

ACHIEVEMENTS OF PUNJAB POLICE ATHLETIC TEAM

A term that includes a whole range of different sporting competitions: cross country and track running, relay running, jumping (including broad, high and triple jumps and pole vaulting), hurdling, throwing (including javelin, discus, shot put and hammer throw), and tug of war. Athletics can be traced back to ancient Greek Olympics in the 13th century BC. Running is the earliest known Olympic sport. Throwing and jumping may have been introduced later. Originally races were run over a length of the stadium which was about 200 yards. The first winner of a race in the earliest recorded Olympics in 776 BC was a sprinter named Coriobos.

Name	Rank	Address	Achievements
Satvir Singh No. PTL/445/SGR	Dy.Suptd. of Police	Chak 3/0, Post Office-Chak 3/0, District- Ganganagar (RAJ.)	All India Police Games 1.1997-Pune (2nd in Javelin Throw) 2.1998-Calcutta (1st in Javelin Throw) 3.2000-Jalandhar (2nd in Javelin Throw) <u>Singapore, Indonesia Track & Field Meet</u> 1. 1992-Singapore (3rd in Javelin Throw) 2. 1992-Indonesia (3rd in Javelin Throw) <u>Federation Cup</u> 1. 1999-Bagalore (4th in Javelin Throw) 2. 2000-Lucknow (2nd in Javelin Throw)
Jora Singh No. BTI/1399/BT	Asstt. Sub.Inspector	Talwandi Sabo, Post Office- Sabo, District;- Bathinda	<u>I.T.C. International Meet</u> 1.1996-Delhi (3rd in 4X400mtrs relay race) <u>All India Open Athletic Meet</u> 1. 1996-Delhi (3rd in 4X400mtrs relay race) <u>All India Inter State Championship</u> 1. 1995-Chennai (4th in 400mtrs run) 2. 1995-Delhi (2nd in 4X400mtrs relay race)
Manjit Kaur No.HPR/626/HPR	P/Inspector	Gignowal, Post Office Gignowal, District- Hoshiarpur (Punjab)	Women National Champion Ship 1.1995- Bhopal (3rd in 100mtrs run) (Jr). 2.1997- Ludhiana (1st in 200mtrs run). 1st in 4X100 mtrs relay race. World Police and Fire Game 1. 1997-Canada (2nd in 200mtrs run)(Jr) (3rd in 100mtrs run) 1st in 4X100mtrs relay race 1St in 4X400mtrs relay race Open India Championship 1. 1997-Gandhi Nagar (2nd in 4X100mtrs relay race
Manjit Singh No. RPR/2292/PTL	Inspector	647-Model Town Jalandhar, Police Post Model Town, District- Jalandhar	Junior Asian Athletic Championship 1.1990-China (4th in Shot Put) 2. 1992-Delhi (1st in Shot Put and Honoured by Sh. P.V. Narsima Rao Prime Minister of India with cahs reward of 50,000/- . <u>South Asian Federation Games</u> 1. 1993-Dhaka (2nd in Shop Put) <u>Open Indonesia Athletic Championship</u> 1. 1992-Indonesia (1st in Shot Put 17.13mtrs)
Paramjit Kaur No. LDH/2221/LDH	Asstt. Sub.Inspector	643 Type/3 DCW, Patiala, Post Office Patiala, District:- Patiala.	Women National Champion Ship 1.1996-Patiala (2nd in high jump). 2.1997-Ludhiana (1st in 200mtrs run). 1st in 4X100 mtrs relay race. <u>World Police and Fire Game</u> 1. 1997-Canada (2nd in high jump)
Surinderjit Kaur No. LDH/1988/	Sub. Inspector	714/2, Bank Colony, Khanna, Post Office- Khanna, District- Ludhiana	World Police & Fire Games 1.2001-Indiana (USA) (1st in Shot Put) (1st in Javelin Throw) (2nd in Discus Throw) <u>Asian Athletic Championship</u> 1. 1998-Japan (Fukuoka) (4th in Hammer Throw(47.96 mtrs) 2. 1998-Sri Lanka (2nd in Shoot Put) <u>S.A.F. Game</u> 1. 1999-Kathmandu (Nepal) (1st in Shot Put) 2. 1995-Delhi (2nd in 4X400mtrs relay race)
Satvir Singh	Inspector	Chak 3/0, Post Office-	<u>All India Police Games</u>

No. PTL/445/SGR	Chak 3/0, District- Ganganagar(Rajsthan)	1.1997-Pune (2nd in Javelin Throw) 2.1998-Calcutta (1st in Javelin Throw) 3.2000-Jalandhar (2nd in Javelin Throw) <u>Singapore, Indonesia Track & Field Meet</u> 1. 1992-Singapore (3rd in Javelin Throw) 2. 1992-Indonesia (3rd in Javelin Throw) <u>Federation Cup</u> 1. 1999-Bagalore (4th in Javelin Throw) 2. 2000-Lucknow (2nd in Javelin Throw)
Bahadur Singh No. LDH/1367/LDH	Dy. Supdt. of Police House No.6, Dhiman Nagar, Police Post- Old Kapurthala Road, District- Jalandhar	S.A.F. Games 1.1999-Nepal (1st in shot put) 2.1998-Calcutta (1st in Javelin Throw) 3.2000-Jalandhar (2nd in Javelin Throw) <u>Olympic Games</u> 1. 2000-Sydney (Participation in Shot Put) <u>Federation Cup</u> 1. 1995-Calcutta (2nd in Shot Put) (2nd in Discus Throw) 2. 1997-Chennai (1st in Shot Put) <u>World Police & Fire Games</u> 1. 2001-Indiana (U.S.A.) (1st in Shot Put) (1st in Discus Throw)
Amandeep Kaur No. SGR/9/SGR	Dy. Supdt. of Police Kharar near Civil Courts, Post Office-Kharar, District- Ropar	> <u>Award</u> 1994-95- Maharaja Ranjit Singh <u>S.A.F. Games</u> 1.1991-Sri Lanka (1st in Shot Put) 2.1993-Dhaka (1st in Shot Put) 3.1995-Chennai (1st in Shot Put) <u>World Police & Fire Games</u> 1. 1993-USA (1st in Shot Put) (2nd in Discus Throw) 2. 1995-Australia (2nd in Shot Put) (3rd in Discus Throw) (1st in 4x100 mtrs relay race) 3. 1997-Canda (1st in Shot Put) (2nd in Discus Throw) 4. 1999-Stockholm (Sweden) (1st in Shot Put) <u>Asian Track and Field Meet</u> 1. 1993-Manila (4th in Shot Put)
Swaranjit Kaur No. BTI/1107/BTI	Inspector Kuranganwali, Post Office- Kuranganwali, District- Sirsa (Haryana)	<u>S.A.F Games</u> 1. 1995- Chennai (2nd in Discus Throw) <u>Federation Cup</u> 1.1995-Kolkata (2nd in Discus Throw) 2.1996-Pune (4th in Discus Throw) 3.2002-Chennai (3rd in Hammers Throw) <u>IST Raja Bhai. F. Ndra SAAAF Athletic Meet</u> 1. 1997-Delhi (3rd in Discus Throw)
Davinder Singh No. 13/1621/PAP	Sub.Inspector Khokhar, Post Office-Saidupur, District- Hoshiarpur	<u>World Police and Fire Games</u> 1. 1997- Canada (2nd in Discus Throw) <u>Federation Cup</u> 1.1999-Bangalore (5th in Discus Throw) 2.2000-Lucknow (4th in Discus Throw)
Late Inderjit Kaur No.BTI/2257/BTI	Sub.Inspector Gurusar Jagga, Post Office- Talwandi Sabo, District- Bathinda	<u>World Police and Fire Games</u> 1. 2001-Indiana (USA) (1st 4x100 mtrs relay race) (2nd in 4 mtrs run) (3rd in 800 mtrs run) <u>Federation Cup</u> 1.1995-Kolkata (4th in 800 mtrs run) 2.1996-Pune (3rd in 800 mtrs run)
Ajayraj Singh No.36/37/PAP	Sub.Inspector Nahal, Post Office- Basti Gujan, District- Jalandhar	<u>World Police and Fire Games</u> 1. 1999-Stockholm (Sweden) (2nd in 4X100 mtrs relay race) (1st in 100 mtrs run) 2. 2001-Indiana (USA) (1st in 100 mtrs run) (1st in 200 mtrs run)

(1st in 4x400 mtrs relay race)
(2nd in 4x100 mtrs relay race)
(2nd in long jump)

Federation Cup

1. 2002- Chennai (2nd in 200 mtrs run)
(3rd in 4x100 mtrs relay race)

S.A.F. Games

1. 1998-Colombo (2nd in 200 mtrs run)
(3rd in long jump)
(2nd in 4x100 mtrs relay race)
2. 1999- Kathmandu (3rd in 200 mtrs run)

Kulwant Singh Dy. Supdt. of Police 291, Near Gate 4 PAP, Jalandhar Cantt.

Federation Cup

1. 1985- Bhopal (2nd)
2. 1986- Tribandrum (4th)
3. 1988-Udypg Mandal (2nd)
4. 1990-Always (2nd)
5. 1993- Bathinda (4th)
6. 1994- Sivakasi (1st)
7. 1995-Pondicherry (1st)
8. 1997-Allfppy (2nd)
9. 1998- Orissa (1st)
10.1999-Jalandhar (1st)
11.2000-Viskhapatnam (1st)

Senior National Championship

1. 1983-Ludhiana (3rd)
2. 1988-Mysore (6th)
3. 1989-Jaipur (6th)
4. 1990-Kolkata (4th)
5. 1991-Tribandrum (4th)
6. 1992-Banglore (4th)
7. 1993-Kerala (3rd)
8. 1994-Jamshedpur (1st)
9. 1995-Ludhiana (1st)

Federation Cup

1. 1997-Palghat (Winner)

2000

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

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

- 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 1st in Javelin Throw(78.85 Mtrs NMR)
 13.Inspr.Satvir Singh 2nd in Javelin Throw

SYDNEY OLYMPIC-2000

- 1.Inspr.Bahadur Singh Participated in Shot Put
 2.SI.Jagdish Bishnoi Participated in Javelin Throw
 3.ASI.Ajayraj Singh Participated in 4X100 Mtrs Relay

49TH ALL INDIA POLICE ATHLETIC CHAMPIONSHIP HELD AT
 JALANDHAR FROM 30.10.2000 TO 2.11.2000

 (MEN)

- 1.SI.Ajayraj Singh 1st 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 1st 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 1st 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 1st in Shot Put (19.33 Mtrs)NMR
 18.CT.Amarjit Singh 4th in Shot Put(16.92 Mtrs)
 19.ASI.Davinder Singh 1st 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 1st in Javelin Throw (75.29 Mtrs)
 23.Inspr.Satvir Singh 2nd in Javelin Throw (73.23 Mtrs)
 24.ASI.Gamdoor Singh 1st in Decathlon 6684 Points
 25.HC.Phulel Singh 3rd in Decathlon 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)

- 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)
 3rd in 400 Mtrs Hurdles(59.67 Sec)

- 4.HC.Seema 4th in 400 Mtrs Run (58.25 Sec)
 2nd in 4X100 Mtrs Relay(47.42 Sec)
 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)
 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)
 2nd in 4X100 Mtrs Relay(47.42 Sec)
 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)
 3rd in Discus Throw(42.92 Mtrs)
 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

ATHLETIC

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

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,2001

- 1.DSP.Bahadur Singh Ist in Shot Put
 Ist in Discus Throw
- 2.SI.Ajayraj Singh Ist in 100 Mtrs Run
 Ist in 200 Mtrs Run
 Ist in 4X400 Mtrs Relay Race
 2nd in 4X100 Mtrs Relay Race
 2nd in Long Jump
- 3.L/SI.Surinderjit Kaur Ist in Shot Put
 Ist in Javelin Throw
 2nd in Discus Throw
- 4.L/SI.Inderjit Kaur Ist in 4X100 Mtrs Relay Race
 Ist in 4X400 Mtrs Relay Race
 2nd in 400 Mtrs Run
 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 Javelin Throw
- 3.ASI.Pritpal Singh 2nd in Triple Jump
- 4.SI.Ajayraj Singh 3rd in 100 Mtrs Run
 3rd in 200 Mtrs Run
- 5.CT.Baljit Singh 8th in High Jump

31ST NATIONAL GAMES-PUNJAB FROM 19TH NOV.TO 1ST 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 vishnoi	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 4.12.01

(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	5th 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.Amritpal 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 6th 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 Race(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 Kaur 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 3rd in 200 Mtrs Run(24.32 Mtrs)
 11.CT.Harjit Kaur 3rd in 800 Mtrs Run(2:11.48 Sec)
 12.CT.Paramjot Kaur 4th 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)
 Ist in 4X400 Mtrs Relay(3:38.74 Sec)
 24.CT.Samarjit Kaur 4th in 1500 Mtrs Run

2002

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

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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 Javelin Throw
 8.Inspr.Jagdish Bishnoi 2nd in Javelin Throw
 9.CT.Harinder Singh 2nd in Decathlon
 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 1st in Hammer Throw
- 9.HC.Mandeep Kaur 3rd in 100 Mtrs Run
 2nd in 4X100 Mtrs RELay
- 10.ASI.Harwant Kaur 1st 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

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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 1st 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 1st 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

- 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 1st 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

2003

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

- =====
- 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.Baljith 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.Harminder 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)
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 Insp.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 POLCIE & 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

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

MEN

- | | |
|----------------------------|-------------------------|
| 1. CT.Gurkirat Singh | 5th in Javelin Throw |
| 2. ASI.Harminder 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 Decathlon(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.Amritpal 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 Mtrs Relay(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 Mtrs Relay(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 Mtrs Relay(47.32 Sec)
Ist in 100 Mtrs Run(12.38 Sec)
 - 5.Navjot Kaur Ist in 4X100 Mtrs Relay(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.Arvintha 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 Javelin 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.Amrithpal Singh | Ist in Long Jump (NMR) |
| 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 | Ist 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 | Ist 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 Javelin Throw |
| 9.L/HC.Jasmin Kaur | Ist 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

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MEN

- | | |
|-------------------------|--------------------------|
| 1.ASI.Amarjit Singh | Ist in Triple Jump (NMR) |
| 2.ASI.Amrithpal 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 Javelin Throw |
| 6.CT.Balraj Singh | 4th in High Jump |

WOMEN

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

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

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MEN

- 1.C-II.Amarjit Singh Ist in Triple Jump 16.44 Mtrs (NMR)
- 2.C-II.Gurpreet Singh Ist in 110 Mtrs Hurdles 14.38 Sec
Ist in 400 Mtrs Hurdles 51.14 Sec
- 3.Inspr.Jagdish Kumar Ist in Javelin 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 Javelin 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.Amritpal Singh 6th in Long Jump 7.49 Mtrs
- 18.CT.Jaga Singh 8th in 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
Men = 74
Women = 45

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

=====

- 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.

=====

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 Mtrs 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 1st 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 11:18.98 Sec.
 Steeple Chase
 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

Athletic

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2004

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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 Triple 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.Amritpal 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.Baljot 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 Triple 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

=====

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.

- | | |
|--------------------------|---------------------------------------|
| 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) |

- 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.

- =====
- 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 Triple 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 Triple Jump.

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|-----------------------------|----------------------------------|
| 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 Triple Jump. |
| | 5th in Long Jump. |
| 7. Ct.Sapinderpal Kaur | 2nd in 4X400 Mtrs. Relay. |
| | 3rd in Triple 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.Arvinada 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

- | |
|---------------------------|
| 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

- 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
- 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 Discuss 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

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- 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.

~~~~~

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

3000 Staple Chase

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

5000 Mtrs Run

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- 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  
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- 1. Ranjodh Singh 1st 55.19 Sec.

High Jump
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- 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.
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- |                         |                                        |
|-------------------------|----------------------------------------|
| 3. Ct. Sapinderpal Kaur | 1st in Long Jump<br>2nd in Triple Jump |
| 4. Ct. Kulwinder Kaur   | 1st in Triple Jump<br>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

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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

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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 Discus 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 Discus Throw (48.60 Mtrs.) |

Athletic

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

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Men

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|--------------------------|----------------------------------------------------------------------------------|
| 1. Inspr. Ajay Raj Singh | 1st in Long Jump (7.61 Mtrs.)<br>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)<br>2nd in 4X400 Mtrs. Relay<br>6th in 400 Mtrs. |
| 8. Ct. Ranjodh Singh     | 2nd in 400 Mtrs. Hurdles<br>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<br>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                                                         |

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|-------------------------|--------------------------|
| 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

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|----------------------------|----------------------------------------------------------------------------------------------|
| 1. Inspr. Manjit Kaur      | 1st in 200 Mtrs. (25.12 Sec)<br>2nd in 400 Mtrs. (55.91 Sec)<br>2nd in 4X400 Mtrs. Relay     |
| 2. Ct. Kulwinder Kaur      | 1st in Triple Jump (13.14 Mtrs)<br>2nd in High Jump (1.55 Mtrs.)<br>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)<br>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<br>2nd in 4X400 Mtrs. Relay<br>4th in 400 Mtrs.                     |
| 8. Ct. Sapinderpal Kaur    | 2nd in 4X100 Mtrs. Relay (1:00.82)<br>4th in Triple Jump<br>6th in Long Jump                 |
| 9. ASI Rajwinder Kaur Gill | 2nd in 4X100 Mtrs. Relay                                                                     |
| 10. HC Mandeep Kaur        | 2nd in 4X100 Mtrs. Relay<br>4th in 100 Mtrs.                                                 |
| 11. Ct. Navjot Kaur        | 2nd in 4X400 Mtrs. Relay<br>3rd in 200 Mtrs. (25.50 Sec.)<br>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.<br>5th in 5000 Mtrs.                                                       |
| 15. Inspr. Swarnjit Kaur   | 4th in Discus Throw                                                                          |
| 16. Ct. Kashmir Kaur       | 5th in Javelin Throw                                                                         |

Olympic Games held at Beijing from 08.08.2008 to 24.08.2008

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