

**38th Kerala State Senior Athletic Championship held at Railway Stadium, Olavakkod, Palakkad
14,15,16 December 1994**

Women

100m

I	Regi P Mathew	Kottayam	13
II	Shyla J	Trivandrum	13.7
III	Sheela A	Trivandrum	14
IV	Sujala S	Pathanamthitta	14.3

200m

Women

I	Sherry Mathew	Palakkad	26.9
II	Agi George	IdukkiI	27.1
III	Shyla J	Trivandrum	28.2

400m

Women

Cancelled

800m

I	Vanaja V T	wayanad	02:27.7
II	Sali Thomas	Palakkad	02:32.8

1500m

Women

I	Vanaja V T	wayanad	05:08.1
II	Sali Thomas	Palakkad	05:16.8
III	Sobha C B	Alapuzha	05:44.9
IV	Prasannakumari	Pathanamthitta	6.:10.3
V	V.P. Radamma	Pathanamthitta	06:11.2

3000m

Women

I	Sali Thomas	Palakkad	10:49.1
II	Vanaja V T	wayanad	11:07.7
III	Rosamma Mathew	Kottayam	11:43.3
IV	Kesi K	Trivandrum	11:55.7

10000m

Women

I	Jolly Mathew	Kottayam	42:06.8
II	Rosamma Mathew	Kottayam	42:20.2
III	Kesi K	Trivandrum	42:31.6
IV	Radamma	Pathanamthitta	

100mH

Women

I	Cicy Mathew	Palakkad	15.9
II	Regi P Mathew	Kottayam	16.4

400mH

Women

I	Sheeba Mary A V	Palakkad	01:12.5
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II	Manju Varghese	Idukki	01:14.8
III	Agnes Paul	Idukki	01:32.5

10km W Women

I	Beena John	Idukki	1H02:43.5
II	Mini Antony	Thrissur	1H05:49.8
III	Beena Mathew	Kannur	1H09:3.2

Long Jump Women

I	Bobby Aloyius	KSAAA	5.96
II	Alli Kuriakose	Palakkad	5.84
III	Sunhtakumari A	Kollam	5.3
IV	Elsy T L	Idukki	5.05

High Jump Women

I	Bindu P S	Trivandrum	1.7
II	Gigimol Antony	Trivandrum	1.55

Shot Put Women

I	Anju Jose	Kottayam	10.73
II	Ushakumari	Kollam	9.38
III	Sophy Joseph	Idukki	9.3

Discus Throw Women

Cancelled

Javelin Throw Women

I	Shiny Prakash	Kozhikode	40.9
II	Vincy V D	Thrissur	33.54
III	Mary Sudha George	Kollam	28.65
IV	Nimmy George	Idukki	23.82

Heptathlon Women

I	Jaya C Nair	Kollam	3053
II	Sheeba Mary A V		

4x100 Relay Women

Cancelled

4x400

Only one team reported

Men

100m

I	Vinodkumar V V	Kollam	11
II	JyothiPrakash	Palakkad	11.3
III	Abdul Rasheed U	Kannur	11.3
IV	Dileep P C	Thrissur	11.5

V	Abey Sameul	Alapuzha	11.5
VI	Anilkumar V V	Kottayam	12.3
200m	Men		
I	Vinodkumar V V	Kollam	22.7
II	Jyothi prakash	Palakkad	22.9
III	Dileep P C	Thrissur	23.1
IV	V A Dominic Xavier	Trivandrum	23.3
400m	Men		
I	Jyothi prakash S	Palakkad	49.4
II	Ramachandran P	Thrissur	50.1
III	Kunjumon P A	Kollam	50.9
IV	Thomas James	Kottayam	51.3
V	Dominic Savioer	Trivandrum	51.5
V	Sasi T K	Ernakulam	51.8
800m	Men		
I	K J Joyson	Ernakulam	01:56.5
II	Radakrishnan P	Palakkad	01:58.0
III	Manikandan M	Palakkad	01:58.4
IV	Dileepkumar	Palakkad	02:02.1
V	Hari Raj		02:03.1
VI	Sureshkumar	Pathanamthitta	02:04.3
1500m	Men		
I	K J Joyson	Ernakulam	04:03.1
II	Jomon Jose	Trivandrum	04:04.3
III	Radakrishna Kurup	Alapuzha	04:09.6
IV	Ganesan	Idukki	04:13.7
V	Velayudhankutty	Palakkad	04:13.8
VI	Surendran V	Kollam	04:19.2
5000m	Men		
I	Cleetus M	Trivandrum	15:47.2
II	Gopalakrishnan	Kannur	16:07.0
III	Suresh K M	Ernakulam	16:13.6
IV	Sabu O P	Alapuzha	16:36.2
V	Madasamy	IDDK	16:37.0
VI	Jayan P V	Thrissur	16:38.8
10000m	Men		
I	Udayakumar S	Kollam	33:26.6
II	Salimkumar P S	Kottayam	33:38.0
III	Bency Joseph	Kasargode	34:23.2
IV	Mani A	Trivandrum	34:28.1
V	Ravi K M	Palakkad	36:06.8
VI	Rajan A	Kasargode	36:26.5
110mH	Men		
I	Jaimon C J	Ernakulam	16.3
II	Wilson Mathew	Palakkad	16.5

III	Benny Mathew	Idukki	16.8
IV	Paul C I	Palakkad	17
V	Sabu Antony	Kottayam	19.6

400mH

Men

I	Manoj Mathew	Palakkad	55.1
II	A R Ratheeshchandran	Trivandrum	55.2
III	Prince P J	Idukki	57.8
IV	Prasad S	Palakkad	01:03.2
V	Jose Thomas	Palakkad	01:03.7
VI	Baiju D	Idukki	01:11.5

20km W

Men

I	Mathew Mancherry	Idukki	1H 47:58.4
II	Maria Jose	Kannur	1H 50:20.5
III	Surendran C	Kollam	1H 50:46.6
IV	Sebastian K D	wayanad	1H 52:37.7
V	Suresh C R	Palakkad	1H 54:23.6
VI	Krishnankutty S	Palakkad	1H 56.43.7

3000m Steeple Chase

Men

I	Sukumaran D	Palakkad	09:37.9
II	Radhakrishna Kurup	Alapuzha	09:44.6
III	Gopalakrishnan	Kannur	09:53.2
IV	D.John Henry	Trivandrum	09:59.2
V	Sunil M S	Kottayam	10:21.4
VI	Ravi K M	Palakkad	10:27.4

Long Jump

Men

I	Sadasivan M B	Trivandrum	7.72 NMR
II	Joji Mathew	Trivandrum	7.68
III	Biju Joseph	Ernakulam	7.63
IV	Job K F	Thrissur	7.5
V	Saji C P	Kozhikode	7.35
VI	Siby Thomas	Ernakulam	7.2

Existing Record:

1993

Triple Jump

Men

I	Murali S	Palakkad	15.66 NMR
II	Roy K Mani	Ernakulam	15.64 BMR
III	Mujib Rehiman	Trivandrum	15.54 BMR
IV	Jaison P K	Thrissur	15.44
V	Soman	Palakkad	14.64
VI	Martin T M	Thrissur	14.37

High Jump

Men

I	John Mathew	Kozhikode	1.95
II	Pramod S	Trivandrum	1.95
III	Shajahan S	Alapuzha	1.8
IV	Asharaf K H	Thrissur	1.75

Pole Vault		Men		
I	V.R.Baby	Trivandrum		4.2
Shotput		Men		
I	Babu Mathew	Trivandrum		16.27 NMR
II	Starry Richans	Trivandrum		12.97
III	Baiju Bhavanandan	Kollam		11.45
IV	Nevin George	Idukki		11.4
V	Mohandas K N	Palakkad		9.9
VI	Ramachandran	Palakkad		9.68
	<i>Existing Record</i>		<i>16.17</i>	<i>1991</i>
Discus Throw		Men		
I	Lal Babu	Alapuzha		44.56 NMR
II	Shelton D'Costa	Ernakulam		39.28
III	Starry Richans	Trivandrum		29.76
IV	Balan R	Palakkad		26.68
V	Mohammed Asharaf	Palakkad		25.72
VI	John Thomas	Idukki		25.18
	<i>Existing Record</i>		<i>44.02</i>	<i>1991</i>
Javelin Throw		Men		
I	Jacob P K	Thrissur		48.18
II	Abdu Samad C P	MLP		46.78
III	Abdul Rasheed A	Palakkad		46.22
IV	Jeevankumar K R	Alapuzha		45.78
V	Jacob T	wayanad		45.34
VI	Harilal S	Ernakulam		43.06
Hammer Throw		Men		
I	Philip	Palakkad		43.48
II	Sankara Pillai	Trivandrum		40.94
III	Jimmy Joseph	Ernakulam		34.98
IV	Chandran K N	Palakkad		34.38
V	Jacob V Jose	Trivandrum		34
VI	Prasanth kumar	Palakkad		23.28
Decathlon		Men		
I	Binoy K Thomas	Palakkad		5209
II	Mathew John	wayanad		4298
III	Chandra Mohan	Trivandrum		3180
4x100 Relay		Men		
I	Palakkad	Jyothi prakash Sanlal Manoj K Mathew Wilson Mathew		44.6
II	Ernakulam	Sunilkumar C Manoj A Mathew Biju Joseph Biju PP		

4x400 Relay**Men**

I	Palakkad	Dhananjayadas Manoj Mathew Radakrishnan P Jyothi prakash	03:28.9
II	Thrissur	Abdulla P H Lijo David Thottan Raffiq A A Ashid David Menacherry	03:31.6
III	Kasargode	Rajeev Abdul Shukoor Bency Joseph Rajan A	04:01.4