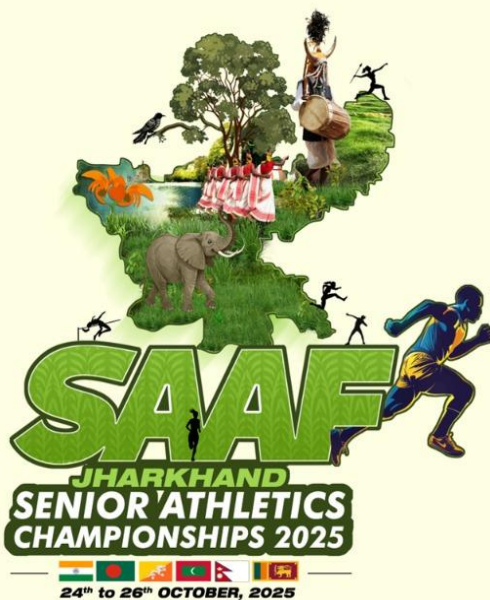




Detailed Results





LICENSED TO: ATHLETICS FEDERATION OF INDIA

4th South Asian Senior Athletics Championships 2025

Ranchi, Jharkhand

10/24/25 - 10/26/25

24th to 26th October 2025



Page 1 of 11

26-10-2025

Event # 1 MENS 100m Run

#SAAF RECORD:Y.ABEYKOON LA CHAUX-DE-FONDS, S 9.96 03/07/2022

%SAAF MEET RECORD:G.DE SOYZA COLOMBO

RESULTS OF FINALS

1	YODASINGHEGE CHAMO	305	28/01/00	SRI LANKA	+0.0m/s e	10.30 %
2	PRANAV GURAV	183	03/07/01	INDIA	+0.0m/s e	10.32 %
3	HARSH RAUT	171	17/04/05	INDIA	+0.0m/s e	10.42
4	DIYALAWATHTHA D SADU	278	10/06/02	SRI LANKA	+0.0m/s e	10.64
5	MOTALAB ABDUL	115	15/12/00	BANGLADESH	+0.0m/s e	10.84
	10.834					
6	ISMAIL MD	112	16/04/92	BANGLADESH	+0.0m/s e	10.84
	10.838					
7	SHIVA RAJ PARKI	238	19/10/91	NEPAL	+0.0m/s e	11.07
8	FAHUMEE AHUNAF RAYY	208	02/07/08	MALDIVES	+0.0m/s e	11.36

RESULTS OF PRELIMS Heat 1

1	YODASINGHEGE CHAMO	305	28/01/00	SRI LANKA	+0.4m/s n	10.40
2	PRANAV GURAV	183	03/07/01	INDIA	+0.4m/s n	10.61
3	MOTALAB ABDUL	115	15/12/00	BANGLADESH	+0.4m/s n	10.80
4	HASSAN NUJOOM	210	23/02/96	MALDIVES	+0.4m/s n	11.37
5	PRAVIN RANA	234	26/04/09	NEPAL	+0.4m/s n	11.42
6	PASSANG DORJI	126	04/08/05	BHUTAN	+0.4m/s n	12.10

RESULTS OF PRELIMS Heat 2

1	HARSH RAUT	171	17/04/05	INDIA	+0.4m/s n	10.47
2	DIYALAWATHTHA D SADU	278	10/06/02	SRI LANKA	+0.4m/s n	10.69
3	ISMAIL MD	112	16/04/92	BANGLADESH	+0.4m/s n	10.85
4	SHIVA RAJ PARKI	238	19/10/91	NEPAL	+0.4m/s n	11.06
5	FAHUMEE AHUNAF RAYY	208	02/07/08	MALDIVES	+0.4m/s n	11.35

Event # 2 MENS 200m Run

#SAAF RECORD:A.KUJUR GUMI, KOR 20.32 31/05/2025

%SAAF MEET RECORD:S.TILAKARATNE COLOMBO 21.09 1998

1	SANDEEP SINGH.	193	30/10/97	INDIA	-0.3m/s se	21.23
2	RAJAMUNI INDUSARA VID292		09/02/05	SRI LANKA	-0.3m/s se	21.42
3	PRATHIK MAHARANA	184	08/06/07	INDIA	-0.3m/s se	21.44
4	RAHMAN MD TAREK	117	10/03/01	BANGLADESH	-0.3m/s se	22.86
5	SUSHIL K C	240	20/12/01	NEPAL	-0.3m/s se	22.90
6	ARUN MAHATO THARU	228	19/06/96	NEPAL	-0.3m/s se	23.74
7	RIFFATH ADAM	212	08/07/03	MALDIVES	-0.3m/s se	26.57
	SINGHAPURAGE ARUNA D 299		19/01/99	SRI LANKA		DNS



LICENSED TO: ATHLETICS FEDERATION OF INDIA

4th South Asian Senior Athletics Championships 2025**Ranchi, Jharkhand**

10/24/25 - 10/26/25

24th to 26th October 2025

Page 2 of 11

26-10-2025

Event # 3 MENS 400m Run

#SAAF RECORD:S.THILAKARATNE FUKUOKA, JPN 44.61 20/07/1998

%SAAF MEET RECORD:S.TILAKARATNE COLOMBO 45.67 1998

1	HEWA KUMARAGE KALIN	282	25/09/92	SRI LANKA	46.21
2	MOHAMMED ASHFAQ	178	26/06/07	INDIA	46.56
3	KURUWITAGE KALHARA I	288	25/06/06	SRI LANKA	46.81
4	SUAD HUSSAIN ZEEK	215	29/12/05	MALDIVES	49.68
5	YUBARAJ BIKA	242	14/02/05	NEPAL	52.17
	ISLAM MD LUSHAD	111	21/10/03	BANGLADESH	DQ
				T.R. 16.8	
	RASHID .	186	08/01/01	INDIA	DNS
	RAHMAN MD HAFIZUR	118	20/02/08	BANGLADESH	DNS

Event # 4 MENS 800m Run

#SAAF RECORD:M.AFSAL POZNAN, POL 1:44.93 05/07/2025

%SAAF MEET RECORD:R.RAMESAN KOCHI 1:48.43 2008

1	D. M. HARSHA S KARUNA	277	26/06/00	SRI LANKA	1:51.96
2	SOM BAHADUR KUMAL	239	28/05/92	NEPAL	1:52.03
3	MOGALI VENKATRAM RE	177	09/07/07	INDIA	1:52.37
4	ATHTHANAYAKE M. S. BA	274	10/10/00	SRI LANKA	1:52.56
5	PRAKASH GADADE	182	31/07/02	INDIA	1:52.67
6	HAROON HUSSAIN FAZEE	209	10/04/89	MALDIVES	1:57.74

Event # 5 MENS 1500m Run

#SAAF RECORD:J.JOHNSON BERLIN, GER 3:35.24 01/09/2019

%SAAF MEET RECORD:C.HAMZA KOCHI 3:44.67 2008

1	ARJUN WASKALE	165	03/07/03	INDIA	3:54.58
2	GALLAGE RUSIRU CHATH	280	07/07/95	SRI LANKA	3:55.12
3	ROJIDEEN MOHAMATHU	295	02/08/96	SRI LANKA	3:55.95
4	MUKESH BAHADUR PAL	232	02/09/99	NEPAL	3:56.32
5	NAGESHWAR AHIR	233	24/09/00	NEPAL	4:00.54
6	KINLEY LHENDUP	125	16/09/02	BHUTAN	4:09.97
7	PEMA DENDUP	127	03/11/05	BHUTAN	4:44.11
	SUNIL DAWAR	197	02/08/01	INDIA	DQ
				T.R. 17.1.2	

Event # 6 MENS 5000m Run

#SAAF RECORD:G.SINGH NIIGATA, JPN 13:11.82 28/09/2024

%SAAF MEET RECORD:S.SINGH KOCHI 14:10.77 2008

1	PRINCE KUMAR	185	25/02/00	INDIA	14:22.17
2	VICKNARAJ VAKSHAN	302	19/10/97	SRI LANKA	14:23.21
3	MUKESH BAHADUR PAL	232	02/09/99	NEPAL	14:25.54
4	MOHIT CHOUDHARY	180	01/04/06	INDIA	14:33.83
5	GANESH RAWAT	230	27/08/98	NEPAL	14:47.65
6	GAWA ZANGPO	124	01/01/94	BHUTAN	15:08.48
7	AMIN MD AL	110	06/03/97	BANGLADESH	15:58.97
8	DECHEN UGYEN	123	01/01/94	BHUTAN	16:20.28



LICENSED TO: ATHLETICS FEDERATION OF INDIA

4th South Asian Senior Athletics Championships 2025

Ranchi, Jharkhand

10/24/25 - 10/26/25

24th to 26th October 2025



Page 3 of 11

26-10-2025

Event # 7 MENS 10000m Run

#SAAF RECORD:G.SINGH SAN JUAN CAPISTRANO, 27:00.22 29/03/2025

%SAAF MEET RECORD:S.KUMAR PATEL KOCHI 29:41.67 2008

1	ABHISHEK .	164	15-07-97	INDIA	30:29.46
2	RAJAN ROKAYA	235	16/04/98	NEPAL	30:39.15
3	PRINCE KUMAR	185	25/02/00	INDIA	31:17.37
4	GANESH RAWAT	230	27/08/98	NEPAL	32:01.62
5	SASIKUMAR ROSHAN	297	26/04/01	SRI LANKA	32:38.30
6	THINLEY LHENDUP	306	02/08/01	BHUTAN	37:21.60

Event # 8 MENS 110m Hurdles

#SAAF RECORD:T.SHIRSE JYVASKYLA, FIN 13.41 22/05/2024

%SAAF MEET RECORD:M.PERERA COLOMBO 14.21 1998

1	MANAV R	176	07/06/00	INDIA	+0.1m/s n	13.78 %
2	RANATUNGAGE ROSHAN	294	10/05/98	SRI LANKA	+0.1m/s n	13.90 %
3	KRISHIK M.	175	16/10/03	INDIA	+0.1m/s n	14.01 %
4	WIJAYALATH PEDI SANDU	304	05/03/05	SRI LANKA	+0.1m/s n	14.25
5	MUHIN MD TANVIR FAISA	116	18/08/02	BANGLADESH	+0.1m/s n	14.87
6	CHANDRA DEV JOSHI	229	21/08/88	NEPAL	+0.1m/s n	16.43
7	RAM PRASAD THARU	236	21/01/90	NEPAL	+0.1m/s n	17.99

Event # 9 MENS 400m Hurdles

#SAAF RECORD:A.DHARUN PATIALA, IND 48.80 16/03/2019

% SAAF MEET RECORD:P.SHANKAR . KOCHI 50.72 2008

1	RUCHIT MORI	191	24/08/01	INDIA	50.10 %
2	KUDA LIYANAGE AYOMA	286	16/01/06	SRI LANKA	50.29 %
3	KARNA BAG	173	10/07/04	INDIA	51.06
	51.056				
4	RONI NAJIMUL HOSSAIN	120	12/10/98	BANGLADESH	51.06
	51.058				
5	ALUTHWATHTHE L. ASITH	273	06/06/95	SRI LANKA	51.27
6	RANA MD MASUD	119	01/04/92	BANGLADESH	57.15
7	RAM PRASAD THARU	236	21/01/90	NEPAL	58.02

Event # 10 MENS High Jump

HEIGHTS: 1.95, 2.00, 2.03, 2.06, 2.09, 2.11, 2.13, 2.15, 2.17, 2.20, 2.21, 2.23

#SAAF RECORD:U.PERERA CANYON, USA 2.30 08/05/2021

% SAAF MEET RECORD:HARISHANKAR ROY KOCHI 2.15 2008

1	SAMARAWEEA ARA THA	296	05/09/99	SRI LANKA	2.17m %
	--- XO O XO O O O XXO O XXX				
2	ROHIT .	189	08/03/00	INDIA	2.15m %
	O O XO O O XXO O O XXX				
3	AADARSH RAM	163	27/09/97	INDIA	2.09m
	--- --- --- --- O --- XXX				
4	GAMMANAGE LESANDU	281	16/05/06	SRI LANKA	2.09m
	--- O O XXO O XXX				



LICENSED TO: ATHLETICS FEDERATION OF INDIA

4th South Asian Senior Athletics Championships 2025

Ranchi, Jharkhand

24th to 26th October 2025



Page 4 of 11

26-10-2025

10/24/25 - 10/26/25

Event # 11 MENS Long Jump

#SAAF RECORD:J.ALDRIN BELLARY, IND 8.42 02/03/2023

% SAAF MEET RECORD:B S VINOD NEW DELHI 7.74 1997

1	MOHD SAZID	179	10/02/06	INDIA	+0.1m/s	7.68m
	7.24 (-0.1), 7.27 (-0.3), 7.38 (+0.5), 7.45 (-0.2), F (+0.5), 7.68 (+0.1)					
2	UNAGOLLA D. YES WISMI	301	11/12/03	SRI LANKA	+0.7m/s	7.56m
	7.56 (+0.7), F (+0.9), F (-0.4), F (-0.8), 7.31 (+0.8), 7.17 (+1.1)					
3	SARUN PAYASINGH	194	09/07/00	INDIA	-0.5m/s	7.52m
	6.20 (+0.5), 7.52 (-0.5), 5.07 (+1.0), 7.37 (-0.7), F (+0.1), F (+1.0)					
4	MIRANDA JAYATHRA SAM	289	16/06/03	SRI LANKA	+1.1m/s	7.35m
	7.17 (-0.9), 7.11 (+0.3), 7.25 (-0.1), 7.35 (+1.1), 6.95 (+0.4), 7.12 (+0.1)					
5	SALIM DEWAN	237	15/01/03	NEPAL	-0.4m/s	7.06m
	F (-0.5), 6.82 (+1.1), 6.85 (+0.5), 7.06 (-0.4), 6.97 (-1.4), 6.84 (+1.1)					
6	MOLLA MD MONIRUL	114	10/07/05	BANGLADESH	-0.7m/s	6.72m
	F (+0.4), F (-0.2), 6.63 (+0.6), 6.72 (-0.7), F (-0.3), F (+0.2)					
7	SUSHIL K C	240	20/12/01	NEPAL	+0.0m/s	6.34m
	6.20 (+0.6), 6.34 (NWI), F (-0.3), 6.04 (-0.7), 6.07 (+0.1), 6.06 (+0.4)					
	ISMAIL MD	112	16/04/92	BANGLADESH		DNS

Event # 12 MENS Triple Jump

#SAAF RECORD:P.CHITHRAVEL LA HABANA, CUB 17.37 06/05/2018

% SAAF MEET RECORD:ZAFAR IQBAL KOCHI 16.42 2008

1	KUMARAPALI ARAC PASI	287	15/02/03	SRI LANKA	-0.1m/s	16.19m
	16.19 (-0.1), 15.77 (-0.1), 15.92 (-0.4), 16.18 (+0.1), 15.86 (+0.1), F (+0.5)					
2	DINESH V.	169	03/05/97	INDIA	+0.5m/s	16.14m
	15.81 (+0.1), 15.65 (+0.1), - (NWI), 16.14 (+0.5), 15.64 (-0.2), 14.28 (+0.7)					
3	SEBASTIAN V S	195	04/10/03	INDIA	+0.2m/s	15.88m
	15.88 (+0.2), F (NWI), 15.67 (-0.5), 15.50 (+0.3), 15.80 (-0.1), 15.74 (+0.7)					
4	KORALA ASHMIKA KESHA	285	30/05/03	SRI LANKA	+0.5m/s	15.30m
	14.16 (+0.2), 15.30 (+0.5), F (-0.5), F (+0.2), F (+0.1), F (+0.4)					

Event # 13 MENS Shot Put

#SAAF RECORD:T.SINGH TOOR BHUBANESWAR, IND 21.77 19/06/2023

%SAAF MEET RECORD:S.KUMAR SINGH KOCHI 17.71 2008

1	SAMARDEEP GILL	192	03/01/01	INDIA		19.59m %
	19.02, 19.59, F, F, F, F					
2	RAVI KUMAR	187	06/05/92	INDIA		17.95m %
	16.26, 15.83, 17.00, 17.90, F, 17.95					
3	SUSEENTHIRKUMAR MIT	300	13/04/03	SRI LANKA		14.68m
	14.68, 14.42, 14.42, F, 14.62, 14.43					
4	TILAK BAHADUR BIKA	241	10/04/98	NEPAL		12.09m
	11.38, 12.03, F, F, 12.09, F					



LICENSED TO: ATHLETICS FEDERATION OF INDIA

4th South Asian Senior Athletics Championships 2025

Ranchi, Jharkhand

24th to 26th October 2025



Page 5 of 11

26-10-2025

10/24/25 - 10/26/25

Event # 14 MENS Discus Throw

#SAAF RECORD:V.GOWDA NORMAN, USA 66.28 12/04/2012

% SAAF MEET RECORD:ANIL KUMAR NEW DELHI 57.28 1997

1	KIRPAL SINGH	174	19/05/92	INDIA	56.22m
		55.44, 56.22, 54.55, F, 55.53, 55.06			
2	NIRBHAY SINGH	181	20/11/96	INDIA	56.00m
		55.69, F, 56.00, F, F, 53.54			
3	W. D. M. MILANT SAMPAT	303	11/08/91	SRI LANKA	49.35m
		48.27, 47.59, 49.35, F, F, F			
4	ALIM ABDUL	109	10/05/90	BANGLADESH	45.86m
		44.84, 44.83, 45.86, 44.50, 40.18, 44.55			

Event # 15 MENS Hammer Throw

#SAAF RECORD:N.KUMAR HYDERABAD, IND 70.73 29/06/2016

%SAAF MEET RECORD:P.TIWARI NEW DELHI 67.26 1997

1	DAMNEET SINGH	168	10/03/00	INDIA	66.99m
		65.88, 66.99, 66.87, F, F, 66.27			
2	ASHISH JAKHAR	167	05/01/99	INDIA	64.68m
		F, F, 57.10, 62.27, 64.68, F			
3	K.K. DAMITH MAD DHAR	284	11/02/88	SRI LANKA	46.55m
		41.20, 46.55, 42.28, 46.36, 44.68, 44.09			

Event # 16 MENS Javelin Throw

#SAAF RECORD:A.NADEEM PARIS, FRA 92.97 08/08/2025

%SAAF MEET RECORD:J.SINGH COLOMBO 75.37 1998

1	PATHIRAGE RUMESH THA	291	21/03/03	SRI LANKA	84.29m %
		73.34, 81.72, 84.29, 81.99, 81.98, F			
2	RANASINGHE M.SU JAGAT	293	10/02/91	SRI LANKA	81.62m %
		74.49, 81.62, F, 78.39, F, F			
3	UTTAM PATIL	200	01/11/98	INDIA	76.30m %
		76.30, F, F, F, F, 70.21			
4	RISHABH NEHRA	188	10/12/99	INDIA	73.25m
		F, 69.99, F, 73.25, 70.46, 71.04			

Event # 17 MENS 4x100m Relay

#SAAF RECORD:I.TEAM CHANDIGARH, IND 38.69 30/04/2025

%SAAF MEET RECORD:S.TEAM COLOMBO 40.58 1998

1	SRI LANKA D			SRI LANKA	39.99 %
	290	N PRAMUDITA SILVA	01-11-2003	278	D SADUN DIYALAWAT 10-06-2002
	292	R INDUSARA VIDUSHA	09-02-2005	305	Y CHAMOD MAHINSAS 28-01-2000
2	INDIA A			INDIA	40.65
	184	PRATHIK MAHARANA	08-06-2007	171	HARSH RAUT 17-04-2005
	172	J SINGH DHILLON	16-07-2006	183	PRANAV GURAV 03-07-2001
3	BANGLADESH E			BANGLADESH	40.94
	111	ISLAM MD LUSHAD	21-10-2003	117	RAHMAN MD TAREK 10-03-2001
	115	MOTALAB ABDUL	15-12-2000	112	ISMAIL MD 16-04-1992
4	MALDIVES B			MALDIVES	42.25
	208	F AHUNAF RAYYAAN	02-07-2008	207	ADAM IBADULLA 14-01-2002
	212	RIFFATH ADAM	08-07-2003	214	SAAID HASSAN 04-03-1992
5	NEPAL C			NEPAL	42.87
	237	SALIM DEWAN	15-01-2003	240	SUSHIL K C 20-12-2001
	228	ARUN MAHATO THARU	19-06-1996	238	SHIVA RAJ PARKI 19-10-1991



LICENSED TO: ATHLETICS FEDERATION OF INDIA

4th South Asian Senior Athletics Championships 2025

Ranchi, Jharkhand

10/24/25 - 10/26/25

24th to 26th October 2025



Page 6 of 11

26-10-2025

Event # 18 MENS 4x400m Relay

#SAAF RECORD:I.TEAM BUDAPEST, HUN 2:59.05 26/08/2023

%SAAF MEET RECORD:S.TEAM KOCHI 3:08.93 2008

1	SRI LANKA C			SRI LANKA			3:05.12 %
	283	J OMEL SHASHINTHA S	10-12-2007	286	K AYOMAL AKALANK	16-01-2006	
	288	K KALHARA IDUPA SIL	25-06-2006	282	H KALINGA	25-09-1992	
2	INDIA A			INDIA			3:05.38 %
	199	TARANDEEP SINGH	13-07-2005	196	SHARAN M	03-01-2006	
	190	ROHIT CHAUDHARY	01-07-2006	178	MOHAMMED ASHFAQ	26-06-2007	
3	BANGLADESH E			BANGLADESH			3:15.00
	119	RANA MD MASUD	01-04-1992	117	RAHMAN MD TAREK	10-03-2001	
	120	R NAJIMUL HOSSAIN	12-10-1998	111	ISLAM MD LUSHAD	21-10-2003	
4	MALDIVES B			MALDIVES			3:16.80
	214	SAAID HASSAN	04-03-1992	212	RIFFATH ADAM	08-07-2003	
	215	SUAD HUSSAIN ZEEK	29-12-2005	213	RIZA HUSSAIN	01-04-1997	
5	NEPAL D			NEPAL			3:26.59
	242	YUBARAJ BIKA	14-02-2005	236	RAM PRASAD THARU	21-01-1990	
	238	SHIVA RAJ PARKI	19-10-1991	239	SOM BAHADUR KUMA	28-05-1992	

Event # 19 WOMENS 100m Run

#SAAF RECORD:S.JAYASINGHE YOKOHAMA, JPN 11.04 09/09/2000

%SAAF MEET RECORD:D.PRIYADARSHANI KOCHI 11.74 2008

RESULTS OF FINALS

1	MOHAMMAD YAMICK FAT	263	01/07/99	SRI LANKA	+0.0m/s e	11.53 %
2	DEWA THANUJI AMASHA	247	12/08/99	SRI LANKA	+0.0m/s e	11.72 %
3	SUDESHNA SHIVANKAR	158	09/09/03	INDIA	+0.0m/s e	11.78
4	JILNA M V	134	28/12/97	INDIA	+0.0m/s e	11.98
5	NIZAAR AHNAA	203	25/06/07	MALDIVES	+0.0m/s e	12.35
	12.342					
6	DEWAN SUMAYA	104	04/12/04	BANGLADESH	+0.0m/s e	12.35
	12.349					
7	SALEEM AISHATH SHABA	205	17/04/03	MALDIVES	+0.0m/s e	12.86
8	SARSWOTI CHAUDHARY	225	04/02/98	NEPAL	+0.0m/s e	13.40

RESULTS OF PRELIMS Heat 1

1	DEWA THANUJI AMASHA	247	12/08/99	SRI LANKA	+0.3m/s n	11.77
2	JILNA M V	134	28/12/97	INDIA	+0.3m/s n	11.93
3	SALEEM AISHATH SHABA	205	17/04/03	MALDIVES	+0.3m/s n	12.56
4	SARSWOTI CHAUDHARY	225	04/02/98	NEPAL	+0.3m/s n	13.25
	AKTER SHIRIN	102	12/10/94	BANGLADESH		DNF

RESULTS OF PRELIMS Heat 2

1	MOHAMMAD YAMICK FAT	263	01/07/99	SRI LANKA	+0.7m/s n	11.56 %
2	SUDESHNA SHIVANKAR	158	09/09/03	INDIA	+0.7m/s n	11.81
3	DEWAN SUMAYA	104	04/12/04	BANGLADESH	+0.7m/s n	12.28
4	NIZAAR AHNAA	203	25/06/07	MALDIVES	+0.7m/s n	12.34
5	DINA GOPALI	218	20/02/09	NEPAL	+0.7m/s n	13.56



LICENSED TO: ATHLETICS FEDERATION OF INDIA

4th South Asian Senior Athletics Championships 2025

Ranchi, Jharkhand

24th to 26th October 2025



Page 7 of 11

26-10-2025

10/24/25 - 10/26/25

Event # 20 WOMENS 200m Run

#SAAF RECORD:S.JAYASINGHE SYDNEY, AUS 22.28 28/09/2000

% SAAF MEET RECORD:PT USHA NEW DELHI 23.90 1997

RESULTS OF FINALS

1	MOHAMMAD YAMICK FAT	263	01/07/99	SRI LANKA	-0.1m/s w	23.58 %
2	SAKSHI CHAVAN	151	18/01/05	INDIA	-0.1m/s w	23.91
3	NEERU PAHTAK	143	27/01/07	INDIA	-0.1m/s w	24.06
4	A.W.G. JITHMA SHENARI	243	12/07/06	SRI LANKA	-0.1m/s w	24.24
5	SHAFEEU ZIVA MOOSA	206	10/06/07	MALDIVES	-0.1m/s w	25.31
6	RANJEETA ADHIKARY	223	26/01/99	NEPAL	-0.1m/s w	27.80
	SARSWOTI CHAUDHARY	225	04/02/98	NEPAL		DNF
	KHATUN SHARIFA	107	09/03/98	BANGLADESH		DNF

RESULTS OF PRELIMS Heat 1

1	SAKSHI CHAVAN	151	18/01/05	INDIA	0.2m/s sw	24.21
2	A.W.G. JITHMA SHENARI	243	12/07/06	SRI LANKA	0.2m/s sw	24.51
3	KHATUN SHARIFA	107	09/03/98	BANGLADESH	0.2m/s sw	26.30
4	SARSWOTI CHAUDHARY	225	04/02/98	NEPAL	0.2m/s sw	27.98
5	SHAFEEU ZIVA MOOSA	206	10/06/07	MALDIVES	0.2m/s sw	28.33

RESULTS OF PRELIMS Heat 2

1	MOHAMMAD YAMICK FAT	263	01/07/99	SRI LANKA	+0.7m/s n	24.21
2	NEERU PAHTAK	143	27/01/07	INDIA	+0.7m/s n	24.24
3	RANJEETA ADHIKARY	223	26/01/99	NEPAL	+0.7m/s n	27.49
4	FAIZ HAWWA MUZNAA	201	17/02/06	MALDIVES	+0.7m/s n	33.02
	AKTER SHIRIN	102	12/10/94	BANGLADESH		DNF

Event # 21 WOMENS 400m Run

#SAAF RECORD:H.DAS JAKARTA, IND 50.79 26/08/2018

%SAAF MEET RECORD:K.KUTTY NEW DELHI 53.13 1997

RESULTS OF FINALS

1	NEERU PAHTAK	143	27/01/07	INDIA		53.15
2	OLIMBA STEFFI .	146	15/02/02	INDIA		54.13
3	MENDIS BALAPUWA SAYU	262	17/08/02	SRI LANKA		54.18
4	RAMANAYAKA NADEESH	265	25/12/94	SRI LANKA		54.39
5	JAYERANI THARU	219	21/02/01	NEPAL		59.35
6	RAMITA KUMARI THARU	222	04/02/98	NEPAL		1:00.75
7	MOHAMED AMINATH LAY	202	03/02/05	MALDIVES		1:02.85
8	KHATUN MST BARSHA	105	11/05/00	BANGLADESH		1:03.18

RESULTS OF PRELIMS Heat 1

1	NEERU PAHTAK	143	27/01/07	INDIA		54.92
2	MENDIS BALAPUWA SAYU	262	17/08/02	SRI LANKA		55.34
3	JAYERANI THARU	219	21/02/01	NEPAL		1:00.89
4	KHATUN MST BARSHA	105	11/05/00	BANGLADESH		1:03.32
5	MOHAMED AMINATH LAY	202	03/02/05	MALDIVES		1:04.39

RESULTS OF PRELIMS Heat 2

1	OLIMBA STEFFI .	146	15/02/02	INDIA		56.59
2	RAMANAYAKA NADEESH	265	25/12/94	SRI LANKA		56.96
3	RAMITA KUMARI THARU	222	04/02/98	NEPAL		1:03.43
	RUNA NUSRAT JAHAN	108	15/02/05	BANGLADESH		DNF



LICENSED TO: ATHLETICS FEDERATION OF INDIA

4th South Asian Senior Athletics Championships 2025

Ranchi, Jharkhand

10/24/25 - 10/26/25

24th to 26th October 2025



Page 8 of 11

26-10-2025

Event # 22 WOMENS 800m Run

#SAAF RECORD:T.LUKA SPLIT, CRO 1:59.17 04/09/2010

%SAAF MEET RECORD:K.KUTTY NEW DELHI 2:00.94 1997

1	AMANDEEP KAUR	128	09/07/03	INDIA	2:04.66
2	KODITHUWAKKU TAKSHI	259	29/11/06	SRI LANKA	2:06.51
3	THOTA SANKEERTANA	161	17/07/03	INDIA	2:07.09
4	WATTHE GEDARA SAND	269	09/09/04	SRI LANKA	2:17.24
5	NARAYENI BHANDARI	220	21/12/07	NEPAL	2:21.14
6	RASHEED ZEEK ASHRAF	204	20/07/08	MALDIVES	2:30.70

Event # 23 WOMENS 1500m Run

#SAAF RECORD:K.. LOS ANGELES, USA 4:04.78 11/05/2024

%SAAF MEET RECORD:S.PAULOSE KOCHI 4:16.40 2008

1	SANJANA SINGH	152	23/12/06	INDIA	4:25.36
2	W. K.L. ARACHCH NIMALI	268	19/09/89	SRI LANKA	4:25.52
3	KAJAL KANWADE	135	26/01/01	INDIA	4:26.21
4	K.G.N.M. AJANTHA KUMA	258	02/06/96	SRI LANKA	4:32.49
5	NARAYENI BHANDARI	220	21/12/07	NEPAL	4:54.58

Event # 24 WOMENS 5000m Run

#SAAF RECORD:P.CHAUDHARY WALNUT, USA 15:10.35 06/05/2023

%SAAF MEET RECORD:P.SREEDHARAN KOCHI 16:08.09 2008

1	SANJANA SINGH	152	23/12/06	INDIA	15:38.70 %
2	SEEMA ...	154	10/01/01	INDIA	15:40.55 %
3	SANTOSHI SHRESTHA	224	01/08/93	NEPAL	16:36.61
4	W.A.METHMI RASA WIJES	271	24/11/02	SRI LANKA	16:47.21
5	PURNA LAXMI NEUPANE	221	29/09/99	NEPAL	17:31.62
6	TSHERING LHAMO	122	04/10/99	BHUTAN	18:20.90
7	SAMTEN DEMA	121	15/02/00	BHUTAN	18:24.57
8	BISWAS RINKY	103	05/04/06	BANGLADESH	18:39.52
	H.M. CHAMINI SAMUDIKA	253	17/09/01	SRI LANKA	DNS

Event # 25 WOMENS 10000m Run

#SAAF RECORD:P.SREEDHARAN GUANGZHOU, CHN 31:50.47 21/11/2010

%SAAF MEET RECORD:Y.KUMARI COLOMBO 38:04.48 1998

1	W.A.METHMI RASA WIJES	271	24/11/02	SRI LANKA	34:39.95 %
2	RAVINA GAYAKWAD	149	10/10/04	INDIA	34:45.47 %
3	SANTOSHI SHRESTHA	224	01/08/93	NEPAL	34:47.77 %
4	BASANTI KUMARI	129	10/01/02	INDIA	35:45.89 %
5	PURNA LAXMI NEUPANE	221	29/09/99	NEPAL	36:44.25 %

Event # 26 WOMENS 100m Hurdles

#SAAF RECORD:J.YARRAJI CHENGDU, CHN 12.78 04/08/2023

%SAAF MEET RECORD:S.FONSEKA COLOMBO 13.84 1998

1	NANDHINI K	142	13/07/99	INDIA	+0.5m/s n	13.56 %
2	MOUMITA MONDAL	140	09/12/01	INDIA	+0.5m/s n	13.81 %
3	WIJEWEERA VITHA LAKS	272	30/08/91	SRI LANKA	+0.5m/s n	13.98
4	HAPUARACHCHI WATHSA	254	29/01/96	SRI LANKA	+0.5m/s n	14.02



LICENSED TO: ATHLETICS FEDERATION OF INDIA

4th South Asian Senior Athletics Championships 2025

Ranchi, Jharkhand

24th to 26th October 2025



Page 9 of 11

26-10-2025

10/24/25 - 10/26/25

Event # 27 WOMENS 400m Hurdles

#SAAF RECORD:P.USHA LOS ANGELES, USA 55.42 08/08/1984

% SAAF MEET RECORD:V LEELAVATHY . KOCHI 59.35 2008

1	K.H. ARACHCHIGE DASUN	260	25/10/01	SRI LANKA	58.66 %
2	LOKU GEEGANAGE ARAL	261	28/03/04	SRI LANKA	59.24 %
3	OLIMBA STEFFI .	146	15/02/02	INDIA	1:00.21
4	NEHA DHABALE	144	06/08/03	INDIA	1:01.93

Event # 28 WOMENS High Jump

HEIGHTS: 1.50, 1.55, 1.60, 1.65, 1.68, 1.71, 1.74, 1.76, 1.78, 1.80, 1.82, 1.84, 1.86, 1.88, 1.90, 1.92, 1.94, 1.96

#SAAF RECORD:S.KUMARI HYDERABAD, IND 1.92 23/06/2012

%SAAF MEET RECORD:B.ALOYSIUS COLOMBO 1.86 1998

1	REET RATHOR	150	10/06/06	INDIA	1.76m
	---	---	O XO O O XXO O XXX		
2	GAMAGE RANINDI PEHAN	252	24/07/04	SRI LANKA	1.74m
	---	---	O O O O XXO XXX		
3	SUPRIYA B	159	11/03/01	INDIA	1.74m
	---	---	---	XO --- O XXO XXX	
4	AMARASINGHE ARA RASH	244	18/04/00	SRI LANKA	1.71m
	---	---	XO O O XXO XXX		
5	AKHTAR MOST RITU	101	25/09/00	BANGLADESH	1.60m
	---	---	XO XXX		

Event # 29 WOMENS Long Jump

#SAAF RECORD:A.GEORGE ATHENS, GRE 6.83 30/11/2007

%SAAF MEET RECORD:A.GEORGE KOCHI 6.50 2008

1	HERATH MUDIYANS N. M.	256	04/05/05	SRI LANKA	-0.1m/s	6.23m
				F (+0.2), 6.06 (+0.1), 6.23 (-0.1), 6.13 (+0.2), F (-0.6), 6.02 (-0.3)		
2	MUBASSINA MOHAMMED	141	22/02/06	INDIA	-0.6m/s	6.07m
				6.07 (-0.6), 5.90 (+0.1), 5.89 (-0.2), F (+0.3), 5.68 (-0.4), 5.97 (-0.3)		
3	BHAVANI YADAV BHAGAV	131	19/12/98	INDIA	-0.3m/s	6.02m
				5.74 (-0.3), F (-0.2), 5.99 (-0.4), F (-0.4), 6.02 (-0.3), 5.94 (+0.1)		
4	WICKRAMASINHA A ISHA	270	12/01/04	SRI LANKA	+0.5m/s	5.81m
				F (-0.8), F (-0.5), 5.65 (+0.7), F (-0.2), 5.81 (+0.5), 5.70 (+0.1)		
5	KHATUN MOST SWAPNA	106	01/01/04	BANGLADESH	+0.1m/s	5.65m
				5.34 (-0.2), 5.53 (+0.1), 5.08 (-0.3), 5.32 (-0.1), 5.65 (+0.1), 5.64 (-0.1)		
6	SIMA KUMARI CHAUDHA	226	09/01/03	NEPAL	-0.6m/s	5.57m
				5.57 (-0.6), F (-0.5), 5.38 (-0.5), 5.39 (-0.2), 5.40 (-0.3), 5.49 (-0.2)		

Event # 30 WOMENS Triple Jump

#SAAF RECORD:M.JOHN KOB, JPN 14.11 09/07/2011

% SAAF MEET RECORD:LEKHA THOMAS COLOMBO 13.01 1998

1	HERATH MUDIYANS N. M.	256	04/05/05	SRI LANKA	-0.2m/s	13.36m %
				F (+0.1), 13.25 (-0.1), 13.36 (-0.2), 13.23 (NWI), F (-0.1), 12.15 (+0.1)		
2	POORVA SAWANT	147	23/01/03	INDIA	+0.2m/s	13.03m %
				12.95 (+0.1), 13.03 (+0.2), F (-0.1), 13.03 (NWI), 13.02 (+0.1), F (-0.2)		
3	EKANAYAKA MUDIY SHA	249	06/01/98	SRI LANKA	-0.3m/s	12.79m
				F (+0.1), 11.95 (NWI), 12.57 (-0.3), 12.73 (+0.1), F (+0.1), 12.79 (-0.3)		
4	BHAIRABI ROY	130	02/02/95	INDIA	-0.2m/s	12.69m
				F (+0.3), F (NWI), 12.42 (-0.2), F (+0.2), 12.49 (+0.1), 12.69 (-0.2)		
5	SIMA KUMARI CHAUDHA	226	09/01/03	NEPAL	-0.1m/s	12.17m
				11.87 (+0.2), 11.54 (+0.1), 12.15 (-0.2), 11.96 (-0.2), 12.11 (+0.1), 12.17 (-0.1)		



LICENSED TO: ATHLETICS FEDERATION OF INDIA

4th South Asian Senior Athletics Championships 2025

Ranchi, Jharkhand

24th to 26th October 2025



Page 10 of 11

26-10-2025

10/24/25 - 10/26/25

Event # 31 WOMENS Shot Put

#SAAF RECORD:A.KHATUA BHUBANESWAR, IND 18.41 13/05/2024

%SAAF MEET RECORD:H.KAUR NEW DELHI 16.51 1997

1	YOGITA .	162	01/11/00	INDIA	15.85m
		15.19, 15.85, 15.56, 15.46, 15.75, 15.67			
2	SHIKSHA .	156	12/12/02	INDIA	15.83m
		F, 15.82, 15.83, 15.73, F, F			
3	CHANDRASEKERA OVINI	246	20/03/03	SRI LANKA	13.03m
		13.03, 12.42, 12.89, 12.48, 12.90, F			
4	SITA SHAHI	227	30/01/88	NEPAL	10.42m
		10.15, 10.40, F, 10.42, 10.13, 10.20			
5	BASANTI KUMAL CHAUD	216	15/03/91	NEPAL	9.41m
		9.22, 9.30, 8.89, 8.62, 9.41, 9.19			

Event # 32 WOMENS Discus Throw

#SAAF RECORD:K.KAUR PATIALA, IND 66.59 21/06/2021

% SAAF MEET RECORD:SEEMAANTIL KOCHI 57.94 2008

1	SEEMA .	155	25/02/99	INDIA	55.14m
		50.89, 54.59, 55.13, 55.14, 54.71, 54.62			
2	NIDHI .	145	03/01/97	INDIA	52.18m
		F, F, 49.43, 49.92, 50.50, 52.18			
3	ASGIRIYE GEDARA VINOD	245	06/03/95	SRI LANKA	43.01m
		34.64, 38.76, 43.01, F, 41.42, 39.81			
4	SITA SHAHI	227	30/01/88	NEPAL	32.14m
		30.06, 32.14, F, 30.24, F, 30.56			

Event # 33 WOMENS Javelin Throw

#SAAF RECORD:A.RANI JAMSHEDPUR, IND 63.82 08/05/2022

% SAAF MEET RECORD:B L NADEEKA . KOCHI 51.70 2008

1	HATARABAGE LEKA NAD	255	14/01/87	SRI LANKA	60.14m %
		56.68, 56.60, 53.80, 55.42, 57.34, 60.14			
2	KARISHMA SANIL	137	04/06/00	INDIA	55.06m %
		53.42, 55.06, F, 51.70, -, -			
3	DEEPIKA .	132	21/11/05	INDIA	54.87m %
		52.61, 52.77, 54.87, 53.68, F, 53.26			
4	DISSANAYAKA MUD IMAS	248	28/09/02	SRI LANKA	48.30m
		47.34, 48.30, 46.95, F, 45.96, 45.80			
5	CHANDRA KALA LAMGAD	217	10/09/93	NEPAL	40.75m
		30.82, 37.89, 40.75, 36.42, F, F			



LICENSED TO: ATHLETICS FEDERATION OF INDIA

4th South Asian Senior Athletics Championships 2025

Ranchi, Jharkhand

24th to 26th October 2025



Page 11 of 11

26-10-2025

10/24/25 - 10/26/25

Event # 34 WOMENS 4x100m Relay

#SAAF RECORD:I.TEAM PATIALA, IND 43.37 21/06/2021

%SAAF MEET RECORD:S.TEAM COLOMBO 45.65 1998

1	SRI LANKA D	250	F LIYANAGE DHANANJ	11-01-2008	SRI LANKA	247	D AMASHA DE SILVA	12-08-1999	44.70 %
		266	R KUMARI RATHNAYAK	27-06-1996		263	M FATHIMA SHAFIYA	01-07-1999	
2	INDIA A	160	TAMANNA .	29-09-2004	I DIA	134	JILNA M V	28-12-1997	44.93 %
		158	SUDESHNA SHIVANKAR	09-09-2003		151	SAKSHI CHAVAN	18-01-2005	
3	MALDIVES B	201	FAIZ HAWWA MUZNAA	17-02-2006	MALDIVES	205	S AISHATH SHABAA	17-04-2003	47.79
		206	SHAFEEU ZIVA MOOSA	10-06-2007		203	NIZAAR AHNA	25-06-2007	
4	BANGLADESH E	108	RUNA NUSRAT JAHAN	15-02-2005	BANGLADESH	107	KHATUN SHARIFA	09-03-1998	48.21
		102	AKTER SHIRIN	12-10-1994		104	DEWAN SUMAYA	04-12-2004	
5	NEPAL C	219	JAYERANI THARU	21-02-2001	NEPAL	226	S CHAUDHARY	09-01-2003	50.17
		222	R KUMARI THARU	04-02-1998		225	SARSWOTI CHAUDHA	04-02-1998	

Event # 35 WOMENS 4x400m Relay

#SAAF RECORD:I.TEAM ATHENS, GRE 3:26.89 27/08/2004

% SAAF MEET RECORD:INDIA TEAM KOCHI 3:37.04 2008

1	INDIA A	138	MANISHA KUMARI	21-11-2000	INDIA	146	OLIMBA STEFFI .	15-02-2002	3:34.70 %
		148	POOVAMMA RAJU	05-05-1990		143	NEERU PAHTAK	27-01-2007	
2	SRI LANKA D	265	R NADEESHA	25-12-1994	SRI LANKA	262	M SAYURI LAKSHIMA	17-08-2002	3:35.71 %
		243	A SHENARI WIJETHUNG	12-07-2006		251	F M.A.N. HARSHANI	15-03-2000	
3	BANGLADESH E	107	KHATUN SHARIFA	09-03-1998	BANGLADESH	105	KHATUN MST BARSHA	11-05-2000	3:55.63
		104	DEWAN SUMAYA	04-12-2004		108	RUNA NUSRAT JAHAN	15-02-2005	
4	NEPAL C	222	R KUMARI THARU	04-02-1998	NEPAL	220	NARAYENI BHANDARI	21-12-2007	4:06.32
		225	SARSWOTI CHAUDHAR	04-02-1998		219	JAYERANI THARU	21-02-2001	
5	MALDIVES B	202	M AMINATH LAYANA	03-02-2005	MALDIVES	204	R ZEEK ASHRAF	20-07-2008	4:08.50
		201	FAIZ HAWWA MUZNAA	17-02-2006		203	NIZAAR AHNA	25-06-2007	

Event # 36 MIXED 4x400m Relay

1	INDIA A	186	RASHID .	08-01-2001	INDIA	143	NEERU PAHTAK	27-01-2007	3:20.13
		178	MOHAMMED ASHFAQ	26-06-2007		146	OLIMBA STEFFI .	15-02-2002	
2	SRI LANKA C	282	H KALINGA	25-09-1992	SRI LANKA	265	R NADEESHA	25-12-1994	3:20.85
		288	K KALHARA IDUPA SIL	25-06-2006		262	M SAYURI LAKSHIMA	17-08-2002	
3	NEPAL E	236	RAM PRASAD THARU	21-01-1990	NEPAL	222	R KUMARI THARU	04-02-1998	3:37.16
		239	SOM BAHADUR KUMAL	28-05-1992		219	JAYERANI THARU	21-02-2001	
4	BANGLADESH B	118	RAHMAN MD HAFIZUR	20-02-2008	BANGLADESH	105	KHATUN MST BARSHA	11-05-2000	3:38.31
		111	ISLAM MD LUSHAD	21-10-2003		108	RUNA NUSRAT JAHAN	15-02-2005	
5	MALDIVES D	212	RIFFATH ADAM	08-07-2003	MALDIVES	206	SHAFEEU ZIVA MOOSA	10-06-2007	3:39.12
		215	SUAD HUSSAIN ZEEK	29-12-2005		201	FAIZ HAWWA MUZNAA	17-02-2006	