

## Cross Country

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2000

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48th ALL INDIA POLICE AQUATIC & CROSS COUNTRY CHAMPIONSHIP-TRIVANDRUM

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Punjab Police 4KM Cross Country Team Secured 4th Position

Punjab Police 12KM Cross Country Team Secured 6th Position

2001

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49th ALL INDIA POLICE AQUATIC & CROSS COUNTRY CHAMPIONSHIP-AURANGABAD FROM  
26TH

FEB 3RD MAR.-2001

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Punjab Police 4KM Cross Country Team Secured 3th Position

Punjab Police 12KM Cross Country Team Secured 5th Position

Cross-Country

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2002

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

NOV-2002.

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

4 KM Race

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

12 KM Race

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

2003

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52th ALL INDIA POLICE AQUATIC & CROSS COUNTRY CHAMPIONSHIP-DELHI FROM 01 to 06

August-2003

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CROSS COUNTRY

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4KM

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Punjab Police Team Secured 3rd Position

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|-----------------------|------|
| 1.CT.Parveen Kumar    | 5th  |
| 2.HC.Sanjiv Kumar     | 12th |
| 3.CT.Shinderpal Singh | 18th |
| 4.HC.Balwinder Singh  | 21st |
| 5.CT.Amatjit Singh    | 32nd |
| 6.HC.Bhajan Lal       | 61th |

12KM

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Punjab Police Team Secured 2nd Position

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|---------------------|------|
| 1.ASI.Aman Saini    | 3rd  |
| 2.CT.Mangat Kumar   | 6th  |
| 3.HC.Francis Shallu | 11th |
| 4.CT.Manpreet Singh | 12th |
| 5.CT.Gurmukh Singh  | 29th |
| 6.CT.PMukesh Kumar  |      |

Aquatic & Cross Country

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2004

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53th ALL INDIA POLICE AQUATIC & CROSS COUNTRY CHAMPIONSHIP-DELHI FROM 06th to 10th Sep.2004

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CROSS COUNTRY

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4KM

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Punjab Police Team Secured 3rd Position

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|--------------------|-----|---------|
| 1.CT.Parveen Kumar | 5th | 11:31.6 |
| 2.HC.Sanjiv Kumar  | 7th | 11:34.3 |

3.CT.Vinod Kumar           9th 11:39.5  
4.CT.Jagdeep Singh       19th 12:03.0  
5.CT.Amarjit Singh       21st 12:.9.0  
6.ASI.Harjit Singh       29th 12:22.0

12KM

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Punjab Police Team Secured 2nd Position  
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1.ASI.Aman Saini           2nd 37:38.9  
2.CT.Manpreet Singh       6th 38:17.6  
3.CT.Bhupinder Singh     7th 38:21.5  
4.CT.Jasbir Singh         8th 38:25.6  
5.CT.Mangat Kumar        16th 38:52.4  
6.CT.Prem Pal             20th 39:24.3

Cross Country

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54th All India Police Aquatic & Cross Country Championship-2005  
held at Jaipur from 26.04.06 to 30.04.06  
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4 K.M.

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Punjab Police Team Secured 3rd Position  
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12 K.M.

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Punjab Police Team Secured 5th Position  
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1.CT.Francis Shallo       10th  
2.CT.Parveen Kumar       12th  
3.CT.Jagdeep Singh       14th  
4.HC.Sanjeev Kumar       15th

12 K.M.

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Punjab Police Team Secured 5th Position  
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1.CT.Mangat Ram           15th  
2.CT.Sukhwant Singh      27th  
3.CT.Bhupinder Singh     28th  
4.HC Jagdev Singh         40th