43.89	National Team	2001

## Women's 4 x 400m Relay

### 2015/16 Season Top Lists:

3:29.08	8h2	India	IND	Beijing, CHN	29-Aug-2015
3:43.98	1	Southern Province Team	SRI	Diyagama	20-Dec-2015

### Past Champions:

1984	Kathmandu	INDIA	IND	3:55.2
1985	Dhaka	INDIA	IND	3:48.3
1987	Kolkata	INDIA	IND	3:41.65
1989	Islamabad	<i>Event Not Contested</i>		
1991	Colombo	INDIA	IND	3:38.39
1993	Dhaka	INDIA	IND	3:37.04
1995	Chennai	INDIA	IND	3:36.22
1999	Kathmandu	INDIA	IND	3:32.35
2004	Islamabad	INDIA	IND	3:33.49
2006	Colombo	INDIA	IND	3:38.01
2010	Dhaka	INDIA	IND	3:38.62

### Games & National Records:

<b>GR *</b>	<b>3:32.35</b>	<b>INDIA</b>	<b>1999</b>
AFG		N/A	
BAN	3:52.59	National Team	2010
BHU		N/A	
IND	3:26.89	National Team	2004
MDV	4:15.0	Jalaludin Schools	2011
NEP	4:08.5	Armed Police Club	2014
PAK	3:44.81	National Team	2006
SRI	3:35.42	National Team	1999

# South Asian Games – Superlatives

(by *GGU Saman Kumara Gunawardana*)

## MOST MEDALS (Men):

10 Medals      Mohammad Shah Alam      (Bangladesh)      1984-1989  
                          S S A Dissanayake      (Sri Lanka)      1989-1995

## MOST MEDALS (Women):

21 Medals      Shiny Wilson (-Abraham)      (India)      1984-1995

Event/Year	1984	1985	1987	1989	1991	1993	1995	Total
200m		Gold						1
400m	Gold		Silver	Gold	Bronze	Silver	Gold	6
800m		Gold	Gold	Gold		Gold	Gold	5
4x100m	Gold	Gold						2
4x400m	Gold	Gold	Gold	Gold	Gold	Gold	Gold	7
<b>Total</b>	3	4	3	3	2	3	3	21

## MOST GOLD MEDALS (Men's individual events):

7 Gold      Bahadur Prasad      (India)      1989-1995

## MOST GOLD MEDALS (Women's individual events):

9 Gold      Shiny Wilson (-Abraham)      (India)      1984-1995

## MOST GOLD MEDALS AT A SINGLE EDITION OF THE GAMES:

5 Gold      P.T. Usha      (India)      1987  
 (200m / 400m / 400m Hurdles / 4x100m / 4x400m Relay)

## MOST RECORDS (Men):

7 Records      Bahadur Prasad      (India)      1989-1995  
 1500m: 1993 / 1995  
 5000m: 1989 / 1991 / 1993 / 1995  
 10000m: 1993

## MOST RECORDS (Women):

11 Records      Shiny Wilson (-Abraham)      (India)      1984-1995  
 200m: 1985  
 400m: 1995  
 800m: 1989 / 1993 / 1995  
 4x100m: 1985  
 4x400m: 1985 / 1987 / 1991 / 1993 / 1995

## MOST CONSECUTIVE WINS IN A SINGLE EVENT:

**Men:** 4 times      Mohammad Rashid (Pakistan)      Javelin Throw      1985 / 87 / 89 / 91  
 4 times      Bahadur Prasad (India)      5000m      1989 / 91 / 93 / 95

**Women:** 5 times      Sriyani Kulawansa (Sri Lanka)      100m Hurdles      1991 / 93 / 95 / 99 / 2004