



SAF GAMES ATHLETIC RECEEDS (as on 31-12-2009)
Compiled by Ram. Murali Krishnan

MEN

Event	Performance	Athlete	Nation	Place	Year
100m Run	10.37	Anil Kumar	IND	Kathmandu	1999
200m Run	20.99	Rohan Pradeepkumara	SRI	Islamabad	2004
400m Run	45.77	Rohan Pradeepkumara	SRI	Kathmandu	1999
800m Run	1:47.56	S.A. Ranjit Subasinghe	SRI	Dhaka	1993
1,500m Run	3:38.00	Bahadur Prasad	IND	Madras	1995
5,000m Run	14:01.19	Rajendra Bahadur Bhandari	NEP	Colombo	2006
10,000m Run	29:30.23	Bahadur Prasad	IND	Dhaka	1993
3,000m Steeplechase	8:42.43	Abdul Razaq	PAK	Islamabad	1989
110m Hurdles	14.11	Ghulam Abbas	PAK	Islamabad	1989
400m Hurdles	50.14	Ghulam Abbas	PAK	Colombo	1991
High Jump	2.20	Wijesekara Manjulakumara	SRI	Islamabad	2004
Pole Vault	4.81	Muhammed Ayub	PAK	Colombo	2006
Long Jump	7.79	Mohammad Urfaq	PAK	Islamabad	1989
Triple Jump	16.26	Chaminda S. Weerasinghe	SRI	Colombo	2006
Shot Put	19.15	Shakti Singh	IND	Kathmandu	1999
Discus Throw	57.78	Shakti Singh	IND	Madras	1995
Hammer Throw	66.94	Aqarab Abbas	PAK	Madras	1995
Javelin Throw	78.01	Jagdish Bishnoi	IND	Kathmandu	1999
MARATHON	2::15:03	Baikuntha Manandhar	NEP	Calcutta	1987
4x100m Relay	39.91	India	IND	Islamabad	2004
4x400m Relay	3:05.28	Sri Lanka	SRI	Kathmandu	1999

WOMEN

Event	Performance	Athlete	Nation	Place	Year
100m Run	11.34	Susanthika Jayasinghe	SRI	Madras	1995
200m Run	22.68	K.V. Damayanthi Darsha	SRI	Kathmandu	1999
400m Run	52.11	K.V. Damayanthi Darsha	SRI	Kathmandu	1999
800m Run	1:59.85	Shiny Wilson	IND	Madras	1995
1,500m Run	4:14.23	Sunita Rani	IND	Kathmandu	1999
5,000m Run	15:56.46	Sunita Rani	IND	Kathmandu	1999
10,000m Run	34:27.13	Preeja Sreedharan	IND	Colombo	2006
100m Hurdles	13.12	Sriyani Kulawansa	SRI	Kathmandu	1999
400m Hurdles	57.18	P.T. Usha	IND	Calcutta	1987
High Jump	1.81	Sangeetha Mohan	IND	Islamabad	2004
Long Jump	6.42	Anju George	IND	Colombo	2006
Shot Put	15.52	Surinderjeet Kaur	IND	Kathmandu	1999
Discus Throw	57.03	Seema Antil	IND	Islamabad	2004
Javelin Throw (New)	52.38 ⁿ	Gurmeet Kaur	IND	Kathmandu	1999
MARATHON	2::38:10	V. Satyabhama	IND	Madras	1995
4x100m Relay	44.63	Sri Lanka	IND	Colombo	2006
4x400m Relay	3:32.35	India	IND	Kathmandu	1999

Note: 53.06 by Vijitha Amarasekara (SRI) at Islamabad 1989 with “old type” javelin.