



Government of India  
Ministry of Communications  
Department of Posts  
(Welfare & Sports Section)

Dak Bhawan, Sansad Marg,  
New Delhi-110001

Dated: 22 .01.2020

No. 6-16/2019-WI&Sports

To

All Heads of Postal Circles.

**Sub: 34<sup>th</sup> All India Postal Athletics & Cycling Tournament 2019-20– Circulation of final result – regarding.**

Sir/Madam,

I am directed to invite your attention towards the decision taken in the 21st Postal Sports Board Meeting regarding circulation of Departmental records of various sports events.

2. The 34<sup>th</sup> All India Postal Athletics & Cycling Tournament was conducted at Chamundi Vihar Stadium, Mysuru from 14<sup>th</sup> to 16<sup>th</sup> November 2019
3. The chief Guest for the opening ceremony was His Highness Shri. Y K C Wadiyar, 27<sup>th</sup> Maharaja of Mysuru Inaugural function started at 0900 Hrs on 14.11.2019.
4. The Chief Guest for Valedictory Ceremony was Shri P K Bisoi, Hon'ble Secretary, Department of Posts, New Delhi and Guest of Honor was Shri Shankar Rao, International Athlete. They both distributed Trophies to the winning teams in Athletics as well as in Cycling and Best individual Athletes & declared the AIPACT Closed. The AIPACT was concluded at 1730 Hrs on 16<sup>th</sup> November 2019. Both the Opening Ceremony and Closing Ceremony were presided over by Shri Dr. Charles Lobo, Chief PMG, Karnataka Circle.
5. In the 34<sup>th</sup> All India Postal Athletics & Cycling Tournament-2019 held at Mysuru, 14 Circles and 201 Athletes including Cyclists have Participated . The following Circles have Participated: -

Andra Pradesh	Assam	Gujarat	Haryana	Kerala
Karnataka	Maharashtra	Odisha	Punjab	Tamil Nadu
Telangana	West Bengal	Rajasthan	Uttar Pradesh	

6. The Cycling Championship was held on 15.11.2019 at Mysuru University Campus, Mysuru. Shri Satish, Mysuru District Cycling Association was the Director of the Competition. There were five events held in Cycling Championship. The final results of the same are as under: -



**Event No.1: 1KM Time Trail Men's Final**

Sl.No	Name	Circle	Finish Time	Position
1.	V Murugan	Tamil Nadu	2 Min 48 Sec	I
2.	Jagsir Singh	Punjab	2 Min 50 Sec	II
3.	S Baskar	Tamil Nadu	2 Min 51 Sec	III

**Event No.2: 3 Lap Time Trail Men's Final**

Sl.No	Name	Circle	Finish Time	Position
1.	V Murugan	Tamil Nadu	8 Min 36 Sec	I
2.	Jagsir Singh	Punjab	8 Min 37 Sec	II
3.	Subin B	Kerala	8 Min 42 Sec	III

**Event No.3: 3 Lap Team Trail Men's Final**

Sl.No	Name	Circle	Finish Time	Position
1.	Vinod B karad M B Sayed R M Shejwal, Bhushan Mahadik	Maharashtra	10:00:44	I
2.	Ramesh Chandra Rishi Pal Singh Om Prakash Saini Virendra Kumar	Uttar Pradesh	10: 45:29	II
3.	B Thatha Rao A Srinivasa Reddy K Pradeep Reddy A Ramachandra Rao	Andra Pradesh	12:43:81	III

**Event No.4: 2 Lap Team Trail Men's Final**

Sl.No	Name	Circle	Finish Time	Position
1.	V Murugan T Tamilvanan N parajothi S Baskar	Tamil Nadu	5 Min 28 Sec	I
2.	Jagsir Singh Sandeep Kumar Harjit Singh Jagjit Singh	Punjan	5 Min 52 Sec	II
3.	Jayaprakash P Manikatan S	Kerala	5 Min 57 Sec	III

	Vivek A G			
	Subin B			

**Event No.5: Group Race Men's Final**

Sl.No	Name	Circle	Finish Time	Position
1.	Subin B	Kerala	11:08:19	I
2.	Jagsir Singh	Punjab	11:08:94	II
3.	V Murugan	Tamil Nadu	11:24:60	III

The following events were held during 14<sup>th</sup> to 16<sup>th</sup> November 2019 in Athletics Championship for Women & Men. Shri Raj Velu, Hon. Secretary Karnataka Athletic Association was the Director of Competition.

**Women**

1. 100 Mtrs
2. 100 Mtr Hurdles
3. 200 Mtrs
4. 400 Mtrs
5. 400 Mtr Hurdles
6. 4 X 100 M Relay
7. 4 X 400 M Relay
8. 800 Mtrs
9. 1500 Mtrs
10. 3000 Mtrs
11. 5000 Mtrs
12. 10000 Mtrs
13. 20 Km walk
14. Triple Jump
15. Long Jump
16. High Jump
17. Shot Put
18. Hammer Throw
19. Discuss Throw
20. Javelin Throw
21. Pole Vault
22. Decathlon

**Men**

- 100 Mtrs
- 100 Mtrs Hurdles
- 200 Mtrs
- 400 Mtrs
- 400 Mtrs Hurdles
- 4 X 100 M Relay
- 4 X 400 M Relay
- 800 Mtrs
- 1500 Mtrs
- Long Jump
- High Jump
- Shot Put
- Discuss Throw
- Triple Jump
- Long Jump

The final results of the **Women Athletics** Championship are as under: -

**100 Mtrs (Women)**

Sl.No	Name of the Athlete	Circle	Performance	Position
1.	Shipu Mondal	West Bengal	12.9 Sec	I
2.	Disha Patel	Gujarat	13.1 Sec	II
3.	Renubala Mahanta	Odisha	13.4 Sec	III



## 100 Mtrs (HURDLES)

Sl.No	Name of the Athlete	Circle	Performance	Position
1.	Pinki Rani	Haryana	18.06 Sec	I
2.	Asha F Chaudhary	Gujarat	21.4 Sec	II
3.	Vijeta Bodkar	Gujarat	24.4 Sec	III

## 200 Mtrs (Women)

Sl.No	Name of the Athlete	Circle	Performance	Position
1.	Shipu Mondal	West Bengal	29.1 Sec	I
2.	Sneha Jain	Rajasthan	30.6 Sec	II
3.	P L Chaure	Maharashtra	32.8 Sec	III

## 400 Mtrs (Women)

Sl.No	Name of the Athlete	Circle	Performance	Position
1.	Ritu Dinkar	Uttar Pradesh	1Min:06.07 Sec	I
2.	Shipu Mondal	West Bengal	1Min:08.06 Sec	II
3.	Asha F Chaudhary	Gujarat	1Min:11.07 Sec	III

## 400 Mtrs (HURDLES)

Sl.No	Name of the Athlete	Circle	Performance	Position
1.	Shraddha R Desai	Karnataka	1Min:22.09 Sec	I
2.	Namitha G K	Karnataka	1Min:36.09 Sec	II
3.	Vijaitha Borkar	Gujarat	1Min:41.09 Sec	III

## 800 Mtrs (Women)

Sl.No	Name of the Athlete	Circle	Performance	Position
1.	Ritu Dinkar	Uttar Pradesh	2Min:41.09 Sec	I
2.	Shraddha R Desai	Karnataka	3Min:1.06 Sec	II
3.	H M baria	Gujarat	3Min:5.02 Sec	III

## 1500 Mtrs (Women)

Sl.No	Name of the Athlete	Circle	Performance	Position
1.	Ritu Dinkar	Uttar Pradesh	5Min:26.08 Sec	I
2.	Shraddha R Desai	Karnataka	6Min:23.06 Sec	II

3.	H M baria	Gujarat	6Min:33.06 Sec	III
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## 4 X 100 Mtrs Relay (Women)

Sl.No	Circle	Performance	Position
1.	Gujarat	1Min:00.4 Sec	I
2.	Karnataka	1Min:04.6 Sec	II

## 4 X 400 Mtrs Relay (Women)

Sl.No	Circle	Performance	Position
1.	Gujarat	5Min:30.4 Sec	I
2.	Karnataka	6Min:02.4 Sec	II

## Triple Jump (Women)

Sl.No	Name of the Athlete	Circle	Performance	Position
1.	Shipu Mondal	West Bengal	10.88 Mtrs	I
2.	Renubala M	Odisha	9.62 Mtrs	II
3.	Sneha Jain	Rajasthan	8.80 Mtrs	III

## High Jump (Women)

Sl.No	Name of the Athlete	Circle	Performance	Position
1.	Ritu Dinkar	Uttar Pradesh	1.43 Mtrs	I
2.	Pinki Rani	Haryana	1.40 Mtrs	II
3.	Momtaz Khatun	West Bengal	1.25 Mtrs	III

## Long Jump (Women)

Sl.No	Name of the Athlete	Circle	Performance	Position
1.	Shipu Mondal	West Bengal	5.11 Mtrs	I
2.	Renubala M	Odisha	5.02 Mtrs	II
3.	Pinki Rani	Haryana	4.77 Mtrs	III

## Discuss Throw (Women)

Sl.No	Name of the Athlete	Circle	Performance	Position
1.	Manisha	Haryana	34.09 Mtrs	I
2.	R Jothi Mani	Tamil Nadu	29.01 Mtrs	II
3.	Sangeetha Chaudary	Rajasthan	28.70 Mtrs	III

## Javelin Throw (Women)



Sl.No	Name of the Athlete	Circle	Performance	Position
1.	Sangeetha Chaudary	Rajasthan	40.01 Mtrs	I
2.	R Jothi Mani	Tamil Nadu	33.13 Mtrs	II
3.	Tilu Gogoi	Assam	32.78 Mtrs	III

## Shot Put (Women)

Sl.No	Name of the Athlete	Circle	Performance	Position
1.	Namitha G K	Karnataka	11.8 Mtrs	I
2.	Sushma S	Karnataka	9.74 Mtrs	II
3.	Tilu Gogoi	Assam	9.58 Mtrs	III

The Final Results of the Men's Athletics Championship are as under: -

## 100 Mtrs (Men)

Sl.No	Name of the Athlete	Circle	Performance	Position
1.	V Sanjay	Karnataka	10.9 Sec	I
2.	Aditya Vardhan	Rajasthan	11.3 Sec	II
3.	S A Rasal	Maharashtra	11.5 Sec	III

## 200 Mtrs (Men)

Sl.No	Name of the Athlete	Circle	Performance	Position
1.	V Sanjay	Karnataka	22.7 Sec	I
2.	S Mervin	Tamil Nadu	22.9 Sec	II
3.	Manpreet Singh	Punjab	26.1 Sec	III

## 400 Mtrs (Men)

Sl.No	Name of the Athlete	Circle	Performance	Position
1.	S Mervin	Tamil Nadu	53.4 Sec	I
2.	B Mohan	Telangana	55.1 Sec	II
3.	M Sandeep	Telangana	55.4 Sec	III

## 400 Mtrs Hurdles (Men)

Sl.No	Name of the Athlete	Circle	Performance	Position
1.	S Mervin	Tamil Nadu	58.8 Sec	I
2.	Gopinath Mohanty	Odisha	1Min:08:8 Sec	II
3.	K Shivanagaraju	Andhra Pradesh	1Min:09:3 Sec	III

## 800 Mtrs (Men)

Sl.No	Name of the Athlete	Circle	Performance	Position
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**File No.6-16/2019-WI&Sports**

1.	U N Parmar	Gujarat	2Min:17:09 Sec	I
2.	K Ramesh	Telangana	2Min:18:07 Sec	II
3.	Gurusevak Singh	Punjab	2Min:19:03 Sec	III

**1500 Mtrs (Men)**

Sl.No	Name of the Athlete	Circle	Performance	Position
1.	Rajkumar Fandan	Rajasthan	4Min:19:07 Sec	I
2.	Om Prakash	Karnataka	4Min:27:09 Sec	II
3.	N Shiva	Andhra Pradesh	4Min:28:01 Sec	III

**110 Mtrs Hurdles (Men)**

Sl.No	Name of the Athlete	Circle	Performance	Position
1.	Dharmendra N	Odisha	18.6 Sec	I
2.	T Saravanan	Tamil Nadu	17.2 Sec	II
3.	Narendra Thakur	Rajasthan	25.1 Sec	III

**400 Mtrs Hurdles (Men)**

Sl.No	Name of the Athlete	Circle	Performance	Position
1.	S Mervin	Tamil Nadu	58.08 Sec	I
2.	Gopinath Mohanty	Odisha	1Min:08:8Sec	II
3.	K Shivanagaraju	Andhra Pradesh	1Min:09:3Sec	III

**3000 Mtrs (Men)**

Sl.No	Name of the Athlete	Circle	Performance	Position
1.	Om Prakash	Karnataka	10Min:02:00Sec	I
2.	N Shiva	Andhra Pradesh	10Min:05:09Sec	II
3.	Loganathan	Tamil Nadu	11Min:19:08Sec	III

**5000 Mtrs (Men)**

Sl.No	Name of the Athlete	Circle	Performance	Position
1.	N Shiva	Andhra Pradesh	17Min:53:07Sec	I
2.	Om Prakash	Karnataka	18Min:02:03Sec	II
3.	Lalith Verma	Haryana	18Min:50:00Sec	III

**10000 Mtrs (Men)**

Sl.No	Name of the Athlete	Circle	Performance	Position
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1.	Om Prakash	Karnataka	38Min:39:09Sec	I
2.	Lalith Verma	Haryana	40Min:17:00Sec	II
3.	P Loganathan	Tamil Nadu	41Min:39:09Sec	III

20,000m RACE Walking (Men)

Sl.No	Name of the Athlete	Circle	Performance	Position
1.	Ganesh Patel	Maharashtra	2 Hr:18Min:01Sec	I
2.	Dasarath S	West Bengal	2Hr:27Min:16Sec	II
3.	Muhidar Kalitra	Assam	2Hr:27Min:57Sec	III

## 4 X 100 Mtrs Relay (Men)

Sl.No	Circle	Performance	Position
1.	Tamil Nadu	45.6Sec	I
2.	Gujarat	47.5 Sec	II
3.	Kerala	47.6 Sec	III

## 4 X 400 Mtrs Relay (Men)

Sl.No	Circle	Performance	Position
1.	Tamil Nadu	3Min:45:9 Sec	I
2.	Gujarat	3Min:57:8 Sec	II
3.	Telangana	4Min:01:00Sec	III

## Decathlon (Men)

Sl.No	Name of the Athlete	Circle	Performance	Position
1.	S Gunashekar	Tamil Nadu	3829 Points	I
2.	S Pandian	Tamil Nadu	2895 Points	II
3.	Gopal Sharma	Maharashtra	2327 Points	III

## High Jump (Men)

Sl.No	Name of the Athlete	Circle	Performance	Position
1.	L C Chavda	Gujarat	1.65 Mtrs	I
2.	Dependra Singh	Rajasthan	1.65 Mtrs	II
3.	R.Chelladurai Pandi	Tamil Nadu	1.60 Mtrs	III

## Shot Put (Men)

Sl.No	Name of the Athlete	Circle	Performance	Position
1.	Arun Kumar Tiwari	Uttarpradesh	12.10 Mtrs	I
2.	R Ramdas	Tamil Nadu	12.06 Mtrs	II



The overall Team Position and Best Athlete(s) details are as under: -

Overall Team Position: -

Position	Name of Circle	Points Scored
First	Tamil Nadu	136 Points
Second	Karnataka	111 Points

Team Championship (Men)

Position	Name of Circle	Points Scored
First	Tamil Nadu	125 Points

Team Championship (Women)

Position	Name of Circle	Points Scored
First	Karnataka	63 Points

Cycling Team Championship (Men)

Position	Name of Circle	Points Scored
First	Tamil Nadu	17 Points

<b>Best Athlete (Men)-100 Mtrs</b>	V Sanjay	Karnataka	10.9 Sec	916 Points
<b>Best Athlete (Women)-200 Mtrs</b>	Shipu Mondal	West Bengal	29.1 Sec	821 Points
<b>Veteran Athlete</b>	R Manickraj	Tamil Nadu	2.90 Mtrs	-

6. The IAAF Rules 2016-17 & ICF Rules were followed during the Athletics & Cycling Championship respectively

*Daisy Barla*  
(Daisy Barla)  
Director (Wlf & Sports)  
& Honorary  
Secretary to the  
Postal Sports Control Board,  
Department  
of Posts.

Copy to:

- (i). Army Postal Service, 1 CBPO, New Delhi.
- (ii). CGM, Business Development Directorate
- (iii). CGM, Postal Life Insurance Directorate.



3.	Mahi Mohan	Kerala	11.33 Mtrs	III
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## Long Jump (Men)

Sl.No	Name of the Athlete	Circle	Performance	Position
1.	Rasik S Rathwa	Gujarat	6.24 Mtrs	I
2.	S Gunashekar	Tamil Nadu	6.14 Mtrs	II
3.	Amith Kumar	Haryana	6.07 Mtrs	III

## Triple Jump (Men)

Sl.No	Name of the Athlete	Circle	Performance	Position
1.	Rasik S Rathwa	Gujarat	12.50 Mtrs	I
2.	S Gunashekar	Tamil Nadu	12.36 Mtrs	II
3.	Moon Chanymai	Assam	12.33 Mtrs	III

## Discuss Throw (Men)

Sl.No	Name of the Athlete	Circle	Performance	Position
1.	T D Mune	Maharashtra	39.63 Mtrs	I
2.	Ramesh Kumar	Rajasthan	36.84 Mtrs	II
3.	R Ramdas	Tamil Nadu	35.17 Mtrs	III

## Javelin Throw (Men)

Sl.No	Name of the Athlete	Circle	Performance	Position
1.	D Viswakarna	Gujarat	62.65 Mtrs	I
2.	C Arivoli	Tamil Nadu	52.30 Mtrs	II
3.	S Gunashekar	Tamil Nadu	48.97 Mtrs	III

## Hammer Throw (Men)

Sl.No	Name of the Athlete	Circle	Performance	Position
1.	R S Sanchaniya	Gujarat	42.79 Mtrs	I
2.	Malay R Pati	Odisha	42.76 Mtrs	II
3.	Vikas Gill	Haryana	39.96 Mtrs	III

## Pole Vault (Men)

Sl.No	Name of the Athlete	Circle	Performance	Position
1.	R Manickaraj	Tamil Nadu	2.90 Mtrs	I
2.	T Saravanan	Tamil Nadu	2.70 Mtrs	II
3.	K John Paul	Telangana	2.60 Mtrs	III



- (iv). Rafi Ahmed Kidwai National Postal Academy.
- (v). All Postal Training Centers  
(Saharanpur/Vadodara/Mysore/Madurai/Darbhanga/Guwahati).
- (vi). Secretary, Postal Services Board.
- (vii). The General Manager, CEPT, Mysore with the request for uploading on the Website of India Post under caption Employee Corner and sub heading Awards and Championships.