

ACHIEVMENTS OF PUNJAB POLICE ROWING TEAM

2000

ROWING

NATIONAL INVITATION CHAMPIONSHIP HELD AT KULLU(H.P) FROM
22.06.00 TO 24.06.00.

1.C-II.Dalip Kumar 13/190	2nd in 200 Mtrs Sprint Ist in 100 Mtrs Sprint Ist in Marthon
2.Ct.Jarnail Singh 13/540	2nd in 200 Mtrs Sprint Ist in 100 Mtrs Sprint Ist in Marthon
3.Ct.Harjinder Singh 82/167	2nd in 200 Mtrs Sprint Ist in 100 Mtrs Sprint Ist in Marthon
4.Ct.Narinder Singh	2nd in 200 Mtrs Sprint Ist in 100 Mtrs Sprint Ist in Marthon
5.Ct.Nardev Singh 82/167	2nd in 200 Mtrs Sprint Ist in 100 Mtrs Sprint Ist in Marthon

2001

31TH NATIONAL GAMES HELD AT PUNJAB FROM 19.11.01 TO
01.12.01.

1.C-II Nardev Sing	2nd in Double Scull 500 Mtrs 2nd in Double Scull 2KM
2.C-II Jarnail Singh	2nd in Double Scull 500 Mtrs 2nd in Double Scull 2KM
3.C-II Tajinder Singh	3rd in Double Scull 500 Mtrs Pair 3rd in Double Scull 2KM Pair
4.CT.Dalip Kukmar	3rd in Double Scull 500 Mtrs Pair 3rd in Double Scull 2KM Pair
5.CT.Sukhbir Singh	3rd in Cox Less 4 2KM
6.CT.Bhupinder Singh	3rd in Cox Less 4 2KM

2002

STATE CHAMPIONSHIP HELD AT CHANDIGARH FROM
05.01.02 TO 06.01.02.

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1.C-II Dalip Kumar	Ist in Pair
	Ist in Cox Less Four
2.C-II Tajinder Singh	Ist in Pair
	Ist in Cox Less Four
3.C-II Bhupinder Singh	Ist in Cox Less Four
4.C-II Sukhbir Singh	Ist in Cox Less Four
5.C-II Nardev Singh	Ist in Singal Scul

SENIOR NATIONAL CHAMPIONSHIP HELD AT MADRAS FROM
21TH TO 23RD-2002

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1.C-II Dalip Kumar	3rd in Pair
	3rd in Cox Four
2.C-II Tajinder Singh	3rd in Pair
	3rd in Cox Four
3.C-II Bhupinder Singh	3rd in Cox Four
4.C-II Sukhbir Singh	3rd in Cox Four

GANGA WATER RELLY HELD AT ALLAHABAD FROM
06.02.02 TO 08.02.02.

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1.C-II Nardev Singh	Ist in Kayak-2
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SENIOR NATIONAL CHAMPIONSHIP HELD AT BHOPAL FROM
20.03.02 TO 23.03.02.

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1.C-II Nardev Singh	3rd in Kayak-I
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IST ALL INDIA POLICE KAYAKING, CANOENING & ROWING CHAMPIONSHIP
HELD AT CHANDIGARH FROM 28.04.02 TO 01-05.02.

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1.HC.Jarnail Singh	Ist in 200 Mtrs Canoe-I
	Ist in 200 Mtrs Canoe-II
	Ist in 500 Mtrs Canoe-I
	Ist in 500 Mtrs Canoe-II
	Ist in 500 Double Scull
	Ist in 1000 Mtrs Double Scull
2.CT.Sukhpal Singh	Ist in 200 Mtrs Canoe-II
	Ist in 500 Mtrs Canoe-II
3.HC.Nardev Singh	2nd in 200 Mtrs Kayak-I
	Ist in 200 Mtrs Kayak-II

	Ist in 500 Mtrs Kayak-I
	Ist in 500 Mtrs Kayak-II
	Ist in 500 Mtrs Singal Scull
	Ist in 1000 Mtrs Singal Scull
	Ist in 500 Mtrs Double Scull
	Ist in 1.000 Mtrs Double Scull
4.C-II Tajinder Singh	Ist in 200 Mtrs Kayak-II
	Ist in 500 Mtrs Kayak-II
	Ist in 500 Mtrs Cox Less Pair
	Ist in 1000 Mtrs Cox Less Four
5.C-II.Dalip Kumar	Ist in 500 Mtrs Cox Less Pair
	Ist in 1000 Mtrs Cox Less Four
6.C-II Bhupinder Singh	Ist in 1000 Mtrs Cox Less Pair
	Ist in 1000 Mtrs Cox Less Four
7.CT.Roop Chand	Ist in 500 Mtrs Cox Less Four
8.CT.Dalel Khan	Ist in 500 Mtrs Cox Less Four
9.CT.Santokh Singh	Ist in 500 Mtrs Cox Less Four
10.CT.Balwinder Singh	Ist in 500 Mtrs Cox Less Four
11.CT.Sukhbir Singh	Ist in 1000 Mtrs Cox Less Four
	Ist in 1000 Mtrs Cox Less Pair

Gold	Silver
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15	01

Rowing	Ist
Kayaking	Ist
Canoeing	Ist

SPRINT NATIONAL CHAMPIONSHIP HELD AT KOLKATA FROM
04.07.02 TO 07.07.02.

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1.HC.Tajinder Singh	2nd in 500 Mtrs Cox Four
2.HC.Dalip Kumar	2nd in 500 Mtrs Cox Four
3.C-II Bhupinder Singh	2nd in 500 Mtrs Cox Four
4.C-II Sukhbir Singh	2nd in 500 Mtrs Cox Four
5.HC.Jarnail Singh	2nd in 500 Mtrs Single Scull
6.CT.Jaspal Singh	3rd in 500 Mtrs Double Scull
7.ASI.Lakhwinder Singh	Coach Rowing Team

Rowing

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2003

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2ND ALL INDIA POLICE KAYAKING,CANOENING & ROWING CHAMPIONSHIP  
HELD AT A & N (ISLAND) FROM 13.03.03 TO 16.03.03.

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|                     |                               |
|---------------------|-------------------------------|
| 1.ASI.Jarnail Singh | Ist in 1000 Mtrs Single Scull |
|                     | Ist in 500 Mtrs Single Scull  |

|                                    |                                                               |
|------------------------------------|---------------------------------------------------------------|
|                                    | Ist in 500 Mtrs Double Scull                                  |
| 2.Inspr.Jagjit Singh               | 1st in 1000 Mtrs Double Scull                                 |
| 3.HC.Dalip Kumar                   | Ist in 1000 Mtrs Double Scull<br>Ist in 500 Mtrs Double Scull |
| 4.HC.Sukhbir Singh                 | Ist in 1000 Mtrs Pair                                         |
| 5.HC.Bhupinder Singh               | Ist in 1000 Mtrs Pair                                         |
| 6.HC.Tajinder Singh                | Ist in 500 Mtrs K-2<br>Ist in 200 Mtrs K-2                    |
| 7.CT.Karan Kumar                   | Ist in 500 Mtrs K-2<br>Ist in 200 Mtrs K-2                    |
| 8.ASI.Nardav Singh                 | Ist in 200 Mtrs K-1<br>2nd in 500 Mtrs K-1                    |
| 9.HC.Sukhpal Singh                 | 2nd in 1000 Mtrs C-2<br>2nd in 500 Mtrs C-2                   |
| 10.CT.Baljit Singh                 | 2nd in 1000 Mtrs C-2<br>2nd in 500 Mtrs C-2                   |
| 11.C-II Mukesh Kumar               | Coach                                                         |
| 12.Shri.Kapil Dev,PPS,Comdt CDO Bn |                                                               |

| Gold     | Silver |
|----------|--------|
| -----    | -----  |
| 09       | 03     |
| Rowing   | Ist    |
| Kayaking | 2nd    |

3RD ALL INDIA POLICE KAYAKING,CANOENING & ROWING CHAMPIONSHIP  
HELD AT SRINAGAR FROM 27.09.03 TO 01.10.03.

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|                     |                                                                                       |
|---------------------|---------------------------------------------------------------------------------------|
| 1.HC.Jarnail Singh  | Ist in 500 Mtrs Single Scull<br>Ist in 1000 Mtrs Single Scull<br>3rd in 200 Mtrs C-I. |
| 2.HC.Nardev Singh   | 1st in 1000 Mtrs K-4<br>3rd in 500 Mtrs K-4<br>2nd in 500 Mtrs K-4                    |
| 3.HC.Tajinder Singh | 1st in 1000 Mtrs K-4<br>2nd in 1000 Mtrs K-2<br>3rd in 500 Mtrs K-4                   |
|                     | 2nd in 500 Mtrs K-2<br>2nd in 200 Mtrs K-4<br>3rd in 200 Mtrs K-2                     |

- 4.CT.Karan Kumar                    1st in 1000 Mtrs K-4  
                                          2nd in 1000 Mtrs K-1  
                                          3rd in 500 Mtrs K-4  
                                          2nd in 500 Mtrs K-2  
                                          2nd in 200 Mtrs K-4  
                                          3rd in 200 Mtrs K-2
- 5.CT.Jagdeep Singh                    1st in 1000 Mtrs K-4  
                                          2nd in 1000 Mtrs K-2  
                                          3rd in 500 Mtrs K-4  
                                          2nd in 200 Mtrs K-4
- 6.HC.Sukhpal Singh                    2nd in 500 Mtrs C-I  
                                          3rd in 500 Mtrs C-2  
                                          2nd in 1000 Mtrs C-2
- 7.CT.Baljit Singh                    3rd in 500 Mtrs C-II  
                                          2nd in 1000 Mtrs C-II
- 8.HC.Dalip Kumar                    1st in 1000 Mtrs Double Scull  
                                          1st in 500 Mtrs Double Scull  
                                          1st in 500 Mtrs Cox Less Four
- 9.HC.Sukhvir Singh                    1st in 1000 Mtrs Cox Less Pair  
                                          1st in 500 Mtrs Cox Less Pair  
                                          1st in 1000 Mtrs Cox Less Four  
                                          1st in 500 Mtrs Cox Less Four
- 10.HC.Bhupinder Singh                    1st in 1000 Mtrs Cox Less Pair  
                                          1st in 500 Mtrs Cox Less Pair  
                                          1st in 500 Mtrs Cox Less Four
- 11.CT.Jaspal Singh                    1st in 1000 Mtrs Double Scull  
                                          1st in 500 Mtrs Double Scull
- 12.CT.Manjinder Singh                    1st in 1000 Mtrs Cox Less Four
- 13.CT.Harkamal Singh                    1st in 1000 Mtrs Cox Less Four
- 14.Inspr.Jagjit Singh                    1st in 1000 Mtrs Cox Less Four
- 15.CT.Narinder Kumar                    1st in 500 Mtrs Cox Less Four

| Gold  | Silver | Bronze |
|-------|--------|--------|
| ----- | -----  | -----  |
| 09    | 05     | 05     |

Rowing                    Ist  
 Kayaking                    2nd

2004

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INDIA CUP INTERNATIONAL RAFTING CHAMPIONSHIP HELD AT SHIMLA  
 FROM 16.03.04 TO 19.03.04.

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1.C-II.Jarnail Singh                    2nd in Marathon

|                         |                                                   |
|-------------------------|---------------------------------------------------|
|                         | 3rd in Slalom<br>3rd in Sprint                    |
| 2.C-II.Dalip Kumar      | 2nd in Marathon<br>3rd in Slalom<br>3rd in Sprint |
| 3.C-II.Tajinder Singh   | 2nd in Marathon<br>3rd in Slalom<br>3rd in Sprint |
| 4.C-II.Baljit Singh     | 2nd in Marathon<br>3rd in Slalom<br>3rd in Sprint |
| 5.C-II.Karan Kumar      | 2nd in Marathon<br>3rd in Slalom<br>3rd in Sprint |
| 6.CT.Ashwani Kumar      | 2nd in Marathon<br>3rd in Slalom<br>3rd in Sprint |
| 7.CT.Sudhir Kumar       | 2nd in Marathon<br>3rd in Slalom<br>3rd in Sprint |
| 8.C-II.Mukesh Kumar     | Coach                                             |
| 9.C-II.Lakhwinder Singh | Coach                                             |
| 10.L/HC.Raj Saini       | 3rd in Marathon<br>3rd in Slalom<br>3rd in Sprint |
| 11.HC.Balbir Kaur       | 3rd in Marathon<br>3rd in Slalom<br>3rd in Sprint |

2004

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4TH ALL INDIA POLICE KAYAKING,CANOENING & ROWING CHAMPIONSHIP  
HELD AT RURKEE FROM 16.10.04 TO 19.10.04.

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|                         |                                                                                                  |
|-------------------------|--------------------------------------------------------------------------------------------------|
| 1.C-II.Jarnail Singh    | Ist in 500 Mtrs Double Scull<br>Ist in 2000 Mtrs Double Scull<br>3rd in 500 Mtrs Single Scull    |
| 2.C-II.Jashpal Singh    | Ist in 500 Mtrs Double Scull<br>Ist in 2000 Mtrs Single Scull<br>Ist in 2000 Mtrs Double Scull   |
| 3.HC.Sukhbir Singh      | Ist in 500 Mtrs Cox Less Pair<br>Ist in 2000 Mtrs Cox Less Four                                  |
| 4.C-II.Dalip Kumar      | Ist in 500 Mtrs Cox Less Pair<br>Ist in 2000 Mtrs Cox Less Four<br>2nd in 500 Mtrs Cox Less Four |
| 5.CT.Harkamaljeet Singh | Ist in 2000 Mtrs Cox Less Four<br>2nd in 500 Mtrs Cox Less Four                                  |



|                       |                                                                                        |
|-----------------------|----------------------------------------------------------------------------------------|
| 3.C-II.Jarnail Singh  | 2nd in 2 K.M Double Scull<br>2nd in 2 K.M Coxless Four                                 |
| 4.C-II.Tajinder Singh | 1st in 2 K.M Coxless Pair<br>2nd in 2 K.M Coxless Four<br>1st in 500 Mtrs Coxless Pair |
| 5.Ct.Karnail Singh    | 1st in 2 K.M Coxless Pair<br>2nd in 2 K.M Coxless Four<br>1st in 500 Mtrs Coxless Pair |
| 6. C-II.Nardev Singh  | 1st in 1000 Mtrs Kayak<br>1st in 500 Mtrs Kayak                                        |
| 7. C-II Mukesh Kumar  | Coach                                                                                  |

Note:- All India Police Rowing Championship-2005 won by Punjab Police with 4 Gold & 3 Silver Medals.

2006  
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Rowing  
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6TH ALL INDIA POLICE KAYAKING,CANOENING & ROWING CHAMPIONSHIP  
HELD AT HYDERABAD FROM 16.10.06 TO 19.10.06.

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Note:- All India Police Water Sports Championship-2006 won by Punjab Police with 5 Gold , 2 Silver & 2 Bronze Medals.  
(Total= 09)

|                       |                                                                                                                                |
|-----------------------|--------------------------------------------------------------------------------------------------------------------------------|
| 1.Ct.Lachhman Singh   | Ist in 1000 Mtrs.Single Scull<br>1st in 500 Mtrs Double Scull<br>2nd in 1000 Mtrs Double Scull<br>2nd in 500 Mtrs Single Scull |
| 2.C-II.Jaspal Singh   | 1st in 500 Mtrs Double Scull<br>2nd in 1000 Mtrs Double Scull                                                                  |
| 3.C-II.Tajinder Singh | 1st in 500 Mtrs.Coxless Pair<br>1st in 1000 Mtrs Coxless Four<br>3rd in 1000 Mtrs Coxless Pair                                 |
| 4.Ct.Karnail Singh    | 1st in 500 Mtrs Coxless Pair<br>1st in 1000 Mtrs Coxless Four<br>3rd in 1000 Mtrs Coxless Pair                                 |
| 5. C-II.Nardev Singh  | 1st in 1000 Mtrs Kayak-I<br>3rd in 500 Mtrs Kayak-I                                                                            |
| 6. C-II.Dalel Khan    | 1st in 1000 Mtrs Coxless Four                                                                                                  |



7. Ct.Suneet Kumar                    1st in 1000 Mtrs Coxless Four
8. C-II.Mukesh Kumar                Coach

Rowing  
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4th Air India Rafting Cup held at River Sutlej (HP)  
from 13.03.2007 to 19.03.2007

- =====
- |                       |       |                            |
|-----------------------|-------|----------------------------|
| 1. Ct.Devinder Kumar  |       | 1st in Down River Marathon |
| 2. HC.Bhupinder Singh |       |                            |
| 3. Ct.Sudhir Kumar    |       |                            |
| 4. Ct.Ashwani Kumar   |       |                            |
| 5. HC.Sukhpal Singh   |       |                            |
| 6. C-II.Mukesh Kumar  | Coach |                            |

7th All India Police Kayaking, Canoeing & Rowing Championship  
held at Bhopal from 10.12.07 to 12.12.07

- =====
- |                           |                               |
|---------------------------|-------------------------------|
| 1. Ct. Lachhman Singh     | 1st in Single Scull 2 KM      |
|                           | 1st in Single Scull 500 Mtrs. |
|                           | 1st in Double Scull 2 KM      |
|                           | 3rd in Double Scull 500 Mtrs. |
| 2. C-II Jaspal Singh      | 1st in Double Scull 2 KM      |
|                           | 3rd in Double Scull 500 Mtrs. |
| 3. HC Tajinder Singh      | 2nd in Coxless Pair 500 Mtrs. |
|                           | 2nd in Coxless Four 500 Mtrs. |
|                           | 3rd in Coxless Pair 2 KM      |
| 4. Ct. Karnail Singh      | 2nd in Coxless Pair 500 Mtrs. |
|                           | 2nd in Coxless Four 500 Mtrs. |
|                           | 3rd in Coxless Pair 2 KM      |
| 5. Ct. Jagdeep Singh      | 1st in Coxless Four 2 KM      |
| 6. Ct. Suneet Kumar       | 1st in Coxless Four 2 KM      |
| 7. Ct. Pawanjit Singh     | 1st in Coxless Four 2 KM      |
| 8. Ct. Gurpinderjit Singh | 1st in Coxless Four 2 KM      |
| 9. HC Daleel Khan         | 2nd in Coxless Four 500 Mtrs. |
| 10. HC Nardev Singh       | 2nd in Coxless Four 500 Mtrs. |
| 11. Ct. Mukesh Kumar      | Rowing Team 1st as a Coach    |

Water Sports  
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8th All India Police Kayaking, Canoeing & Rowing  
Championship held at Srinagar from 02.06.09 to 08.06.09

|                      |                                                                                          |
|----------------------|------------------------------------------------------------------------------------------|
| 1.Ct. Lachhman Singh | 1st in Single Scull 1000.Mt<br>1st in Double Scull 1000.Mt<br>3rd in Single Scull 500.Mt |
| 2.Ct. Manjeet Singh  | 1st in Double Scull 1000.Mt                                                              |
| 3.Ct.Pawamjit Singh  | 2nd in Coxless Pair 1000.Mt                                                              |
| 4.Ct.Jagdeep Singh   | 2nd in Coxless Pair 1000.Mt                                                              |
| 5.Ct.Karnail Singh   | 3rd in Coxless Pair 500.Mt                                                               |
| 6.ASI.Tajinder Singh | 3rd in Coxless Pair 500.Mt                                                               |

9th All India Police Kayaking, Canoeing & Rowing  
Championship held at Chandigarh from 08.12.09 to 12.12.09

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|                       |                                                                                                                            |
|-----------------------|----------------------------------------------------------------------------------------------------------------------------|
| 1. Ct. Lachhman Singh | 1st in 1000 Mt. Single Scull<br>1st in 1000 Mt. Double Scull<br>3rd in 500 Mt. Single Scull<br>3rd in 500 Mt. Coxless Four |
| 2.Ct. Manjeet Singh   | 1st in 1000 Mt. Double Scull<br>3rd in 500 Mt. Double Scull                                                                |
| 3.ASI.Tajinder Singh  | 2nd in 1000 Mt. Coxless Pair<br>3rd in 500 Mt. Coxless Four                                                                |
| 4.Ct.Karnail Singh    | 2nd in 1000 Mt. Coxless Pair<br>3rd in 500 Mt. Coxless Four                                                                |
| 5.Ct.Pawamjit Singh   | 1st in 1000 Mt. Coxless Four                                                                                               |
| 6.Ct. Navdeep Singh   | 1st in 1000 Mt. Coxless Four<br>3rd in 500 Mt. Coxless Four                                                                |
| 7.Ct. Jagdeep Singh   | 1st in 1000 Mt. Coxless Four                                                                                               |
| 8.Ct. Jagmeet Singh   | 1st in 1000 Mt. Coxless Four                                                                                               |
| 9.Ct. Vakinder Kumar  | 3rd in 500 Mt. Coxless Four                                                                                                |
| 10.HC Mukesh Kumar    | Coach                                                                                                                      |

Team secured 2nd Position

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Water Sports

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12th All India Police Water Sports Championship-2012  
held at Sukhna Lake, Chandigarh from 25.04.13 to 30.04.13

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|                       |                             |
|-----------------------|-----------------------------|
| 1. Ct. Arwinder Singh | 2nd in 500 Mt. Single Scull |
|-----------------------|-----------------------------|

|                          |                             |
|--------------------------|-----------------------------|
|                          | 2nd in 1000 Mt.Single Scull |
| 2. Ct. Vikinder Singh    | 2nd in 500 Mt. Single Scull |
|                          | 3rd in 1000 Mt.Double Scull |
| 3. Ct. Jagmeet Singh     | 2nd in 500 Mt. Double Scull |
|                          | 3rd in 1000 Mt.Double Scull |
| 4. Ct. Harkamaljit Singh | 2nd in 500 Mt. Coxless Four |
|                          | 3rd in 1000 Mt.Coxless Pair |
| 5. Ct. Mangal Singh      | 2nd in 500 Mt. Coxless Four |
|                          | 3rd in 1000 Mt.Coxless Four |
| 6. Ct. Kuldeep Singh     | 2nd in 500 Mt. Coxless Four |
| 7. Ct. Vipran Kamboj     | 2nd in 500 Mt. Coxless Four |
|                          | 3rd in 1000 Mt.Coxless Four |
| 8. Ct. Gurjeet Singh     | 3rd in 1000 Mt.Coxless Pair |
| 9. HC Lachhman Singh     | 3rd in 1000 Mt.Coxless Four |
| 10. Ct. Navdeep Singh    | 3rd in 1000 Mt.Coxless Four |
| 11. HC Mukesh Kumar      | Team 3rd as a Coach         |

#### Rowing

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15th Asian Rowing Championship held at Luan, China  
from 22.09.2013 to 30.09.2013

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|                      |               |
|----------------------|---------------|
| 1. Ct. Mandeep Singh | Participation |
|----------------------|---------------|

#### Water Sports

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13th All India Police Water Sports Championship-2013
held at Bhopal from 15.12.2013 to 20.12.2013

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|                 |   |    |
|-----------------|---|----|
| 1. Gold Medal   | = | 05 |
| 2. Silver Medal | = | 02 |
| 3. Bronze Medal | = | 01 |

Punjab Police Rowing Team allover Champion

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Water Sports

14th All India Police Water Sports Championship-2014-15
held at Sri Nagar (J&K) from 27.07.2015 to 31.07.2015

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|------------------------|-------------------------------------------------------------|
| 1. HC Lachhman Singh   | 1st in 1000 Mt. Double Scull<br>3rd in 500 Mt. Double Scull |
| 2. CT Mandeep Singh    | 1st in 1000 Mt. Single Scull                                |
| 3. CT Mangal Singh     | 1st in 1000 Mt. Double Scull<br>3rd in 500 Mt. Double Scull |
| 4. CT Shinderpal Singh | 3rd in 1000 Mt. Coxless Four                                |
| 5. CT Navdeep Singh    | 3rd in 1000 Mt. Coxless Four                                |
| 6. CT Gurjeet Singh    | 3rd in 1000 Mt. Coxless Four                                |
| 7. HC Jagmeet Singh    | 3rd in 1000 Mt. Coxless Four                                |
| 8. SI Tajinder Singh   | Team 3rd as a Coach                                         |
| 9. HC Mukesh Kumar     | Team 3rd as a Coach                                         |

**Water Sports**

**National Marathon & Salom Championship held at Maheshwar (MP)  
from 10.03.2016 to 12.03.2016**

- |    |                   |               |
|----|-------------------|---------------|
| 1. | CT Ravinder Singh | Participation |
| 2. | HC Mukesh Kumar   | As a Coach    |