

Cycling

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Cycling as a sport tests the skill, speed and endurance of the competitors

Forerunner of a present-day bicycle was built for Comte Sivrace in 1791 in Paris. In 1817 a significant advance was made by the German engineer Baron Von Drais-de-Sauerbrun, who first introduced the pivoting front wheel. In 1839 Macmillan, a blacksmith at Courthill (Scotland), developed the technique of treadle propulsion and discovered that a rider can drive forward and maintain balance. Gradually the velocipedes came into being which were also known as bone shakers. These velocipedes went through technical changes and the machine that brought the final change of the bicycle was the Rover safety model in 1885. However it was Raleigh in 1901 who introduced the first all-steel bicycle.

ACHIEVEMENTS

Name and Rank	Address	Achievements
Sub. Inspector Ramninder Singh No.27/646/PAP	175/C, Bhai R.S. Nagar, Post Office- GPO Ludhiana, District - Ludhiana	Attend Six Months Advance Training In Los Angles (USA) 1995 1st National Cycling Road Races 1.1995-Jabalpur (1st in 30 kms criterium) (1st in 42 kms massed start) (1st in 42 kms team time trial) (Declared best cyclist in Jr. Boys) 4th National Games 1. 1991-Pune (1st in 1500 mtrs team time trial) 2. 1999-Imphal (1st in 1500 mtrs team time trial) (1st in 4000 mtrs team pursuit) (2nd in 1000 mtrs sprint)
Sub.Inspector Amandeep Singh No. IRB/91/PAP	73, Hira Bhag Patiala, Post Office- GPO Patiala, District- Patiala	1st National Road Race Championship 1.1995-Jabalpur (1st in 70 kms team time trial) (2nd in 40 kms creterium road race) 4th National Games 1. 1997-Banglore (2nd in 70 kms team time trial) 2. 1999-Imphal (1st in 4000 mtrs team pursuit) (1st in 20 kms point race)

Sub. Inspector
Pardeep Singh
No. 82/644/PAP

F-12/22, P.A.U.
Campus Ludhiana,
Post Office-GPO
Ludhiana, District-
Ludhiana

Senior National Cycling Championship
1.1994-Bikaner (Declared as Road King of the
meet)
2.1995-Jabalpur (Declared as Road King of the
meet)
3. 1998-Patiala (1st in 1500 mtrs team time
trial)
(1st in 3000 mtrs Italin
pursuit)
(3rd in 1500 mtrs time trial)
(Declare as best cyclist of
India)

Sub. Inspector
Kulbir Singh
No. 195/PAP

12/Guru Harkrishan
Nagar, Post Office-
Prem Street Khanna,
District- Khanna

Senior National Triathlon Championship
1. 1995-Kurukshetra (1st)
4th National Games
1.1997-Banglore (1st in 1000 mtrs time trial)
(1st in 1500 mtrs team time
trial)
(1st in 4000 mtrs team pursuit)
2. 1999- Imphal (1st in 1000 mtrs team trail)
(1st in 1500 mtrs team time
trial)
(1st in 4000 mtrs team pursuit)

Asstt. Sub.Inspector
Varmeet Singh
No. 7/1650/PAP

Tarsikka, Post
Office-Tarsikka,
District-Amritsar

1st Natioanal Road Race Championship
1.1995-Jabalpur (3rd in 20 kms team time trial)
(2nd in 70 kms team time trial)
4rd National Games
1. 1997-Banglore (1st in 4000 mtrs team
pursuit)
(2nd in 4000 mtrs individual
pursuit)
(2nd in 70 kms team time trail)

2001

SENIOR NATIONAL TRACK CYCLING CHAMPIONSHIP HELD AT TRIVANDRUM
FROM 26TH TO 30TH DEC.

1. HC.Kulbir Singh Ist in 1000 Mtrs Time Trial

Ist in 4000 Mtrs Team Pursuit
Ist in Italian Pursuit
2nd in 1000 Mtrs Sprint

2.SI.Ramninder Singh Ist in 1000 Mtrs Sprint
Ist in 4000 Mtrs Team Pursuit

Ist in Italian Pursuit

3.HC.Varmeet Singh Ist in 4000 Mtrs Team Pursuit
Ist in 4000 Mtrs Individual Pursuit
Ist in Italian Pursuit

4.ASI.Amarjeet Ist in Italian Pursuit

5.CT.Amarvinder Singh Ist in 4000 Mtrs Team Pursuit
Ist in Italian Pursuit

6.CT.Kamaljit Singh Ist in Italian Pursuit

Punjab Police Won the Championship with 24 Points

2002

SAARC GAMES HELD AT DELHI FROM 8TH TO 12TH JUNE-2002

1.C-II Gurpreet Singh Ist in 4000 Mtrs Team Pursuit
3rd in 20 KM Point Race
Ist in 1500 Mtrs Team Time Trial

2.C-II Sarabjit Singh Ist in 4000 Mtrs Team Pursuit
Ist in 1500 Mtrs Team Time Trial
Ist in 4000 Mtrs Individual Pursuit

32TH NATIONAL GAMES HELD AT HYDERABAD FROM 13TH TO 22TH DEC-2002

1.SI.Kulbir Singh Ist in 1500 Mtrs Team Time Trial(NMR)
Ist in 1000 Mtrs Individual(NMR)
Ist in 4000 Mtrs Team Pursuit(NMR)

2.HC.Sarabjit Singh Ist in 1000 Mtrs Individual(NMR)
Ist in 1500 Mtrs Team Time Trial(NMR)
Ist in 4000 Mtrs Team Pursuit(NMR)
2nd in 30 KM Individual Time Trial Road
Ist in 60 KM Team Time Trial

3.HC.Gurpreet Singh Ist in 1000 Mtrs Individual(NMR)
Ist in 4000 Mtrs Team Pursuit(NMR)
Ist in 60 KM Team Time Trial

4.HC.Sukhjinder Singh Ist in 1000 Mtrs Individual(NMR)
Ist in 4000 Mtrs Team Pursuit(NMR)
Ist in 60 KM Team Time Trial
Ist in 30 KM Point Race

5.SI.Ramninder Singh 2nd in 1000 Mtrs Sprint

6.SI.Kanwaljit Singh Coach and Manager

7.CT.Jarnail Singh A/Coach

8.SI.Kanwaljit Singh Coach and Manager

2003

NATIONAL ROAD CYCLING CHAMPIONSHIP HELD AT KURUKSHETRA
FROM 1ST TO 5TH FEB.2003

- 1.CT.Sarabjit Singh 1st in 130 KM Road Massecl Start
 2nd in 70 KM Road Team Time Trial
- 2.CT.Sukhjinder Singh 2nd in 70 KM Road Team Time Trial
- 3.CT.Prabjit Singh 2nd in 70 KM Road Team Time Trial
 3rd in 40 KM Crietarium Race
- 4.CT.Kamaljit Singh 2nd in 70 KM Road Team Time Trial
- 5.Si.Kanwaljit Singh Coach

2004

4TH MOUNTAIN SIKE NATIONAL CHAMPIONSHIP HELD AT ANANDPUR SAHIB
FROM 13TH TO 17 SEP.2003

- 1.HC.Sarabjit Singh 3rd in 34 KM Road Mussel Start

NATIONAL TRACK CYCLING CHAMPIONSHIP HELD AT HYDERABAD
FROM 22.11.04 TO 27.11.04

- 1.CT.Sarbjit Singh 1st in 1500 Mtrs Team Time Trial.
 1st in Italian Pursuit.
 2nd in 4000 Mtrs Team Pursuit.
 3rd in Olympic Sprint.
- 2.CT.Prabjit Singh 1st in 400 Mtrs Individual Pursuit.
 1st in 20 KM Point Race.
 1st in Italian Pursuit.
 1st in 1000 Mtrs Team Time Trial.
 2nd in 4000 Mtrs Team Pursuit.
- 3.CT.Pavitter Singh 1st in 1000 Mtrs Sprint.
 1st in 1500 Mtrs Team Time Trial.
 1st in Italian Pursuit.
 2nd in 20 KM Point Race.
 2nd in 4000 Mtrs Team Pursuit.
 3rd in 1000 Mtrs Time Trial.
 3rd in Olympic Sprint.
- 4.CT.Gurpreet Singh 1st in 1500 Mtrs Team Time Trial.
 1st in Italian Pursuit.
 2nd in 4000 Mtrs Team Pursuit.
 3rd in Olympic Sprint.
- 5.CT.Kamaljit Singh 2nd in Elimination Race.


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1. C-II Gurpreet Singh 3rd in 1500 Mtrs. Team Time Trail
 2nd in Elimination Race
 3rd in 4 K.M Team Pursuit
 1st in Olympic Sprint

2. C-II Sarabjit Singh 1st in 4 K.M. Ind. Pursuit
 2nd in Scratch Race.
 3rd in 4 K.M. Team Pursuit
 1st in Olympic Sprint
 3rd in 1500 Mtrs.Team Time Trial.

- 3.C-II Prabhjit Singh 3rd in 4 K.M Ind.Pursuit.
 3rd in 4 K.M Team Pursuit
 1st in Olympic Sprint
 3rd in 1500 Mtrs.Team Time Trial.

- 4.CT Pavittar Singh 3rd in 4 K.M Team Pursuit.
 3rd in 1500 Mtrs.Team Time Trial.
 1st in Olympic Sprint

6. SI Amandeep Singh Coach

7. C-II.Jarnail Singh Asstt. Coach

Maharaja Ranjit Singh Award in the year 2006

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1. SI Amandeep Singh
2. SI Kulbir Singh
3. Ct Pavittar Singh

10th SAF Games held at Colombo (Sri Lanka)  
from 18.08.06 to 28.08.06

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1. C-II Sarabjit Singh 3rd in 49 K.M. Team Time Trial
2. Ct Prabhdeep Singh Participation
3. SI Amandeep Singh Coach
4. C-II Ram Adhar Mechanic

12th Senior Road National Cycling Championship
held at Jabalpur (M.P.) from 05.11.06 to 09.11.06

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1. C-II Sarabjit Singh      2nd in 70 K.M. Road Team Time Trial  
                                 1st in 30 K.M. Critarium
2. C-II Gurpreet Singh      2nd in 70 K.M. Road Team Time Trial
3. Ct Prabhjit Singh      2nd in 70 K.M. Road Team Time Trial

- 4. Ct Pavittar Singh      2nd in 70 K.M. Road Team Time Trial
- 5. Ct Jarnail Singh      Coach

All Over team position 2nd Position  
 33rd National Games held at Guwahati from  
 09.02.2007 to 18.02.2007.

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- 1. HC.Pavitar Singh 1st in Olympic Sprint
- 2. C-II.Sarabjit Singh 1st in 4 K.M.Individual Pursuit
 1st in 4 K.M.Team Pursuit
 1st in 1500 Mtrs Team Time Trial
 2nd in 60 K.M.Road Team Time Trial
- 3. C-II.Prabhjit Singh 1st in 4 K.M.Team Pursuit
 3rd in 4 K.M.Individual Pursuit.

Asia Cup-2007 held at Malasiya from
 23.11.07 to 25.11.07

- 1. HC Gurpreet Singh Participation
- 2. C-II Prabhjit Singh Participation
- 3. SI Amandeep Singh Coach

61st Senior National Cycling Championship held at
 Hyderabad from 03.12.07 to 08.12.07

- 1. HC Gurpreet Singh 1st in Elimination Race
 2nd in 4000 Mtrs. Team Pursuit
 3rd in Keirn Race
- 2. C-II Prabhjit Singh 1st in Point Race 30 KM
 2nd in 4000 Team Pursuit
- 3. HC Pavittar Singh 2nd in 200 Mtrs. Sprint
 2nd in 4000 Mtrs. Team Pursuit
- 4. HC Sarabjit Singh 2nd in 4000 Mtrs. Team Pursuit
- 5. SI Amandeep Singh Team 2nd as a Coach