

ACHIEVEMENTS OF PUNJAB POLICE ATHLETIC TEAM

1994

XLIII ALL INDIA POLICE GAMES-JAIPUR (MEN)

1.ASI.Gurbinder Singh	Ist in 100 Mtrs Run
2.ASI.Harjinder Singh	2nd in 400 Mtrs Run
3.ASI.Ram Bhool	3rd in 100 Mtrs Run
4.SI.Harmik Singh	3rd in 400 Mtrs Run
	5th in 800 Mtrs Run
5.SI.Jaswant Singh	2nd in 800 Mtrs Run
6.SI.Kulwant Rai	3rd in 1500 Mtrs Run
7.ASI.Gurdev Singh	2nd in 1000 Mtrs Run
8.ASI.Daljit Singh	3rd in 110 Mtrs High Hurdles
9.ASI.Manjinderpal Singh	3rd in 400 Mtrs Low Hurdles
10.Inspr.Satvir Singh	Ist in Javelin Throw
11.Inspr.Manjit Singh	2nd in Shot Put
12.Inspr.Bahadur Singh	3rd in Discus Throw
13.ASI.Gurjant Singh	2nd in Pole Vault
14.SI.Sukhjinder Singh	3rd in Decathlon
15.ASI.Paramjit Singh	2nd in High Jump
16.SI.Jaswinder Singh	Ist in Hammer Throw
17.HC.Bhupinder Singh	3rd in Hammer Throw
18.HC.Darpal Singh	4th in Javelin Throw
19.ASI.Tarsem Masih	4th in 5000 Mtrs Run
	4th in 10000 Mtrs Run
20.ASI.Joginder Singh	5th in 3000 Mtrs Steeple Chase
21.ASI.Jaswinder Singh	5th in Marathon Race
22.SI Iqbal Singh	6th in Shot Put
23.ASI.Upkar Singh	5th in Discus Throw

Note :-Punjab Police 4X100 Mtrs Relay Race = Team Secured Ist Postion
Punjab Police 4X400 Mtrs Relay Race = Team Secured 2nd Postion
Punjab Police Athletic Team Men = Team Secured 2nd Postion
with 182 Points

WOMEN

1.L/ASI.Renu Mehta	Ist in 100 Mtrs Run (NMR 11.09 sec)
	Ist in 200 Mtrs Run (NMR 24.04 sec)
2.L/HC.Suman Kumari	Ist in 800 Mtrs Run
3.L/ASI.Surinderjit Kaur	Ist in Discus Throw (NMR 46.50 MTRS)
4.L/HC.Swaranjit Kaur	2nd in Discus Throw
5.L/ASI.Inderjit Kaur	Ist in 400 Mtrs Run (NMR 57.09 sec)
	2nd in 200 Mtrs Run
6.L/HC.Seema	2nd in 400 Mtrs Run
	6th in 100 Mtrs Run
7.L/Insp.R.Amandeep Kaur	Ist in Shot Put (NMR 14.47 Mtrs)
	Ist in 100 Mtrs Run
8.L/SI.Jaswant Kaur	2nd in Shot Put
9.L/ASI.Deepinder Kaur	2nd in Long Jump
	2nd in 100 Mtrs Hurdles
10.L/ASI Amandeep Kaur	2nd in 800 Mtrs Run
11.L/CT.Preeti Channa	4th in 100 Mtrs Hurdles
12.L/HC.Paramjit Kaur	4th in High Jump

Note:-

1. Punjab Police Women 4X100 Mtrs Relay Race= Team 1st Position
(NMR49.1Sec)
2. Punjab Police Women 4X400 Mtrs Relay Race = Team 1st Position
3. Punjab Police Women Team Won the Overall Championship
with 192 Points

L/ASI.Renu Mehta Declared Best Women Athlete with 24 Points.

3RD NATIONAL GAMES-PUNE

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|------------------------|--------------------------------|
| 1.Inspr.Satvir Singh | Ist in Javelin Throw |
| 2.SI.Daljit Singh | 2nd in Javelin Throw |
| 3.ASI.Paramjit Singh | 2nd in High Jump |
| 4.SI.Bahadur Singh | 3rd in Discus Throw |
| 5.HC.Gamdoor Singh | 2nd in Decathlon |
| 6.HC.Joginder Singh | 4th in 3000 Mtrs Steeple Chase |
| 7.ASI Upkar Singh | 4th in Discus Throw |
| 8.L/Insp.Amandeep Kaur | Ist in Shot Put |
| | 3rd in Discus Throw |

JUNIOR NATIONAL ATHLETIC CHAMPIONSHIP-HYDERABAD

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|----------------------|-----------------|
| 1.ASI.Gurpreet Singh | Ist in Shot Put |
|----------------------|-----------------|

JUNIOR DOMESTIC ATHLETIC CHAMPIONSHIP-LUDHIANA

- | | |
|--------------------|----------------------|
| 1.ASI.Malkit Singh | 2nd in 1500 Mtrs Run |
| 2.HC.Rajesh Kumar | 3rd in 400 Mtrs Run |

JUNIOR ASIAN ATHLETIC MEET-JAKARTA

- | | |
|------------------------|--------------------------------|
| 1.ASI.Gurpreet Singh | 2nd in Shot Put |
| 2.ASI.Malkit Singh | 2nd in 1500 Mtrs Run |
| | 4th in 3000 Mtrs Steeple Chase |
| 3.ASI.Rajinder Kumar | 2nd 4X400 Mtrs Relay Race |
| 4.L/ASI.Swaranjit Kaur | 3rd in Discus Throw |

XLIII ALL INDIA POLICE CROSS COUNTRY RACE CHAMPIONSHIP-JAIPUR

Punjab Police Cross Country Team = Won 2nd Position.

1995

XXXIV OPEN NATIONAL ATHLETIC CHAMPIONSHIP-JAMSHEDPUR

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|--------------------------|-----------------------------|
| 1.ASI.Jaswant Singh | Ist in 800 Mtrs Run |
| 2.CT.Davinder Ram | 6th in 800 Mtrs Run |
| 3.ASI.Malkit Singh | 3rd in 1500 Mtrs Run |
| 4.ASI.Manjinderpal Singh | 2nd in 400 Mtrs Low Hurdles |
| 5.ASI.Navreet Singh | 3rd in Triple Jump |
| 6.Inspr.Satvir Singh | Ist in Javelin Throw |
| 7.ASI.Harwinder Singh | 2nd in Javelin Throw |
| 8.ASI.Jaswant Singh | 3rd in Hammer Throw |

WOMEN

1.L/CT.Sharda Chandel 4th in 100 Mtrs Run
 2.L/ASI.Rajinderpal Kaur 3rd in 400Mtrs Hurdles
 3.L/Inspr.Amandeep Kaur 1st in Shot Put (NMR 14.69 Mtrs)
 XXXIII ALL INDIA SENIOR INTER STATE ATHLETIC CHAMPIONSHIP-BANGALORE

1.ASI.Malkit Singh 2nd in 1500 Mtrs Run
 2.ASI.Jangjit Singh 1st in 110 Mtrs High Hurdles
 3.ASI.Manjinderpal Singh 1st in 400 Mtrs Low Hurdles
 4.HC.Paramjit Singh 2nd in Pole Vault
 5.ASI.Davinder Singh 3rd in Discus Throw
 6.ASI.Balraj Singh 1st in Javelin Throw
 7.SI.Iqbal Singh 2nd in Shot Put
 8.ASI.Paramjit Singh 3rd in High Jump

WOMEN

1.L/HC.Harpreet Kaur 2nd in Shot Put
 2.L/SI.Surinderjit Kaur 4th in Shot Put

IST AAFI FEDERATION CUP ATHLETIC CHAMPIONSHIP-CALCUTTA

1.HC.Jagdish Bishnoi 1st in Javelin Throw
 2.ASI.Harwinder Singh 2nd in Javelin Throw
 3.Inspr.Bahadur Singh 2nd in Shot Put
 3rd in Discus Throw
 4.ASI.Malkit Singh 2nd in 1500 Mtrs Run
 5.ASI.Manjinderpal Singh 2nd in 400 Mtrs Low Hurdles
 6.ASI.Sanjiv Kumar 3rd in 5000 Mtrs Run
 7.ASI.Gurpreet Singh 3rd in Shot Put

Note :-

1. Punjab Police 4X400 Mtrs Relay Race Team Secured 2nd Position

WOMEN

1.L/ASI.Harpreet Kaur 2nd in Shot Put
 2.L/Inspr.Amandeep Kaur 1st in Hammer Throw
 3rd in Shot Put
 3.L/ASI.Surinderjit Kaur 2nd in Hammer Throw
 3rd in Discus Throw
 4.L/HC.Sharda Chandel 3rd in 1500 Mtrs Run
 5.L/ASI.Swaranjit Kaur 2nd in Discus Throw

Note :-

1.Punjab Police Athletic Team Won the Championship with
 112 Points.

WORLD POLICE & FIRE GAMES-MELBOURNE-(AUSTRALIA)

1.Inspr.Satvir Singh Ist in Javelin Throw
2.L/Insp.Amandeep Kaur 2nd in shot Put
3rd in Discus Throw
1st in 4X100 Mtrs Relay Race
3.L/SI.Renu Mehta Ist in 4X100 Mtrs Relay Race
Ist in 100 Mtrs Run
4.L/ASI.Deepinder Kaur Ist in 4X100 Mtrs Relay Race
Ist in Long Jump
2nd in 100 Mtrs Hurdles
3rd in High Jump

ASIAN TRACK & FIELD MEET HELD AT-JAKARATA

1.Inspr.Bahadur Singh 8th in Shot Put

WOMEN

1.L/SI.Swaranjit Kaur 3rd in Discus Throw

DOMESTIC MEET HELD AT COIMBATORE,DELHI & CALCUTTA

1.Inspr.Manjit Singh 2nd in Shot Put at Delhi
2.Inspr.Bahadur Singh 2nd in Shot Put at Calcutta

WOMEN

1.L/SI.Swaranjit Kaur Ist in Discus Throw
at Coimbatore (NMR 49.86 Mtrs)

XLIV ALL INDIA POLICE ATHLETIC CHAMPIONSHIP-JALANDHAR

1.ASI.Gurwinder Singh 3rd in 100 Mtrs Run
2.HC.Jora Singh 3rd in 400 Mtrs Run
4th in 200 Mtrs Run
3.SI.Ram Bhool 2nd in 200 Mtrs Run
4.SI.Jaswant Singh Ist in 800 Mtrs Run
4th in 400 Mtrs Run
5.SI.Kalwant Rai Ist in 1500 Mtrs Run
6.ASI.Malkit Singh 3rd in 1500 Mtrs Run
3rd in 3000 Mtrs Steeple Chase
7.CT.Gurwinder Singh 4th in 800 Mtrs Run
8.ASI.Sanjiv Kumar Ist in 5000 Mtrs Run
9.ASI.Jaswinder Singh Ist in 10000 Mtrs Run
2nd in 5000 Mtrs Run
3rd in Marathon Race
10.CT.K.Rana Partap 4th in 10000 Mtrs Run
11.ASI.Jangjit Singh 2nd in 110 Mtrs High Hurdles
12.ASI.Daljit Singh 4th in 110 Mtrs High Hurdles
13.ASI.Manjinderpal Singh 2nd in 400 Mtrs Low Hurdles
14.ASI.Paramjit Singh 3rd in High Jump
15.ASI.Baljit Singh 2nd in Triple Jump
16.CT.Sanjiv Kumar 4th in Triple Jump
17.ASI.Gurjant Singh 4th in Pole Vault
18.CT.Paramjit Singh 6th in Pole Vault
19.Inspr.Bahadur Singh 3rd in Discus Throw
3rd in Shot Put

20.ASI.Upkar Singh	4th in Discus Throw
21.Inspr.Satvir Singh	1st In Javelin Throw (NMR 75.39 Mtrs)
22.HC.Balraj Singh	2nd in Javelin Throw
23.Inspr.Manjit Singh	2nd in Shot Put (NMR 18.29 Mtrs)
24.HC.Bhupinder Singh	1st in Hammer Throw
25.HC.Gurinderjit Singh	6th in Hammer Throw

Note :-

1. Punjab Police 4X100 Mtrs Relay Race Team Secoued Ist Position
2. Punjab Police 4X400 Mtrs Relay Race Team Secoued 2nd Position
3. ASI.Jaswinder Singh of Punjab Police Declared Best Athlete with 25 Points.
4. Punjab Police Men Athletic Team Secured Ist Position

WOMEN

1.L/CT.Manjit Kaur	3rd in 100 Mtrs Run
2.L/HC.Davinder Kaur	4th in 100 Mtrs Run
3 L/HC.Seema	2nd in 200 Mtrs Run
4.L/ASI.Inderjit Kaur	1st in 400 Mtrs Run(NMR 57.1 Sec)
	1st in 800 Mtrs Run(2:12.4Sec)
5.L/CT.Kamlesh Kaur	3rd in 400 Mtrs Run
6.L/CT.Sharda Chandel	2nd in 800 Mtrs Run
7.L/CT.Simarjit Kaur	1st in 1500 Mtrs Run
8.L/HC.Deepinder Kaur	1st in Long Jump
	1st in 100 Mtrs Hurdles
9.L/HC Suman Kumari	2nd in 1500 Mtrs Run
10.L/CT.Hepami Oram	2nd in 400 Mtrs Run
	4th in 100 Mtrs Hurdles
11.L/CT.Rupinderjit Kaur	4th in 400 Mtrs Run
12..L/HC.Paramjit Kaur	4th in High Jump
13.L/CT.Sunita Kumari	4th in Long Jump
14.L/ASI.Swaranjit Kaur	1st in Discus Throw (NMR 46.98 Mtrs)
15.L/SI.Surinderjit Kaur	2nd in Discus Throw
16.L/Insp.Amandeep Kaur	1st in Shot Put (NMR 15.45 Mtrs)
17.L/HC.Harpreet Kaur	2nd in Shot Put

Note

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- 1.Punjab Police 4X100 Mtrs Relay Race Women Team Secured Ist Poistion
- 2.Punjab Police 4X400 Mtrs Relay Race Women Team Secured Ist Position (NMR 3:52.3 Sec)
- 3.L/ASI.Inderjit Kaur Declared Best Women Athlete With 24 points
- 4.Punjab Police Women Athletic Team Won the Overall Championship.

XLIV ALL INDIA POLICE AQUATIC MEET & CROSS COUNTRY RACE CHAMPIONSHIP-PUNE

Punjab Police Cross Country Team Secured 2nd Position

7TH SOUTH ASIAN FEDERATION GAMES-CHENNAI

1.HC.Jagdish Bishnoi	1st in Javelin Throw
2.HC.Jora Singh	1st in 4X400 Mtrs Relay Race
3.Inspr.Bahadur Singh	1st in Shot Put (NMR 18.78 Mtrs)
4.L/ASI.Swaranjit Kaur	2nd in Discus Throw

5.L/Inspr.Amandeep Kaur Ist in Shot Put(NMR 15.18 Mtrs)

1996

OPEN INDIA ATHLETICS MEET DELHI

1.ASI.Jora Singh 2nd in 4X400 Mtrs Relay Race
2.ASI.Balraj Singh 2nd in Javelin Throw
3.ASI.Ramandeep Singh 3rd in Javelin Throw
4.HC.Rajinder Singh 3rd in 400 Mtrs Low Hurdles

2ND FEDERATION CUP ATHLETICS CHAMPIONSHIP-PUNE

1.HC.Kamaljit Singh 3rd in 200 Mtrs Run
2.SI.Kulwant Rai Ist in 1500 Mtrs Run
3.HC.Sahib Singh Ist in 110 Mtrs High Hurdles
Ist in 400 Mtrs Low Hurdles
4.ASI.Manjinderpal Singh 2nd in 400 Mtrs Low Hurdles
5.ASI.Baljit Singh 2nd in Triple Jump
6.Inspr.Bahadur Singh Ist in Shot Put
7.Inspr.Manjit Singh 2nd in Shot Put
8.CT.Gurdav Singh 3rd in Shot Put
9.Inspr.Daljit Singh Ist in Javelin Throw
10.ASI.Jagdish Bishnoi 2nd in Javelin Throw

WOMEN

1.L/ASI.Inderjit Kaur Ist in 800 Mtrs Run
2.L/HC.Paramjit Kaur 4th in High Jump
3.L/HC.Sukhdeep Kaur 7th in High Jump
4.L/ASI.Deepinder Kaur 4th in 100 Mtrs Hurdles
5.L/HC.Rupinderjit Kaur 4th in 400 Mtrs Hurdles
6.L/ASI.Swaranjit Kaur 4th in Discus Throw
7.L/SI.Surinderjit Kaur Ist in Hammer Throw (NMR)
3rd in Shot Put
5th in Discus Throw
8.L/HC.Seema 6th in 200 Mtrs Run
9.L/HC.Harpreet Kaur 2nd in Shot Put
10.L/HC.Ramla Devi 4th in 1500 Mtrs Run
11.L/HC.Reeta Rani 2nd in Hepathlon
12.L/CT.Ranjit Kaur 4th in Hepathlon
Punjab police Women 4X400 Mtrs Relay Race Team Secured 2nd Poistion
Punjab police Women 4X100 Mtrs Relay Race Team Secured 4th Poistion

XLV ALL INDIA POLICE AQUATIC MEET & CROSS COUNTRY RACE CHAMPIONSHIP
HELD AT DELHI

1. Punjab Police Cross Country Team Secured 2nd Position

1997

XLV ALL INDIA POLICE GAMES-PATNA

1.HC.Hardeep Singh Ist in 800 Mtrs Run
2.HC.Jasbir Singh Ist in 1500 Mtrs Run
3.ASI.Sahib Singh Ist in 110 Mtrs Hurdles (NMR)
Ist in 400 Mtrs Hurdles

4.ASI.Jagdish Bishnoi	Ist in Javelin Throw
5.ASI.Gurinderjit Singh	Ist in Hammer Throw
6.Inspr.Manjit Singh	Ist in Shot Put
7.ASI.Davinder Singh	Ist in Discus Throw
8.ASI.Gurvinder Singh	2nd in 100 Mtrs Run
9.ASI.Manjinderpal Singh	2nd in 400 Mtrs Hurdles
10.ASI.Gurjant Singh	2nd in Pole Vault
11.Inspr.Daljit Singh	2nd in Javelin Throw
12.HC.Harwinder Singh	2nd in Decathlon
13.ASI.Baljit Singh	3rd in Triple Jump
14.CT.Paramjit Singh	3rd in Pole Vault

Note:-

1.Punjab Police Men 4X100 Mtrs Relay Race Team Secured 3rd Position.

WOMEN

1.L/HC.Manjit Kaur	Ist in 100 Mtrs Run
	Ist in 200 Mtrs Run
2.L/ASI.Rajinderpal Kaur	Ist in 100 Mtrs Hurdles
	2nd in 400 Mtrs Hurdles
3.L/ASI.Paramjit Kaur	Ist in High Jump (NMR 1.61 Mtrs)
4.L/Insp.Amandeep Kaur	Ist in Shot Put (NMR 15.95 Mtrs)
	2nd in Discus Throw
5.L/ASI.Swaranjit Kaur	Ist in Discus Throw
6.L/HC.Seema	2nd in 100 Mtrs Run
	2nd in 400 Mtrs Run
	3rd in 200 Mtrs Run
7.L/CT.Ramla Devi	2nd in 800 Mtrs Run
	Ist in 100 Mtrs Run
8.L/SPO.Asha Rani	2nd in 1500 Mtrs Run
9.L/ASI.Deepinder Kaur	2nd in Long Jump
	3rd in 100 Mtrs Hurdles
10.L/CT.Sukhdeep Kaur	2nd in High Jump
11.L/SI.Surinderjit Kaur	2nd in Shot Put
12.L/CT.Kamlesh Kaur	3rd in 400 Mtrs Run
13.L/SPO.Joginder Kaur	3rd in 1500 Mtrs Run
14.L/CT.Rupinderjit Kaur	3rd in 400 Mtrs Hurdles

Note_

1.Punjab Police Women 4X100 Mtrs Relay Race =Team Secured 1st Position
 2.Punjab Police Women 4X400 Mtrs Relay Race =Team Secured 1st Position.
 3.Punjab Police Women Athletic Team Won the Overall Championship
 with 220 Points.

WORLD POLICE & FIRE GAMES-CALGARY (CANADA)

1.Inspr.Manjit Singh	Ist in Shot Put
2.ASI.Sahib Singh	Ist in 110 Mtrs Hurdles
	Ist in 4X400 Mtrs Relay Race
	2nd in 400 Mtrs Run
3.ASI.Davinder Singh	2nd in Discus Throw
4.ASI.Jagdish Bishnoi	Ist in Javelin Throw
5.L/Insp.Amandeep Kaur	Ist in Shot Put
	2nd in Discus Throw
6.L/ASI.Paramjit Kaur	2nd in High Jump
7.L/HC.Manjit Kaur	3rd in 100 Mtrs Run

2nd in 200 Mtrs Run
Ist in 4X400 Mtrs Relay

4TH NATIONAL GAMES-BANGALORE

1. ASI.Manjinderpal Singh	1stin 400 Mtrs Hurdles. Silver Medal in 4X400 Mtrs Relay Race
2. HC. Sahib Singh	3rdin 110 Mtrs & 400 Mtrs Hurdles
3. Inspr.Satvir Singh	1stin Javelin Throw
4. Inspr Manjit Singh	3rdin Shot Put
5.HC.Bhupinder Singh	3rdin Hammer Throw
6.Inspr.Daljit Singh	2nd in Javelin Throw
7.L/SI.Surinderjit Kaur	1stin Hammer Throw
8.L/Inspr. Amandeep Kaur	2nd in Shot Put
9.L/ASI.Swaranjit Kaur	3rdin Discus Throw
10.L/HC.Harpreet Kaur	3rdin Shot Put
10.L/Inspr. Amandeep Kaur	2nd in Shot Put

3RD FEDERATION CUP-CHENNAI

1.ASI.Manjinderpal Singh	Ist in 400 Mtrs Hurdles
2.ASI.Harwinder Singh	Ist in Decathlon
3.Inspr.Daljit Singh	Ist in Javelin Throw (NNR 77.30 Mtrs)
4.ASI.Harwinder Singh	2nd in Javelin Throw
5.Inspr.Bahadur Singh	Ist in Shot Put
	3rd in Discus Throw
6.ASI.Gurdev Singh	3rd in Hammer Throw

Note:-

1.Punjab Police Men 4X400 Mtrs Relay Race Team Secured 2nd Position

WOMEN

1.L/SI.Surinderjit Kaur	Ist in Hammer Throw
2.L/HC.Harpreet Kaur	2nd in Shot Put

2ND ALL INDIA KUKU,BALWANT & PARAMJIT MEMORIAL MEET-SANGRUR

1.ASI.Harkamal Singh	2nd in 100 Mtrs Run
2.HC.Hardeep Singh	2nd in 800 Mtrs Run
3.SI.Kulwant Rai	Ist in 1500 Mtrs Run
4.HC.Baldev Raj	3rd in 10000 Mtrs Run
5.HC.Tikka Jagdev Singh	2nd in 10 KM Walk
6.CT.Jaspinder Singh	2nd in 110 Mtrs Hurdles
7.CT.Iqbal Singh	3rd in 110 Mtrs Hurdles
8.CT.Harpinder Singh	3rd in Long Jump
9.ASI.Baljit Singh	2nd in Triple Jump
10.HC.Sukhdev Singh	3rd in Pole Vault
11.Inspr.Daljit Singh	2nd in Javelin Throw
12.ASI.Balraj Singh	3rd in Javelin Throw

Note:-

1.Punjab police Men Team Won the Overall Championship

WOMEN

1.L/CT.Kamlesh Kaur	2nd in 100 Mtrs Run
	2nd in 200 Mtrs Run
	2nd in 400 Mtrs Run
2.L/HC.Ramla Devi	2nd in 800 Mtrs Run
3.L/SPO.Asha Rani	Ist in 5000 Mtrs Run
4.L/ASI.Deepinder Kaur	Ist in Long Jump
5.L/CT.Sukhdeep Kaur	Ist in High Jump
6.L/ASI.Paramjit Kaur	2nd in High Jump
7.L/Inspr.Amandeep Kaur	Ist in Shot Put
8.L/SI.Surinderjit Kaur	3rd in Shot Put
	Ist in Hammer Throw
	3rd in Javelin Throw
9.L/ASI.Swaranjit Kaur	2nd in Javelin Throw
	Ist in Discus Throw

Note:-

1.Punjab police Women Team Won the Overall Championship

46TH ALL INDIA POLICE ATHLETICS CHAMPIONSHIP-CHENNAI

MEN

1.HC.Jagjit Singh	3rd in 100 Mtrs Run
2.CT.Sanjiv Kumar	5th in 100 Mtrs Run
3.ASI.Ajayraj Singh	4th in 200 Mtrs Run
4.HC.Kamaljit Singh	5th in 200 Mtrs Run
5.HC.Zora Singh	4th in 400 Mtrs Run
6.HC.Hardeep Singh	3rd in 800 Mtrs Run
7.SI.Jaswant Singh	7th in 800 Mtrs Run
8.SI.Kalwant Rai	1stin 1500 Mtrs Run (3:53.46)
9.HC.Jasbir Singh	3rdin 1500 Mtrs Run
10.ASI.Sahib Singh	1stin 110 Mtrs Hurdles(14.58 Sec)
	2nd in 400 Mtrs Hurdles
11.HC.Jangjit Singh	2nd in 110 Mtrs Hurdles
12.ASI.Manjinderpal Singh	1stin 400 Mtrs Hurdles(52.07 Sec)
13.CT.Balwinder Singh	8th in 3000 Mtrs Steeple Chase
14.CT.Jasbir Singh	8th in 5000 Mtrs Run
15.CT.Surinderpal Singh	5th in 10000 Mtrs Run
16.ASI.Gurjant Singh	3rdin Pole Vault
17.CT.Ajit Singh	5th in High Jump
18.CT.Sanmukh Singh	8th in High Jump
19.CT.Harpinder Singh	7th in Long Jump
20.CT.Gurmit Singh	5th in Triple Jump
21.CT.Gurpreet Singh	6th in Triple Jump
22.ASI.Gurdev Singh	2nd in Shot Put
23.Inspr.Manjit Singh	4th in Shot Put
24.ASI.Upkar Singh	2nd in Discus Throw
25.ASI.Davinder Singh	7th in Discus Throw
26.HC Shalinder Singh	1stin Hammer Throw (58.94 Mtrs)
27.HC.Bhupinder Singh	3rdin Hammer Throw
28.ASI.Jagdish Bishnoi	1stin Javelin Throw (70.70 Mtrs)

29.Inspr.Satvir Singh	2nd in Javelin Throw
30.ASI.Harwinder Singh	1stin Decathlon (6662 Points)
31.ASI.Gamdoor Singh	3rdin Decathlon
32.HC.Kulbir Singh	4th in Marathon Race

Note:

- 1.Punjab Police Men 4X100 Mtrs Relay Race=Team Secured 2nd Position.
- 2.Punjab Police Men 4X400 Mtrs Relay Race=Team Secured 2nd Position.
- 3.Punjab Police Men Team = Secured 1st Position in State Police Championship.
- 4.Punjab Police Men Team = Secured 2nd Position in Overall Championship with 123 Points

WOMEN

1.ASI.Manjit Kaur	1st in 100 Mtrs Run (12.46 Sec)
	1st in 200 Mtrs Run (25.15 Sec)
2.SI. Deepinder Kaur	2nd in 100 Mtrs Run
	2nd in Long Jump
	1st in 4X100 Mtr Relay Race(NMR 48.38 Sec)
	1st in 100 Mtrs Hurdles(NMR 14.79 Sec)
	Declared Best Women Athlete of the Meet With 17 PTS
3.HC Seema	1st in 400 Mtrs Run (NMR 56.39 Sec)
	3rd in 200 Mtrs Run
4.SI.Balwinder Kaur	1st in 4X100 Mtrs Relay Race(NMR 48.38 Sec)
	6th in 400 Mtrs Run
5.HC.Ramla Devi	3rd in 800 Mtrs Run
	3rd in 1500 Mtrs Run
6.SI.Inderjit Kaur	4th in 800 Mtrs Run
7.CT.Asha Rani	4th in 1500 Mtrs Run
8.ASI.Rajinderpal Kaur	3rd in 100 Mtrs Hurdles
	3rd in 400 Mtrs Hurdles
9.CT.Rupinderjit Kaur	4th in 400 Mtrs Hurdles
10.CT.Sukhdeep Kaur	1st in High Jump(NMR 1.66 Mtrs)
11.HC.Paramjit Kaur	6th in High Jump
12.CT.Yum Nagi	1st in 4X100 Mtrs Relay Race
	(NMR 48.38 Sec)
	6th in Long Jump
13.Inspr.Amandeep Kaur	1st in Shot Put (15.47 Mtrs)
14.ASI.Swaranjit Kaur	1st in Discus Throw(NMR 52.52 Mtrs)
15.SI.Surinderjit Kaur	3rd in Discus Throw

Note:-

- 1.Punjab Police Women 4X100 Mtrs Relay Race= Team Secured 1st Position.
- 2.Punjab Police Women 4X400 Mtrs Relay Race= Team Secured 2nd Position
- 3.Punjab Police Women Team Won the Overall Championship With 112 Pts.

IST RAJA BHALINDRA SAAAF MEET

1.ASI.Sahib Singh	1st in 110 Mtrs High Hurdles
2.ASI.Jagdish Bishnoi	1st in Javelin Throw
3.SI.Ramandeep Singh	3rd in Javelin Throw
4.HC.Rupinderpal Singh	3rd in Javelin Throw
5.L/Inspr.Amandeep Kaur	2nd in Shot Put
6.L/SI.Surinderjit Kaur	3rd in Shot Put

7.L/ASI.Swaranjit Kaur 3rd in Discus Throw

CIRCUIT MEET-MUMBAI

1.ASI.Sahib Singh	1st in 110 Mtrs High Hurdles
	2nd in 400 Mtrs Hurdles
2.ASI.Jagdish Bishnoi	1st in Javelin Throw (73.78 Mtrs)
3.SI.Ramandeep Singh	3rd in Javelin Throw (70.20 Mtrs)
4.ASI.Gurinderjit Singh	3rd in Hammer Throw
5.SI.Jangjit Singh	3rd in 110 Mtrs High Hurdles
6.SI.Kulwant Rai	3rd in 1500 Mtrs Run
7.L/Inspr.Amandeep Kaur	2nd in Shot Put
8.L/SI.Surinderjit Kaur	3rd in Shot Put
9.L/ASI.Swaranjit Kaur	3rd in Discus Throw

1998

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47th ALL INDIA POLICE AQUATIC & CROSS COUNTRY CHAMPIONSHIP HELD AT JALANDHAR

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Punjab Police 4KM Cross Country Team Secured 2nd Position

|                      |              |             |
|----------------------|--------------|-------------|
| 1.CT.Bhajan Lal      | 5th Postion  | 0:12.32 sec |
| 2.SI.Kulwant Singh   | 10th Postion | 0:12.47 Sec |
| 3.ASI.Jasbir Singh   | 11th Postion | 0:12.50 Sec |
| 4.CT.Balwinder Singh | 10th Postion | 0:12.51 Sec |

Note:-

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Punjab Police 12KM Cross Country Team Secured 4th Position

-----

|                        |              |             |
|------------------------|--------------|-------------|
| 1.CT.Surinderpal Singh | 16th Postion | 0:39.33 Sec |
| 2.ASI.Loven Kumar      | 17th Postion | 0:39.41 Sec |
| 3.HC.Gajinder Singh    | 20th Postion | 0:39.51 Sec |
| 4.HC.Kulbir SinghSingh | 23th Postion | 0:40.13 Sec |

47TH ALL INDIA POLICE GAME-CALCUTTA

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|                      |                                            |
|----------------------|--------------------------------------------|
| 1.ASI.Ajayraj Singh  | Ist in 100 Mtrs Run 10.73 Sec              |
|                      | 2nd in 200 Mtrs Run 21.56 Sec              |
|                      | 3rd in 4X100 Mtrs Relay Race               |
|                      | 3rd in Long Jump 7.51 Mtrs                 |
| 2.CT.Gurmit Singh    | 5th in 200 Mtrs Run 22.51 Sec              |
| 3.HC.Amrik Singh     | 4th in 400 Mtrs Run                        |
|                      | 2nd in 4X400 Mtrs Relay Race               |
| 4.HC.Jaswinder Singh | 5th in 400 Mtrs Run                        |
| 5.CT.Amandeep Singh  | 5th in 800 Mtrs Run                        |
| 6.CT.Rashpal Singh   | 6th in 800 Mtrs Run                        |
| 7.SI.Kalwant Rai     | 2nd in 1500 Mtrs Run 3:55.47 Sec           |
| 8.ASI.Jasbir Singh   | 3rd in 1500 Mtrs Run 3:57.06 Sec           |
| 9.CT.Balwinder Singh | 3rd in 3000 Mtrs Steeple Chase 9:24.84 Sec |
| 10.SPO.Bhajan Lal    | 2nd in 5000 Mtrs Run 14:44.4               |
| 11.ASI.Sahib Singh   | Ist in 110 Mtrs Hurdles 14.03 Sec          |
|                      | Ist in 400 Mtrs Hurdles 51.22 Sec          |

|                          |                                   |
|--------------------------|-----------------------------------|
| 12.SI.Jangjit singh      | 2nd in 110 Mtrs Hurdles 14.05 Sec |
| 13.CT.Rajinder Singh     | 2nd in 400 Mtrs Hurdles 53.21 Sec |
| 14.CT.Baljit Singh       | 4th in High Jump                  |
| 15.HC.Ajit Singh         | 6th in High Jump                  |
| 16.ASI.Gurmit Singh      | 2nd in Triple Jump 15.54 Mtrs     |
| 17.HC.Gurpreet Singh(Sr) | 5th in Triple Jump                |
| 18.ASI.Gurjant Singh     | 4th in Pole Vault                 |
| 19.Inspr.Bahadur Singh   | Ist in Shot Put 18.46 Mtrs NMR    |
| 20.HC.Gurjit Singh       | 2nd in Shot Put 16.77 Mtrs        |
| 21.Inspr.Satbir Singh    | Ist in Javelin Throw 79.68 Mtrs   |
| 22.ASI.Jagdish Kumar     | 2nd in Javelin Throw 76.00 Mtrs   |
| 23.ASI.Upkar Singh       | 2nd in Discus Throw 51.82 Mtrs    |
| 24.HC.Harinder Singh     | 4th in Discus Throw Mtrs          |
| 25.ASI.Rupinderpal Singh | 2nd in Hammer Throw 61.92 Mtrs    |
| 26.ASI.Gurinderjit Singh | 6nd in Hammer Throw Mtrs          |
| 27.HC.Phulel Singh       | 2nd in Decathlon 6338 Points      |
| 28.CT.Dhanvir Singh      | 6th in Decthlon                   |
| 29.CT.Sanjiv Kumar       | 3rd in 4X100 Mtrs Relay           |
| 30.CT.Manjinder Singh    | 3rd in 4X100 Mtrs Relay           |
| 31.HC.Jaskaran Singh     | 3rd in 4X100 Mtrs Relay           |
| 32.ASI.Zora Singh        | 2nd in 4X400 Mtrs Relay           |
| 33.HC.Kamaljit Singh     | 2nd in 4X400 Mtrs Relay           |
| 21.HC.Sucha Singh        | 2nd in 4X400 Mtrs Relay           |

Note :

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- 1.Punjab Police 4X100 Mtrs Relay Race=Team Secured 3rd Postion.
- 2.Punjab Police 4X400 Mtrs Relay Race Team Secured 2nd Postion.
- 3.Punjab Police Athletic Team Men Overall Championship.

WOMEN

\*\*\*\*\*

|                        |                                     |
|------------------------|-------------------------------------|
| 1.L/SI.Dapinder Kaur   | Ist in 100 Mtrs Run 12.18 Sec       |
|                        | Ist in 100 Mtrs Hurdles 14.59 Sec   |
|                        | Ist in Long Jump 5.88 Mtrs          |
| 2.L/HC.Manjit Kaur     | 2nd in 4X100 Mtrs Relay Race        |
|                        | 2nd in 100 Mtrs Run 12.52 Sec       |
|                        | 2nd in 200 Mtrs Run 25.74 Sec       |
| 3.L/HC.Seema           | 2nd in 4X100 Mtrs Relay Race        |
|                        | 5th in 200 Mtrs Run 26.76 Sec       |
| 4.L/SI.Balwinder Kaur  | 2nd in 4X400 Mtrs Relay Race        |
|                        | 6th in 400 Mtrs Run                 |
|                        | 2nd in 4X400 Mtrs Relay Race        |
|                        | 2nd in 4X100 Mtrs Relay Race        |
| 5.L/SI.Inderjit Kaur   | 3rd in 400 Mtrs Run 57.97 Sec       |
|                        | 3rd in 800 Mtrs Run 2.13.31 Sec     |
| 6.L/CT.Sharda Chandel  | 5th in 800 Mtrs Run                 |
|                        | 3rd in 1500 Mtrs Run 14.39.07 Sec   |
| 7.L/CT.Samarjit Kaur   | 5th in 1500 Mtrs Run                |
| 8.L/Rajinderpal Kaur   | 3rd in 400 Mtrs Hurdles 1.02.49 Sec |
|                        | 2nd in 4X400 Mtrs Relay Race        |
| 9.L/Raj Saini          | 4th in 400 Mtrs hurdles             |
| 10.LHC.Sukhdeep Kaur   | Ist in High Jump 1.65 Mtrs          |
| 11.L/ASI.Paramjit Kaur | 5th in High Jump                    |

|                          |                                |
|--------------------------|--------------------------------|
| 12.L/Inspr.Amandeep Kaur | Ist in Shot Put 16.88 Mtrs NMR |
| 13.L/SI.Harpreet Kaur    | 2nd in Shot Put 16.86 Mtrs BPR |
| 14.L/SI.Swaranjit Kaur   | 2nd in Discus Throw 59.58 Mtrs |
|                          | 4th in Javelin Throw           |
| 15.L/SI.Surinderjit Kaur | 3rd in Discus Throw 46.60 Mtrs |
| 16.L/CT.Jaswinder Kaur   | 2nd in 4X100 Mtrs Relay Race   |
| 17.L/HC.Kamlesh Kaur     | 2nd in 4X400 Mtrs Relay Race   |

Note:  
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1.Punjab Police Women 4X100 Mtrs Relay Race=Team Secured 2nd Position

2.Punjab Police Women 4X400 Mtrs Relay Race=Team Secured 2nd Position

38TH OPEN NATIONAL ATHLETIC MEET-CALCUTTA

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|                       |                                       |
|-----------------------|---------------------------------------|
| 1.ASI.Ajayraj Singh   | 2nd in 100 Mtrs Run 10.81 Sec         |
|                       | Ist in 200 Mtrs Run 21.46 Sec         |
|                       | Ist in 4X100 Mtrs Relay               |
| 2.ASI.Upkar Singh     | 6th in Discus Throw                   |
| 3.SI.Jangjit Singh    | 2nd in 110 Mtrs Hurdles 14.54 Sec     |
| 4.ASI.Sahib Singh     | Ist in 400 Mtrs Hurdles 50.42 Sec NNR |
| 5.CT.Rajinder Singh   | 4th in 400 Mtrs Hurdles               |
| 6.ASI.Jagdish Kumar   | Ist in Javelin Throw                  |
| 7.SI.Ramandeep Singh  | 2nd in Javelin Throw                  |
| 8.Inspr.Bahadur Singh | Ist in Shot Put 19.59 Mtrs NNR        |
| 9.HC.Gurjit Singh     | 6th in Shot Put Mtrs                  |
| 10.CT.Sanjiv Kumar    | 4th in 4X100 Mtrs Relay Race          |

WOMEN

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|                         |                                    |
|-------------------------|------------------------------------|
| 1.L/HC.Sukhdeep Kaur    | 2nd in High Jump 1.65 Mtrs         |
| 2.L/CT.Sharda Chandal   | 2nd in 10000 Mtrs Run 38:08.92 Sec |
| 3.L/SI.Surinderjit Kaur | 2nd in Hammer Throw 48.24 Mtrs     |
| 4.L/SI.Harpreet Kaur    | 2nd in Shot Put 17.02 Mtrs         |
| 5.L/Inspr.Amandeep Kaur | 3rd in Shot Put                    |
| 6.L/SI.Surinderjit Kaur | 4th in Shot Put                    |
| 7.L/SI.Swaranjit Kaur   | 2nd in Discus Throw 58.54 Mtrs     |

OPEN PUNJAB U/22 -FEROZPUR

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|                      |                                  |
|----------------------|----------------------------------|
| 1.HC.Amrik Singh     | Ist in 200 Mtrs Run 22.0.05 Sec  |
|                      | Ist in 400 Mtrs Run 49.90 Sec    |
| 2.CT.Bhajan Lal      | 2nd in 5000 Mtrs Run 15.12 Sec   |
|                      | 2nd in 10.000 Mtrs Run 31.42 Sec |
| 3.CT.Baljit Singh    | Ist in High Jump 2.02 Mtrs NMR   |
| 4.CT.Sunmukh Singh   | 2nd in High Jump 1.95 Mtrs       |
| 5.HC.Gurpreet Singh  | Ist in Triple Jump 14.53 Mtrs    |
| 6.CT.Baldev Singh    | 4th in Triple Jump 13.86 Mtrs    |
| 7.CT.Manohar Singh   | Ist in Javelin Throw 57 Mtrs     |
| 8.HC.Harinder Singh  | Ist in Hammer Throw 57.94 Mtrs   |
|                      | 3rd in Discus Throw 47.12 Mtrs   |
| 9.C-II Kuldeep Singh | 5th in Hammer Throw              |

OPEN PUNJAB-FEROZPUR

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|                     |                               |
|---------------------|-------------------------------|
| 1.CT.Bhagwant Singh | Ist in 100 Mtrs Run 10.65 Sec |
| 2.CT.Gurmit Singh   | 3rd in 100 Mtrs Run           |

|                        |                                                      |
|------------------------|------------------------------------------------------|
| 3.HC.Sucha Singh       | 2nd in 200 Mtrs Run 22.09 Sec<br>3rr in 400 Mtrs Run |
| 4.HC.Harjit Singh      | Ist in 1500 Mtrs Run 4.10 Sec                        |
| 5.CT.Balkar Singh      | 3rd in 10.000 Mtrs Run 32.46 Sec                     |
| 6.C-II Jaspinder Singh | Ist in 110 Mtrs Hurdles 15.03 Sec                    |
| 7.CT.Iqbal Singh       | 4th in 110 Mtrs Hurdles                              |
| 8.CT.Harpinser Singh   | 2nd in Long Jump 6.78 Mtrs                           |
| 9.CT.Jagjit Singh      | 3rd in Long Jump                                     |
| 10.CT.Sunmukh singh    | Ist in High Jump 1.90 Mtrs                           |
| 11.HC.Gurjit Singh     | Ist in Shot Put 16.72 Mtrs                           |
| 12.CT.Amarjit Singh    | 2nd in Shot Put 16.44 Mtrs                           |
| 13.HC.Ranjit Singh     | Ist in Javelin Throw 62.40 Mtrs                      |
| 14.CT.Manohar Singh    | 3rd in Javelin Throw 56.60 Mtrs                      |
| 15.ASI.Upkar Singh     | Ist in Discus Throw 49 Mtrs                          |
| 16.HC.Pirthipal Singh  | 2nd in Discus Throw 46.92 Mtrs                       |
| 17.ASI.Sulinder Singh  | Ist in Hammer Throw 60.68 Mtrs                       |
| 18.HC.Baljit Singh     | 3rd in Hammer Throw 57.48 Mtrs                       |

ASIAN GAMES-BANGKOK-1998

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|                       |                      |
|-----------------------|----------------------|
| 1.Inspr.Satbir Singh  | 6th in Javelin Throw |
| 2.Inspr,Bahadur Singh | 4th in Shot Put      |
| 3.ASI.Jagdish Kumar   | 8th in Javelin Throw |
| 4.L/SI Sawarnjit Kaur | 4th in Hammer Throw  |

1999

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5TH NATIONAL GAMES-IMPHAL (MANIPUR)

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|                         |                                                                                                                     |
|-------------------------|---------------------------------------------------------------------------------------------------------------------|
| 1.SI.Jangjit Singh      | 1st in 110 Mtrs Hurdles with 14.59 Sec                                                                              |
| 2.HC.Sucha Singh        | 2nd in 4X400 Mtrs Relay Race<br>7th in 400 Mtrs Run 49.70 Sec<br>2nd in 4X400 Mtrs Relay Race<br>with 31:15.14 Sec. |
| 3.L/Insp.Amandeep Kaur  | 2nd in Shot Put 14.91 Mtrs                                                                                          |
| 4.L/SI.Surinderjit Kaur | 3rd in Shot Put 14.03 Mtrs<br>3rd in Hammer Throw 46.82 Mtrs<br>7th in Discus Throw 41.76 Mtrs                      |
| 5.L/CT.Sharda Chandel   | 2nd in Marathon Race                                                                                                |
| 6.ASI.Ajay Raj Singh    | 4th in 200 Mtrs 22.11 Sec<br>2nd in 4X400 Mtrs Relay Race 3:15.14 Sec                                               |
| 7.HC.Gurvinder Singh    | 4th in 50 KM Walk 4:58.04 Sec                                                                                       |
| 8.CT.Amandeep Singh     | 4th in 1500 Mtrs Run 4:00.35 Sec                                                                                    |
| 9.ASI.Swaranjit Kaur    | 4th in Javelin Throw 42.33 Mtrs<br>2nd in Discus Throw 49.74 Mtrs                                                   |
| 10.ASI. Gamdoor Singh   | 5th in Decathlon 5526 Pts.                                                                                          |
| 11.HC. Phulel Singh     | 7th in Decathlon 4999 Pts                                                                                           |
| 12.HC Gurpreet Singh    | 8th in Triple Jump 14.81 Mtrs                                                                                       |
| 13.CT.Gurjit Singh      | 4th in Shot Put 16.66 Mtrs                                                                                          |

WORLD POLICE & FIRE GAMES-STOCKHOLM(SWEDEN)16 TO 24 JULY

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|                       |                              |
|-----------------------|------------------------------|
| 1.L/SI Deepinder Kaur | 3rd in 200 Mtrs Run          |
|                       | 2nd in 4X100 Mtrs Relay Race |
| 2.Inspr.Sahib Singh   | 2nd in 4X100 Mtrs Relay Race |
| 3.ASI.Ajayraj Singh   | 2nd in 4X100 Mtrs Relay Race |
| 4.Inspr.Amandeep Kaur | Ist in Shot Put              |
| 5.ASI.Jadish Vishnoi  | 2nd in Javelin Throw         |
| 6.Inspr.Bahadur Singh | Ist in Shot Put              |
| 7.L/SI.Deepinder Kaur | 2nd in 100 Mtrs Hurdles      |

5TH FEDERATION CUP-BANGALORE 7TH TO 9TH AUGUST-1999

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|                          |                                       |
|--------------------------|---------------------------------------|
| 1.Ct.Bhagwant Singh      | Participation in 100 Mtrs Run         |
| 2.HC.Jaswinder Singh     | Participation in 400 Mtrs Run         |
| 3.HC.Sucha Singh         | Participation in 400 Mtrs Run         |
| 4.Ct.Amandeep Singh      | 4th in 800 Mtrs Run (1.53:9 Sec)      |
|                          | 5th in 1500 Mtrs Run(3.56:8 Sec)      |
| 5.Ct.Jaspinder Singh     | Participation in 110 Mtrs Hurdles     |
| 6.HC.Rajinder Singh      | Participation in 400 Mtrs Hurdles     |
| 7.HC.Satnam Singh        | 5th in 400 Mtrs Hurdles               |
| 8.SI.Ramandeep Singh     | Ist in Javelin Throw (78.79 Mtrs)     |
| 9.ASI.Jagdish Kumar      | 2nd in Javelin Throw (77.02 Mtrs)     |
| 10.Inspr.Bahadur Singh   | 2nd in Shot Put (18.72 Mtrs)          |
| 11.ASI.Davinder Singh    | 5th in Discus Throw                   |
| 12.Ct.Amandeep Singh     | Participation in Discus Throw         |
| 13.ASI.Harwinder Singh   | Participation in Decathlon            |
| 14.HC.Phulel Singh       | Participation in Decathlon            |
| 15.HC.Sukhdev Singh      | Participation in Polevault            |
| 16.HC.Ajit Singh         | Participation in High Jump            |
| 17.ASI.Gurmit Singh      | Ist in Triple Jump (15.73 Mtrs)       |
| 18.ASI.Rupinderpal Singh | 4th in Hammer Throw (65.40 Mtrs)      |
| 19.HC.Gurjit Singh       | 6th in Shot Put (16.56 Mtrs)          |
| 20.Inspr.Satbir Singh    | 4th in Javelin Throw (70 Mtrs)        |
| 21.ASI.Harminder Singh   | Participation in Javelin Throw        |
| 22.HC.Jaswinder Singh    | Ist in 4X400 Mtrs Relay (3.18:80 Sec) |
| 23.HC.Satnam Singh       | Ist in 4X400 Mtrs Relay (3.18:80 Sec) |
| 24.HC.Sucha Singh        | Ist in 4X400 Mtrs Relay (3.18:80 Sec) |
| 25.HC.Nishan Singh       | Ist in 4X400 Mtrs Relay (3.18:80 Sec) |
| 26.L/CT.Ramla Devi       | 4th in 800 Mtrs (2.12:2 Sec)          |
| 27.L/SI.Surinderjit Kaur | 3rd in Shot Put(14.04 Mtrs)           |
|                          | 4th in Hammer Throw(52.75 Mtrs)       |

75TH OPEN PUNJAB ATHLETIC MEET-24 TO 25 AUGUST-1999-JALANDHAR

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|                       |                                |
|-----------------------|--------------------------------|
| 1.Ct.Sanjiv Kumar     | 2nd in 100 Mtrs Run            |
| 2.Ct.Bhagwant Singh   | 3rd in 100 Mtrs Run            |
| 3.ASI.Ajayraj Singh   | Ist in 200 Mtrs Run            |
| 4.Ct.Bhagwant Singh   | 2nd in 200 Mtrs Run            |
| 5.Ct.Gurmeet Singh    | 3rd in 200 Mtrs Run            |
| 6.HC.Jaswinder Singh  | Ist in 400 Mtrs Run            |
| 7.HC.Sucha Singh      | 2nd in 400 Mtrs Run            |
| 8.Ct.Nishan Singh     | 3rd in 400 Mtrs Run            |
| 9.Ct.Amandeep Singh   | 2nd in 800 Mtrs Run            |
| 10.Ct.Balwinder Singh | Ist in 3000 Mtrs Steeple Chase |
| 11.Ct.Balwinder Singh | Ist in 5000 Mtrs Run           |
| 12.HC.Harjit Singh    | 2nd in 5000 Mtrs Run           |

|                           |                         |
|---------------------------|-------------------------|
| 13.Ct.Balbir Singh        | Ist in 10000 Mtrs Run   |
| 14.Ct.Prem Singh          | 2nd in 10000 Mtrs Run   |
| 15.HC.Farnsis Shallo      | 3rd in 10000 Mtrs Run   |
| 16.Ct.Jaspinder Singh     | 2nd in 110 Mtrs Hurdles |
| 17.ASI.Jangjit Singh      | 3rd in 110 Mtrs Hurdles |
| 18.Ct.Harpinder Singh     | Ist in Long Jump        |
| 19.ASI.Gurmit Singh       | Ist in Triple Jump      |
| 20.HC.Gurpreet Singh      | 2nd in Triple Jump      |
| 21.HC.Ajit Singh          | Ist in High Jump        |
| 22.Ct.Baljit Singh        | 2nd in High Jump        |
| 23.ASI.Gurjant Singh      | Ist in Pole Vault       |
| 24.ASI.Rupinderpal Singh  | Ist in Hammer Throw     |
| 25.ASI.Harminder Singh    | Ist in Javelin Throw    |
| 26.ASI.Davinder Singh     | 2nd in Discus Throw     |
| 27.CT.Kulwinder Singh     | 3rd in Shot Put         |
| 28.L/ASI.Rajinderpal Kaur | Ist in 400 Mtrs Hurdles |
| 29.L/CT.Raj Saini         | 3rd in 400 Mtrs Hurdles |
| 30.SPO/Parkesh Kaur       | 3rd in 5000 Mtrs Run    |

39TH INTER STATE ATHLETIC CHAMPIONSHIP 12 TO 14 SEP-LUCKNOW

|                           |                                      |
|---------------------------|--------------------------------------|
| 1.L/SI.Surinderjit Kaur   | Ist in Shot Put(15.54 Mtrs)          |
|                           | Ist in Hammer Throw                  |
| 2.ASI.Jagdish Kumar       | Ist in Javelin Throw(76.76 Mtrs NMR) |
| 3.Inspr.Satvir Singh      | 2nd in Javelin Throw(75.78 Mtrs)     |
| 4.CT.Balwinder Singh      | 4th in 3000 Mtrs Steeple Chase       |
| 5.CT.Harpinder Singh      | Participation in Long Jump           |
| 6.ASI.Davinder Singh      | 6th in Discus Throw                  |
| 7.L/SI.Deepinder Kaur     | 5th in Long Jump                     |
| 8.SI.Jangjit Singh        | 5th in 110 Mtrs Hurdles              |
| 9.CT.Jaspinder Singh      | 7th in 100 Mtrs Hurdles              |
| 10.ASI.Ajayraj Singh      | Ist in 200 Mtrs(21.04 Sec NMR)       |
|                           | 2nd in 4x100 Mtrs Relay              |
| 11.CT.Bhagwant Singh      | 2nd in 4x100 Mtrs Relay              |
| 12.CT.Sanjiv Kumar        | 2nd in 4x100 Mtrs Relay              |
| 13.CT.Amandeep Singh      | 7th in 800 Mtrs Run                  |
| 14.ASI.Rupinderpal Singh  | 2nd in Hammer Throw                  |
| 15.ASI.Gurpreet Singh     | 2nd in Triple Jump                   |
| 16.ASI.Gandoor Singh      | 4th in Decathlon                     |
| 17.L/ASI.Rajinderpal Kaur | 3rd in 400 Mtrs Hurdles              |

S.A.F.GAMES KATHMANDU(NEPAL) 26 TO 30 SEP.

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|                         |                                     |
|-------------------------|-------------------------------------|
| 1.Inspr.Bahadur Singh   | Ist in Shot Pur(19.15 Mtrs(NMR)     |
| 2.ASI.Jagdish Kumar     | Ist in Jevlin Throw(78.01 Mtrs(NMR) |
| 3.SI.Ramdeep Singh      | 2nd in Jevlin Throw(77.52 Mtrs)     |
| 4.L/SI.Surinderjit Kaur | Ist in Shot Put(15.56 Mtrs)(NMR)    |
| 5.ASI.Ajayraj Singh     | 3rd in 200 Mtrs Run(21.16 Sec)      |

48TH ALL INDIA POLICE ATHLETIC CHAMPIONSHIP HELD AT GANDHI NAGAR  
(GUJARAT)-1999

-----  
(MEN)  
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|                         |                                                                                                                                                            |
|-------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1.ASI.Ajayraj Singh     | 2nd in 100 Mtrs Run (10.70 Sec)<br>Ist in 200 Mtrs Run (21.35 Sec)<br>Ist in 4X100 Mtrs Relay Race<br>With (41.52 Sec NMR)<br>2nd in Long Jump (7.40 Mtrs) |
| 2.CT. Gurmit Singh      | 5th in 200 Mtrs run (22.44 Sec)                                                                                                                            |
| 3.HC. Jaswinder Singh   | 2nd in 400 Mtrs Run (48.12 Sec)                                                                                                                            |
| 4.CT. Baljit Singh(Jr)  | 5th in 400 Mtrs Run (48.86 Sec)                                                                                                                            |
| 5.CT.Nishan Singh       | Ist in 800 Mtrs Run (1:51.61 Sec)<br>Ist in 4X400 Mtrs Relay Race(3:12.33 Sec)                                                                             |
| 6.CT.Amandeep Singh     | 6th in 800 Mtrs Run (1:54.39 Sec)                                                                                                                          |
| 7.CT.Amandeep Singh     | 5th in 1500 Mtrs Run (3:58.46 Sec)                                                                                                                         |
| 8.CT.Balwinder Singh    | Ist in 3000 Mtrs Steeple Chase<br>with (9:19.14 Sec)                                                                                                       |
| 9.CT.Amarjit Singh(Jr)  | 4th in 3000 Mtrs Steeple Chase<br>with (9:25.25 Sec)                                                                                                       |
| 10.HC.Harjit Singh      | 6th in 10000 Mtrs Run (31:39.81 Sec)                                                                                                                       |
| 11.HC.Kulbir Singh      | 5th in Marathon Race (2:29.48.80 Sec)                                                                                                                      |
| 12.CT.Bhagwant Singh    | Ist in 4X100 Mtrs Relay Race<br>with (41.52 Sec NMR)                                                                                                       |
| 13.CT.Sanjeev Kumar     | Ist in 4X100 Mtrs Relay Race<br>with(41.52 Sec NMR)                                                                                                        |
| 14.CT.Raj Kumar         | Ist in 4X100 Mtrs Relay Race<br>with (41.52 Sec NMR)                                                                                                       |
| 15.CT. Baljit Singh(Jr) | Ist in 4X400 Mtrs Relay Race(3:12.33 Sec)                                                                                                                  |
| 16.HC. Jaswinder Singh  | Ist in 4X400 Mtrs Relay Race(3:12.33 Sec)                                                                                                                  |
| 17.ASI.Jora Singh       | Ist in 4X400 Mtrs Relay Race(3:12.33 Sec)                                                                                                                  |
| 18.CT. Sukhbir Singh    | 4th in Discus Throw (50.83 Mtrs)                                                                                                                           |
| 19.ASI.Davinder Singh   | 5th in Discus Throw (50.58 Mtrs)                                                                                                                           |
| 20.ASI.Rupinder Singh   | 2nd in Hammer Throw (62.57 Mtrs)                                                                                                                           |
| 21.SI. Ramandeep Singh  | Ist in Javellin Throw (75.39 Mtrs)                                                                                                                         |
| 22.ASI.Harminder Singh  | 2nd in Javellin Throw (70.95 Mtrs)                                                                                                                         |
| 23.Inspr.Bahadur Singh  | Ist in Shot Put (18.41 Mtrs)                                                                                                                               |
| 24.HC. .Gurjit Singh    | 6th in Shot Put (16.38 Mtrs)                                                                                                                               |
| 25.ASI. Gurmit Singh    | 3rd in Triple Jump (15.33 Mtrs)                                                                                                                            |
| 26.CT. Prithpal Singh   | 4th in Triple Jump (15.14 Mtrs)                                                                                                                            |
| 27.CT.Baljit Singh      | 5th in High Jump(2.00 Mtrs)                                                                                                                                |
| 28.HC.Ajit Singh        | 6th in High Jump(1.95 Mtrs)                                                                                                                                |
| 29.ASI.Sahib Singh      | Ist in 110 Mtrs Hurdels(14.78 Sec)                                                                                                                         |
| 30 CT. Jaspinder Singh  | 4th in 110 Mtrs Hurdels(15.23 Sec)                                                                                                                         |
| 31.HC.Satnam Singh      | Ist in 400 Mtrs Hurdels(52.41 Sec)                                                                                                                         |
| 32.CT.Rajinder Singh    | 4th in 400 Mtrs Hurdels(54.61 Sec)                                                                                                                         |
| 33.ASI.Gurjant Singh    | 5th in Pole Vault (4.40 Mtrs)                                                                                                                              |
| 34.HC.Phulel Singh      | 3rd in Decathlon (6186 Points)                                                                                                                             |

#### WOMEN

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|                   |                                                                                                                                                          |
|-------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1.ASI.Manjit Kaur | 5th in 100 Mtrs Run(12.58 Sec)<br>5th in 200 Mtrs Run(26.19 Sec)<br>5th in 100 Mtrs Hurdels(15.40 Sec)<br>3rd in 4X100 Mtrs Relay Race(48.36 Sec)        |
| 2.HC.Seema        | 4th in 200 Mtrs Run(26.04 Sec)<br>5th in 400 Mtrs Run(57.75 Sec)<br>3rd in 4X100 Mtrs Relay Race(48.36 Sec)<br>2nd in 4X400 Mtrs Relay Race(3:50.83 Sec) |

|                        |                                           |
|------------------------|-------------------------------------------|
| 3.SI.Inderjit Kaur     | 4th in 400 Mtrs Run(57.10 Sec)            |
|                        | 2nd in 4X400 Mtrs Relay Race(3:50.83 Sec) |
| 4.CT.Ramla Devi        | 3rd in 800 Mtrs Run(2:10.72 Sec)          |
|                        | 2nd in 800 Mtrs Run(2:10.06 Sec)          |
|                        | 2nd in 4X400 Mtrs Relay Race(3:50.83 Sec) |
|                        | 3rd in 1500 Mtrs Run(4:40.71 Sec)         |
| 5.CT.Simarjit Kaur     | 2nd in 1500 Mtrs Run(4:39.48 Sec)         |
| 6.CT.Asha Rani         | 4th in 5000 Mtrs Run(17:59.11 Sec)        |
| 7.CT.Sharda Chandel    | 6th in 5000 Mtrs Run(19:18.64 Sec)        |
| 8.CT.Sukhdeep Kaur     | 2nd in High Jump(1.70 Mtrs)               |
| 9.CT.Yum Negi          | 5th in Long Jump(5.40 Mtrs)               |
| 10.SI.Surinderjit Kaur | 3rd in Discus Throw(40.28 Mtrs)           |
|                        | 2nd in Shot Put(13.94 Mtrs)               |
|                        | 2nd in Hammer Throw(47.17 Mtrs)           |
| 11.CT.Reeta Rani       | 6th in Discus Throw(19.53 Mtrs)           |
|                        | 5th in Javellin Throw(38.28 Mtrs)         |
| 12.SI.Deepinder Kaur   | 2nd in 100 Mtrs Hurdels(14.67 Sec)        |
|                        | 3rd in 4X100 Mtrs Relay Race(48.36 Sec)   |
| 13.CT.Rupinder Kaur    | 4th in 400 Mtrs Hurdels(1:03.89 Sec)      |
|                        | 2nd in 4X400 Mtrs Relay Race(3:50.83 Sec) |
| 14.CT.Raj Saini        | 5th in 400 Mtrs Hurdels(1:03.91 Sec)      |
| 15.CT.Jaswinder Kaur   | 3rd in 4X100 Mtrs Relay Race(48.36 Sec)   |

2000

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48th All India Police Aquatic & Cross Country Championship held at Trivandrum.

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1.Punjab Police 4KM Cross Country Team Secured 4th Position

2.Punjab Police 12KM Cross Country Team Secured 6th Position

FEDERATION CUP-LUCKNOW 15TH TO 17TH MARCH

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|                          |                                      |
|--------------------------|--------------------------------------|
| 1.SI.Jangjit Singh       | 3rd in 110 Mtrs Hurdles              |
| 2.ASI.Davinder Singh     | 4rd in Discus Throw                  |
| 3.L/SI. Surinderjit Kaur | 2nd in Hammer Throw                  |
|                          | Ist in Shot Put                      |
| 4.L/CT.Ramala Devi       | 3rd in 800 Mtrs                      |
| 5.ASI.Gamdoor Singh      | 4th in Decathlon                     |
| 6.CT.Pritpal Singh       | 4th in Triple Jump                   |
| 7.HC.Kuldeep Singh       | 7th in Hammer Throw                  |
| 8.CT.Baljit Singh        | 5th in High Jump                     |
| 9.Inspr.Bahadur Singh    | Ist in Shot Put(19.64 Mtrs NMR)      |
| 10.CT.Kulwinder Singh    | 7th in Shot Put                      |
| 11.CT.Amarjit Singh      | 6th in 3000 Mtr STP CH.              |
| 12.ASI.Jagdish Kumar     | Ist in Javelin Throw(78.85 Mtrs NMR) |
| 13.Inspr.Satvir Singh    | 2nd in Javelin Throw                 |

SYDNEY OLYMPIC-2000

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|                       |                                  |
|-----------------------|----------------------------------|
| 1.Inspr.Bahadur Singh | Participated in Shot Put         |
| 2.SI.Jagdish Vashnoi  | Participated in Javelion Throw   |
| 3.ASI.ajayraj Singh   | Participated in 4X100 Mtrs Relay |

49TH ALL INDIA POLICE ATHLETIC CHAMPIONSHIP HELD AT  
JALANDHAR FROM 30.10.2000 TO 02.11.2000

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(MEN)

-----  
1.SI.Ajayraj Singh Ist in 100 Mtrs Run (10.28 Sec) NMR  
2nd in 200 Mtrs Run (21.51 Sec)  
Ist in Long Jump (7.66 Mtrs)  
2nd in 4X100 Mtrs Relay Race(41.56 Sec)  
2.CT. Jaspreet Singh 3rd in 200 Mtrs Run (22.05 Sec)  
3.CT .Baljit Singh 3rd in 400 Mtrs Run (47.98 Sec)  
2nd in 4X400 Mtrs Relay Race(3:13.69 Sec)  
4.HC.Nishan Singh 4th in 400 Mtrs Run (48.05 Sec)  
2nd in 800 Mtrs Run (1:52.85 Sec)  
2nd in 4X400 Mtrs Relay Race(3:13.69 Sec)  
5.CT.Bhajan Lal 4th in 1500 Mtrs Run (3:59.04 Sec)  
6.HC.Balwinder Singh 6th in 3000 Mtrs Steeple Chase  
7.CT.Shinder Pal 6th in 10000 Mtrs Run  
8.ASI.Jangjit Singh Ist in 110 Mtrs Hurdles(14.74 Sec)  
  
9.ASI.Sahib Singh 2nd in 110 Mtrs Hurdles(14.81 Sec)  
Ist in 400 Mtrs Hurdles(53.23 Sec)  
10.C-II.Surinder Kumar 2nd in 400 Mtrs Hurdles(53.43 Sec)  
11.CT.Harbhinder Singh 4th in Long Jump(7.29 Mtrs)  
12.C-II.Baljit Singh 2nd in High Jump(2.04 Mtrs)  
13.HC.Ajit Singh 5th in High jump( 2.00 Mtrs)  
14.CT.Pritpal Singh Ist in Triple Jump (15.50 Mtrs)  
15.CT.Gurpreet Singh 3rd in Triple Jump (14.97 Mtrs)  
16.ASI.Gurjant Singh 6th in Pole Vault  
17.Inspr.Bahadur Singh Ist in Shot Put (19.33 Mtrs)NMR  
18.CT.Amarjit Singh 4th in Shot Put(16.92 Mtrs)  
19.ASI.Davinder Singh Ist in Discus Throw(54.60 Mtrs)  
20.ASI.Upkar Singh 3rd in Discus Throw(53.55 Mtrs)  
21.ASI.Rupinderpal Singh 2nd in Hammer Throw (64.30 Mtrs)  
21.HC.Kuldeep Singh 3rd in Hammer Throw (62.70 Mtrs)  
22.ASI.Jagdish Bishnoi Ist in Javelin Throw (75.29 Mtrs)  
23.Inspr.Satvir Singh 2nd in Javelin Throw (73.23 Mtrs)  
24.ASI.Gamdoor Singh Ist in Dacathlon 6684 Points  
25.HC.Phulel Singh 3rd in Dacathlon 6392 Points  
26.HC.Kulbir Singh 5th in Marathon Race(2:30:.31.00 Sec)  
27.CT.Kamaljit Singh 2nd in 4X100 Mtrs Relay Race(41.56 Sec)  
28.CT.Jaspreet Singh 2nd in 4X100 Mtrs Relay Rece(41.56 Sec)  
29.HC.Sanjiv Kumar 2nd in 4X100 Mtrs Relay Race(41.56 Sec)  
30.ASI.Zora Singh 2nd in 4X400 Mtrs Relay Race(3:13.59 Sec)  
31.HC.Sucha Singh 2nd in 4X400 Mtrs Relay Race(3:13.59 Sec)

(WOMEN)

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1.ASI.Manjit Kaur 2nd in 100 Mtrs Run (11.98 Sec)  
Ist in 200 Mtrs Run (24.96 Sec)  
2nd in 4X100 Mtrs Relay(47.42 Sec)  
2.CT.Mandeep Kaur 3rd in 100 Mtrs Run (12.10 Sec)  
2nd in 4X100 Mtrs Relay(47.42 Sec)  
3rd in 200 Mtrs Run (24.98 Sec)  
3.HC.Sapinder Kaur 3rd in 400 Mtrs Run (56.19 Sec)  
2nd in 4X400 Mtrs Relay(3:49.44 Sec)

|                            |                                                                                                                                                     |
|----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| 4.HC.Seema                 | 3rd in 400 Mtrs Hurdles(59.67 Sec)<br>4th in 400 Mtrs Run (58.25 Sec)<br>2nd in 4X100 Mtrs Relay(47.42 Sec)<br>2nd in 4X400 Mtrs Relay(3:49.44 Sec) |
| 5.ASI. Inderjit Kaur       | Ist in 800 Mtrs Run (2:11.06 Sec)                                                                                                                   |
| 6.HC.Ramala Devi           | 3rd in 800 Mtrs Run (2:12.76 Sec)<br>3rd in 1500 Mtrs Run (4:37.52 Sec)                                                                             |
| 7.HC.Shardha Chandel       | 5th in 1500 Mtrs Run (4:57.32 Sec)                                                                                                                  |
| 8.CT.Beant Kaur            | 4th in 5000 Mtrs Run (18:31.08 Sec)                                                                                                                 |
| 9.CT.Mamjit Kaur (Jr)      | 5th in 100 Mtrs Hurdles(15.02 Sec)<br>2nd in 4X100 Mtrs Relay(47.42 Sec)<br>2nd in 4X400 Mtrs Relay(3:49.44 Sec)                                    |
| 10.CT. Rajwinder Kaur (Sr) | 6th in 100 Mtrs Hurdles(15.26 Sec)                                                                                                                  |
| 11.ASI.Rajinderpal Kaur    | 4th in 400 Mtrs Hurdles(59.99 Sec)                                                                                                                  |
| 12.CT.Pabkti Lakra         | 3rd in High Jump (1.50 Mtrs)                                                                                                                        |
| 13.CT.Sandeep Kaur         | 3rd in High Jump (1.50 Mtrs)                                                                                                                        |
| 14.CT.Deepmala Gupta       | 2nd in Long Jump (5.85 Mtrs)                                                                                                                        |
| 15.CT.Bhupinder Kaur       | 6th in High Jump (5.23 Mtrs)                                                                                                                        |
| 16.Inspr.Amandeep Kaur     | Ist in Shot Put(15.64 Mtrs)                                                                                                                         |
| 17.SI.Surinderjit Kaur     | 2nd in Shot Put(15.52 Mtrs)<br>3rd in Discus Throw(42.92 Mtrs)<br>Ist in Hammer Throw(51.35 Mtrs)                                                   |
| 18.Inspr Amandeep Kaur     | 4th in Discus Throw(41.42 Mtrs)                                                                                                                     |
| 19.CT.Jaswinder Kaur       | 5th in Javelin Throw(37.71 Mtrs)                                                                                                                    |
| 20.CT.Reeta Rani           | 6th in Javelin Throw(36.30 Mtrs)                                                                                                                    |
| 21.SI.Surinderjit Kaur     | Ist in Hammer Throw(51.35 Mtrs)                                                                                                                     |
| 22.CT.Rajwinder Kaur(Jr)   | 2nd in Hammer Throw(50.36 Mtrs)                                                                                                                     |
| 23.CT.Rajwinder Kaur(III)  | 2nd in 4X400 Mtrs Relay(3:49.44 Sec)                                                                                                                |

2001

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ATHLETIC

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49th ALL INDIA POLICE AQUATIC & CROSS COUNTRY CHAMPIONSHIP HELD AT AURANGABAD FROM 26-02-01 TO 03.03.01.

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1. Punjab Police 4KM Cross Country Team Secured 3th Position
2. Punjab Police 12KM Cross Country Team Secured 5th Position

WORLD POLICE & FIRE GAME -INDIANA (U.S.A)FROM 8TH TO 16TH JUNE

-----

|                         |                                                                                                                                |
|-------------------------|--------------------------------------------------------------------------------------------------------------------------------|
| 1.DSP.Bahadur Singh     | Ist in Shot Put<br>Ist in Discus Throw                                                                                         |
| 2.SI.Ajayraj Singh      | Ist in 100 Mtrs Run<br>Ist in 200 Mtrs Run<br>Ist in 4X400 Mtrs Relay Race<br>2nd in 4X100 Mtrs Relay Race<br>2nd in Long Jump |
| 3.L/SI.Surinderjit Kaur | Ist in Shot Put<br>Ist in Javelon Throw<br>2nd in Discus Throw                                                                 |
| 4.L/SI.Inderjit Kaur    | Ist in 4X100 Mtrs Relay Race<br>Ist in 4X400 Mtrs Relay Race<br>2nd in 400 Mtrs Run<br>3rd in 800 Mtrs Run                     |

5.L/ASI.Manjit Kaur                    Ist in 4X100 Mtrs Relay Race  
                                         Ist in 4X400 Mtrs Relay Race

OPEN ATHLETIC CHAMPIONSHIP-CHENNAI FROM 10th to 12th Oct.

-----  
1.DSP.Bhadur Singh                    Ist in Shot Put  
2.Inspr.Jagdish Vishnoi                Ist in Javelion Throw  
3.ASI.Pritpal Singh                    2nd in Tripple Jump  
4.SI.Ajayraj Singh                    3rd in 100 Mtrs Run  
                                         3rd in 200 Mtrs Run  
5.CT.Baljit Singh                    8th in High Jump

31TH NATIONAL GAMES-PUNJAB FROM 19TH NOV.TO IST DEC.

-----  
1.Ajay Raj singh                    2nd in 100 Mtrs Run  
                                         Ist in 200 Mtrs Run  
                                         2nd in 4X100 Mtrs Relay  
2.CT.Gurjinder Singh                    5th in 200 Mtrs Run  
                                         4th in 400 Mtrs Run  
                                         3rd in 4X400 Mtrs Relay  
3.CT.Baljit Singh                    5th in 400 Mtrs Run  
4.CT.Bhajan Lal                    5th in 1500 Mtrs Run  
5.CT.Amarjit Singh                    4th in 3000 Mtrs Steeple Chase  
6.SI.Jangjit Singh                    2nd in 110 Mtrs Hurdles  
7.HC.Surinder Kumar                    3rd in 400 Mtrs Hurdles  
8.CT.Amritpal Singh                    3rd in Long Jump  
9.ASI.Pritpal Singh                    Ist in Triple Jump  
10.ASI.Gurmit Singh                    3rd in Triple Jump  
11.CT.Sukhjinder Singh                    5th in Triple Jump  
12.CT.Jaspreet Singh                    2nd in 4X100 Mtrs Relay  
13.CT.Lakhbir Singh                    2nd in 4X400 Mtrs Relay  
14.CT.Baljit Singh                    3rd in 4X400 Mtrs Relay  
15.ASI.Jaswinder Singh                    3rd in 4X400 Mtrs Relay  
16.DSP.Bahadur Singh                    Ist in Shot Put  
17.CT.Sukhbir Singh                    2nd in Discus Throw  
18.ASI.Upkar Singh                    4th in Discus Throw  
19.CT.Harpal Singh                    3rd in Hammer Throw  
20.ASI.Harwinder Singh                    Ist in Javelin Throw  
21.Inspr.Jagdish vashnoi                    2nd in Javelin Throw  
22.DSP.Satvir Singh                    4th in Javelin Throw

50TH ALL INDIA POLICE ATHLETIC CHAMPIONSHIP HELD AT JAMSHEDPUR  
FROM 29.11.01 TO 04.12.01

\*\*\*\*\*  
(MEN)

1.SI.Ajay Raj singh                    Ist in 100 Mtrs Run (10.70 Sec)  
                                         Ist in 200 Mtrs Run (21.26 Sec)  
                                         Ist in 4X100 Mtrs Relay(41.02 Sec)  
2.CT.Gurjinder Singh                    5th in 200 Mtrs Run  
                                         2nd in 4X400 Mtrs Relay(3:11.73 Sec)  
3.CT.Baljit Singh(Jr)                    4th in 400 Mtrs Run  
                                         2nd in 4X400 Mtrs Relay(3:11.73 Sec)  
4.CT.Gurjinder Singh                    5th in 400 Mtrs Run  
5.CT.Bhajan Lal                    4th in 1500 Mtrs Run  
6.CT.Amarjit Singh                    5th in 3000 Mtrs Steeple Chase  
7.CT.Mangat Ram                    5th in 10000 Mtrs Run

|                          |                                           |
|--------------------------|-------------------------------------------|
| 8.SI.Jangjit Singh       | Ist in 110 Mtrs Hurdles(14.66 Sec)        |
| 9.HC.Surinder Kumar      | 2nd in 400 Mtrs hurdles(52.08 Sec)        |
| 10.HC.Gurinderpal Singh  | 5nd in 400 Mtrs hurdles                   |
| 11.ASI.Pritpal Singh     | 2nd in Triple Jump (15.17 Mtrs)           |
| 12.ASI.Gurmit Singh      | 4th in Triple Jump                        |
| 13.HC.Ajit Singh         | 4th in High Jump                          |
| 14.C-II Baljit Singh     | 5th in High Jump                          |
| 15.CT.Amrithpal Singh    | 3rd in Long Jump(7.45 Mtrs)               |
| 16.CT.Surinder Singh     | 3rd in Pole Vault(4.30 Mtrs)              |
| 17.ASI.Rupinderpal Singh | 3rd in Hammer Throw(61.38 Mtrs)           |
| 17.CT.Harpal Singh       | 4th in Hammer Throw                       |
| 18.CT.Sukhbir Singh      | 2nd in Discus Throw(53.01 Mtrs)           |
| 19.DSP.Bahadur Singh     | 3rd in Discus throw (52.10 Mtrs)          |
|                          | Ist in Shot Put(18.55 Mtrs)               |
| 20.CT.Amarjit Singh (Jr) | 4th in Shot Put                           |
| 21.ASI.Harminder Singh   | Ist in Javelin Throw(72.60 Mtrs)          |
| 23.Inspr.Jagdish Bishnoi | 3rd in Javelin Throw(70.28 Mtrs)          |
| 24.HC.Bhagwant Singh     | Ist in 4X100 Mtrs Relay(41.02 Sec)        |
| 25.CT.Lakhbir Singh      | Ist in 4X100 Mtrs Relay(41.02 Sec)        |
| 26.CT.Kamaljit Singh     | Ist in 4X100 Mtrs Relay(41.02 Sec)        |
| 27.HC.Phulal Singh       | 3rd in Decathlon(6109 Points)             |
| 28.CT.Nanginder Singh    | 6rd in Decathlon                          |
| 29.ASI.Jaswinder Singh   | 2nd in 4X400 Mtrs Relay Race(3:11.73 Sec) |
| 30.CT.Jasbir Singh       | 2nd in 4X400 Mtrs Relay Rece(3:11.73 Sec) |

(WOMEN)

|                        |                                    |
|------------------------|------------------------------------|
| 1.DSP.Amandeep Kaur    | Ist in Shot Put(13.80 Mtrs)        |
|                        | 4th in Discus Throw                |
| 2.CT.Ritta Rani        | 5th in Shot Put                    |
| 3.Inspr.Swaranjit Kaur | 2nd in Discus Throw(48.37 Mtrs)    |
|                        | 5th in Javelin Throw               |
| 4.CT.Rajwinder Kuur    | 2nd in Hammer Throw(50.83 Mtrs)    |
| 5.SI.Surinderjit Kaur  | 5th in Hammer throw                |
| 6.CT.Mandeep Kaur      | Ist in 100 Mtrs Run(12.07 Sec)     |
|                        |                                    |
| 7.ASI.Manjit Kaur      | 3rd in 100 Mtrs Run(12.34 Sec)     |
|                        |                                    |
| 8.CT.Rajwinder Kaur    | 2nd in 200 Mtrs Run(24.31 Mtrs)    |
|                        | 4th in 400 Mtrs Hurdles            |
|                        | Ist in 400 Mtrs(NMR 53.18 Sec)     |
| 9.CT.Depinder Kaur     | 4th in 400 Mtrs Run                |
| 10.CT.Mandeep Kaur     | 3nd in 200 Mtrs Run(24.32 Mtrs)    |
| 11.CT.Harjit Kaur      | 3rd in 800 Mtrs Run(2:11.48 Sec)   |
| 12.CT.Paramjiot Kaur   | 4rd in 800 Mtrs Run                |
| 13.CT.Harjit Kaur      | 2nd in 1500 Mtrs Run(4:42.24 Sec)  |
| 14.HC.Sapender Kaur    | 2nd in 400 Mtrs Hurdles(59.16 Sec) |
| 15.HC.Sapender Kaur    | 2nd in 400 Mtrs Hurdles(59.16 Sec) |
| 16.CT.Sukhdeep Kuar    | 3rd in High Jump(1.61 Mtrs)        |
| 17.CT.Sandeep Kaur     | 4th in High Jump                   |
| 18.CT.Deepmala Gupta   | Ist in Long Jump(5.80 Mtrs)        |
| 19.HC.Deepinder Kaur   | Ist in 100 Mtrs Hurdles(14.71 Sec) |
| 20.CT.Rajwinder Kaur   | 3rd in 100 Mtrs hurdles(15.13 Sec) |
| 21.CT.Beant Kaur       | 2nd in 5000 Mtrs Run(17:21.64 Sec) |
| 22.CT.Vannita Thakur   | 3rd in 5000 Mtrs Run(17:29.79 Sec) |
| 23.CT.Deepinder Kaur   | 2nd in Long Jump(5.72 Sec)         |
|                        | Ist in 4X100 Mtrs Relay(47.04 Sec) |

24.CT.Samarjit Kaur 2002  
Ist in 4X400 Mtrs Relay(3:38.74 Sec)  
4th in 1500 Mtrs Run

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INTER STATE ATHLETIC CHAMPIONSHIP HELD AT BANGALORE  
FROM 1ST TO 3RD JUNE-2002  
=====

MEN

-----  
1.CT.Bhupindr Singh 8th in 10000 Mtrs Run  
2.Sh.Bahadur Singh,DSP 3rd in Shot Put(19.43 Mtrs)  
3.HC.Sukhbir Singh 2nd in Discus Throw(51.53 Mtrs)  
4.HC.Balwinder Singh 6th in 3000 Mtrs Steeple Chase  
5.HC.Francis Shallu 7th in 3000 Mtrs Steeple Chase  
6.ASI.Pritpal Singh Ist in Triple Jump  
7.ASI.Harminder Singh Ist in Javelion Throw  
8.Inspr.Jagdish Bashnoi 2nd in Javelion Throw  
9.CT.Harinder Singh 2nd in Decathlion  
10.ASI.Amarjit Singh 2nd in Triple Jump  
11.CT.Gurmit Singh 3rd in 20 KM Walk  
12.HC.Harpal Singh 4th in Hammer Throw  
13.CT.Amandeep Singh 4th in Discus Throw

WOMEN

-----  
1.Smt.Sunita Rani,DSP Ist in 5000 Mtrs Run  
2.ASI.Beant Kaur Ist in 10000 Mtrs Run  
3rd in 5000 Mtrs Run  
3.Inspr.Jaswant Kaur 3rd in Pole Vault  
4.ASI.Sagardeep Kaur 3rd in 200 Mtrs Run  
2nd in 4X100 Mtrs Relay  
4th in 400 Mtrs Run  
5.HC.Harjeet Kaur 2nd in 800 Mtrs Run  
2nd in 1500 Mtrs Run  
6.ASI.Ramla Devi 3rd in 800 Mtrs Run  
7.HC.Jasmine Kaur 2nd in 20 KM Walk  
8.ASI.Rajwinder Kaur Ist in Hammer Throw  
9.HC.Mandeep Kaur 3rd in 100 Mtrs Run  
2nd in 4X100 Mtrs RElay  
10.ASI.Harwant Kaur Ist in Shot Put  
3rd in Discus Throw  
11.ASI.Sukhdeep Kaur 5th in high Jump  
12.Inspr.Swaranjit Kaur 4th in Discus Throw

FEDERATION CUP HELD AT CHENNAI FROM 2TH TO 27 JUNE-2002  
=====

WOMEN

-----  
1.ASI.Sagardeep Kaur 4th in 400 Mtrs Run  
2nd in 200 Mtrs Run  
2.Inspr.Deepinder Kaur 5th in 100 Mtrs Run  
3.ASI.Hardeep Kaur Ist in Hammer Throw(61.31 Mtrs NMR)  
4.ASI.Rajwinder Kaur 2nd i Hammer Throw  
5.HC.Jasmine Kaur 2nd in 20 KM Walk  
6.CT.Sandeep Kaur(Jr) 5th in 20 KM Walk  
7.ASI.Sagardeep Kaur 4th in 400 Mtrs Run  
8.HC.Harjit Kaur 2nd in 800 Mtrs Run

|                      |                      |
|----------------------|----------------------|
| 9.ASI.Ramla Devi     | Ist in 800 Mtrs Run  |
| 10.CT.Rita Rani      | 6th in Jevlion Throw |
| 11.ASI.Sukhdeep Kaur | 4th in High Jump     |
| 12.HC.Harjit Kaur    | 4th in 800 Mtrs Run  |

MEN

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|                        |                                     |
|------------------------|-------------------------------------|
| 1.CT.Gurmit Singh      | 3rd in 20 KM Walk                   |
| 2.Inspr.Ajay Raj Singh | 2nd in 200 Mtrs Run(21.18 Sec)      |
| 3.HC.Jaspreet Singh    | 6th in 200 Mtrs run                 |
| 4.CT.Kulwant Singh     | Jt.3rd in Pole Vault                |
| 5.HC.Satpal Singh      | Jt.3rd un Pole Vault                |
| 6.ASI.Amarjit Singh    | Ist in Triple Jump (26.29 Mtrs NMR) |
| 7.ASI.Pritpal Singh    | 2nd in Shot Put                     |
| 8.CT.Sukhjinder Singh  | 4th in Shot Put                     |
| 9.HC.Balwinder Singh   | 5th in 3000 Mtrs Steeple Chase      |
| 10.HC.Jaspreet Singh   | 6th in 200 Mtrs run                 |

Athletic

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2003

51TH ALL INDIA POLICE ATHLETIC CHAMPIONSHIP HELD AT CHENNAI
FROM 2ND TO 5TH MARCH-2003

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1. CT.Vikas Prasher	1st in 4X400 Mtrs Relay (41.14 Sec)
	2nd in 100 Mtrs Run (10.83 Sec)
2. Insp.Ajayraj Singh	1st in 200 Mtrs Run (21.45 Sec)
3. HC.Baljit Singh	1st in 4X400 Mtrs Relay Race
	2nd in 400 Mtrs Run(47.40 Sec)
4. HC.Jaspreet Singh	1st in 4X400 Mtrs Relay Race (3.11 Sec)
5. CT.Nishan Singh	1st in 800 Mtrs Run (1:50.09 Sec NMR)
6. ASI.Amritpal Singh	1st in Long Jump (7.98 Mtrs NMR)
	1st in 4X100 Mtrs Relay Race
7. CT.Bhupinder Singh	1st in Tripal Jump (15.64 Mtrs)
8. CT.Kulwinder Singh	1st in Shot Put (18.12 Mtrs)
9. SI.Ramandeep Singh	1st in Javelin Throw (75.49 Mtrs)
10. CT.Ravinderpal Singh	1st in Decathlon (6875 Points)
	1st in 4X400 Mtrs Relay Race
11. CT.Jatinder Singh	1st in 4X400 Mtrs Relay Race
12. ASI.Jaswinder Singh	1st in 4X400 Mtrs Relay Race
13. CT.Saraj Singh	1st in 4X100 Mtrs Relay Race
14. CT.Bhagwant Singh	1st in 4X100 Mtrs Relay Race
15. ASI.Pritpal Singh	2nd in Triple Jump(15.35 Mtrs)
16. ASI.Harinder Singh	2nd in Javelin Throw (71.73 Mtrs)
17. HC.Harpal Singh	2nd in Hammer Throw (61.50 Mtrs)
18. HC.Aman Saini	2nd in 5000 Mtrs Run
	3rd in 10,000 Mtrs Run
19. HC.Gurpreet Singh	2nd in 110 Mtrs Hurdles (14.76 Sec)
20. HC.Gurwinderpal Singh	2nd in 400 Mtrs Hurdles (52.65 Sec)
	3rd in 110 Mtrs Hurdles (15.04 Sec)
21. HC.Satnam Singh	3rd in 400 Mtrs Hurdles (52.93 Sec)
22. HC.Ajit Singh	3rd in High Jump (2.01 Mtrs)
23. CT.Gursehwak Singh	3rd in Discuss Throw

Women

1.Inspr.Dapinder Kaur	1st in 100 Mtrs Hurdles (14.38 Sec NMR)
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	2nd in 4X100 Mtrs Relay
	3rd in 100 Mtrs Run
2.HC.Rajwinder Kaur Gill	1st in 200 Mtrs Run (24.20 Sec NMR)
	1st in 400 Mtrs Run (52.53 Sec NMR)
	2nd in 4X400 Mtrs Relay Race
3.HC.Harjit Kaur	1st in 800 Mtrs Run (2:09.44 Sec)
	1st in 1500 Mtrs Run (4:30.16 Sec)
4.HC.Mandeep Kaur	2nd in 100 Mtrs Run (11.97 Sec)
	2nd in 4X100 Mtrs Relay Race
	3rd in 200 Mtrs Run (24.74 Sec)
5. HC.Sapinder Kaur	2nd in 400 Mtrs Hurdles
	2nd in 4X400 Mtrs Relay Race
6 HC.Rajwinder Kaur	2nd in 100 Mtrs Hurdles
	3rd in 400 Mtrs Hurdles
7 Inspr.Swaranjit Kaur	2nd in Discuss Throw (54.23 Mtrs)
8 HC.Sukhdeep Kaur	2nd in High Jump (1.66 Mtrs)
9.CT.Sarabjit Kaur	2nd in Hammer Throw (9.00 Mtrs)
10 CT.Jum Nagi	2nd in 4X100 Mtrs Relay
11 CT.Navjot Kaur	2nd in 4X100 Mtrs Relay Race
12 CT.Kamaljit Kaur	2nd in 4X400 Mtrs Relay Race
13 SI.Manjit Kaur	2nd in 4X400 Mtrs Relay Race
14 CT.Deepmala Gupta	3rd in long Jump (5.69 Mtrs)

VARSHA NATIONAL MARATHON HELD AT THANA(MAHARASHTRA)

=====

1. L/CT.Sarabjit Kaur(Jr)	2nd in Marathon Race.
2. L/HC.Asha Rani	3rd in Marathon Race.

WORLD POLICIE & FIRE GAMES HELD AT BARCELONA(SPAIN)
FROM 27.07.03 TO 03-08.03

=====

1. Sh.Bahadur Singh,DSP	1st in Shot Put
	2nd in Discus Throw
2. ASI.Harminder Singh	1st in Javelin Throw
3. HC.Nishan Singh	3rd in 4X400 Mtrs Relay
	4th in 400 Mtrs Relay
4.Miss.Sunita Rani,DSP	1st in 1500 Mtrs Run.
	1st in 5000 Mtrs Run.
	1st in 10,000 Mtrs Run.
	1st in 4X400 Mtrs Relay
5. L/HC.Rajwinder Kaur Gill	1st in 200 Mtrs Run
	1st in 400 Mtrs Run
	1st in 4X400 Mtrs Relay
	3rd in 800 Mtrs Run

FEDERATION CUP ATHLETIC CHAMPIONSHIP HELD AT HYDERABAD
FROM 28TH TO 30 JULY-2003.

=====

1. L/ASI.Harwant Kaur	2nd in Discus Throw
2. L/ASI.Sagardeep Kaur	3rd in 200 Mtrs Run.

	3rd in 400 Mtrs Run
3. L/CT.Narinder Kaur	2nd in Shot Put.
4. L/HC.Manjit Kaur	3rd in Shot Put.
5. L/HC.Vanita Thakur	2nd in Steeple Chase.
	3rd in 5000 Mtrs Run.
6. L/HC.Rajwinder Kaur(Sr.)	3rd in 100 Mtrs Hurdles.
110/Moga	2nd in 400 Mtrs Hurdles.
	2nd in 4X400 Mtrs Relay.
	2nd in 4X400 Mtrs Relay
7. L/P/ASI.Rajwinder Kaur	2nd in Hammer Throw.
8. L/C-II.Sarabjit Kaur	3rd in Hammer Throw.
8. L/HC.Jasmine Kaur	2nd in 20 K.M Walk.
9. L/ASI.Karamjit Kaur	1st in Pole Vault.
	(NMR 3.50 Mtrs)
10. L/SI.Manjit Kaur	1st in 200 Mtrs Run.
11. L/Insp.Deepinder Kaur.	3rd in 4X100 Mtrs Relay
12. L/HC.Mandeep Kaur.	-do-
13. L/CT.Novjot Kaur.	-do-
14. L/ASI.Ramla Devi	2nd in 4X400 Mtrs Relay
15. L/HC.Kamaljit Kaur	-do-

MEN :-

1. HC.Kulwinder Singh	2nd in Shot Put.
2. ASI.Ramandeep Singh	2nd in Javelin Throw.
3. CT.Gurmeet Singh	3rd in 20 KM Walk.
4. ASI.Amritpal Singh	1st in Long Jump.
5. SI.Davinder Singh	1st in Discus Throw.
6. CT.Gursewak Singh	2nd in Discus Throw
7. CT.Kulwinder Singh(Jr)	3rd in Hammer Throw.
8. ASI.Pritpal Singh	3rd in Triple Jump.
9. CT.Kamaljit Singh	3rd in 4X100 Mtrs Relay
10. CT.Manjinder Singh	-do-
11. CT.Saraj Singh	-do-
12. HC.Bhagwant Singh	-do-
13. HC.Gurjinder Singh	2nd in 4X400 Mtrs Relay
14. HC.Baljit Singh	-do-
15. C-II.Jasbir Singh	-do-
16. CT.Satinderjit Singh	-do-

**INTER STATE ATHLETIC CHAMPIONSHIP HELD AT JAMSHEDPUR
FORM 5TH TO 7TH SEP-2003.**

=====

1. ASI.Aman Saini	4th in 5000 Mtrs Run
	Ist in 10000 Mtrs Run
2. ASI.Gurpreet Singh	Ist in 110 Mtrs Hurdles
3. ASI.Gurvinderpal Singh	4th in 400 Mtrs Hurdles
4. CT.Kuldev Singh	5th in 400 Mtrs Hurdles
5. ASI.Amarjit Singh	2nd in Triple Jump
6. CT.Bhupinder Singh	4th in Triple Jump
7. ASI.Pritpal Singh	5th in Triple Jump
8. Sh.Bahadur Singh,DSP	2nd in Shot Put.
9. HC.Kulwinder Singh	5th in Shot Put.
10. HC.Sukhbir Singh	Ist in Discus Throw

11. CT.Gursewak Singh	2nd in Discus Throw
12. SI.Davinder Singh	4th in Discus Throw
13. CT.Aman deep Singh	5th in Discus Throw
14. CT.Amardeep Singh	6th in Discus Throw
15. CT.Kuldwinder Singh	2nd in Hammer Throw
16. HC.Harinder Singh	3rd in Hammer Throw
17. Inspr.Jagdish Bishnoi	Ist in Javelin Throw
18. CT.Manohar Singh	7th in Javelin Throw
19. CT.Gurmit Singh	2nd in 20 KM Walk

WOMEN

1. HC.Mandeep Kaur	5th in 100 Mtrs Run
2. ASI.Sagardeep Kaur	2nd in 400 Mtrs Run
3. SI.Manjit Kaur	4th in 400 Mtrs Run
4. HC.Rajwinder Kaur Gill	8nd in 400 Mtrs Run
5. ASI.Ramla Devi	3rd in 800 Mtrs Run
6. Smt.Sunita Rani,DSP	Ist in 5000 Mtrs Run
7. HC.Vinita Thakur	2nd in 3000 Mtrs Steeple Chase
8. CT.Manjit Kaur	5th in Shot Put
9. ASI.Harwant Kaur	2nd in Discus Throw
10. Inspr.Swaranjit Kaur	5th in Discus Throw
11. ASI.Hardeep Kaur	Ist in Hammer Throw
12. ASI.Rajwinder Kaur	4th in Hammer Throw
13. HC.Jasmin Kaur	Ist in 20 KM Walk (NMR)

OPEN NATIONAL ATHLETIC CHAMPIONSHIP HELD AT BANGALORE
FORM 28TH TO 30TH SEP.2003

1. Smt.Sunita Rani,DSP	Ist in 1500 Mtrs Run
2. HC.Rajwinder Kaur	3rd in 400 Mtrs Hurdles
	5th in 100 Mtrs Hurdles
3. ASI.Hardeep Kaur	Ist in Hammer Throw
4. ASI.Karamjit Kaur	2nd in Pole Vault
5. HC.Jasmin Kaur	Ist in 20 KM Walk (NMR)
6. ASI.Ramla Devi	3rd in 800 Mtrs Run
7. HC.Rajwinder Kaur Gill	3rd in 200 Mtrs Run
8. ASI.Harwant Kaur	2nd in Discus Throw
9. ASI.Rajwinder Kaur	4th in Hammer Throw

MEN

1. CT.Gurkirat Singh	5th in Javelin Throw
2. ASI.Harinder Singh	4th in Javelin Throw
3. CT.Bhupinder Singh	3rd in Triple Jump
4. Sh.Bahadur Singh	Ist in Shot Put
5. HC.Gurjinder Singh	8th in 400 Mtrs Run
6. CT.Gursewak Singh	2nd in Discus Throw
7. SI.Davinder Singh	4th in Discus Throw
8. HC.Sukhbir Singh	5th in Discus Throw
9. CT.Amardeep Singh	7th in Discus Throw
10. CT.Amandeep Singh	8th in Discus Throw
11. ASI.Gurpreet Singh	2nd in 110 Mtrs Hurdles
12. ASI.Gurwinderpal Singh	4th in 400 Mtrs Hurdles
13. CT.Kuldev Singh	5th in 400 Mtrs Hurdles
14. CT.Daljot Singh	4th in 400 Mtrs Hurdles
15. CT.Virkaran Singh	3rd in Hammer Throw
16. HC.Harpal Singh	5th in Hammer Throw
17. HC.Harinder Singh	6th in Hammer Throw

52ND ALL INDIA POLICE ATHLETIC CHAMPIONSHIP HELD AT DELHI
FROM 9TH TO 12TH DEC.2003.

=====

1.Sh.Bahadur Singh,PPS,DSP	Ist in Shot Put(19.40 Mtrs NMR)
2.Inspr.Jagdish Bishnoi	Ist in Javelion Throw(76.32 Mtrs)
3.HC.Ajit Singh	Ist in High Jump (2.06 Mtrs)
4.CT.Kuldev Singh	Ist in 400 Mtrs Hurdles(52.76 Sec) 2nd in 4X400 Mtrs Relay
5.ASI.Amarjit Singh	Ist in Triple Jump (15.47 Mtrs)
6.HC.Nishan Singh	Ist in 800 Mtrs Run (1.54:36 Sec)
7.CT.Kulwinder Singh Jr.	2nd in Hammer Throw(64.46 Mtrs)
8.CT.Ravinderpal Singh	2nd in Decathlon(6491 Points)
9.ASI.Navpreet Singh	2nd in Shot Put(18.21 Mtrs)
10.SI.Davinder Singh	2nd in Discus Throw(53.35 Mtrs)
11.ASI.Gurinderpal Singh	2nd in 110 Mtrs Hurdles(15.26 Sec)
12.ASI.Satnam Singh	2nd in 400 MtrsHurdles(53.67 Sec)
13.CT.Bhupinder Singh	2nd in Triple Jump (15.30 Mtrs)
14.ASI.Aman Saini	2nd in 10.000 Mtrs(31.00:98 Sec) 3rd in 5000 Mtrs Run(15.06.02 Sec)
15.CT.Kashmir Singh	2nd in 800 Mtrs Run(1.54:53 Sec)
16.Inspr.Ajayraj Singh	2nd in 4X100 Mtrs Relay (42.14 Sec) 4th In 200 Mtrs Run(22.47 Sec) 5th in 100 Mtrs Run
17.HC.Bhagwant Singh	2nd in 4X100 Mtrs Relay (42.14 Sec) 3rd in 100 Mtrs Run(11.41 Sec)
18.CT.Manjinder Singh	2nd in 4X100 Mtrs Relay (42.14 Sec) 3rd in 200 Mtrs Run(22.43 Sec)
19.CT.Saraj Singh	2nd in 4X100 Mtrs Relay (42.14 Sec)
20.HC.Baljit Singh	2nd in 4X400 Mtrs Relay (3.17:28 Sec) 4th in 400 Mtrs Run(49.59 Sec)
21.HC.Gurjinder Singh	2nd in 4X400 Mtrs Relay (3.17:28 Sec) 6th in 400 Mtrs Run
22.CT.Satinder Singh	2nd in 4X400 Mtrs Relay (3.17:28 Sec)
23.HC.Harpal Singh	3rd in Hammer Throw(63.24 Mtrs)
24.CT.Harinder Singh	3rd in Decthlon(6472 Points)
25.ASI.Gurpreet Singh	3rd in 110 Mtrs Hurdles(15.42 Sec)
26.CT.Parveen Kumar	3rd in 1500 Mtrs Run(3.59:99 Sec)
27.HC.Satpal Singh	4th In Pole Vault (4.50 Mtrs)
28.HC.Sukhbir Singh	4th in Discus Throw(51.14 Mtrs)
29.ASI.Amrtpal Singh	4th in Long Jump(7.21 Mtrs)
30.SI.Ramandeep Singh	5th in Javelin Throw(65.70 Mtrs)
31.CT.Mukesh Kumar	5th in 1500 Mtrs Run 5th in 5000 Mtrs Run
32.CT.Bhupinder Singh	5th in 10000 Mtrs Run

WOMEN

1.ASI.Harwant Kaur	Ist in Discus Throw (55.07 Mtrs NMR) Ist in Shot Put (13.90 Mtrs)
2.Inspr.Deepinder Kaur	Ist in 4X100 MtrsRelay(47.32 Sec) 3rd in Long Jump(5.53 Mtrs) 4th in 100 Mtrs Hurdles(15.31 Sec)
3.HC.Rajwinder Kaur Gill	Ist in 4X100 MtrsRelay(47.32 Sec)

	2nd in 4X400 Mtrs Relay(3.08:91 Sec)
	3rd in 100 Mtrs Run(13.18 Sec)
	4th in 200 Mtrs Run(26.14 Sec)
4.HC.Mandeep Kaur	Ist in 4X100 MtrsRelay(47.32 Sec)
	Ist in 100 Mtrs Run(12.38 Sec)
5.Navjot Kaur	Ist in 4X100 MtrsRelay(47.32 Sec)
6.ASI.Hardeep Kaur	Ist in Hammer Throw (55.28 Mtrs NMR)
7.SI.Manjit Kaur	Ist in 200 Mtrs Run(24.68 Sec)
	Ist in 400 Mtrs Run(54.62 Sec)
	2nd in 4X400 Mtrs Relay(3.08:91 Sec)
8.Inspr.Swaranjit Kaur	2nd in Discus Throw(53.49 Mtrs)
9.ASI.Ramla Devi	2nd in 4X400 Mtrs Relay(3.08:91 Sec)
	3rd in 1500 Mtrs Run(4.46:08 Sec)
	3rd in 800 Mtrs Run(2.15:11 Sec)
	4th in 400 Mtrs Run(59.25 Sec)
10.CT.Kawaljit Kaur	2nd in 4X400 Mtrs Relay(3.08:91 Sec)
	3rd in 400 Mtrs Hurdles(1.03:86 Sec)
11.CT.Kulwinder Kaur	2nd in High Jump(1.55 Mtrs)
12.CT.Arvinde Rathwa	2nd in 100 Mtrs Hurdles(14.96 Sec)
13.ASI.Spinder Kaur	2nd in 400 Mtrs Hurdles(1.02:82 Sec)
14.CT.Kashmir Kaur	3rd in Javelion Throw(42.00 Mtrs)
15.ASI.Rajwinder Kaur	3rd in Hammer Throw(48.95 Mtrs)
16.CT.Narinder Kaur	4th in Shot Put(12.50 Mtrs)
17.HC.Vanita Thakur	4th in 5000 Mtrs Run(18.28:79 Sec)
18.HC.Sharda Chandal	4th in 800 Mtrs Run(2.21:37 Sec)
	5th in 1500 Mtrs Run
19.CT.Sarabjit Kaur	5th in 5000 Mtrs Run
20.HC.Deepmala Gupta	5th in Long Jump
21.ASI.Sukhdeep Kaur	6th in High Jump

2004

FEDERATION CUP HELD AT DELHI FROM 16TH TO 18TH MARCH-2004

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1.ASI.Aman Saini	3rd in 10000 Mtrs Run
	3rd in 5000 Mtrs Run
2.ASI.Gurinder Pal Singh	4th in 110 Mtrs Hurdles
3.CT.Kuldev Singh	2nd in 400 Mtrs Hurdles
	2nd in 4X400 Mtrs Relay
4.CT.Balraj Singh	2nd in High Jump
5.HC.Ajit Singh	5th in High Jump
6.ASI.Amrtpal Singh	Ist in Long Jump (NNR)
7.ASI.Amarjit Singh	Ist in Triple Jump
8.ASI.Navpreet Singh	Ist in Shot Put
9.CT.Gurpreet Singh	6th in Shot Put
10.HC.Sukhbir Singh	2nd in Discus Throw
11.SI.Davinder Singh	3rd in Discus Throw
12.CT.Gursewak Singh	6th in Discus Throw
13.HC.Harpal Singh	2nd in Hammer Throw
14.C-II Bir Karan Singh	5th in Hammer Throw
15.Inspr.Jagdish Kumar	Ist in Javelin Throw
16.CT.Gurmit Singh	6th in 20 KM Walk
17.C-II Vikas Prasher	3rd in 4X100 Mtrs Relay
18.C-II Saraj Singh	3rd in 4X100 Mtrs Relay
19.HC.Bhagwant Singh	3rd in 4X100 Mtrs Relay

20.CT.Manjinder Singh 3rd in 4X100 Mtrs Relay
 21.HC.Baljit Singh 2nd in 4X400 Mtrs Relay
 22.CT.Satinderjit Singh 2nd in 4X400 Mtrs Relay
 23.CT.Diljot Singh 6th in 400 Mtrs Hurdles
 2nd in 4X400 Mtrs Relay

WOMEN

 1.L/HC.Rajwinder Gill 1st in 400 Mtrs Run
 2.L/SI.Manjit Kaur 2nd in 400 Mtrs Run
 3.L/ASI.Beant Kaur 3rd in 5000 Mtrs Run
 4.L/ASI Harwant Kaur 1st in Discus Throw
 5.Miss Bimi Singh,DSP 3rd in Shot Put
 5th in Discus Throw
 6.L/ASI.Rajwinder Kaur 3rd in Hammer Throw
 7.L/C-II Sarabjit Kaur 4th in Hammer Throw
 8.L/CT.Kishmir Kaur 6th in Javelion Throw
 9.L/HC.Jasmin Kaur 1st in 20 KM Walk
 10.L/CT.Sandeep Kaur 3rd in 20 KM Walk

S.A.F. GAMES HELD AT ISLAMABAD FROM 1ST TO 4TH APRIL-2004

MEN

 1.ASI.Amarjit Singh 1st in Triple Jump (NMR)
 2.ASI.Amrtpal Singh 3rd in Long Jump
 3.HC.Kulwinder Singh 2nd in Shot Put
 4.HC.Sukhbir Singh 2nd in Discus Throw
 5.Inspr.Jagdish Bishnoi 4th in Javelion Throw
 6.CT.Balraj Singh 4th in High Jump

WOMEN

 1.ASI.Sagardeep Kaur 1st in 4X400 Mtrs Relay

INTER STATE ATHLETIC MEET HELD AT CHENNAI
 FROM 18TH TO 20TH JULY-2004.

MEN

 1.C-II.Amarjit Singh 1st in Triple Jump 16.44 Mtrs (NMR)
 2.C-II.Gurpreet Singh 1st in 110 Mtrs Hurdles 14.38 Sec
 1st in 400 Mtrs Hurdles 51.14 Sec
 3.Inspr.Jagdish Kumar 1st in Javelion Throw 75.38 Mtrs
 4.C-II.Gursewak Singh 2nd in Discus Throw 53.32 Mtrs
 5.C-II.Navpreet Singh 2nd in Shot Put 19.93 Mtrs
 6.CT.Kuldev Singh 2nd in 400 Mtrs Hurdles 51.98 Sec.
 7.C-II.Gurmit Singh 2nd in 20 KM Walk 1H.35M.27 Sec.
 8.C-II.Amandeep Singh 3rd in Discus Throw 50.22 Mtrs
 9.C-II.Bhupinder Singh 3rd in Triple Jump 15.48 Mtrs
 10.C-II.Kulwinder Singh 3rd in Hammer Throw 59.58 Mtrs
 11.HC.Harpal Singh 4th in Hammer Throw 59.33 Mtrs
 12.HC.Kulwinder Singh (Sr) 4th in Shot Put 17.98 Mtrs
 13.CT.Ranjodh Singh 4th in 400 Mtrs Hurdles 53.38 Sec.
 14.C-II.Manohar Singh 5th in Javelion throw 68.92 Mtrs
 15.C-II.Ajay Raj Singh 6th in 100 Mtrs Run 10.87 Sec.
 16.ASI.Gurwinderpal Singh 6th in 110 Mtrs Hurdles 15.18 Sec.
 17.C-II.Amrtpal Singh 6th in Long Jump 7.49 Mtrs

18.CT.Jaga Singh	8thin 20 KM Walk	1H.51M.57 Sec.
19.CT.Jasbir Singh	10th in 20 KM Walk	1H.54M 48 Sec.

WOMEN

1.ASI.Hardeep Kaur	Ist in Hammer Throw	56.85 Mtrs
2.CT.Amandeep Kaur	Ist in 20 Km Walk	1H.54M.48 Sec.
3.ASI.Sagardeep Kaur	2nd in 400 Mtrs Run	52.79 Sec.
4.ASI.Rajwinder Kaur	2nd in Hammer Throw	52.07 Sec.
8.CT.Sandeep Kaur	3rd in 20 KM Walk	1H.58M.03 Sec.
6.CT.Navjot Kaur	3rd in 4X100 Mtrs Relay	48.94 Sec.
7.HC.Mandeep Kaur	3rd in 4X100 Mtrs Relay	48.94 Sec.
	5th in 100 Mtrs Run	12.26 Sec.
8.CT.Arbinda Rathwa	3rd in 4X100 Mtrs Relay	48.94 Sec.
	4th in 100 Mtrs Hurdles	15.08 Sec.

Overall Championship won by Punjab State with 119 Points

OLYMPIC GAMES HELD AT ATHENS (GREEK) FROM 13TH TO 29TH AUG.-2004.

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1.Sh.Bahadur Singh,PPS,	Participation in Shot Put
2.SI.Manjit Kaur	Participation in 4X400 Mtrs Relay
3.ASI.Harwant Kaur	Participation in Discus Throw
4.ASI.Sagardeep Kaur	Participation in 4X400 Mtrs Relay
5.HC.Rajwinder Kaur	7th in 4X400 Mtrs Relay

OPEN INDIA ATHLETIC MEET HELD AT MUMBAI FROM 10TH TO 12TH SEP-2004.

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MEN

1.HC.Sukhbir Singh	Ist in Discus Throw	55.14 Mtrs
2.HC.Harpal Singh	Ist in Hammer Throw	60.33 Mtrs
3.C-II.Amarjit Singh	Ist in Triple Jump	15.97 Mtrs
4.CT.Gursewak Singh	2nd in Discus Throw	54.53 Mtrs
5.CT.Ranjodh Singh	2nd in 400 Mtrs Hurdles	52.64 Sec.
6.C-II.Bhagwant Singh	3rd in 4X100 Mtrs Relay	42.20 Sec.
7.CT.Kashmir Singh	6thin 800 Mtrts Run	
8.ASI.Gurwinder Singh	6th in 110 Mtrs Hurdles	
9.CT.Diljot Singh	5th in 400 Mtrs Hurdles	
10.CT.Kuldev Singh	8th in 400 Mtrs Hurdles	
11.C-II.Satpal Singh	4th in Pole Vault	4.40 Mtrs
12.C-II.Bhupinder Singh	8th in Triple Jump	
13.C-II.Davinder Singh	4th in Discus Throw	52.81 Mtrs
14.C-II.Harinder Singh	6th in Hammer Throw	

WOMEN

1.L/SI.Manjit Kaur	Ist in 200 Mtrs Run	24.47 Sec.
2.L/HC.Rajwinder Kaur Gill	2nd in 100 Mtrs Run	12.08 Sec.
3.L/HC.Vinata Thakur	2nd in 3000 Mtrs Steeple Chase	11:18.98 Sec.
4.L/CT.Arwinda Rathwa	4th in 100 Mtrs Hurdles	14.81 Sec.
5.L/ASI.Rajwinder Kaur	4th in Hammer Throw	46.99 Mtrs
6.L/HC.Kamaljit Kaur	8th in 400 Mtrs Hurdles	
7.L/CT.Kulwinder Kaur	8thin Triple Jump	
8.L/CT.Kashmir Kaur	8th in Javelin Throw	

53RD ALL INDIA POLICE ATHLETIC CHAMPIONSHIP HELD AT

KOLKATA FROM 16.11.04 TO 20.11.04

1. C-II.Ajayraj Singh	1st in 200 Mtrs Run (21.82 Sec)
	1st in 4X100 Mtrs Relay (41.12 Sec)
	2nd in 100 Mtrs Run (10.77 Sec)
2. CT.Manjinder Singh	1st in 4X100 Mtrs Relay (41.12 Sec)
	3rd in 100 Mtrs Run (10.93 Sec)
3. C-II.Bhagwant Singh	1st in 4X100 Mtrs Relay (41.12 Sec)
	5th in 100 Mtrs Run (10.97 Sec)
4. CT.Saraj Singh	1st in 4X100 Mtrs Relay (41.12 Sec)
	5th in 200 Mtrs Run (22.42 Sec)
5. C-II.Amarjit Singh	1st in Tripal Jump (16.27 Mtrs NMR)
	6th in Long Jump (17.18 Mtrs)
6. C-II.Kulwinder Singh(Jr)	1st in Hammer Throw (NMR)
7. CT.Kuldev Singh	1st in 400 Mtrs Hurdles (52.40 Sec)
	2nd in 4X400 Mtrs Relay (3:11.09 Sec)
	4th in 400 Mtrs Run (48.81 Sec)
8. C-II.Kulwinder Singh(Jr)	1st in Hammer Throw (NMR)
9. C-II.Amrithpal Singh	1st in Long Jump (7.70 Mtrs)
10. ASI.Gurinderpal Singh	1st in 110 Mtrs Hurdles (14.54 Sec)
11. C-II.Navpreet Singh	1st in Shot Put (18.76 Mtrs)
12. Inspr.Jagdish Kumar	1st in Javelin Throw (73.78 Mtrs)
13. HC.Harpal Singh	2nd in Hammer Throw
14. C-II.Kashmir Singh	2nd in 800 Mtrs Run (1:53.56 Sec)
	3rd in 1500 Mtrs Run (4:01.11 Sec)
15. C-II.Jatinder Singh	2nd in 4X400 Mtrs Relay (3:11.09 Sec)
	3rd in 400 Mtrs Run (48.37 Sec)
16. CT.Parveen Kumar	2nd in 1500 Mtrs Run (4:00.62 Sec)
17. HC.Sukhbir Singh	2nd in Discus Throw (54.70 Mtrs)
18. CT.Ranjod Singh	2nd in 4X400 Mtrs Relay (3:11.09 Sec)
	3rd in 400 Mtrs Hurdles (53.06 Sec)
	4th in 110 Mtrs Hurdles (15.30 Sec)
19. C-II.Satpal Singh	2nd in Pole Vault (4.65 Mtrs)
20. HC.Kulwinder Singh(Sr)	2nd in Shot Put (17.99 Mtrs)
21. CT.Gurkirat Singh	2nd in Javelin Throw (71.76 Mtrs)
22. CT.Harinder Singh(Jr)	2nd in Decathlon Throw (6700 Pts)
23. C-II.Baljit Singh	2nd in 4X400 Mtrs Relay (3:11.09 Sec)
24. ASI.Nishan Singh	3rd in 800 Mtrs Run (1:54.03 Sec)
25. ASI.Aman Saini	3rd in 10000 Mtrs Run (31:20.71 Sec)
	3rd in 5000 Mtrs Run
26. CT.Daljot Singh	3rd in 110 Mtrs Hurdles (15.28 Sec)
27. C-II.Ajit Singh	3rd in High Jump (2.00 Mtrs)
28. CT.Gurpreet Singh(Sub Jr)	3rd in Shot Put (17.92 Mtrs)
29. CT.Gursewak Singh	3rd in Discus Throw (54.20 Mtrs)
30. ASI.Harminder Singh	4th in Javelin Throw (68.86 Mtrs)
31. C-II.Harinder Singh (Sr)	4th in Hammer Throw
32. C-II.Davinder Singh	5th in Discus Throw (52.08 Mtrs)
33. C-II.Gurpreet Singh	6th in 400 Mtrs Hurdles (55.18 Sec)
34. CT.Kulwant Singh	6th in Pole Vault (4.30 Mtrs)
35. C-II.Francis Shallo	6th in 3000 Mtrs Steeple Chase

WOMEN

1. HC.Mandeep Kaur	1st in 100 Mtrs Run (11.94 Sec)
	1st in 4X100 Mtrs Relay (46.39 Sec)
2. HC.Rajwinder Kaur Gill	1st in 4X100 Mtrs Relay (46.39 Sec)
	1st in 4X400 Mtrs Relay (3:45.07 Sec)

	2nd in 200 Mtrs Run (24.52 Sec)
	4th in 400 Mtrs Run (57.62 Sec)
	4th in 100 Mtrs Run (12.26 Sec)
3. CT.Navjot Kaur	1st in 4X100 Mtrs Relay (46.39 Sec)
4. Inspr.Depinder Kaur	1st in 4X100 Mtrs Relay (46.39 Sec)
	4th in 100 Mtrs Hurdles (14.73 Sec)
	5th in 100 Mtrs Run (12.42 Sec)
5. SI.Manjit Kaur	1st in 200 Mtrs Run (24.45 Sec)
	1st in 400 Mtrs Run (51.15 Sec)
	1st in 4X400 Mtrs Relay (3:45.07 Sec)
6. ASI.Sagardeep Kaur	1st in 4X400 Mtrs Relay (3:45.07 Sec)
	3rd in 200 Mtrs Run (24.92 Sec)
	5th in 400 Mtrs Run (57.99 Sec)
7. Miss.Sunita Rani,DSP	1st in 1500 Mtrs Run (4:20.61 Sec NMR)
	1st in 5000 Mtrs Run (16:35.59 Sec NMR)
	2nd in 800 Mtrs Run (2:08.40 Sec BPR)
8. HC.Rajwinder Kaur(Jr)	1st in 4X400 Mtrs Relay (3:45.07 Sec)
	2nd in 400 Mtrs Hurdles (1:00.23 Sec)
	3rd in 100 Mtrs Hurdles (14.71 Sec)
9. ASI.Rajwinder Kaur(Sr)	1st in Hammer Throw (54.14 Mtrs)
10. C-II.Sarabjit Kaur(Sr)	2nd in Hammer Throw (53.55 Mtrs)
11. CT.Sandeep Kaur	2nd in 10 K.M Walk (57:05.02 Sec)
12. ASI.Harwant Kaur	2nd in Shot Put (13.82 Mtrs)
	2nd in Discus Throw (52.80 Mtrs)
13. CT.Kulwinder Kaur	2nd in Tripal Jump (12.60 Mtrs)
	4th in High Jump (1.55 Mtrs)
	4th in Long Jump (5.31 Mtrs)
14. Inspr.Surinderjit Kaur	3rd in Shot Put (12.72 Mtrs)
	6th in Hammer Throw (38.50 Mtrs)
15. CT.Anupam Prashar	4th in Pole Vault (2.35 Mtrs)
16. CT.Baljit Kaur	4th in Discus Throw (45.88 Mtrs)
17. CT.Kashmir Kaur	4th in Javelin Throw (40.76 Mtrs)
	6th in Shot Put (11.05 Mtrs)
18. HC.Kawaljit Kaur	4th in 400 Mtrs Hurdles (1:04.61 Sec)
	5th in 800 Mtrs Run (2:14.99 Sec)
19. HC.Vanita Thaukur	5th in 5000 Mtrs Run (17:49.34 Sec)
	6th in 1500 Mtrs Run (4:42.85 Sec)
20. Inspr.Jaswant Kaur	5th in Pole Vault (2.10 Mtrs)
21. Inspr.Swaranjit Kaur	5th in Discus Throw (45.07 Mtrs)
22. HC.Parampreet Kaur	6th in 800 Mtrs Run (2:15.97 Sec)
23. CT.Surjit Kaur	6th in 5000 Mtrs Run (18:02.54 Sec)
24. CT.Spinderpal Kaur	6th in Tripal Jump (11.22 Mtrs)

1ST INDO-PAK PUNJAB GAMES HELD AT PATIALA
FROM 9.12.04 TO 11.12.04

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1. C-II.Navpreet Singh	Ist in Shot Put (18.87 Mtrs)
2. C-II.Amritpal Singh	Ist in Long Jump(7.64 Mtrs)
3. CT.Kuldev Singh	Ist in 400 Mtrs Hurdles (51.93 Sec)
4. C-II.Amarjit Singh	Ist in Triple Jump (15.99 Mtrs)
5. HC.Harpal Singh	Ist in Hammer Throw (63.48 Mtrs)
6. C-II.Ajayraj Singh	2nd in 200 Mtrs Run (21.71 Sec)
	4th in 100 Mtrs Run (10.89 Sec)
7. CT.Gurpreet Singh	2nd in Shot Put (17.69 Mtrs)
8. C-II.Satpal Singh	2nd in Pole Vault (4.52 Mtrs)

9. CT.Avtar Singh	2nd in Javelin Throw	(69.15 Mtrs)
10. CT.Ranjodh Singh	2nd in 400 Mtrs Hurdles	(52.17 Sec)
11. HC.Kulwinder Singh	3rd in Shot Put	(17.44 Mtrs)
12. C-II.Kulwant Singh	3rd in Pole Vault	(4.50 Mtrs)
13. ASI.Gurinderpal Singh	3rd in 110 Mtrs Hurdles	(14.64 Sec)
14. C-II.Gurkirat Singh	3rd in Javelin Throw	(68.28 Mtrs)
15. C-II.Davinder Singh	3rd in Discus Throw	(54.33 Mtrs)
16. C-II.Kashmir Singh	3rd in 800 Mtrs Run	(1:54.18. Sec)
17. C-II.Harminder Singh	4th in Javelin Throw	(67.89 Mtrs)
18. CT.Bhupinder Singh	5th in Triple Jump	(15.05 Mtrs)
19. ASI.Nishan Singh	5th in 800 Mtrs Run	(1:55.93 Sec)
20. C-II.Gurpreet Singh	6thin 110 Mtrs Hurdles	(15.31 Sec)
21. CT.Harpinder Singh	6th in Long Jump	(6.86 Mtrs)

WOMEN

1. ASI.Harwant Kaur	Ist in Discus Throw	(51.61 Mtrs)
	Ist in Shot Put	(13.81 Mtrs)
2. Smt.Sunita Rani,DSP	Ist in 800 Mtrs Run	(2:07.26 Sec)
3. SI.Manjit Kaur	Ist in 200 Mtrs Run	(25.05 Sec)
4. ASI.Rajwinder Kaur	Ist in Hammer Throw	(55.24 Mtrs)
5. HC.Rajwinder Kuar	Ist in 400 Mtrs Hurdles	(1:01.52 Sec)
6. HC.Mandeep Kaur	Ist in 100 Mtrs Run	(11.94 Sec)
7. HC.Rajwindwer Kaur Gill	2nd in 200 Mtrs Run	(25.24 Sec)
8. C-II.Sarabjit Kaur	2nd in Hammer Throw	(53.33 Mtrs)
9. CT.Baljit Kaur	2nd in Discus Throw	(44.19 Mtrs)
10. CT.Kulwinder Kaur	2nd in Long Jump	(5.33 Mtrs)
11. CT.Navjot Kaur	2nd in 100 Mtrs Run	(12.39 Sec)
12. Inspr.Swaranjit Kaur	3rd in Discus Throw	(42.31 Mtrs)
13. HC.Kawaljit Kaur	4th in 400 Mtrs Hurdles	(1:03.54 Sec)
	5th in 800 Mtrs Run	(2.:19.16 Sec)
14. ASI.Sagardeep Kaur	4th in 400 Mtrs Run	(57.46 Sec)
15. Inspr.Surinderjit Kaur	5th in Shot Put	(12.64 Mtrs)

Athletic

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2005

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11TH FEDERATION CUP HELD AT DELHI FROM 01.06.05 TO
03.06.05.

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1. C-II.Navpreet Singh	1st in Shot Put.	(19.29 Mtrs)
2. C-II.Kulwinder Singh	1st in Hammer Throw	(65.05 Mtrs)
3. Ct. Ranjodh Singh	2nd in 400 Mtrs Hurdles	(52.43 Sec)
	3rd in 4X400 Mtrs Relay	(3:14.28 Sec)
4. HC.Sukhbir Singh	2nd in Discus Throw	(52.89 Mtrs)
5. C-II.Bhupinder Singh	2nd in Triple Jump	(15.28 Mtrs)
6. ASI.Aman Saini	3rd in 10,000 Mtrs Run	(31:25.23 Sec)
7. Ct.Kuldev Singh	3rd in 400 Mtrs Hurdles.	(52.66 Sec)

	3rd in 4X400 Mtrs Relay(3:14.28 Sec)
8. Ct.Gurmeet Singh	3rd in 20 K.M Walk (1::31:27.3 Sec)
9. HC.Harpal Singh	3rd in Hammer Throw (64.33 Mtrs)
10. C-II.Bhagwant Singh	3rd in 4X100 Mtrs Relay (42.07 Sec)
11. C-II.Jaspreet Singh	3rd in 4X100 Mtrs Relay (42.07 Sec) 6th in 200 Mtrs Run (22.52 Sec)
12. C-II.Saraj Singh	3rd in 4X100 Mtrs Relay (42.07 Sec)
13. Ct.Manjinder Singh	3rd in 4X100 Mtrs Realy (42.07 Sec)
14. C-II.Baljit Singh	3rd in 4X400 Mtrs Relay (3:14.28 Sec)
15. Ct.Satinderjit Singh	3rd in 4X400 Mtrs Relay (3:14.28 Sec)
16. C-II.Pritpal Singh	4th in Triple Jump (15.23 Mtrs)
17. ASI.Gurinderpal Singh	5th in 110 Mtrs Hurdles (15.00 Sec)
18. C-II.Harinder Singh	6th in Hammer Throw (6011 Mtrs)
19. Ct.Gurkirat Singh	6th in Javelin Throw (68.99 Mtrs)

Women

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1. Miss.Sunita Rani,PPS,	1st in 1500 Mtrs.(4:20.63 Sec) 1st in 5000 Mtrs(16:23.56 Sec)
2. ASI.Beant Kaur	2nd in 10000 Mtrs Run (36:51.86 Sec)
3. ASI.Rajwinder Kaur	2nd in Hammer Throw (52.79 Mtrs)
4. HC.Rajwinder Kaur Gill	2nd in 200 Mtrs Run (23.99 Sec) 3rd in 400 Mtrs Run (54.79 Sec) 4th in 4X400 Mtrs Relay (4:08.50 Sec) 5th in 4X100 Mtrs Relay(49.41 Sec)
5. HC.Vanita Thaukur	2nd in 3000 Mtrs Steeple Chase (11:15.23 Sec) 4th in 4X400 Mtrs Relay (4:08.50)
6. ASI.Harwant Kaur	2nd in Discus Throw (53.40 Mtrs)
7. Ct.Amandeep Kaur	3rd in 20 K.M Walk (1::54:14.00 Sec)
8. Ct.Sandeep Kaur	4th in 20 K.M Walk (1::56:48.00 Sec)
9. HC.Kamaljit Kaur	4th in 4X400 Mtrs Relay (4:08.50 Sec)

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|-----------------------|--|
| 10. HC.Rajwinder Kaur | 4th in 4X400 Mtrs Relay (4:08.50 Sec)
5th in 4X100 Mtrs Relay (49.41 Sec) |
| 11. Ct.Narinder Kaur | 5th in Shot Put(10.45 Mtrs) |
| 12. Ct.Baljit Kaur | 5th in Discus Throw (43.11 Mtrs) |
| 13. HC.Mandeep Kaur | 5th in 100 Mtrs Run (12.30 Sec)
5th in 4X100 Mtrs Relay(49.41 Sec) |
| 14. Ct.Navjot Kaur | 5th in 4X100 Mtrs Relay (49.41 Sec) |

Punjab Police Men & Women Athletic Teams Secured 3rd Position.

 Inter State Athletic Championship held at Bangalore from
 03.07.05 to 06.07.05.

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|-------------------------|---|
| 1. HC.Harpal Singh | 1st in Hammer Throw (64.66 Mtrs) |
| 2. C-II.Amandeep Singh | 1st in Discus Throw (53.06 Mtrs) |
| 3. C-II.Gurpreet Singh | 1st in 110 Mtrs Hurdles. (14.37 Sec)
3rd in 400 Mtrs Hurdles (52.10 Sec) |
| 4. C-II.Bhupinder Singh | 2nd in Triple Jump (15.62 Mtrs)) |
| 5. C-II.Gurmeet Singh | 3rd in 20 K.M Walk.(1::32:06.00 Sec) |

Women
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- | | |
|---------------------------|-------------------------------------|
| 1. Miss.Sunita Rani,PPS | 1st in 1500 Mtrs Run (4:25.13 Sec) |
| 2. SI.Manjit Kaur | 3rd in 400 Mtrs Run (53.92 Sec) |
| 3. HC.Rajwinder Kaur Gill | 2nd in 400 Mtrs Run (53.02 Sec) |
| 4. Ct.Amandeep Kaur | 2nd in 20 K.M Walk (1::45:43.0 Sec) |
| 5. ASI.Rajwinder Kaur | 2nd in Hammer Throw (54.75 Mtrs) |
| 6. HC.Mandeep Kaur | 6th in 100 Mtrs Run |

World Police & Fire Games held at Quebec City (Canada)
 from 26.06.05 to 05.07.05.

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|------------------------|--|
| 1. C-II.Ajay Raj Singh | 1st in Long Jump
1st in 4X100 Mtrs Relay Race.
1st in 4X400 Mtrs Relay Race. |
| 2. Ct.Kulwinder Singh | 1st in Hammer Throw
2nd in Discus Throw |

16th ASIAN TRACK & FIELD HELD AT SOUTH KOREA
 FROM 01.09.2005 TO 04.09.2005

- | | |
|-------------------|-----------------------------------|
| 1. SI Manjit Kaur | 1st in 400 Mtrs. Run (51.50 Sec.) |
|-------------------|-----------------------------------|

- 1st in 4X400 Mt.Relay (3.30.93 Sec.NMR)
2. HC Rajwinder Kaur Gill 1st in 4X400 Mt.Relay (3.30.93 Sec.NMR)
3. C-II Navpreet Singh 2nd in Shot put (19.40 Mtrs.)
4. Inspr. Jagdish Kumar 3rd in Javalin Throw (74.83 Mtrs.)

54TH ALL INDIA POLICE GAMES ATHLETIC CHAMPIONSHIP HELD
AT NEW DELHI FROM 23.11.2005 TO 26.11.2005.

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Men

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|-----------------------------|--|
| 1. ASI.Navpreet Singh | 1st in Shot Put. |
| 2. ASI.Aman Saini | 1st in 10,000 Mtrs. Run.
2nd in 5000 Mtrs.Run. |
| 3. HC.Sukhbir Singh | 1st in Discus Throw. |
| 4. ASI.Harminder Singh | 1st in Javelin Throw. |
| 5. C-II.Kulwinder Singh | 1st in Hammer Throw |
| 6. ASI.Gurpreet Singh(Jr) | 1st in 110 Mtrs.Hurdles.
2nd in 400 Mtrs.Hurdles. |
| 7. Ct.Gurmit Singh | 1st in 20 K.M.Walk. |
| 8. C-II.Sukhjinder Singh | 1st in Tripple Jump. |
| 9. Ct.Manjinder Singh | 2nd in 100 Mtrs.Run.
3rd in 4X100 Mtrs.Relay. |
| 10. Ct.Gursewak Singh | 2nd in Discus Throw. |
| 11. Inspr.Jagdish Kumar | 2nd in Javelin Throw. |
| 12. Ct.Kuldev Singh | 2nd in 400 Mtrs.Run.
2nd in 4X400 Mtrs.Relay.
5th in 200 Mtrs.Run. |
| 13. ASI.Nishan Singh | 2nd in 800 Mtrs.Run. |
| 14. ASI.Amritpal Singh | 2nd in Long Jump.
3rd in 4X100 Mtrs.Relay |
| 15. C-II.Jatinder Singh | 2nd in 4X400 Mtrs.Relay. |
| 16. C-II.Gurjinder Singh | 2nd in 4X400 Mtrs.Relay. |
| 17. HC.Baljit Singh | 2nd in 4X400 Mtrs.Relay |
| 18. Ct.Ranjodh Singh | 3rd in 400 Mtrs.Hurdles.
4th in 110 Mtrs.Hurdels. |
| 19. HC.Kulwinder Singh | 3rd in Shot Put. |
| 20. C-II.Vikas Prasher | 3rd in 4X100 Mtrs.Relay.
5th in 100 Mtrs.Run. |
| 21. HC.Bhagwant Singh | 3rd in 4X100 Mtrs.Relay. |
| 22. Ct.Bhupinder Singh(Sr) | 5th in Tripple Jump. |
| 23. Ct.Amandeep Singh | 4th in Discus Throw. |
| 24. Ct.Jasbir Singh | 4th in 20 K.M Walk. |
| 25. Ct.Diljot Singh | 5th in 110 Mtrs.Hurdles. |
| 26. Ct.Bhupinder Singh (Jr) | 5th in 5000 Mtrs.Run. |
| 27. Ct.Gurpreet Singh | 5th in Shot Put. |
| 28. HC.Harpal Singh | 5th in Hammer Throw. |
| 29. Ct.Rajesh Kumar | 5th in High Jump. |
| 30. Ct.Gurkirat Singh | 5th in Javelin Throw. |
| 31. ASI.Gurpreet Singh | 6th in Decathlon |
| 32. Ct.Jagga Singh | 6th in 20 K.M.Walk. |
| 33. C-II.Franic Shallo | 6th in 3000 Mtrs.Steeple Chase. |

Women

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|-------------------------|-------------------------------|
| 1. Ct.Sarabjit Kaur | 1st in Hammer Throw |
| 2. SI.Manjit Kaur | 2nd in 200 Mtrs.Run |
| | 2nd in 400 Mtrs.Run |
| | 2nd in 4X400 Mtrs.Relay Race. |
| 3. Inspr.Swaranjit Kaur | 2nd in Discus Throw. |
| 4. Ct.Kashmir Kaur | 2nd in Javelin Throw. |
| | 5th in Shot Put. |
| 5. HC.Kawaljit Kaur | 2nd in 4X400 Mtrs.Relay. |
| | 3rd in 400 Mtrs.Run. |
| | 3rd in 800 Mtrs.Run. |
| | 3rd in 400 Mtrs.Hurdles. |
| 6. Ct.Kulwinder Kaur | 2nd in Tripple Jump. |
| | 5th in Long Jump. |
| 7. Ct.Sapinderpal Kaur | 2nd in 4X400 Mtrs.Relay. |
| | 3rd in Tripple Jump. |
| 8. ASI.Karamjit Kaur | 2nd in Pole Vault. |
| 9. HC.Harjit Kaur | 2nd in 4X400 Mtrs.Relay |
| | 6th in 800 Mtrs.Run. |
| 10. Ct.Sandeep Kaur | 3rd in 10 K.M.Walk. |
| 11. HC.Vanita Thakur | 3rd in 1500 Mtrs.Run. |
| 12. Ct.Baljit Kaur | 3rd in Discus Throw. |
| 13. Ct.Narinder Kaur | 3rd in Shot Put. |
| 14. ASI.Beant Kaur | 3rd in 5000 Mtrs.Run |
| 15. ASI.Rajwinder Kaur | 4th in Hammer Throw. |
| 16. Ct.Arvinde Rathwa | 4th in 100 Mtrs.Hurdles. |
| 17. Ct.Anpum Prasher | 4th in Pole Vault. |
| 18. Ct.Navjot Kaur | 5th in 100 Mtrs.Run. |
| 19. Ct.Sarabjit Kaur | 5th in 1500 Mtrs.Run |
| 20. ASI.Sagardeep Kaur | 5th in 200 Mtrs.Run |
| 21. HC.Asha Rani | 6th in 5000 Mtrs.Run |
| 22. HC.Parampreet Kaur | 6th in 1500 Mtrs.Run |
| 23. Ct.Amandeep Kaur | 6th in 10 K.M.Walk. |

Coach

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|---------------------------|
| 1. Inspr. Ranjit Singh |
| 2. HC Hardeep Singh |
| 3. HC Mohinder Singh |
| 4. CT Sudhir Katoch |
| 5. HC Karnail Singh |
| 6. CT Dharminderpal Singh |
| 7. C-II Jagmohan Lal |

45TH OPEN NATIONAL ATHLETIC CHAMPIONSHIP HELD

AT HYDERABAD FROM 07.11.05 TO 10.11.05.

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MEN

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|-----------------------|----------------------|
| 1. ASI Navpreet Singh | 1st in Shot Put |
| 2. Ct. Gurmit Singh | 1st in 10 KM Walk |
| 3. HC Sukhbir Singh | 2nd in Discus Throw |
| 4. Ct. Kuldev Singh | 2nd in 400 Mtrs. Run |

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|-------------------------|---------------------------|
| 5. ASI Gurpreet Singh | 2nd in 400 Mtrs. Hurdles. |
| 6. C-II Kulwinder Singh | 2nd in Hammer Throw |
| 7. Inspr. Jagdish Kumar | 3rd in Javelin Throw |
| 8. C-II Amandeep Singh | 4th in Discus Throw |

WOMEN

- | | |
|-----------------------|------------------------------------|
| 1. Ct. Amandeep Kaur | 1st in 20 KM Walk (1:43.49.00 NMR) |
| 2. ASI Harwant Kaur | 3rd in Discus Throw |
| 3. ASI Rajwinder Kaur | 3rd in Hammer Throw |

2006

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12th Federation Cup held at New Delhi  
from 28.02.06 to 03.03.06

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Men

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|---------------------------|--------------------------------------|
| 1. ASI Amritpal Singh     | 1st in Long Jump (7.68 Mtrs.)        |
| 2. ASI Gurpreet Singh     | 2nd in 400 Mtrs. Hurdles (50.81 Sec) |
| 3. Inspr. Jagdish Kumar   | 3rd in Javelin Throw (72.82 Mtrs.)   |
| 4. C-II Harinder Singh    | 3rd in Hammer Throw (62.10 Mtrs.)    |
| 5. HC Baljit Singh        | 4th in 4X400 Mtrs. Relay             |
| 6. Ct. Iqbal Singh        | 4th in 4X400 Mtrs. Relay             |
| 7. Ct. Sharanjit Singh    | 4th in 4X400 Mtrs. Relay             |
| 8. Ct. Kuldev Singh       | 4th in 4X400 Mtrs. Relay             |
|                           | 6th in 400 Mtrs. Run                 |
| 9. Ct. Bhupinder Singh    | 5th in Triple Jump                   |
| 10. C-II Kulwant Singh    | 5th in Pole Vault                    |
| 11. C-II Amandeep Singh   | 5th in Discus Throw                  |
| 12. HC Bhagwant Singh     | 5th in 4X100 Mtrs. Relay             |
| 13. C-II Vikas Prashar    | 5th in 4X100 Mtrs. Relay             |
| 14. C-II Saraj Singh      | 5th in 4X100 Mtrs. Relay             |
| 15. Ct. Manjinder Singh   | 5th in 4X100 Mtrs. Relay             |
| 16. C-II.Gurjit Singh     | 5th in Shot Put                      |
| 17. C-II Sukhjinder Singh | 6th in Triple Jump                   |
| 18. C-II.Gurkirat Singh   | 6th in Javelin Throw                 |

Women

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|---------------------------|-------------------------------------|
| 1. SI Manjit Kaur | 1st in 400 Mtrs. Run (52.04 Sec) |
| 2. HC Asha Rani | 3rd in 3000 Mtrs. S/C(11:49.71 Sec) |
| 3. HC Sharda Chandel | 4th in 3000 Mtrs. S/C(12:20.58 Sec) |
| 4. HC Rajwinder Kaur Gill | 5th in 400 Mtrs. Run |
| 5. C-II Sarabjit Kaur | 5th in Hammer Throw |
| 6. ASI Rajwinder Kaur | 6th in Hammer Throw |
| 7. Ct. Kashmir Kaur | 6th in Javelin Throw |

Athletic

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16th Commonwealth Games held at Melbourne (Australia)  
from 17.03.06 to 26.03.06

- |                   |                          |
|-------------------|--------------------------|
| 1. SI Manjit Kaur | 2nd in 4X400 Mtrs. Relay |
|                   | 7th in 400 Mtrs. Run     |

2. HC Rajwinder Kaur 2nd in 4X400 Mtrs. Relay

46TH OPEN NATIONAL ATHLETIC CHAMPIONSHIP HELD  
AT DELHI FROM 04.10.06 TO 08.10.06.

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MEN

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1. Ct Ranjodh Singh 2nd in 400 Mtrs. Hurdles  
2. C-II Harinder Singh 2nd in Hammer Throw  
3. Ct. Gurmit Singh 3rd in 20 KM Walk  
4. Inspr. Jagdish Kumar 4th in Javelin Throw  
5. C-II Sukhjinder Singh 5th in Triple Jump  
6. Ct Manjinder Singh 5th in 4X100 Mtrs. Relay  
7. ASI Harminder Singh 6th in Javelin Throw  
8. Ct Kuldev Singh 7th in 400 Mtrs. Run

WOMEN

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1. ASI Hardeep Kaur 2nd in Hammer Throw  
2. Ct Amandeep Kaur 2nd in 20 KM Walk  
3. Ct Sapinderpal Kaur 3rd in 4X100 Mtrs. Relay  
3rd in 4X400 Mtrs. Relay  
5th in Triple Jump  
4. HC Vanita Thakur 3rd in 4X400 Mtrs. Relay  
7th in 1500 Mtrs. Run  
5. Ct Kulwinder Kaur 4th in Triple Jump  
6. ASI Rajwinder Kaur 5th in 200 Mtrs.  
6th in 400 Mtrs.  
7. ASI Sagardeep Kaur 5th in 400 Mtrs.  
8. Ct Sandeep Kaur 5th in 20 KM Walk  
9. Ct Narinder Kaur 8th in Shotput

51st Punjab Police Games held at Jalandhar from  
04.12.2006 to 08.12.2006

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Athletic (Men)

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100 Mtrs.Run

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1. C-II.Saraj Singh	1st	10.79 Sec.
2. C-II.Bhupinder Singh	2nd	10.93 Sec.

200 Mtrs Run

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|                           |     |            |
|---------------------------|-----|------------|
| 1. C-II.Gurinderjit Singh | 1st | 22.90 Sec. |
| 2. C-II.Baljit Singh(Sr)  | 3rd | 23.13 Sec. |
| 3. CT.Baljit Singh (Jr)   | 4th | 24.48 Sec. |

400 Mtrs. Run

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1. CT Iqbal Singh	1st	52.90 Sec.
2. CT Baljit Singh	3rd	55.57 Sec.

800 Mtrs Run

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|                    |     |             |
|--------------------|-----|-------------|
| 1. Sharanjit Singh | 1st | 2:01.79 Sec |
|--------------------|-----|-------------|



2. Iqbal Singh 2nd 2:03.18 Sec.

1500 Mtrs.

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1. Parveen Kumar 1st 4:15.38 Sec.
2. Fransic Shallo 3rd 4:21.98 Sec.

3000 Staple Chase

~~~~~

1. C-II Francis Shallo 1st 10:02.20 Sec.  
2. CT Sukhwinder Singh 3rd 12:49.26 Sec.

5000 Mtrs Run

~~~~~

1. C-II.Francis Shallo 1st 16:19.72 Sec.
2. CT.Vinod Kumar 2nd 16:47.69 Sec.
3. CT.Sukhwant Singh 3rd 16:47.83 Sec.

10000 Mtrs Run

~~~~~

1. Aman Saini 1st 32:32.55 Sec.  
2. Amarjit Singh 2nd 35:02.30 Sec.

20 K.M Walk

~~~~~

1. Gurmit Singh 1st 1::29:18.85 Sec(NMR)

4 X 100 Mtrs Relay

~~~~~

1. CT.Manjinder Singh PAP Zone 1st 42.78 Sec.  
C-II.Kamaljit Singh  
C-II.Bhagwant Singh  
C-II.Saraj Singh

4 X 400 Mtrs.Relay

~~~~~

1. HC Baljit Singh PAP Zone 1st 3:30.72 Sec.
CT Iqbal Singh
CT Kuldev Singh
CT Ranjodh Singh

110 Mtrs Hurdles

~~~~~

1. CT.Daljot Singh 1st 16.11 Sec.  
2. CT.Sandeep Kumar 2nd 16.16 Sec.

400 Mtrs Hurdles

~~~~~

1. Ranjodh Singh 1st 55.19 Sec.

High Jump

~~~~~

1. Rajesh 1st 1.90 Mtrs.  
2. Ajit 2nd 1.90 Mtrs.  
3. Gurpreet Singh 3rd 1.80 Mtrs.

Triple Jump

~~~~~

- | | | |
|---------------------|-----|-------------|
| 1. Sukhjinder Singh | 1st | 15.16 Mtrs. |
| 2. Bhupinder Singh | 2nd | 13.92 Mtrs. |

Long Jump

~~~~~

- |                        |     |      |
|------------------------|-----|------|
| 1. CT Sukhjinder Singh | 1st | 6.88 |
| 2. CT Iqbal Singh      | 2nd | 6.39 |

Discus Throw

~~~~~

- | | | |
|-------------------|-----|-------------|
| 1. Davinder Singh | 3rd | 44.19 Mtrs. |
|-------------------|-----|-------------|

Hammer Throw

~~~~~

- |                      |     |             |
|----------------------|-----|-------------|
| 1. Harinder Singh    | 2nd | 59.78 Mtrs. |
| 2. Gurinderjit Singh | 3rd | 56.80 Mtrs. |

Javelin Throw

~~~~~

- | | | |
|--------------------|-----|-------------|
| 1. Harminder Singh | 1st | 65.76 Mtrs. |
| 2. Avtar Singh | 2nd | 63.49 Mtrs. |
| 3. Gurkirat Singh | 3rd | 61.37 Mtrs. |

Shot Put.

~~~~~

- |                  |     |             |
|------------------|-----|-------------|
| 1. Amarjit Singh | 1st | 16.85 Mtrs. |
| 2. Gurjit Singh  | 3rd | 15.84 Mtrs. |

Pole Vault

~~~~~

- | | | |
|------------------|-----|------------|
| 1. Satpal Singh | 1st | 4.10 Mtrs. |
| 2. Kulwant Singh | 2nd | 4.00 Mtrs. |

Athletic

15th Asian Games held at Doha Qatar from 6th to 16th
December, 2006.

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- |                       |                            |
|-----------------------|----------------------------|
| 1. Inspr. Manjit Kaur | 1st in 4X400 Relay Race    |
|                       | 2nd in 400 Mtrs. Race Ind. |

2007

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Athletic

~~~~~

33rd National Games held at Guwahati
from 09.02.2007 to 18.02.2007

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Men

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- | | |
|--------------------------|--------------------|
| 1. ASI Navpreet Singh | 1st in Shot Put |
| 2. ASI Amritpal Singh | 3rd in Long Jump |
| 3. C-II Sukhjinder Singh | 4th in Long Jump |
| 4. CT Gurmeet Singh | 3rd in 20 K.M.Walk |

Women

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- |                     |                     |
|---------------------|---------------------|
| 1. ASI Hardeep Kaur | 1st in Hammer Throw |
| 2. CT Amandeep Kaur | 2nd in 20 K.M. Walk |

Athletic

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55th All India Police Athletic Championship held at New Delhi  
from 05.03.2007 to 09.03.2007.

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Men

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- |                           |                               |
|---------------------------|-------------------------------|
| 1. ASI.Navpreet Singh     | 1st in Shot Put.              |
| 2. ASI.Amritpal Singh     | 1st in Long Jump.             |
| 3. Ct.Gursewak Singh      | 1st in Discus Throw           |
| 4. C-II.Sukhjinder Singh  | 1st in Triple Jump            |
| 5. C-II.Saraj Singh       | 2nd in 100 Mtrs Run           |
|                           | 2nd in 4X100 Mtrs Relay Race. |
| 6. Ct.Ranjodh Singh       | 2nd in 400 Mtrs Hurdles       |
|                           | 3rd in 4X400 Mtrs Relay       |
| 7. HC.Harinder Singh      | 2nd in Hammer Throw           |
| 8. Inspr.Ajayraj Singh    | 2nd in 4X100 Mtrs Relay       |
| 9. C-II.Vikas Prasher     | 2nd in 4X100 Mtrs Relay       |
| 10. HC.Bhagwant Singh     | 2nd in 4X100 Mtrs Relay       |
| 11. Ct.Kuldev Singh       | 3rd in 400 Mtrs Run           |
|                           | 3rd in 4X400 Mtrs Relay       |
|                           | 4th in 200 Mtrs Run.          |
| 12. ASI.Gurinderpal Singh | 3rd in 110 Mtrs Hurdles       |
| 13. HC.Sukhbir Singh      | 3rd in Discus Throw           |
| 14. C-II.Kulwinder Singh  | 3rd in Hammer Throw           |
|                           |                               |
| 15. Ct.Gurmeet Singh      | 4th in 20 K.M.Walk            |
| 16. Ct.Avtar Singh        | 4th in Javelin Throw          |
| 17. ASI.Aman Saini        | 4th in 5000 Mtrs              |
|                           | 4th in 10000 Mtrs.            |
| 18. Ct.Bhupinder Singh    | 4th in Triple Jump            |
| 19. Ct.Diljot Singh       | 5th in 110 Mtrs Hurdles       |
|                           | 5th in 400 Mtrs Hurdles       |
| 20. HC.Kulwinder Singh    | 5th in Shot Put.              |
| 21. ASI.Harinder Singh    | 5th in Javelin Throw          |
| 22. C-II.Harinder Singh   | 6th in Decathlon              |
| 23. ASI.Satnam Singh      | 6th in 400 Mtrs Hurdles       |
| 24. Ct.Parveen Kumar      | 6th in 1500 Mtrs Run          |

Women

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- |                         |                          |
|-------------------------|--------------------------|
| 1. HC.Asha Rani         | 1st in 5000 Mtrs         |
|                         | 2nd in 1500 Mtrs Run     |
| 2. ASI.Hardeep Kaur     | 1st in Hammer Throw      |
| 3. Ct.Amandeep Kaur     | 1st in 10 K.M.Walk       |
| 4. Inspr.Sawarnjit Kaur | 2nd in Discus Throw      |
| 5. ASI.Sagardeep Kaur   | 2nd in 4X100 Mtrs Relay  |
|                         | 5th in 100 Mtrs.         |
| 6. CT Navjot Kaur       | 2nd in 4X100 Mtrs Relay  |
|                         | 2nd in 4X400 Mtrs. Relay |

	3rd in 200 Mtrs.
	4th in 100 Mtrs.
7. ASI Sapinder Kaur	2nd in 400 Mtrs. Hurdles
	2nd in 4X400 Mtrs. Relay
	2nd in 4X100 Mtrs. Relay
	3rd in 400 Mtrs.
8. CT Sapinderpal Kaur	2nd in Triple Jump
	2nd in 4X100 Mtrs. Relay
	2nd in 4X400 Mtrs. Relay
	6th in Long Jump
9. CT Arvinda Ratwa	2nd in 100 Mtrs. Hurdles
10. HC Harjit Kaur	2nd in 4X400 Mtrs. Relay
	4th in 800 Mtrs.
11. CT Narinder Kaur	2nd in Shot Put
	4th in Discus Throw
12. ASI Karamjit Kaur	2nd in Pole Vault
13. HC Parampreet Kaur	3rd in 1500 Mtrs.
	5th in 800 Mtrs.
14. CT Kulwinder Kaur	3rd in Triple Jump
	4th in High Jump
	5th in Long Jump
15. Inspr. Jaswant Kaur	3rd in Pole Vault
16. CT Baljit Kaur	3rd in Discus Throw
17. CT Kashmir Kaur	3rd in Javelin Throw
	4th in Shot Put
18. CT Sarabjit Kaur	4th in Hammer Throw
19. CT Anupam Prasher	4th in Pole Vault
20. CT Sandeep Kaur	5th in 10 K.M.
21. ASI Jasmine Kaur	6th in 10 K.M.

12th World Police & Fire Games-2007 held at Adelaide  
(Australia) from 16.03.07 to 25.03.07.

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| | |
|--------------------------|---------------------------------|
| 1. ASI Gurpreet Singh | 1st in 110 Mtrs. Hurdles |
| | 2nd in 400 Mtrs. Hurdles |
| 2. ASI Aman Saini | 3rd in 5000 Mtrs. Run |
| | 3rd in 3000 Mtrs. Steeple Chase |
| 3. C-II Sukhjinder Singh | 1st in Triple Jump |
| | 3rd in Long Jump |
| 4. C-II Kulwinder Singh | 1st in Hammer Throw |
| 5. HC Karnail Singh | 3rd in Javelin Throw (Master B) |
| 6. HC Sukhbir Singh | 1st in Discus Throw (Master A) |
| 7. L/HC Parampreet Kaur | 1st in 800 Mtrs. Run (Senior A) |

Athletic

13th Federation Cup held at Kolkata from

10.05.2007 to 13.05.2007

=====

Men

- | | |
|-----------------------|-------------------------|
| 1. HC.Harinder Singh | 2nd in Hammer Throw |
| 2. Ct.Kuldev Singh | 3rd in 400 Mtrs Hurdles |
| | 5th in 400 Mtrs Run. |
| 3. Ct.Ranjodh Singh | Participation |
| 4. Ct.Bhupinder Singh | Participation |
| 5. Ct.Avtar Singh | Participation |
| 6. Ct.Gurmeet Singh | Participation |
| 7. C-II.Saraj Singh | Participation |

Women

- | | |
|-----------------------|---------------------|
| 1. ASI.Rajwinder Kaur | 1st in 200 Mtrs Run |
| 2. Inspr.Manjit Kaur | 3rd in 400 Mtrs Run |
| 3. ASI.Harwant Kaur | 3rd in Discus Throw |
| 4. Ct.Amandeep Kaur | Participation |

Asian Track & Field held at Aman (Jordan)
from 25.07.2007 to 29.07.2007

=====

Men

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- | | |
|-----------------------|------------------------------|
| 1. ASI.Navpreet Singh | 1st in Shot Put (19.70 Mtrs) |
| 2. Ct.Kuldev Singh | 3rd in 4X400 Mtrs Relay Race |

Women

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- | | |
|----------------------|------------------------------|
| 1. Inspr.Manjit Kaur | 1st in 4X400 Mtrs Relay Race |
| 2. ASI.Harwant Kaur | 4th in Discus Throw |

83rd Punjab Athletic Championship held at Sangrur
from 25.08.2007 to 27.08.2007

Men

- | | |
|----------------------------|--------------------------|
| 1. Ct. Sukhjinder Singh | 1st in Triple Jump |
| 2. ASI Harminder Singh | 1st in Javelin Throw |
| 3. Ct. Parveen Kumar | 1st in 800 Mtrs. |
| | 2nd in 1500 Mtrs. |
| 4. HC Harinder Singh (Jr.) | 1st in Hammer Throw |
| | 1st in 4X100 Mtrs. Relay |
| 5. HC Bhagwant Singh | 1st in 4X100 Mtrs. Relay |
| | 2nd in 100 Mtrs. |
| 6. HC Harpal Singh | 2nd in Hammer Throw |
| 7. HC Amardeep Singh | 3rd in Discus Throw |
| 8. HC Ajit Singh | 3rd in High Jump |
| 9. Inspr. Ajay Raj Singh | 1st in 4X100 Mtrs. |
| 10. C-II Saraj Singh | 1st in 4X100 Mtrs. |
| 11. HC Vikas Prashar | 1st in 4X100 Mtrs. |

Women

-
- | | |
|-------------------------|---|
| 1. HC Mandeep Kaur | 1st in 100 Mtrs. |
| 2. Ct. Baljit Kaur | 1st in Discuss Throw
2nd in Shot Put |
| 3. Ct. Sapinderpal Kaur | 1st in Long Jump
2nd in Triple Jump |
| 4. Ct. Kulwinder Kaur | 1st in Triple Jump
2nd in Long Jump |
| 5. Ct. Narinder Kaur | 1st in Shot Put |
| 6. Ct. Arvinda Rathwa | 3rd in 100 Mtrs. Hurdles |

47th Inter State Athletic Championship held at Bhopal
from 17.09.07 to 20.09.07

Men

-
- | | |
|--------------------------|-----------------------------------|
| 1. HC Harinder Singh | 2nd in Hammer Throw (62.06 Mtrs.) |
| 2. HC Amardeep Singh | 2nd in Discus Throw (49.35 Mtrs.) |
| 3. C-II Sukhjinder Singh | 4th in Triple Jump |
| 4. ASI Gurpreet Singh | Participation |
| 5. Ct. Ranjodh Singh | Participation |

Women

-
- | | |
|----------------------|-----------------------------------|
| 1. L/Ct. Baljit Kaur | 3rd in Discus Throw (46.93 Mtrs.) |
|----------------------|-----------------------------------|

47th Open National Athletic Championship held at
Jamshedpur from 23.10.07 to 26.10.07

Men

-
- | | |
|--------------------------|--------------------------------------|
| 1. Ct. Kuldev Singh | 1st in 400 Mtrs. Hurdles (50.70 Sec) |
| 2. HC Harinder Singh | 1st in Hammer Throw (62.28 Mtrs.) |
| 3. HC Sukhbir Singh | 3rd in Discuss Throw (51.84 Mtrs.) |
| 4. C-II Sukhjinder Singh | Participation |
| 5. HC Kulwinder Singh | Participation |
| 6. HC Amardeep Singh | Participation |

Women

-
- | | |
|-----------------------|------------------------------------|
| 1. Ct. Kulwinder Kaur | 1st in Triple Jump (12.84 Mtrs.) |
| 2. Ct. Baljit Kaur | 3rd in Discuss Throw (48.60 Mtrs.) |

Athletic

56th All India Police Athletic Championship-2007
held at Guwahati (Assam) from 13.11.07 to 17.11.07

Men

-
- | | |
|--------------------------|---|
| 1. Inspr. Ajay Raj Singh | 1st in Long Jump (7.61 Mtrs.)
2nd in 4X100 Mtrs. Relay |
| 2. HC Sukhbir Singh | 1st in Discus Throw (52.46 Mtrs.) |
| 3. HC Harinder Singh | 1st in Hammer Throw (63.58 Mtrs.) |
| 4. ASI Navpreet Singh | 1st in Shot Put (18.07 Mtrs.) |
| 5. C-II Sukhjinder Singh | 1st in Triple Jump (15.45 Mtrs.) |

| | |
|-------------------------|----------------------------------|
| 6. Ct. Gurmeet Singh | 1st in 20 KM Walk (1::29:23.20) |
| 7. Ct. Kuldev Singh | 1st in 400 Mtrs. Hurdles (50.91) |
| | 2nd in 4X400 Mtrs. Relay |
| | 6th in 400 Mtrs. |
| 8. Ct. Ranjodh Singh | 2nd in 400 Mtrs. Hurdles |
| | 2nd in 4X400 Mtrs. Relay |
| 9. ASI Gurpreet Singh | 2nd in 110 Mtrs. Hurdles |
| 10. ASI Amritpal Singh | 2nd in Long Jump |
| 11. HC Satpal Singh | 2nd in Pole Vault |
| 12. HC Harpal Singh | 2nd in Hammer Throw |
| 13. Ct. Avtar Singh | 2nd in Javelin Throw |
| 14. HC Vikas Prasher | 2nd in 4X100 Mtrs. Relay |
| | 4th in 100 Mtrs. |
| 15. HC Bhagwant Singh | 2nd in 4X100 Mtrs. Relay |
| 16. C-II Saraj Singh | 2nd in 4X100 Mtrs. Relay |
| 17. HC Gurjinder Singh | 2nd in 4X400 Mtrs. Relay |
| 18. HC Jatinder Singh | 2nd in 4X400 Mtrs. Relay |
| 19. ASI Nishan Singh | 3rd in 800 Mtrs. |
| 20. HC Harinder Singh | 3rd in Decathlon |
| 21. Ct. Gursewak Singh | 4th in Discus Throw |
| 22. Ct. Gurkirat Singh | 4th in Javelin Throw |
| 23. Ct. Kulwinder Singh | 4th in Hammer Throw |
| 24. ASI Satnam Singh | 5th in 400 Mtrs. Hurdles |
| 25. HC Amardeep Singh | 6th in Discus Throw |

Women

| | |
|----------------------------|------------------------------------|
| 1. Inspr. Manjit Kaur | 1st in 200 Mtrs. (25.12 Sec) |
| | 2nd in 400 Mtrs. (55.91 Sec) |
| | 2nd in 4X400 Mtrs. Relay |
| 2. Ct. Kulwinder Kaur | 1st in Triple Jump (13.14 Mtrs) |
| | 2nd in High Jump (1.55 Mtrs.) |
| | 2nd in 4X400 Mtrs. Relay |
| 3. ASI Karamjit Kaur | 1st in Pole Vault (3.15 Mtrs.) |
| 4. Ct. Arvinda Rathwa | 1st in 100 Mtrs.(NMR) (14.45 Sec) |
| | 2nd in 4X100 Mtrs. Relay |
| 5. Ct. Amandeep Kaur | 1st in 10 KM Walk (50:55.16 Sec) |
| 6. Inspr. Jaswant Kaur | 2nd in Pole Vault (3.15 Mtrs.) |
| 7. ASI Sapinder Kaur | 2nd in 400 Mtrs. Hurdles |
| | 2nd in 4X400 Mtrs. Relay |
| | 4th in 400 Mtrs. |
| 8. Ct. Sapinderpal Kaur | 2nd in 4X100 Mtrs. Relay (1:00.82) |
| | 4th in Triple Jump |
| | 6th in Long Jump |
| 9. ASI Rajwinder Kaur Gill | 2nd in 4X100 Mtrs. Relay |
| 10. HC Mandeep Kaur | 2nd in 4X100 Mtrs. Relay |
| | 4th in 100 Mtrs. |
| 11. Ct. Navjot Kaur | 2nd in 4X400 Mtrs. Relay |
| | 3rd in 200 Mtrs. (25.50 Sec.) |
| | 5th in 400 Mtrs. |
| 12. Ct. Narinder Kaur | 3rd in Shot Put (12.77 Mtrs.) |
| 13. Ct. Baljit Kaur | 3rd in Discus Throw (45.88 Mtrs.) |
| 14. HC Vanita Thakur | 4th in 1500 Mtrs. |

- | | |
|--------------------------|----------------------|
| 15. Inspr. Swarnjit Kaur | 5th in 5000 Mtrs. |
| 16. Ct. Kashmir Kaur | 4th in Discus Throw |
| | 5th in Javelin Throw |

2008

Athletic

Indoor Asian Games held at Doha
from 14.02.08 to 16.02.08

- | | |
|-----------------------|--------------------------|
| 1. Inspr. Manjit Kaur | 1st in 4X400 Mtrs. Relay |
| | 4th in 400 Mtrs. |
| 2. Ct. Kulwinder Kaur | Participation |

14th National Federation Cup held at Bhopal from
26.02.08 to 29.02.08.

=====

Men

- | | |
|-----------------------|--------------------------|
| 1. Ct.Kuldev Singh | 1st in 400 Mtrs Hurdles. |
| 2. Ct.Gurmeet Singh | 1st in 20 K.M.Walk |
| 3. HC.Sukhbir Singh | 2nd in Discus Throw |
| 4. ASI.Amritpal Singh | 3rd in Long Jump |
| 5. Ct.Ranjodh Singh | 3rd in 400 Mtrs Hurdles. |

Women

- | | |
|-----------------------|------------------|
| 1. Inspr. Manjit Kaur | 4th in 400 Mtrs. |
|-----------------------|------------------|

SAAF Games held at Cochin (Kerala) from
07.03.08 to 08.03.08

Men

- | | |
|---------------------|--------------------------|
| 1. HC Sukhbir Singh | 1st in Discus Throw |
| 2. Ct. Kuldev Singh | 2nd in 400 Mtrs Hurdles. |

Women

- | | |
|-----------------------|-----------------|
| 1. Inspr. Manjit Kaur | 4th in 200 Mtrs |
|-----------------------|-----------------|

48th Inter State Athletic Championship held at
Tamilnadu from 15.06.2008 to 18.06.2008

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Men
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- | | |
|-----------------------|---------------|
| 1. ASI.Gurpreet Singh | Participation |
| 2. Ct.Gurmeet Singh | Participation |

Women
=====

- | | |
|------------------------|--|
| 1. L/ASI.Harwant Kaur | 1st in Hammer Throw (61.09 Mtrs) (NMR) |
| 2. L/Inspr.Manjit Kaur | Participation |
| 3. L/Ct.Sarabjit Kaur | Participation |

Olympic Games held at Beijing from 08.08.2008 to 24.08.2008

- | | |
|-------------------------|---------------|
| 1. L/Inspr. Manjit Kaur | Participation |
| 2. L/ASI Harwant Kaur | Participation |

Open National Championship held at Cochin from 08.09.2008 to 11.09.2008

Men

- | | |
|--------------------------|---------------|
| 1. Inspr. Ajay Raj Singh | Participation |
| 2. ASI Harminder Singh | Participation |
| 3. ASI Gurpreet Singh | Participation |
| 4. HC Amardeep Singh | Participation |
| 5. C-II Sukhjinder Singh | Participation |
| 6. Ct. Gurmit Singh | Participation |

Women

- | | |
|-----------------------|---------------------|
| 1. Ct. Kulwinder Kaur | 3rd in Triple Jump |
| 2. Ct. Baljit Kaur | 5th in Discus Throw |
| 3. ASI Sapinder Kaur | Participation |

Athletics

=====

13th World Police & Fire Games held at Vancouver (Canada) from 31.07.09 to 09.08.09

Men

- | | |
|-------------------------|------------------------|
| 1. Inspr. Ajayraj Singh | 1st in Long Jump |
| | 1st in 4X100 Mt. Relay |
| 2. SI Harminder Singh | 1st in Javelin Throw |
| 3. ASI Navpreet Singh | 1st in Shot Put |
| 4. ASI Amritpal Singh | 1st in Long Jump |
| | 1st in 4X400 Mt. Relay |
| | 3rd in Triple Jump |
| 5. ASI Gurpreet Singh | 1st in 4X400 Mt. Relay |
| | 2nd in 110 Mt. Hurdles |
| | 2nd in 400 Mt. Hurdles |
| 4. HC Satpal Singh | 2nd in Pole Vault |
| 5. HC Karnail Singh | 3rd in Javelin Throw |
| 6. Ct. Maninder Singh | 1st in 4X100 Mt. Relay |
| | 2nd in 100 Mt. Run |
| 7. Ct. Amandeep Singh | 1st in 4X100 Mt. Relay |
| | 3rd in 110 Mt. Hurdles |
| | 3rd in 400 Mt. Hurdles |
| 8. Ct. Sukhjinder Singh | 1st in 4X100 Mt. Relay |

Women

- | | |
|-------------------------|---|
| 1. ASI Sapinder Kaur | 1st in 4X100 Mt. Relay
1st in 4X400 Mt. Relay
1st in 400 Mt. Hurdles
2nd in 400 Mt. Run |
| 2. ASI Jasmine Kaur | 2nd in 5 KM Walk |
| 3. HC Parampreet Kaur | 2nd in 800 Mt. Run
2nd in 400 Mt. Run |
| 4. Ct. Kulwinder Kaur | 3rd in 1500 Mt. Run
1st in Long Jump
1st in Triple Jump
1st in 4X100 Mt. Relay
1st in 4X400 Mt. Relay
2nd in 100 Mt. Hurdles
2nd in High Jump |
| 5. Ct. Navpreet Kaur | 1st in 100 Mt. Hurdles
1st in High Jump
1st in 4X100 Mt. Relay
1st in 4X400 Mt. Relay
3rd in 200 Mt. Run
3rd in Long Jump |
| 6. Ct. Sapinderpal Kaur | 1st in 4X100 Mt. Relay
1st in 4X400 Mt. Relay
2nd in Long Jump
2nd in Triple Jump |
| 7. Ct. Navjot Kaur | 2nd in 400 Mt. Run
2nd in 4X100 Mt. Relay
2nd in 4X400 Mt. Relay
3rd in 100 Mt. Hurdles |

Open National Athletic Championship held at Bhopal
from 06.10.2009 to 09.10.2009

Women

- | | |
|-----------------------|----------------------|
| 1. Inspr. Manjit Kaur | 1st in 400 Mtrs. Run |
| 2. Ct. Navpreet Kaur | 3rd in Half Marathon |

Inter State Athletic Championship held at Madras
from 21.10.2009 to 24.10.2009

Women

- | | |
|-----------------------|----------------------|
| 1. Inspr. Manjit Kaur | 1st in 400 Mtrs. Run |
| 2. Ct. Navpreet Kaur | 2nd in Half Marathon |

Asian Indoor Games held at Vietnam from 31.10.09 to 02.11.09

- | | |
|----------------------|---------------|
| 1. Ct. Navpreet Kaur | Participation |
|----------------------|---------------|

Asian Track & Field Championship held at China
from 11.11.09 to 14.11.09

-
- | | |
|-----------------------|--------------------------|
| 1. Inspr. Manjit Kaur | 2nd in 4X400 Mtrs. Relay |
| | 3rd in 400 Mtrs. Run |

World Police & Fire Games held at Belfast
from 01.08.2013 to 10.08.2013

-
- | | |
|-----------------------|---------------------|
| 1. Ct. Tajinder Singh | 1st in Discus Throw |
| | 1st in Shot Put |
| | 2nd in Hammer Throw |

Athletic

58th All India Police Athletic Championship-2009-10
held at Kerala from 17.02.09 to 21.02.09

Men

-
- | | |
|----------------------------|------------------------|
| 1. Inspr. Ajay Raj Singh | 3rd in Long Jump |
| 2. SI Gurpreet Singh | 2nd in 110 Mt. Hurdles |
| 3. ASI Navpreet Singh | 2nd in Shot Put |
| 4. HC Bhagwant Singh | 2nd in 4X100 Mt. Relay |
| 5. HC Saraj Singh | 2nd in 4X100 Mt. Relay |
| 6. HC Harinder Singh (Sr.) | 3rd in Hammer Throw |
| 7. Ct. Amandeep Singh | 3rd in 110 Mt. Hurdles |
| 8. Ct. Maninder Singh | 2nd in 4X100 Mt. Relay |
| 9. Ct. Parveen Kumar | 2nd in 4X100 Mt. Relay |
| 10. Ct. Lakhwinder Singh | 3rd in Javelin Throw |
| 11. Ct. Ajaypal Singh | 2nd in High Jump |

Team secured 4th Position

Women

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- | | |
|-----------------------------|------------------------|
| 1. ASI Sapinder Kaur | 2nd in 400 Mt. |
| | 2nd in 4X100 Mt. Relay |
| 2. HC Kashmir Kaur | 2nd in Javelin Throw |
| 3. HC Kanwaljit Kaur | 1st in 4X400 Mt. Relay |
| | 2nd in 400 Mt. Hurdles |
| 4. Ct. Arvinda Rathwa | 1st in 100 Mt. Hurdles |
| 5. Ct. Sapinderpal Kaur | 1st in 4X400 Mt. Relay |
| | 2nd in 4X100 Mt. Relay |
| | 3rd in Triple Jump |
| 6. Ct. Iqbal Kaur | 1st in 800 Mt. |
| | 1st in 4X400 Mt. Relay |
| 7. Ct. Lakhbir Kaur | 1st in 4X400 Mt. Relay |
| | 2nd in 800 Mt. |
| 8. C-II Sarabjit Kaur (Jr.) | 2nd in Hammer Throw |
| 9. Ct. Manjit Kaur (Jr.) | 3rd in Shot Put |
| 10. Ct. Baljit Kaur | 3rd in Discus Throw |
| 11. Ct. Kulwinder Kaur | 1st in Triple Jump |
| | 2nd in Long Jump |
| | 2nd in 4X100 Mt. Relay |
| 12. Ct. Navjot Kaur | 2nd in 4X100 Mt. Relay |

Team secured 2nd Position

Athletic

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National Cross Country Championship held at Pune  
on 22.01.2012

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- |          |               |     |
|----------|---------------|-----|
| 1. L/HC  | Asha Rani     | 3rd |
| 2. L/Ct. | Navjoban Kaur | 3rd |

5th Asian Indoor Athletic Championship held at China  
from 18.02.2012 to 19.02.2012

- ~~~~~
- |         |               |                   |
|---------|---------------|-------------------|
| 1. L/HC | Navpreet Kaur | 6th in Heptathlon |
|---------|---------------|-------------------|

16th Federation Cup held at Patiala from 21.04.12  
to 24.04.12

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- |         |                 |                        |
|---------|-----------------|------------------------|
| 1. L/HC | Navpreet Kaur   | 2nd in Heptathlon      |
| 2. L/Ct | Bhupinder Kaur  | 1st in 400 Mt. Hurdles |
| 3. L/Ct | Rupinder Kaur   | 2nd in Javelin Throw   |
| 4. L/Ct | Rattandeep Kaur | 3rd in 400 Mt. Run     |
| 5. L/Ct | Manjit Kaur     | 3rd in Shot Put        |
| 6. Ct.  | Surinder Singh  | 2nd in 20 KM Walk      |

Open National Athletic Championship held at Chennai  
from 10.09.12 to 13.09.12

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Men

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- |         |                      |                        |
|---------|----------------------|------------------------|
| 1. Ct.  | Surinder Singh       | 2nd in 20 KM Walk      |
| 2. Ct.  | Karandeep Singh      | 3rd in 4X100 Mt. Relay |
| 3. Ct.  | Amandeep Singh (Sr.) | Participation          |
| 4. Ct.  | Amandeep Singh (Jr.) | Participation          |
| 5. Ct.  | Prabhjot Singh       | Participation          |
| 6. Ct.  | Ravinder Singh       | Participation          |
| 7. Ct.  | Gurvinderpal Singh   | Participation          |
| 8. Ct.  | Sewak Singh          | Participation          |
| 9. Ct.  | Ranjit Singh         | Participation          |
| 10. Ct. | Tajinder Singh       | Participation          |
| 11. Ct. | Baljinder Singh      | Participation          |

Women

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- | | | |
|----------|-----------------|------------------------|
| 1. L/Ct. | Rattandeep Kaur | 2nd in 400 Mt. Run |
| | | 1st in 4X400 Mt. Relay |
| 2. L/Ct. | Bhupinder Kaur | 1st in 4X400 Mt. Relay |
| 3. L/Ct. | Deepti Rani | Participation |
| 4. L/Ct. | Navjoban Kaur | Participation |
| 5. L/Ct. | Sarabjit Kaur | Participation |
| 6. L/Ct. | Rupinder Kaur | Participation |
| 7. L/Ct. | Kiranbir Kaur | Participation |
| 8. L/Ct. | Harkirat Kaur | Participation |

9. L/Ct. Manpreet Kaur

Participation

Athletic

National Federation Cup held at Patiala
from 23.04.13 to 26.04.13

- | | |
|------------------------|------------------------|
| 1. L/HC Navpreet Kaur | 2nd in Hapathlon |
| 2. L/Ct. Rupinder Kaur | 3rd in Javelin Throw |
| 3. L/Ct. Harkirat Kaur | 3rd in Shot Put |
| 4. L/Ct. Manpreet Kaur | 3rd in 4X400 Mt. Relay |

Inter State Athletic Championship held at Chennai
from 04.06.2013 to 07.06.2013

- | | |
|------------------------|---------------------------------|
| 1. Ct. Baljinder Singh | 3rd in Discus Throw (52.40 Mt.) |
| 2. Ct. Surinder Singh | 2nd in 20 KM Walk |
| 3. Ct. Kulwant Singh | 3rd in 4X100 Mt.Relay |
| 4. Ct. Tajinder Singh | Participation |
| 5. Ct. Antar Singh | Participation |

Women

- | | |
|------------------------|-------------------|
| 1. HC Navpreet Kaur | 2nd in Heptathlon |
| 2. L/Ct. Kiranbir Kaur | Participation |
| 3. L/Ct. Rupinder Kaur | Participation |
| 4. L/Ct. Harkirat Kaur | Participation |

Athletic

World Walking Championship held at China
from 03.05.2014 to 04.05.2014

- | | |
|-----------------------|--------------------|
| 1. Ct. Surinder Singh | 36th in 50 KM Walk |
|-----------------------|--------------------|

Inter State Championship held at Lucknow
from 05.06.2014 to 08.06.2014

Men

- | | |
|-----------------------|-------------------|
| 1. HC Baljinder Singh | 2nd in 20 KM Walk |
|-----------------------|-------------------|

Women

- | | |
|------------------------|-------------------|
| 1. L/Ct. Kiranbir Kaur | 2nd in Pole Vault |
|------------------------|-------------------|

20th Commonwealth Games held at Glasgow (U.K.) from
23.07.14 to 04.08.14

- | | |
|--------------------------|---------------|
| 1. L/Ct. Rattandeep Kaur | Participation |
|--------------------------|---------------|

Federation Cup held at Patiala from 16.08.14 to 19.08.14

Men

1. Ct. Baljinder Singh	1st in Discus Throw
2. HC Baljinder Singh	3rd in 20 KM Walk
3. Ct. Gurdeep Singh	3rd in 4X400 Mt. Relay
4. Ct. Mewa Singh	3rd in 4X100 Mt. Relay
5. Ct. Karandeep Singh	3rd in 4X100 Mt. Relay
6. Ct. Inderjit Singh	3rd in 4X100 Mt. Relay
7. SI Navpreet Singh	Participation
8. Ct. Avtar Singh	Participation
9. Ct. Surinder Singh	Participation
10. Ct. Gurpreet Singh	Participation
11. Ct. Amandeep Singh	Participation
12. Ct. Sandeep Lawrence	Participation
13. Ct. Navjot Singh	Participation
14. Ct. Lakhwinder Singh	Participation

Women

1. ASI Kulwinder Kaur	Participation
2. Ct. Rupinder Kaur	3rd in Javelin Throw
3. Ct. Rattandeep Kaur	3rd in 4X400 Mt. Relay
4. Ct. Harkirat Kaur	Participation
5. Ct. Nany Bala	Participation
6. Ct. Kiranbir Kaur	Participation
7. Ct. Baljit Kaur	Participation

Open National Championship held at Delhi
from 02.11.2014 to 05.11.2014

1. L/Ct. Kiranbir Kaur	3rd in Pole Vault
2. L/Ct. Rupinder Kaur	2nd in Javelin Throw

Athletic

63rd All India Police Athletic Championship held at
Madhuban (Haryana) from 26.11.2014 to 30.11.2014

Men

1. Ct. Gopi Chand	1st in 100 Mt. Run
	1st in 4X100 Mt. Relay
2. Ct. Karandeep Singh	3rd in 100 Mt. Run
	1st in 4X100 Mt. Relay
3. Ct. Mewa Singh	1st in 4X100 Mt. Relay
4. Ct. Inderjit Singh	1st in 4X100 Mt. Relay
5. Ct. Gurdeep Singh	1st in 4X400 Mt. Relay
	3rd in 400 Mt. Run
6. Ct. Kulwant Singh	1st in Long Jump
7. Ct. Ravinder Singh	1st in Triple Jump
8. HC Jatinder Singh	1st in 4X400 Mt. Relay
9. Ct. Baljinder Singh	1st in Discus Throw
10. Ct. Sandeep Lawrence	1st in 4X400 Mt. Relay
11. Ct. Gurpreet Singh (1)	1st in 4X400 Mt. Relay
12. Ct. Tajinder Singh	2nd in Shot Put
13. Ct. Prabhjot Singh	2nd in Discus Throw
14. SI Navpreet Singh	3rd in Shot Put

15. ASI Harinder Singh	3rd in Hammer Throw
16. Ct. Avtar Singh	3rd in Javelin Throw
17. Ct. Surinder Singh	3rd in 20 KM Walk
18. Ct. Makhan Singh	Participation
19. Ct. Gurpreet Singh	Participation
20. Ct. Sewak Singh	Participation
21. ASI Satpal Singh	Participation
22. Ct. Jatinder Singh	Participation
23. HC Amardeep Singh	Participation
24. Ct. Pushpinder Singh	Participation
25. Ct. Harjot Singh	Participation
26. Ct. Lakhwinder Singh	Participation
27. Ct. Sarabjit Singh	Participation
28. Ct. Gurwinder Singh	Participation
29. HC Baljinder Singh	Participation
30. Ct. Antar Singh Sandhu	Participation

Women

1. ASI Kulwinder Kaur	1st in Triple Jump
2. Ct. Rupinder Kaur	1st in Javelin Throw
	3rd in Shot Put
3. Ct. Harkirat Kaur	1st in Shot Put
	3rd in Discus Throw
4. Ct. Kiranbir Kaur	1st in Pole Vault
5. HC Navpreet Kaur	2nd in 100 Mt. Hurdles
6. Ct. Nany Bala	2nd in 200 Mt. Run
	3rd in 4X100 Mt. Relay
	3rd in 4X400 Mt. Relay
7. Ct. Rattandeep Kaur	2nd in 400 Mt. Run
	3rd in 4X400 Mt. Relay
8. HC Sarabjit Kaur (Sr.)	2nd in Hammer Throw
9. HC Baljit Kaur	2nd in Discus Throw
10. Ct. Ramandeep Kaur	2nd in Long Jump
	3rd in 4X100 Mt. Relay
11. Ct. Bhupinder Kaur	3rd in 4X400 Mt. Relay
12. HC Spinderpal Kaur	3rd in 4X100 Mt. Relay
	3rd in 4X400 Mt. Relay
13. HC Navjot Kaur	3rd in 4X100 Mt. Relay
14. HC Kashmir Kaur	Participation
15. HC Narinder Kaur	Participation
16. HC Arvinda Rathwa	Participation
17. Ct. Navjoban Kaur	Participation
18. HC Sarabjit Kaur (Jr.)	Participation
19. Ct. Kamalpreet Kaur	Participation

Athletic

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Federation Cup held at Mangalore  
from 01.05.2015 to 04.05.2015

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Men

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|                        |                 |
|------------------------|-----------------|
| 1. Ct. Tajinder Singh  | 2nd in Shot Put |
| 2. Ct. Baljinder Singh | Participation   |
| 3. Ct. Prabhjot Singh  | Participation   |
| 4. Ct. Surinder Singh  | Participation   |

- |                        |               |
|------------------------|---------------|
| 5. Ct. Sewak Singh     | Participation |
| 6. Ct. Karandeep Singh | Participation |
| 7. Ct. Amandeep Singh  | Participation |
| 8. Ct. Inderjit Singh  | Participation |

Women

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- | | |
|-----------------------|----------------------|
| 1. L/HC Baljit Kaur | 1st in Discus Throw |
| 2. L/HC Sarabjit Kaur | 2nd in Hammer Throw |
| 3. L/Ct.Rupinder Kaur | 3rd in Javelin Throw |

Athletic

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National Athletic Inter State Championship held at Chennai  
from 10.07.2015 to 13.07.2015

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Women

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- | | |
|-----------------------|---------------------|
| 1. L/HC Baljit Kaur | 3rd in Discus Throw |
| 2. L/CT Kiranbir Kaur | 1st in Pole Vault |
| 3. L/CT.Harkirat Kaur | 2nd in Shot Put |

World Police & Fire Games held at Fairfax, VA (USA)
from 26.06.2015 to 05.07.2015

- | | |
|-------------------------|--------------------------|
| 1. L/ASI Kulwinder Kaur | 1st in 100 Mtrs. Run |
| | 1st in 100 Mtrs. Hurdles |
| | 1st in Long Jump |
| | 1st in Triple Jump |
| 2. CT Gopi Chand | 1st in 4X100 Mtrs. Relay |
| | 1st in 4X400 Mtrs. Relay |
| | 3rd in 4X100 Mtrs. Relay |
| 3. CT Ravinder Singh | 2nd in Long Jump |
| | 2nd in Triple Jump |
| | 3rd in High Jump |
| | 3rd in 4X100 Mtrs. Relay |
| 4. CT Baljinder Singh | 1st in Discus Throw |
| | 3rd in Shot Put |

64th All India Police Athletic Championship
held at Trivandrum (Kerala) from 07.09.15 to 11.09.15

Men

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- |                       |                          |
|-----------------------|--------------------------|
| 1. HC Baljinder Singh | 1st in 20 KM Walk        |
| 2. CT Baljinder Singh | 1st in Discus Throw      |
| 3. CT Tajinder Singh  | 2nd in Shot Put          |
| 4. CT Gurpreet Singh  | 2nd in 400 Mtrs. Hurdles |
| 5. CT Makhan Singh    | 2nd in 5000 Mtrs. Run    |
|                       | 2nd in 10000 Mtrs. Run   |
| 6. CT Prabhjot Singh  | 2nd in Discus Throw      |
| 7. CT Jatinder Singh  | 3rd in Triple Jump       |
| 8. CT Surinder Singh  | 3rd in 20 KM Walk        |
| 9. SI Navpreet Singh  | 3rd in Shot Put          |



- |                       |                          |
|-----------------------|--------------------------|
| 10. CT Inderjit Singh | 3rd in 4X100 Mtrs. Relay |
| 11. CT Mewa Singh     | 3rd in 4X100 Mtrs. Relay |
| 12. CT Baldev Singh   | 3rd in 4X100 Mtrs. Relay |
| 13. CT Amandeep Singh | 3rd in 4X100 Mtrs. Relay |
| 14. SI Gurpreet Singh | Team 3rd as a Coach      |
| 15. HC Vikas Prasher  | Team 3rd as a A/Coach    |
| 16. HC Sudhir Katoch  | Team 3rd as a A/Coach    |
| 17. HC Harinder Singh | Team 3rd as a A/Coach    |

Women

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- | | |
|-------------------------|--------------------------|
| 1. ASI Kulwinder Kaur | 1st in Triple Jump |
| 2. HC Arvinda Rathwa | 1st in 100 Mtrs. Hurdles |
| 3. CT Kiranbir Kaur | 1st in Pole Vault |
| 4. CT Harkirat Kaur | 1st in Shot Put |
| | 3rd in Discus Throw |
| 5. CT Nany Balla | 2nd in 200 Mtrs. Run |
| | 3rd in 4X400 Mtrs. Relay |
| 6. HC Sarabjit Kaur | 2nd in Hammer Throw |
| 7. CT Ramandeep Kaur | 2nd in Long Jump |
| | 3rd in 4X100 Mtrs. Relay |
| 8. HC Baljit Kaur | 2nd in Discus Throw |
| 9. HC Narinder Kaur | 3rd in Shot Put |
| 10. HC Sapinderpal Kaur | 3rd in 4X100 Mtrs. Relay |
| 11. HC Navjot Kaur | 3rd in 4X100 Mtrs. Relay |
| 12. Inspr. Mandeep Kaur | Team 3rd as a Coach |
| 13. SI Sapinder Kaur | Team 3rd as a A/Coach |
| 14. ASI Kanwaljit Kaur | Team 3rd as a A/Coach |

Open National Championship held at Kolkata
from 16.09.2015 to 19.09.2015

- | | |
|----------------------|--------------------------|
| 1. CT Inderjit Singh | 3rd in 4X100 Mtrs. Relay |
| 2. CT Mewa Singh | 3rd in 4X100 Mtrs. Relay |

SHAHEED BHAGAT SINGH GAMES ATHLETIC WOMEN CHAMPIONSHIP
AT SANGRUR FROM 14TH TO 19TH FEBRUARY- 2016

WOMEN

- | | |
|-----------------------|--|
| 1. L/CT Kiranbir Kaur | 1 st in Pole Vault |
| 2. L/CT Harkirat Kaur | 3 rd in Short Put |
| 3. L/CT Nainy Bala | 3 rd in Discus Throw
Participation |

ATHLETIC

FEDERATION CUP HELD AT DELHI FROM 28.04.2016 TO 30.04.2016

Men

- | | | |
|----|--------------------|---------------|
| 1. | HC Inderjit Singh | Participation |
| 2. | HC Karandeep Singh | Participation |
| 3. | CT Tajinder Singh | Participation |

Women

- | | | |
|----|----------------------|---------------------------------|
| 1. | L/HC Kiranbir Kaur | 1 st in Pole Vault |
| 2. | L/HC Baljit Kaur | 5 th in Discus Throw |
| 3. | L/CT Harkirat Kaur | 2 nd in Shot Put |
| 4. | L/HC Rattandeep Kaur | Participation |