

ATHLETICS FEDERATION of INDIA					
NATIONAL RECORDS as on 31.12.2009					
MEN					
S.N.	Events	Performance	Name of the Athlete	Venue	Date
1	100 M.	10.30s(+0.0 m/s)	ANIL KUMAR PRAKASH	NEW DELHI	24.08.05
2	200 M.	20.73s(-1.7 m/s)	ANIL KUMAR PRAKASH	BANGALORE	17/07/00
3	400 M.	45.48s	K. M. BINU	ATHENS (Greece)	20/08/04
4	800 M.	1:45.77s	SRI RAM SINGH	MONTREAL	27/07/76
5	1,500 M.	3:38.00s	BAHADUR PRASAD	CHENNAI	23/12/95
6	3,000 M.	7:50.30s	SURENDRA SINGH	TWICKENHAM, LONDON	4/6/2008
7	5,000 M.	13:29.70s	BAHADUR PRASAD	BIRMINGHAM	25/06/92
8	10,000 M.	28:02.89s	SURENDRA SINGH	VIGO, SPAIN	12/7/2008
9	3,000 M.St. Chase	8:30.88s	GOPAL SAINI	TOKYO	5/6/1981
10	110 M. Hurdles	13.96s	K. KRISHNA MOHAN	KOCHI	10.9.08
11	400 M. Hurdles	49.51s	Joseph G. Abraham	OSAKA	26.8.07
12	HIGH JUMP	2.25m	HARI SHANKAR ROY	SINGAPORE	28.09.04
13	LONG JUMP	8.08m (-0.84 m/s)	AMRIT PAL SINGH	DELHI	16/03/04
14	TRIPLE JUMP	17.04m	Renjith Maheshwary	GUWAHATI	23.06.07
15	POLE VAULT	5.10m	VIJAY PAL SINGH	TRIVANDRUM	27/12/87
16	SHOT PUT	20.42m	SHAKTI SINGH	CHENNAI	29/07/00
17	DISCUS	64.96m	VIKAS GOWDA	SALINAS, CA	17/5/07
18	JAVELIN	80.72m	ANIL KUMAR SINGH	BHOPAL	18/9/08
19	HAMMER	70.16m	RAKESH KUMAR YADAV	BANGALORE	17/07/03
20	4 x 100 M. RELAY	39.36m	INDIAN NATIONAL TEAM	BUSAN	13/10/02
21	4 x 400 M. RELAY	3:02.62m	INDIAN NATIONAL TEAM	BANGKOK	19/12/98
		(Lijo David, Ramachandran, Jata Shanker, Paramjit Singh)			
22	20,000 m. WALK	1::23:40	BABU BHAI PANOCHA	JAMSHEDPUR	24.10.2007
	<b>20km WALK</b>	<b>1::23:06</b>	<b>BABU BHAI PANOCHA</b>	<b>BERLIN</b>	<b>15/08/2009</b>
23	50 Kms. WALK	4::16:22s	GURDEV SINGH	HYDERABAD	09.11.05
	50000m Walk	4::10:42s	BASANT BHADUR RANA	PATIALA	21.2.2008
24	DECATHLON	7502 Pts.	JORA SINGH	DELHI	2.3.06
		11.41-6.72-13.41-1.86-49.44/15.48-47.25-4.50-58.94-4:39.38			
25	MARATHON	2::12:00s	SHIVNATH SINGH	JALANDHAR	28/05/78
		Best performances but were not accepted as National Record			
1	100 M.	10.21s	ANIL KUMAR P.	BANGALORE	07.05.03
2	SHOT PUT	20.60s	SHAKTI SINGH	BANGALORE	07.05.03
WOMEN					
1	100 M.	11.38s (+0.2 mps)	RACHITA MISTRY	TRIVANDRUM	12.08.00
2	200 M.	22.82s(+0.8 mps)	SARASWATI SAHA	LUDHIANA	28/08/02
3	400 M.	51.05s	MANJIT KAUR	CHENNAI	16/06/04
4	800 M.	1:59.85s	SHINY WILSON	CHENNAI	20/12/95
5	1,500 M.	4:06.03s	SUNITA RANI	BUSAN	10.10.02
6	3,000 M.	9:06.42s	MOLLY CHACKO	HIROSHIMA	11.10.94
7	5,000 M.	15:18.77s	SUNITA RANI	BUSAN	12.10.02
8	10,000 M.	32:04.41s	Preeja Sreedharan	Watford, LONDON	14/6/2008
9	<b>3,000 M.St. Chase</b>	<b>10:10.77s</b>	<b>SUDHA SINGH</b>	<b>GUANGZHOU</b>	<b>12/11/2009</b>
10	100 M. Hurdles	13.38s (-0.7 mps)	ANURADHA BISWAL	NEW DELHI	26/08/02
		13.38s (-0.7 mps)	ANURADHA BISWAL	NEW DELHI	8/9/2002
11	400 M. Hurdles	55.42s	P. T. USHA	LOS ANGELES	8/8/1984
12	HIGH JUMP	1.91m	BOBBY ALOYSIUS	CHENNAI	18/07/04
13	LONG JUMP	6.83m (+1.2 mps)	ANJU B. GEORGE	ATHENS (Greece)	27/08/04
14	TRIPLE JUMP	13.67m (-0.7 mps)	ANJU B. GEORGE	HYDERABAD	18/12/02
15	POLE VAULT	4.08m	V.S. SUREKHA	PATIALA	23.10.06
16	SHOT PUT	17.43m	HARBANS KAUR	MUMBAI	24/11/97
17	DISCUS	64.64m	SEEMA ANTIL	CHENNAI	16/06/04
18	JAVELIN	58.64m	GURMEET KAUR	BANGALORE	17/07/00
19	HAMMER	61.67m	HARDEEP KAUR	NEW DELHI	8/9/2002
20	4 x 100 M. RELAY	44.43s	INDIAN NATIONAL TEAM	FUKUOKA	22/07/98
21	4 x 400 M. RELAY	3:26.89s	INDIAN NATIONAL TEAM	ATHENS (Greece)	27/08/04
		CHITRA K. SOMAN, RAJWINDER KAUR, K.M. BEENAMOL, MANJIT KAUR			
22	10,000 m. WALK	48:10.0s	KABITA GAGARI	BEIJING	27/09/90
23	20,000 m. WALK	1::43:06.0s	Y. BALA DEVI	HYDERABAD	30/07/03
	20km WALK	1::39:00.6	L.Deepmala Devi	CHENNAI	3.11.06
24	HEPTATHLON	6211 Pts.	J. J. SHOBHA	DELHI	17.03.04
25	MARATHON	2::38:10s	SATHYA BHAMA	CHENNAI	21/12/95
26	<b>HALF MARATHON</b>	<b>1::12:50</b>	<b>KAVITA RAUT</b>	<b>PUNE</b>	<b>06.12.2009</b>
		Best performance but was not accepted as National Record			
1	100 M.	11.26s	RACHITA MISTRY	BANGALORE	7/5/2000