

Bio's (of leading contenders)**Compiled by Ram. Murali Krishnan***with assistance from Mirko Jalava,
Peter Matthews and Mark Butler***MEN**

100m/200m

Ajay Kumar Naik (IND) 24.9.87
PB 100m: 10.76 – 2006; 200m: 21.69 – 2007**Bharmappa G. Nagaraj (IND)** 5.5.85
PB 100m: 10.50 – 2006; 200m: 21.35 – 2006**Krishna Kumar Rane (IND)** 25.3.88
PB 100m: 10.78 – 2005**Ritesh Anand (IND)** 4.4.86
PB 100m: 10.74 – 2007; 200m: 21.46 -2007**Vilas Neelgund (IND)** 25.5.83
PB 100m: 10.42 – 2004; 200m: 21.08 – 2005**W.J.Y.T. Fernando (SRI)**
PB 100m : 10.77 - 2008**R.D. Umanga Sanjeewa Surendra (SRI)** 21.5.81
PB 100m: 10.36 – 2007
Reigning South Asian Games champ, Colombo-2006
5th at Asian Championships, Amman-2007**Shiwantha M. Weerasooriya (SRI)**
PB 200m: 21.30 – 2006; 400m: 47.26 – 2007**D.R. Ashan Hasaranga (SRI)** 1988
PB 100m: 10.81 – 2006/7; 200m: 21.58 – 2008**Muhammed Imran (PAK)** 13.3.83
PB 100m: 10.68 – 2006; 200m: 21.19 – 2005
3rd in 60m at Asian Indoor Championships, Doha-2008
3rd in 200m (4th in 100m) at South Asian Games,
Colombo-2006**Afzal Baig (PAK)** 10.4.84
PB 100m: 10.42 – 2005; 200m: 21.41 – 2004
5th at South Asian Games in 2004 and 2006**Liaqat Ali (PAK)**
PB 200m: 21.86 - 2006**Mohammad Shamsuddin (BAN)** 15.9.83
PB 100m: 10.7m – 2008; 200m: 21.7m - 2008**Ali Shareef (MDV)** 1.7.79
PB 100m: 11.17 – 2006; 200m: 23.04 – 2006

400m

Amreek Rana (IND)
PB: 48.33 - 2007**Sunil Kumar (IND)** 12.12.87
PB: 47.83 - 2007**V.B. Bineesh (IND)** 2.2.87
PB: 47.51 - 2006**Vinay Chaudhary (IND)**
PB 200m: 21.59 – 2007; 400m: 47.78 – 2008
Member of silver winning 4x400m relay team in Asian
Indoor championships at Doha-2008**Virender Kumar Pankaj (IND)** 1.12.88
PB: 46.99 NJR 2006/7
Silver medallist at National Games 2007**Prasanna S. Amarasekara (SRI)** 21.3.81
PB: 45.47 – 2005
Silver medallist in South Asian Games 2004 and 2006**Rohitha Pushpakumara (SRI)** 14.1.82
PB: 46.93 – 2007
Silver medalist in Lusofonia Games, Macau-2006**Nawaz Haq (PAK)** 10.9.81
PB: 51.19 – 2006
4th in South Asian Games, Colombo-2006

800m

Ghamanda Ram (IND) 1.7.84
PB: 1:46.67 – 2005
Asian Indoor Games champion 2005**Ramesan Rajeev (IND)** 2.3.85
PB: 1:47.54 – 2007
3rd at Asian Indoor Games, Macau-2007**Sajeesh Joseph (IND)** 14.1.87
PB: 1:47.42 – 2007
4th at Asian Indoor Games, Macau-2007**Suresh Abeynayake (SRI)** 19.9.82
PB: 1:48.18 – 2007
Silver medalist in South Asian Games-2006**M.T.W. Silva (SRI)**
PB: 1:50.51 - 2008

1500m

Chatholi Hamza (IND) 1.11.81
PB: 3:39.9m – 2007
Gold medalist in Asian Indoor Games, Macau-2007
Silver medalist in Asian Indoor Champs, Doha-2008
Reigning South Asian Games champ, Colombo-2006**Pritam Bind (IND)** 10.1.85
PB: 3:41.9m – 2007
Asian junior bronze medalist, Ipoh-2004
Bronze medalist in Asian Indoor champs, Pattaya-2006**Ravinder Kumar (IND)** 23.12.87
PB: 3:43.04 - 2008**T.P.K. Mendis (SRI)**
PB: 3:52.11 - 2007

5000m/10000m

Sandeep Kumar Batham (IND) 1988
PB 5K: 14:02.35 NJR 2007; 10K: 29:32.4m - 2007

Santosh Patel (IND) 12.7.84
PB 5K: 14:08.32 - 2008; 10K: 29:19.37 - 2007

Soji Mathew (IND)
PB 5K: 14:15.55 – 2008; 10K: 29:32.8m - 2007

Surender Singh (IND) 1.10.78
PB 5k: 13:46.47 - 2008; 10K: 28:57.90 – 2007
2nd at Asian Indoor Games 2007 and
Championships 2008
6th at Doha Asian Games 2006
Reigning South Asian Games champion

Mahalingama Ajanthan (SRI)
PB 5K: 14:37.78 – 2008; 10K: 30:31.83 - 2007

K.G.R. Saman Kumara (SRI)
PB 5K: 14:40.96 – 2008; 10K: 30:38.54 - 2008

Ajith Bandara (SRI) 7.5.81
PB 5K: 14:44.36 – 2007; 10K: 30:37.23 - 2008

110m Hurdles

Krishna Mohan (IND)
PB: 14.18 - 2005

Pandi Muthusamy (IND)
PB: 14.10 - 2007

V.G. Nuwan Tharanga (SRI) 4.6.80
PB: 14.51 -2006

W.H.D. Weerasinghe (SRI)
PB: 14.78 - 2006

Muhammad Sajjad Ahmed (PAK) 2.2.86
PB: 14.26 – 2006
Silver medalist in South Asian Games 2006
Bronze medalist in 60m hurdles at Asian Indoor Games
and Asian Indoor Championships-2008

400m Hurdles

Kuldev Singh (IND) 4.4.81
PB 400m: 47.76 – 2008 400h: 50.48 - 2008

Patlavath Shankar (IND) 2.10.83
PB 400m: 46.79 – 2005; 400h: 50.39 – 2006
2nd at Asian All-Stars athletic meet 2004

H.P.Yasasiri Ajith (SRI)
PB: 51.72 - 2007

Lal Samarasinghe (SRI)
PB: 52.20 - 2007

High Jump

Harishankar Roy (IND) 4.4.86
PB: 2.25 NR / NJR 2004
Silver medalist in Asian All-Stars Athletic meet in
Singapore-2004; 4th at Doha Asian Games

Benedict Starli (IND) 15.5.83
PB: 2.19 – 2006
Silver medalist in South Asian Games 2006

B. Elangumaran (IND)
PB: 2.11 - 2007

L. Yogaraj (IND) 9.2.89
PB: 2.10 - 2006

Nalin Rathnasri Priyantha (SRI) 22.4.81
PB: 2.15 - 2005

Pole Vault

Gajanan Upadhyay (IND) 2.11.82
PB: 5.05 - 2007

K.P. Bimin (IND)
PB : 4.80 – 2007/8

Long Jump

Amritpal Singh (IND) 6.10.83
PB: 8.08 NR 2004

Maha Singh (IND) 4.3.81
PB: 7.99 – 2005
Gold medalist in South Asian Games-2004

Pushpender Singh (IND)
PB: 7.44 – 2007/8

M.H.N.Prasad Dharmaratne (SRI) 4.10.86
PB: 7.54 – 2005
Silver medalist in South Asian Games-2006

D. Srinath Solangaarachchi (SRI)
PB: 7.10 - 2007

Muhammad Fayyaz Ahmed (PAK)
PB: 7.38 - 2006

Muhammad Riaz (PAK)
PB: 7.45 - 2006

Zafar Iqbal (PAK) 10.4.82
PB: 7.52 – 2007
Silver medalist in South Asian Games-2004

Triple Jump

Amarjeet Singh (IND) 1.5.81
PB: 16.72 - 2007
Silver medalist in Asian Indoor championships-2008

Bibu Mathew (IND) 30.3.81
PB: 16.59 - 2007
Bronze medalist in Asian championships-2007

Malkiat Singh (IND) 5.10.88
PB: 15.60 - 2005

Sampath J. Weerasinghe (SRI) 8.5.77
PB: 16.26 - 2006
Reigning South Asian Games champion

Shot Put

Om Prakash (IND) 4.1.87
PB: 18.44 - 2008
Silver medalist in Doha Asian Indoor champs-2008

P.B. Giri (IND) 28.10.85
PB: 18.15 - 2005

Satyender Kumar Singh (IND) 19.5.86
PB: 18.09 - 2006

Ashraf Ali (PAK) 20.6.78
PB: 18.09 - 2006

Discus Throw

Rambir Singh (IND)
PB: 52.20 - 2006

Simranjit Singh (IND) 25.7.86
PB: 51.51 - 2007

Sukhbir Singh (IND) 4.12.81
PB: 55.14 - 2004

Basharat Ali (PAK) 1.5.82
PB: 55.10 - 2006
Reigning South Asian Games champion

Hammer Throw

Madhu Kumar (IND) 1.2.85
PB: 64.66 - 2005

Ghulam Shabir Hussain (PAK)
PB: 62.10 - 2000

Javelin Throw

Kashinath Naik (IND)
PB: 73.02 - 2008

P.J. Purandar (IND)
PB: 70.51 - 2008

Sandeep Yadav (IND)
PB: 69.78 - 2008

Harshana K. Gunathilake (SRI) 20.4.81
PB: 73.31 - 2007
Reigning South Asian Games champion

D.G.S. Ranasinghe (SRI)
PB: 64.48 - 2008

Muhammed Imran (PAK) 8.1.86
PB: 69.05 - 2007

Muhammed Arfan Hussain (PAK)
PB: 73.62 - 2007

Khurshed Ahmad Khan (NEP) 1969
PB: 70.39 - 1999
Bronze medalist in SAF Games 1999

Dhirendra Jung Shah (NEP)
PB: 63.03 - 2006

WOMEN**100m/200m**

H.M. Jyothi (IND) 1.7.83
PB 100m: 11.81 – 2007; 200m: 24.21 - 2006

G.D. Gowramma (IND)
PB 100m: 11.84 – 2005; 200m: 24.58 - 2005

K. Sowjanya (IND)
PB 100m: 11.98 – 2008; 200m: 24.39 – 2008

Mandeep Kaur (IND)
PB 100m: 11.79 – 2002; 200m: 24.86 - 2006

Namita Samal (IND)
PB 100m: 12.30 – 2007; 200m: 25.27 - 2006

M.R. Poovamma (IND) 5.6.90
PB 200m: 24.5m – 2007; 400m: 54.7m - 2007

H.J.C.C. de Silva (SRI)
PB 100m : 11.91 - 2008

D.D.P. Priyadarshini (SRI)
PB 100m : 12.06 – 2008 ; 200m : 24.38 - 2008

L.S. Irnagani (SRI)
PB 200m : 24.33 - 2008

Sadaf Siddiqui (PAK)
PB 100m: 12.07 – 2006; 200m: 24.76 – 2006
Bronze medallist (4th in 200m) at SAG-2006

400m

Chitra K. Soman (IND) 10.7.83
PB 400m: 51.30 – 2004 ; 400h : 57.70 – 2005
Member of India's Gold winning team in Asian Outdoor and Indoor Games at Doha (2006 and 2008)

K. Mrudula (IND) 26.12.87
PB: 54.93 - 2007

Manjeet Kaur (IND) 24.4.82
PB: 51.05 NR 2004
Asian Champion, Incheon-2005

Satti Geetha (IND) 5.7.83
PB: 51.75 – 2005
Silver medalist in Asian championships-2005

W.J. Lasanthi Deepika (SRI) 15.12.81
PB: 54.87 - 2008

R.M. Chandrika Subashini (SRI) 20.6.87
PB: 54.38 - 2007

Sumaira Zahoor (PAK)
PB: 56.73 - 2006

Rozina Shafqiat (PAK)
PB: 55.86 – 2006 (4th at SAG)

Bushra Parveen (PAK) 8.6.82
PB 400m: 55.5m – 2007; 800m: 2:08.04 – 2006
Bronze medalist in South Asian Games 2006

800m/1500m

S.R. Bindhu (IND) 1989
PB 800m: 2:08.48 – 2008; 1500m: 4:26.4 - 2007

Priyanka Patel (IND) 8.7.87
PB 800m: 2:07.62 – 2007; 1500m: 4:27.7m - 2007

Sinimole Paulose (IND) 24.6.83
PB 800m: 2:02.02 – 2006; 1500m: 4:10.51 – 2006
Current Asian Indoor Games and Championship winner
Reigning South Asian Games champion in 1500m

Sushma Devi (IND) 7.5.84
PB 800m: 2:03.81 – 2008; 1500m: 4:13.22 – 2007
Silver medalist in Asian Indoor championships-2008

Geethani Rajasekara (SRI)
PB: 2:10.33 – 2007; 1500m: 4:30.84 - 2006

K.L.L. Gunawardana (SRI) 9.1.74
PB 800m: 2:08.05 - 2003

D.A. Shanika Samanmali (SRI)
PB 1500m: 4:24.9m - 2007

5000m

Preeja Sreedharan (IND) 13.3.82
PB: 15:45.96 – 2006
Asian Indoor 3000m champion-2008; 5th at Doha Asiad

Kavita Raut (IND) 5.5.85
PB: 16:09.49 - 2007
Silver medalist in Asian Indoor 3000m and Winner of Standard Chartered Mumbai Half-Marathon 2008

Preeti L. Rao (IND)
PB: 16:45.25 - 2007

Dalugoda A. Inoka (SRI) 7.12.74
PB: 16:37.41 – 2006 (2nd at SAG)

Lakmini Bogahawatta (SRI) 15.1.81

100m Hurdles

Anurahda Biswal (IND) 28.3.75
PB: 13.38 NR 2002
Reigning South Asian Games champion

Poonam Bojanna (IND) 1979
PB : 13.99 - 2002

Shreema Priyadarshini (IND)
PB : 14.22 – 2008

400m Hurdles

V. Leelavathi (IND) 16.11.84
PB: 59.84 - 2008
Bronze medallist in 60m hurdles in Asian Indoor championships at Doha-2008

Harpreet Kaur (IND)
PB: 60.08 - 2008

Shiji John (IND)
PB: 62.58 - 2008

P.S.M. de Zoysa (SRI)
PB : 60.72 - 2008

High Jump

Sahana Kumari (IND) 6.3.81
PB: 1.82 - 2007

N.K. Siji (IND)
PB: 1.70 - 2008

Sushmita Singha Roy (IND) 26.3.84
PB: 1.75 - 2005
Heptathlon bronze medalist in Asian Championships'07

Priyangika Maduwanthi (SRI)
PB: 1.81 - 2008

Janitha Kodikara (SRI) 27.5.81
PB: 1.74 - 2008

Long Jump / Triple Jump

Anju George (IND) 19.4.77
PB: 6.83 - 2004
First Indian woman to win a World championship bronze medal in Paris-2003; Silver medalist in World Athletics Final at Monaco-2005; Fifth at Athens Olympics; Commonwealth bronze medalist in 2002; Asian Games Gold in 2002 and Silver in 2006. Reigning South Asian Games champion

J.J. Shobha (IND) 14.1.78
PB: 6.66 - 2004
Bronze medalist in Asian Games 2002 and 2006 (Heptathlon)

Maliakhal A. Prajusha (IND) 20.5.87
PB LJ: 6.22 - 2007; TJ: 12.94 - 2007
Bronze medalist in Asian Indoor championships-2008

Mayookha Johny (IND) 4.9.88
PB LJ: 6.32 - 2008; TJ: 13.34 - 2008

N.C.D. Priyadarshini (SRI)
PB: 6.26 - 2008

Ruwini Rubasinghe (SRI)
PB TJ: 12.76 - 2007

Shot Put / Discus Throw

Seema Antil (IND) 27.7.83
PB SP: 14.84 NJR 2002; DT: 64.84 - 2004
World junior bronze medalist in 2002 and Commonwealth Games silver medalist in 2006

Saroj Sihag (IND) 13.6.82
PB SP: 15.33 - 2006; DT: 55.16 - 2005

Harwant Kaur (IND) 5.7.80
PB SP: 15.75 - 2002; DT: 63.05 - 2004

Nadeeka Muthunayake (SRI) 17.1.80
PB SP: 14.45 - 2006
Silver medalist in South Asian Games-2006

Padma Nandani Wijesundara (SRI) 12.4.73
PB DT: 47.50 - 2006
Reigning South Asian Games champion

Zeenat Parveen (PAK) 20.10.74
PB SP: 14.57 - 2005

Javelin Throw

Gurpreet Kaur (IND)
PB: 48.72 - 2002

Suman Devi (IND) 15.7.84
PB: 54.36 - 2005

B.L. Nadeeka Lakmali (SRI) 19.9.81
PB: 58.48 - 2007

Parveen Akhtar (PAK) 29.12.77
PB: 42.44 - 2004

**Please send your comments
and / or questions, if any, to:**

**sportsmurali@yahoo.com
Mobile: +91.98943.90950**