

Cross Country

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2000

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48th ALL INDIA POLICE AQUATIC & CROSS COUNTRY CHAMPIONSHIP-TRIVANDRUM  
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Punjab Police 4KM Cross Country Team Secured 4th Position

Punjab Police 12KM Cross Country Team Secured 6th Position

2001

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49th ALL INDIA POLICE AQUATIC & CROSS COUNTRY CHAMPIONSHIP-AURANGABAD FROM 26TH  
FEB 3RD MAR.-2001

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Punjab Police 4KM Cross Country Team Secured 3th Position

Punjab Police 12KM Cross Country Team Secured 5th Position

Cross-Country

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2002

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51th ALL INDIA POLICE AQUATIC & CROSS COUNTRY CHAMPIONSHIP-DELHI FROM 22ND TO  
27TH  
NOV-2002.

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Punjab Police Cross Country Team Secured 4th Postion in 4KM & 12KM Race

4 KM Race

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1.HC.Bhajan Lal	11.51:07 Sec
2.HC.Amandeep Singh	12.40:06 Sec
3.HC.Sanjiv Kumar	13.00:00 Sec
4.CT.Vinod Kumar	13.17:00 Sec
5.CT.Prem Lal	13.18:00 Sec
6.C-II.Shinder Pal	13.18:03 Sec

12 KM Race

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1.CT.Mangat Ram	38.21.02 Sec
2.CT.Bhupinder Singh	38.23.07 Sec
3.CT.Jasbir Singh	38.26.09 Sec
4.HC.Ranjit Singh	38.33.02 Sec
5.CT.Gurmukh Singh	38.34.05 Sec
6.HC.Kulbir Singh	39.25.00 Sec

2003

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52th ALL INDIA POLICE AQUATIC & CROSS COUNTRY CHAMPIONSHIP-DELHI FROM 01  
to 06  
August-2003  
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CROSS COUNTRY  
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4KM  
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Punjab Police Team Secured 3rd Position  
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1.CT.Parveen Kumar	5th
2.HC.Sanjiv Kumar	12th
3.CT.Shinderpal Singh	18th
4.HC.Balwinder Singh	21st
5.CT.Amatjit Singh	32nd
6.HC.Bhajan Lal	61th

12KM  
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Punjab Police Team Secured 2nd Position  
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1.ASI.Aman Saini	3rd
2.CT.Mangat Kumar	6th
3.HC.Francis Shallu	11th
4.CT.Manpreet Singh	12th
5.CT.Gurmukh Singh	29th
6.CT.PMukesh Kumar	

Aquatic & Cross Country  
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2004  
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53th ALL INDIA POLICE AQUATIC & CROSS COUNTRY CHAMPIONSHIP-DELHI  
FROM 06th to 10th Sep.2004  
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CROSS COUNTRY  
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4KM  
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Punjab Police Team Secured 3rd Position  
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1.CT.Parveen Kumar	5th	11:31.6
2.HC.Sanjiv Kumar	7th	11:34.3
3.CT.Vinod Kumar	9th	11:39.5
4.CT.Jagdeep Singh	19th	12:03.0
5.CT.Amarjit Singh	21st	12:.9.0
6.ASI.Harjit Singh	29th	12:22.0

