

**KERALA STATE AMATEUR ATHLETIC ASSOCIATION**  
**44TH KERALA STATE SENIOR MEET 2000 PERIOD :- 02/07/2000 TO 03/07/2000**  
**University Stadium, Trivandrum**  
**MEET RESULTS**

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**SECTION :-WOMEN**

**EVENT : 100 M**

MEET REC	P.T.USHA	KANNUR	11.40	1884	
I	173 SINDHU P V	TRIVANDRUM			12.10 SEC
II	76 SUKUMARI R	KANNUR			12.40 SEC
III	77 LINNET K MATHEW	KANNUR			12.60 SEC
IV	51 PREETHA A B	PATHANAMTHITTA			12.80 SEC
V	78 JIJI S	KANNUR			13.20 SEC
VI	296 LEJOMOL GEORGE	KOTTAYAM			13.30 SEC

**EVENT : 200 M**

MEET REC.	← F P.T.USHA	KANNUR	23.00	1984	
I	51 PREETHA A B	PATHANAMTHITTA			25.80 SEC
II	77 LINNET K MATHEW	KANNUR			26.20 SEC
III	174 BINDHU THOMAS	TRIVANDRUM			26.50 SEC
IV	78 JIJI S	KANNUR			26.60 SEC
V	296 LEJOMOL GEORGE	KOTTAYAM			27.40 SEC
VI	2 S MITHA R	PALAKKAD			27.60 SEC

**EVENT : 400 M**

MEET REC.	← F P.T.USHA	KANNUR	52.70	1984	
I	173 SINDHU P V	TRIVANDRUM			55.30 SEC
II	76 SUKUMARI R	KANNUR			56.40 SEC
III	295 REKHA M K	KOTTAYAM			57.80 SEC
IV	174 BINDHU THOMAS	TRIVANDRUM			58.60 SEC
V	294 RESMI S	KOTTAYAM			59.70 SEC
VI	1 SIBI KURIAKOSE	PALAKKAD			01:10.90 MIN

**EVENT : 800 M**

MEET REC.	← F SHINY ABRAHAM	KOTTAYAM	02:03.08	1985	
I	292 BIJIMOLE K CHACKO	KOTTAYAM			02:16.00 MIN
II	295 REKHA M K	KOTTAYAM			02:16.50 MIN
III	294 RESMI S	KOTTAYAM			02:16.60 MIN
IV	203 SINIMOL POULOSE	ERNAKULAM			02:17.80 MIN
V	5 SUDHA K P	PALAKKAD			02:18.30 MIN
VI	80 NICY JOSEPH	KANNUR			02:26.60 MIN

**EVENT : 1500 M**

MEET REC.	← F SUMA K P	PALAKKAD	04:36.20	1999	
I	4 SUMA K P	PALAKKAD			04:46.70 MIN
II	5 SUDHA K P	PALAKKAD			04:47.50 MIN
III	289 JESSY THOMAS	KOTTAYAM			04:48.70 MIN
IV	338 SEETHA M	KOLLAM			04:49.10 MIN
V	292 BIJIMOLE K CHACKO	KOTTAYAM			04:52.10 MIN
VI	203 SINIMOL POULOSE	ERNAKULAM			04:52.20 MIN

**EVENT : 5000 M**

MEET REC.	← F SUMA K P	PALAKKAD	18:23.40	1999	
I	289 JESSY THOMAS	KOTTAYAM			19:10.00 MIN
II	291 BEENA ALIAS	KOTTAYAM			19:58.40 MIN
III	290 PREEJA SREEDHARAN	KOTTAYAM			20:00.60 MIN

**EVENT : 10000 M**

MEET REC	SHELGY JOSEPH	WYNAD	38:10.00	1990	
I	290 PREEJA SREEDHARAN	KOTTAYAM			41:26.90 MIN

II	291	BEENA ALIAS	KOTTAYAM	42:26.70 MIN
III	338	SEETHA M	KOLLAM	43:38.90 MIN
IV	6	SINDHU V V	PALAKKAD	45:51.50 MIN
V	288	DEEPAMOL BABY	KOTTAYAM	48:43.50 MIN

### EVENT : 20 KM WALK

I	147	SIMY MATHEW	IDUKKI	02:08:43.10 HRS
II	148	ABY K BABY	IDUKKI	02:17:15.20 HRS
III	242	JOLLY JOHN	ERNAKULAM	02:28:27.10 HRS

### EVENT : 100 M HURD.

MEET REC	M D VALSAMMA	PALAKKAD	14.10	1984
I	56	SHAMLAMOL K A	PATHANAMTHITTA	14.60 SEC
II	286	MANJU POULOSE	KOTTAYAM	15.10 SEC
III	298	ANISHA K VIJAYAN	KOTTAYAM	15.50 SEC
IV	297	ANJU ALEX	KOTTAYAM	15.70 SEC
V	267	MEERA RAJAN	THRISSUR	15.80 SEC

### EVENT : 400 M HURD

MEET REC.	← F P T USHA	KOZHICODE	57.40	1986
I	267	MEERA RAJAN	THRISSUR	01:06.00 MIN
II	174	BINDHU THOMAS	TRIVANDRUM	01:07.90 MIN

### EVENT : LONG JUMP

MEET REC.	← F JETTY C JOSEPH	PATHANAMTHITTA	6.02	1998
I	298	ANISHA K VIJAYAN	KOTTAYAM	5.63 MTS
II	58	BINDU P	PATHANAMTHITTA	5.25 MTS
III	262	BINCY ELIZABETH	ALAPUZHA	4.74 MTS
IV	205	EMY VARGHESE	ERNAKULAM	4.22 MTS
V	113	SHINTA V JOHN	KOZHICODE	3.41 MTS

### EVENT : HIGH JUMP

MEET REC.	← F BINDU P S	TRIVANDRUM	1.75	1991
I	286	MANJU POULOSE	KOTTAYAM	1.62 MTS
II	8	SEENA JOHN	PALAKKAD	1.56 MTS
III	299	SONIA JOSEPH	KOTTAYAM	1.45 MTS
IV	263	SMITHA T R	ALAPUZHA	1.30 MTS

### EVENT : TRIPLE JUMP

MEET REC	REENA THOMAS	THRISSUR	12.45	1997
I	268	REENA THOMAS	THRISSUR	11.78 MTS
II	298	ANISHA K VIJAYAN	KOTTAYAM	11.58 MTS
III	195	SMITHA FRANCIS	TRIVANDRUM	11.52 MTS
IV	145	ROSE MARY ANTONY	IDUKKI	10.86 MTS

### EVENT : SHOTPUT

MEET REC.	← F PHILOMINA THOMAS	PALAKKAD	11.55	1982
I	9	JISHA JOSE	PALAKKAD	10.05 MTS
II	302	TANIYA ANTONY	KOTTAYAM	9.84 MTS
III	145	ROSE MARY ANTONY	IDUKKI	9.56 MTS
IV	59	BINCY JOSEPH	PATHANAMTHITTA	8.42 MTS
V	339	SMITHARANI R S	KOLLAM	7.85 MTS
VI	10	SHEEBA B	PALAKKAD	7.52 MTS

### EVENT : DISCUS THROW

MEET REC.	← F PHILOMINA THOMAS	PALAKKAD	39.60	1982
I	11	ANJUSHA ROSE	PALAKKAD	28.63 MTS
II	9	JISHA JOSE	PALAKKAD	27.91 MTS
III	146	DEZIMOL K DOMINIC	IDUKKI	25.98 MTS

IV 114 SHINY VARGHESE KOZHIKODE 13.75 MTS

**EVENT : JAVELIN THROW**

MEET REC.- F SHINY VARGHESE KOZHIKODE 39.60 1993  
I 146 DEZIMOL K DOMINIC IDUKKI 31.60 MTS  
II 145 ROSE MARY ANTONY IDUKKI 31.20 MTS  
III 10 SHEEBA B PALAKKAD 26.15 MTS

**EVENT : HAMMER THROW**

MEET REC.- F DEZIMOLE K DOMINIC IDUKKI 33.82 1998  
I 146 DEZIMOL K DOMINIC IDUKKI 42.44 MTS NMR  
II 149 MAHAROSH JABBAR IDUKKI 29.00 MTS  
III 13 ANU THOMAS PALAKKAD 25.90 MTS  
IV 111 ASHIDA P S KOZHIKODE 19.16 MTS

**EVENT : HEPTATHLON**

MEET REC.- F M T MARY ERNAKULAM 4677 1982  
I 286 MANJU POULOSE KOTTAYAM 4231 PTS  
II 58 BINDU P PATHANAMTHITTA 3890 PTS  
III 145 ROSE MARY ANTONY I DUKKI 3583 PTS  
IV 201 SEENA JOY ERNAKULAM 046 PTS  
V 204 DIVYA RAJAN ERNAKULAM 2493 PTS

**← EEVENT : 4 X 100 RELAY**

MEET REC.- F PK PALAKKAD 43.50 1982  
I C KANNUR 49.40 SEC  
80 NICY JOSEPH  
78 JJI S  
77 LINNET K MATHEW  
76 SUKUMARI R  
II L KOTTAYAM 49.80 SEC  
297 ANJU ALEX  
296 LEJOMOL GEORGE  
298 ANISHA K VIJAYAN  
286 MANJU POULOSE  
III A PALAKKAD 54.60 SEC  
1 SIBI KURIAKOSE  
2 SMITHA R  
7 SUJA S  
8 SEENA JOHN

**← EEVENT : 4 X 400 RELAY**

MEET REC.- F KR KANNUR 03:54.00 1984  
I L KOTTAYAM 04:00.90 MIN  
292 BIJIMOLE K CHACKO  
294 RESMI S  
295 REKHA M K  
298 ANISHA K VIJAYAN  
II C KANNUR 04:10.10 MIN  
77 LINNET K MATHEW  
78 JJI S  
79 SHEEBA JOSEPH  
80 NICY JOSEPH

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**SECTION :-MEN**

**EVENT : 100 M**

MEET REC.- F NAJEEB MOHAMMED KOLLAM 10.60 1984  
I 177 ANISH JOSEPH TRIVANDRUM 10.70 SEC  
II 211 AIBY GEORGE ERNAKULAM 10.80 SEC  
III 270 BYJU FRANCIS THRISSUR 10.90 SEC  
IV 207 M LORANS ERNAKULAM 10.90 SEC

V	342	ABHILASH PURUSHOTHAMAN	KOLLAM	10.90 SEC
VI	179	VINOD S S	TRIVANDRUM	11.00 SEC

### EVENT : 200 M

MEET REC.	←	F NAJEEB MOHAMMED	KOLLAM	21.40	1988
I	316	AJESH T G	KOTTAYAM	22.10 SEC	
II	180	SREEKUMAR P T	TRIVANDRUM	22.10 SEC	
III	177	ANISH JOSEPH	TRIVANDRUM	22.30 SEC	
IV	312	SAJI P S	KOTTAYAM	22.50 SEC	
V	359	S S SREENATH	KSAAA	22.90 SEC	
VI	340	GIREESH V	KOLLAM	22.90 SEC	

### EVENT : 400 M

MEET REC.	←	F ABDULLA P H	THRISSUR	47.40	1999
I	183	ARUN P S	TRIVANDRUM	47.60 SEC	
II	316	AJESH T G	KOTTAYAM	48.90 SEC	
III	335	ABOBACKER T	WAYANAD	50.00 SEC	
IV	212	L JOPLIN	ERNAKULAM	50.50 SEC	
V	215	SHIJO P SCARIA	ERNAKULAM	51.60 SEC	
VI	348	JAYAKUMAR R	KOLLAM	52.30 SEC	

### EVENT : 800 M

MEET REC.	←	F JOSSEY MATHEW	ERNAKULAM	01:50.50	1990
I	343	PRIMESH P S	KOLLAM	01:54.10 MIN	
II	318	SHEBIN JSOEPH	KOTTAYAM	01:56.20 MIN	
III	184	RAJA BOSE S	TRIVANDRUM	01:56.30 MIN	
IV	331	MUNEER P K	WAYANAD	01:57.10 MIN	
V	305	JOSEMON MATHEW	KOTTAYAM	01:58.10 MIN	
VI	215	SHIJO P SCARIA	ERNAKULAM	01:58.60 MIN	

### EVENT : 1500 M

MEET REC.	←	F JOHNSON ABRAHAM	KOLLAM	03:56.80	1984
I	181	SAJEEV T M	TRIVANDRUM	03:53.50 MIN NMR	
II	331	MUNEER P K	WAYANAD	04:02.40 MIN	
III	310	JOSEPH MATHEW	KOTTAYAM	04:06.10 MIN	
IV	305	JOSEMON MATHEW	KOTTAYAM	04:12.00 MIN	
V	25	UDAYAKUMARAN P V	PALAKKAD	04:17.30 MIN	
VI	273	VINODKUMAR	THRISSUR	04:17.40 MIN	

### EVENT : 5000 M

MEET REC.	←	F SASIDHARAN	TRIVANDRUM	14:46.40	1973
I	346	GIREESHKUMAR K	KOLLAM	16:11.00 MIN	
II	333	SHEJI K GEORGE	WAYANAD	16:17.00 MIN	
III	309	SULPHY M S	KOTTAYAM	16:40.90 MIN	
IV	63	SOJI MATHEW	PATHANAMTHITTA	16:42.90 MIN	
V	64	RAJENDRAPRASAD K	PATHANAMTHITTA	16:59.50 MIN	
VI	25	UDAYAKUMARAN P V	PALAKKAD	17:45.40 MIN	

### EVENT : 10000 M

MEET REC.	←	F SASIDHARAN PILLAI	KOLLAM	31:21.20	1983
I	334	SHARAFUDEEN A K	WAYANAD	33:35.00 MIN	
II	346	GIREESHKUMAR K	KOLLAM	33:45.00 MIN	
III	29	LAKSHMANDAS N T	PALAKKAD	35:09.70 MIN	
IV	124	RAJU K	KOZHICODE	36:24.20 MIN	
V	257	JAYACHANDRAN G	ALAPUZHA	37:03.70 MIN	
VI	84	SUDHEESH K P	KANNUR	37:12.50 MIN	

**EVENT : 20 KM WALK**

MEET REC.←	F SAJIMON PAUL	MALAPURAM	01:36:56.00	1992
I	280 BIJU P S	THRISSUR	01:46:08.00	HRS
II	232 M K YADAV	ERNAKULAM	01:49:29.80	HRS
III	227 R SHARMA	ERNAKULAM	01:54:59.80	HRS
IV	66 BALAN M P	PATHANAMTHITTA	02:04:38.60	HRS
V	157 SABU G CHERUVIL	IDUKKI	02:08:50.30	HRS
VI	155 VIJAYAN E A	IDUKKI	02:16:14.60	HRS

**EVENT : 110 M HURD.**

MEET REC.←	F M C VARGHESE	THRISSUR	14.80	1978
I	307 SIJOMON JOSEPH	KOTTAYAM	15.70	SEC
II	249 NIMESH B	ALAPUZHA	15.70	SEC
III	223 J M THOMAS	ERNAKULAM	15.90	SEC
IV	83 DINESH DIVY	KANNUR	16.60	SEC
V	43 PRADEEP M	PALAKKAD	20.10	SEC

**EVENT : 400 M HURD**

MEET REC.←	F P V RAJU	TRIVANDRUM	53.10	1993
I	190 RAFEEL A A	TRIVANDRUM	53.30	SEC
II	318 SHEBIN JSOEPH	KOTTAYAM	54.90	SEC
III	223 J M THOMAS	ERNAKULAM	57.10	SEC
IV	224 P K STEEPHAN	ERNAKULAM	57.80	SEC
V	344 SHANAVAS KHAN K Y	KOLLAM	58.20	SEC
VI	164 PRASANTH K V	IDUKKI	59.10	SEC

**EVENT : LONG JUMP**

MEET REC.←	F M B SADASIVAN	TRIVANDRUM	7.72	1994
I	353 MANOJ THOMAS	ALAPUZHA	7.37	MTS
II	276 PRINCE MATHEW	THRISSUR	7.05	MTS
III	275 PRAMOD JACOB JOHN	THRISSUR	7.00	MTS
IV	186 PRAVEEN G KUMAR	TRIVANDRUM	6.94	MTS
V	358 BIJU JOSEPH	KSAAA	6.93	MTS
VI	176 VINOD P J	TRIVANDRUM	6.85	MTS

**EVENT : HIGH JUMP**

MEET REC.←	F JOHN MATHEW	TRIVANDRUM	2.07	1990
I	207 M LORANS	ERNAKULAM	2.00	MTS
II	188 SANTHOSHKUMAR K	TRIVANDRUM	2.00	MTS
II	241 ROSHAN K R	ERNAKULAM	2.00	MTS
IV	231 R THOMAS	ERNAKULAM	1.90	MTS
V	104 ANOOP P K	MALAPPURAM	1.85	MTS
VI	192 NIZZAM A	TRIVANDRUM	1.80	MTS

**EVENT : TRIPLE JUMP**

MEET REC.←	F B S VINOD	TRIVANDRUM	15.76	1995
I	361 ROBIN M VARGHESE	KSAAA	15.49	MTS
II	349 JYOTHISH J	KOLLAM	14.63	MTS
III	176 VINOD P J	TRIVANDRUM	14.57	MTS
IV	276 PRINCE MATHEW	THRISSUR	14.43	MTS
V	163 BYJU JOSEPH	IDUKKI	14.12	MTS
VI	235 A RAJAN	ERNAKULAM	13.44	MTS

**EVENT : POLE VAULT**

MEET REC.←	F M A ELDHO	ERNAKULAM	4.70	1995
I	323 BAIJU JOSEPH	KOTTAYAM	3.70	MTS
II	324 SIJO SEBASTIAN	KOTTAYAM	3.40	MTS
III	325 JINEESH KAPPAN	KOTTAYAM	3.20	MTS

**EVENT : SHOTPUT**

MEET REC.	← F	BABU MATHEW	TRIVANDRUM	16.34	1995
I	236	V V SATHEESH	ERNAKULAM	13.35	MTS
II	237	P ANISH	ERNAKULAM	12.46	MTS
III	254	SAJU S	ALAPUZHA	11.98	MTS
IV	152	BINIL MATHEW	IDUKKI	10.72	MTS
V	130	SAJESH T	KOZHICODE	10.28	MTS
VI	308	STEESON K MATHEW	KOTTAYAM	9.38	MTS

**EVENT : DISCUS THROW**

MEET REC.	← F	LAL BABU B	ALAPUZHA	44.62	1997
I	237	P ANISH	ERNAKULAM	40.00	MTS
II	81	MOOSA SHANOJ	KANNUR	31.64	MTS
III	317	JULIUS J MANAYANI	KOTTAYAM	30.91	MTS
IV	254	SAJU S	ALAPUZHA	30.65	MTS
V	67	AMRUTHRAJ M G	PATHANAMTHITTA	29.12	MTS
VI	69	MURALIKRISHNAN S R	PATHANAMTHITTA	28.15	MTS

**EVENT : JAVELIN THROW**

MEET REC.	← F	SHAHUL HAMEED	ERNAKULAM	69.28	1982
I	221	MANOJ C M	ERNAKULAM	54.00	MTS
II	82	KIRAN RAMAKRISHNAN	KANNUR	50.84	MTS
III	35	ABDUL RASHEED A	PALAKKAD	49.78	MTS
IV	91	BAYA K	KASARGODE	46.07	MTS
V	156	MATHEW MANCHERRI	IDUKKI	43.50	MTS
VI	129	SAJESH B S	KOZHICODE	39.60	MTS

**EVENT : HAMMER THROW**

MEET REC.	← F	T SINGH	ERNAKULAM	49.86	1991
I	221	MANOJ C M	ERNAKULAM	38.52	MTS
II	239	V KUMAR	ERNAKULAM	37.65	MTS
III	67	AMRUTHRAJ M G	PATHANAMTHITTA	36.80	MTS
IV	158	SAGIMON V P	IDUKKI	32.21	MTS
V	352	AJITH WILFRED	KOLLAM	24.57	MTS
VI	152	BINIL MATHEW	IDUKKI	24.26	MTS

**EVENT : DECATHLON**

MEET REC.	← F	JJO SAMUEL	ALAPUZHA	6076	1994
I	221	MANOJ C M	ERNAKULAM	5901	PTS
II	56	ANTONY K G	KSAAA	5620	PTS
III	240	Y SINGH	ERNAKULAM	5505	PTS
IV	233	V J ZACHARIAS	ERNAKULAM	5313	PTS
V	360	MANSINGH	KSAAA	5058	PTS
VI	317	JULIUS J MANAYANI	KOTTAYAM	5055	PTS

**EVENT : 4 X 100 RELAY**

MEET REC.	← F	TM	TRIVANDRUM	41.80	1994
I	H	TRIVANDRUM	42.40 SEC		
		190 RAFEEK A A			
		179 VINOD S S			
		189 OOMMEN N J			
		185 RAJESHKUMAR T D			
II	L	KOTTAYAM	43.40 SEC		
		311 SIJO MATHEW			
		314 ANEKSHA ABDUL SALAM			
		316 AJESH T G			
		315 REEJU AUGUSTINE JOSE			
III	N	KOLLAM	43.60 SEC		
		340 GIREESH V			
		341 STYLEMON PILLAI R			
		342 ABHILASH PURUSHOTHAMAN			

IV	349 JYOTHISH J	ALAPUZHA	44.70 SEC
	248 AUGUSTINE N J		
	250 SEBASTIAN JOSE MIMO		
	249 NIMESH B		
	252 BHASH P K		
V	I	ERNAKULAM	45.90 SEC
	231 R THOMAS		
	209 G THOMAS		
	229 SANTHOSH		
	208 ABILASH THOMAS		
VI	A	PALAKKAD	46.00 SEC
	17 ROSHAN J		
	18 SEBASTIAN K J		
	19 NISEETH MOHAN		
	34 LJITH V		

**EVENT : 4 X 400 RELAY**

MEET REC.← F EM	ERNAKULAM	03:18.00	1982
I L	KOTTAYAM	03:24.30 MIN	
	318 SHEBIN JSOEPH		
	311 SIJO MATHEW		
	310 JOSEPH MATHEW		
	305 JOSEMON MATHEW		
II I	ERNAKULAM	03:26.50 MIN	
	215 SHIJO P SCARIA		
	216 P V M KUMAR		
	210 S KUMAR		
	212 L JOPLIN		
III N	KOLLAM	03:27.80 MIN	
	344 SHANAVAS KHAN K Y		
	349 JYOTHISH J		
	341 STYLEMON PILLAI R		
	343 PRIMESH P S		
IV A	PALAKKAD	03:39.40 MIN	
	22 DINESH V		
	23 MURALEEDHARAN M		
	26 MOHANDAS C		
	38 PRASANNAKUMAR M		

← EVENT : 3000 M STEEPLE

MEET REC.← F P T JOSEPH	PALAKKAD	08:59.30	1986
I 26	MOHANDAS C	PALAKKAD	10:53.60 MIN
II 30	SUNILKUMAR R	PALAKKAD	12:05.70 MIN
III 31	VINOD P R	PALAKKAD	12:27.80 MIN

-----END OF SECTION