

**MEET RECORDS as on 31.12.2009**  
**FEDERATION CUP NATIONAL SENIOR ATHLETICS CHAMPIONSHIPS**  
**M E N**

S.N.	Events	Performance	Name of the Athlete	State/Unit	Venue	Year
1	100 M.	10.35s (+1.09mps)	PIYUSH KUMAR	DELHI	DELHI	MAR.,04
2	200 M.	20.79 s {+1.1 M/S}	ANAND MENEZES	AP	CHENNAI	JUN. 02
3	400 M.	45.66s	P. RAMACHANDRAN	TN	CHENNAI	JUN. 02
4	800 M.	1:47.74s	GHAMANDA RAM	ARMY	DELHI	MAR' 06
5	1,500 M.	3:41.12s	C. HAMZA	ARMY	KOLKATA	13.5.2007
6	5,000 M.	13:51.64s	SURENDER SINGH	ARMY	KOLKATA	10.5.2007
7	10,000 M.	28:57.90s	SURENDER SINGH	ARMY	KOLKATA	13.5.2007
8	3,000 M. St. Chase	8:51.77s	ARUN De'SOUZA	AP	CHENNAI	JUN. 02
9	110 M. Hurdles	14.21s	NAUNIDH SINGH	BSF	HYDERABAD	JUL. 03
10	400 M. Hurdles	50.04s	JOSEPH ABRAHAM	CRPF	KOLKATA	13.5.2007
11	HIGH JUMP	2.21m	HARI SHANKAR ROY	WB	KOLKATA	13.5.2007
12	LONG JUMP	8.08m (-0.9mps)	AMRIT PAL SINGH	PUN	DELHI	MAR.,04
13	TRIPLE JUMP	16.72M	RENJITH MAHESHWARY	KER	KOLKATA	13.5.2007
14	POLE VAULT	5.00m	GAJANAN UPADHYA	UP	NEW DELHI	JUNE,05
15	SHOT PUT	19.68m	BAHADUR SINGH	P. POL	CHENNAI	JUN. 02
16	DISCUS	59.55m	ANIL KUMAR	TELCO	LUCKNOW	MAR. 00
17	HAMMER	67.41m	ISHTIYAQ AHMED	UP	BANGALORE	AUG. 99
18	JAVELIN	78.79m	RAMAN DEEP SINGH	POL	BANGALORE	AUG. 99
19	DECATHLON	7502 Pts.	JORA SINGH	HAR	DELHI	MAR' 06
	11.41-6.72-13.41-1.86-49.44/15.48-47.25-4.50-58.94-4:39.38					
20	4 x 100 M. RELAY	40.27s	AAFI NATIONAL TEAM	AAFI	CHENNAI	JUL. 98
21	4 x 400 M. RELAY	3:04.40s	AAFI NATIONAL TEAM	AAFI	CHENNAI	JUN. 02
22	20 KM WALK	1::30:17.3s	P.S. JALAN	ARMY	NEW DELHI	JUNE,05
23	20,000 M. WALK	1::31:33.9s	GURDEV SINGH	ARMY	HYDERABAD	JULY, 03

**W O M E N**

1	100 M.	11.3s {+1.1 M/S}	RACHITA MISTRY	MAH	LUCKNOW	MAR. 00
2	200 M.	23.30s	P. T. USHA	S. RAIL	CHENNAI	JUL. 98
3	400 M.	51.81s	K. M. BEENAMOL	KER	LUCKNOW	JUN. 02
4	800 M.	2:02.28s	JYOTIRMOYEE SIKDAR	E. RAIL	CHENNAI	JUL. 98
5	1,500 M.	4:08.01s	SUNITA RANI	PUN	BANGALORE	AUG. 99
6	5,000 M.	15:41.4s	SUNITA RANI	PUN	BANGALORE	AUG. 99
7	10,000 M.	33:19.71s	PREEJA SREEDHARAN	KER	KOLKATA	13.5.2007
8	3,000 M. St. Chase	10:29.92s	SUDHA SINGH	JHAR	<b>BHOPAL</b>	<b>FEB' 08</b>
9	100 M. Hurdles	13.48s {+1.86M/S}	ANURADHA BISWAL	ORI	DELHI	MAR' 06
10	400 M. Hurdles	57.60s	SAHEBANI ORAM	ORI	CHENNAI	JUN. 02
11	HIGH JUMP	1.89m	BOBBY ALOYSIUS	KER	HYDERABAD	JUL. 03
12	LONG JUMP	6.59m {- 0.1 M/S}	ANJU B. GEORGE	TN	CHENNAI	JUN. 02
13	TRIPLE JUMP	13.57m {- 0.5 M/S}	ANISHA K. VIJAYAN	CRPF	DELHI	MAR' 06
14	POLE VAULT	3.85m	V.S. SUREKA	TN	DELHI	MAR' 06
15	SHOT PUT	16.94m	HARBANS KAUR	TN	CHENNAI	AUG. 97
16	DISCUS	60.95m	NEELAM J. SINGH	AP	CHENNAI	JUN. 02
17	HAMMER	61.31m	HARDEEP KAUR	PUN	CHENNAI	JUN. 02
18	JAVELIN	55.88m	GURMEET KAUR	DEL	BANGALORE	AUG. 99
19	HEPTATHLON	6211 Pts.	J.J. SHOBHA	A.P.	DELHI	MAR.,04
20	4 x 100 M. RELAY	44.31s	AAFI NATIONAL TEAM	AAFI	CHENNAI	JUL. 98
21	4 x 400 M. RELAY	3:36.74s	AAFI NATIONAL TEAM	AAFI	CHENNAI	JUN. 02
22	10,000 M. WALK	51:24.0s	PARAMJIT KAUR	PUN	BANGALORE	AUG. 99
23	20 Kms. WALK	1::43:06.03s	Y. BALA DEVI	WB	HYDERABAD	JUL. 03
24	20000M WALK	1::39:00.60s	L.DEEPAMALA DEVI	MANIPUR	CHENNAI	2009