



HIMACHAL PRADESH ATHLETICS ASSOCIATION

Affiliated to Athletics Federation Of India

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RESULTS OF HIMACHAL PRADESH STATE ATHLETICS CHAMPIONSHIP HELD AT BILASPUR FROM 7TH TO 8TH JUNE 2025

Men 100mt

SN	Name of Athlete	District	Place	Timing
1	Paras	Kangra	First	10.69
2	Mukesh	Una	Second	11.31
3	Surya Thakur	Hamirpur	Third	11.82

Men 200mt

SN	Name of Athlete	District	Place	Timing
1	Rohit	Mandi	First	21.74
2	Nishant	Chamba	Second	23.68
3	Kartikey Sharma	Solan	Third	24.46

Men 400mt

SN	Name of Athlete	District	Place	Timing
1	Rohit	Mandi	First	48.00
2	Rajvir Thakur	Bilaspur	Second	53.25
3	Nishant	Chamba	Third	55.51

Men 800mt

SN	Name of Athlete	District	Place	Timing
1	Dinesh	Kangra	First	1:53.00
2	Ajit Kumar	Shimla	Second	1:56.78
3	Aditya Patial	Hamirpur	Third	1:57.22

Men 1500mt

SN	Name of Athlete	District	Place	Timing
1	Shivam	Kangra	First	4:05.41
2	Vishal Singh	Chamba	Second	4:06.76
3	Amit Kumar	Chamba	Third	4:07.28

Men 5000mt

SN	Name of Athlete	District	Place	Timing
1	Vishal Singh	Chamba	First	14:58.75
2	Anish Chandel	Bilaspur	Second	15:03.75
3	Pankaj	Kangra	Third	16:00.76

Men 10000mt

SN	Name of Athlete	District	Place	Timing
1	Anish Chandel	Bilaspur	First	32:26.48
2	Rajeev Singh	Kangra	Second	33:20.79
3	Rohit	Mandi	Third	34:02.86

Men Long Jump

SN	Name of Athlete	District	Place	Timing
1	Aman Singh	Bilaspur	First	7.45m
2	Ritwik Verma	Mandi	Second	5.99m
3	Hitesh Kumar	Mandi	Third	5.20m

Men Shot Put

SN	Name of Athlete	District	Place	Timing
1	Prathan	Sirmour	First	9.06m
2	Abhay	Sirmour	Second	8.62m
3	Raghav Sharma	Sirmour	Third	6.43m

Men High Jump

SN	Name of Athlete	District	Place	Timing
1	Ritwik Verma	Mandi	First	1.60mt
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Men Discuss

SN	Name of Athlete	District	Place	Timing
1	Ashul Thakur	Mandi	First	20.93mt
2	Abhay	Sirmour	Second	15.90mt
3	Raghav Sharma	Sirmour	Third	13.56mt

Men Javelin

SN	Name of Athlete	District	Place	Timing
1	Baljit Singh	Solan	First	59.23m
2	Priyanshu Malhia	Kangra	Second	37.00m
3	Bhisham	Mandi	Third	36.m

Women 100mt

SN	Name of Athlete	District	Place	Timing
1	Samriti Jamwal	Kangra	First	12.03.88
2	Palvi Chandel	Bilaspur	Second	12.05.
3	Sanjana	Hamirpur	Third	12.08.73

Women 200mt

SN	Name of Athlete	District	Place	Timing
1	Manisha Kumari	Hamirpur	First	24.43
2	Samriti Jamwal	Kangra	Second	25.01
3	Diksha Chandel	Solan	Third	28.31

Women 400mt

SN	Name of Athlete	District	Place	Timing
1	Manisha Kumari	Hmr	First	53.99
2	Priya	Hamirpur	Second	54.02
3	Diksha Chandel	Solan	Third	1:00.0

Women 800mt

SN	Name of Athlete	District	Place	Timing
1	Nidhi Thakur	Solan	First	2:19.68
2	Richa	Hamirpur	Second	2:23.16
3	Sharadha Chouhan	Bilaspur	Third	2:24.41

Women 1500mt

SN	Name of Athlete	District	Place	Timing
1	Nikita Sharma	Una	First	4:30.82
2	Kannijo	Chamba	Second	4:42.73
3	Nidhi Thakur	Solan	Third	4:56.30

Women 5000mt

SN	Name of Athlete	District	Place	Timing
1	Kanijo	Chamba	First	17:47.54
2	Bholi	Chamba	Second	18:43.72
3	Swati Thakur	Una	Third	18:48.44

Women 10000mt

SN	Name of Athlete	District	Place	Timing
1	Bholi	Chamba	First	40:01.02
2	Gargi	Kangra	Second	42:04.59
3	Swati Thakur	Una	Third	44:52.10

Women High Jump

SN	Name of Athlete	District	Place	Timing
1	Shardha Chauhan	Bilaspur	First	1.48mt
2	Avneet Kaur	Bilaspur	Second	1.48mt

Women Long Jump

SN	Name of Athlete	District	Place	Timing
1	Ankita	Mandi	First	5.18m

Under 20 Girls 200mt

SN	Name of Athlete	District	Place	Timing
1	Divya Dogra	Shimla	First	27.20
2	Anjali	Bilaspur	Second	28.76
3	Priya Saini	Solan	Third	29.52

Under-20 Girls 800mt

SN	Name of Athlete	District	Place	Timing
1	Aditi Thakur	Kangra	First	2:19.68
2	Anshul Jaswal	Bilaspur	Second	2:27.04
3	Palak Thakur	Hamirpur	Third	2:39.88

Under-20 Girls 1500mt

SN	Name of Athlete	District	Place	Timing
1	Nancy Chaudhary	Kangra	First	4:54.26
2	Anshul Jaswal	Bilaspur	Second	5:00.78
3	Tanishka Bral	Bilaspur	Third	5:02.90

Under-20 Girls 5000mt

SN	Name of Athlete	District	Place	Timing
1	Raveena Kumari	Una	First	19:14.37
2	Tanaksha Brel	Bilaspur	Second	19:34.20
3	Payal Rani	Una	Third	20:51.19

Under-20 Girls Shot Put

SN	Name of Athlete	District	Place	Timing
1	Gunjan-	Solan -	First	10.53m
2	Awantika-	Mandi	Second	7.64m
3	Sakshi	Mandi	Third	3.20m

Under-20 Girls Long Jump

SN	Name of Athlete	District	Place	Distance
1	Tanisha	Una	First	4.33m
2	Mehak Chaudhay	Una	Second	

Under-20 Girls Discuss

SN	Name of Athlete	District	Place	Distance
1	Gunjan Thakur	Solan	First	27.22m
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Under-20 Boys 100mt

SN	Name of Athlete	District	Place	Timing
1	Abhishek	Mandi	First	11.72
2	Rohit	Chamba	Second	11.79
3	Nitin Kaushal	Solan	Third	11.95

Under-20 Boys 200mt

SN	Name of Athlete	District	Place	Timing
1	Manjeet Singh	Kangra	First	22.40
2	Rohit Thakur	Chamba	Second	23.24
3	z Piyush Patial	Hamirpur	Third	23.39

Under-20 Boys 400mt

SN	Name of Athlete	District	Place	Timing
1	Piyush Patial	Hamirpur	First	50.82
2	Sushant Pathik	Shimla	Second	51.24
3	Ayush Sharma	Hamirpur	Third	52.69

Under-20 Jr Boys 800mt

SN	Name of Athlete	District	Place	Timing
1	Pratham	Mandi	First	2:91.16
2	Sonu	Chamba	Second	2:91.21
3	Mohit	Chamba	Third	2:09.04

Under-20 Boys 1500mt

SN	Name of Athlete	District	Place	Timing
1	Aryan Thakur	Kangra	First	4:08.46
2	Pratham	Mandi	Second	4:09.54
3	Bakshish Bhatia	Mandi	Third	4:21.69

Under-20 Boys 3000mt

SN	Name of Athlete	District	Place	Timing
1	Arun Pathania	Una	First	10:13.14
2	Bakshish Bhatia	Mandi	Second	10:22.53
3	Atul Sharma	Hamirpur	Third	10:30.95

Under-20 Boys 5000mt

SN	Name of Athlete	District	Place	Timing
1	Jitin	Shimla	First	16:48.46
2	Rahul	Mandi	Second	16:53.45
3	Ayush Kapoor	Kangra	Third	16:56.93

Under-20 Boys 10000mt

SN	Name of Athlete	District	Place	Timing
1	Jitin	Shimla	First	
2	Rahul	Mandi	Second	
3	Abhishekh	Una	Third	38:54.19

Under-20 Boys High Jump

SN	Name of Athlete	District	Place	Timing
1	Harsh Kumar	Una	First	1.70m
2	Aditya	Hamirpur	Second	1.60m
3	Rahul	Sirmour	Third	1.55m

Under-20 Boys Triple Jump

SN	Name of Athlete	District	Place	Timing
1	Manjeet Rathore	Mandi	First	13.70m
2	Ansh Sharma	Una	Second	12.66m
3	Sajal	Kullu	Third	11.50m

Under-20 Boys Shot Put

SN	Name of Athlete	District	Place	Timing
1	Vaibav	Sirmour	First	13.10m
2	Suraj Singh Raizada	Solan	Second	9.70m
3	Ruderaksh Chadha	Kangra	Third	8.45m

Under-20 Boys Discuss

SN	Name of Athlete	District	Place	Timing
1	Vaibhav	Sirmour	First	53.30m
2	Karunesh	Kangra	Second	39.87
3	Ansh Gautam	Hamirpur	Third	26.00

Under-18 Girls 100mt

SN	Name of Athlete	District	Place	Timing
1	Ishroop Saini	Solan	First	13.54
2	Ananya Sh.	Bilaspur	Second	13.84
3	Gunjan	Bilaspur	Third	13.93

Under-18 Girls 200mt

SN	Name of Athlete	District	Place	Timing
1	Ms Deepshikha	Kangra	First	29.11
2	Ms Kashish Dharwal	Mandi	Second	29.19
3	Ms Srishti Sharma	Hamirpur	Third	29.29

Under-18 Girls 400mt

SN	Name of Athlete	District	Place	Timing
1	Ankita	Hamirpur	First	1:4.87
2	Shrishti Sharma	Hamirpur	Second	1:5.13
3	Deepshikha	Kangra	Third	1:8.21

Under-18 Girls 1000mt

SN	Name of Athlete	District	Place	Timing
1	Savita Kumari	Bilaspur	First	3:10.31
2	Vashika Matraj	Bilaspur	Second	3:13.08

SN	Name of Athlete	District	Place	Timing
3	Ankita	Hamirpur	Third	3:25.02

Under-18 Girls Shotput

SN	Name of Athlete	District	Place	Timing
1	Akshara	Mandi	First	8.68
2	Mansi	Kangra	Second	7.25
3	Gunjan Thakur	Kullu	Third	6.25

Under-18 Girls Long Jump

SN	Name of Athlete	District	Place	Timing
1	Ms Isroop Saini	Solan	First	5.20m
2	Ms Ananaya Sharma	Bilaspur	Second	5.07m
3	Ms Tanvi Chaudhary	Una	Third	5.34m

Under-18 Girls Tripple Jump

SN	Name of Athlete	District	Place	Timing
1	Ms Ananaya Sharma	Bilaspur	First	10.44

Under-18 Girls Tripple Jump

SN	Name of Athlete	District	Place	Timing
1	Kartika Chauhan	Mandi	First	23.15

U-18 Girls High Jump

SN	Name of Athlete	District	Place	Timing
1	Gunjan	Bilaspur	First	1.45m
2	Jyoti Devi	Una	Second	1.20m

Under-18 Boys 100mt

SN	Name of Athlete	District	Place	Timing
1	Manjeet Singh	Kangra	First	11.10
2	Ashish	Kangra	Second	11.24
3	Punit Saini	Una	Third	11.36

Under-18 Boys 200mt

SN	Name of Athlete	District	Place	Timing
1	Ashish Kumar	Kangra	First	22.79
2	Punit Saini	Una	Second	22.83
3	Krishiv Rajguru	Hamirpur	Third	23.13

Under-18 Boys 1000mt

SN	Name of Athlete	District	Place	Timing
1	Ishant Thakur	Hamirpur	First	2:40.18
2	Navjot	Una	Second	2:40.74
3	Gangandeep Choudhary	Una	Third	2:43.46

Under-18 Boys 110mt

SN	Name of Athlete	District	Place	Timing
1	Sujal Kumar/Thakur	Bilaspur	First	15.94
2	Saransh	Una	Second	18.69
3	Bhupinder Kumar	Sirmour	Third	20.62

Under-18 Boys High Jump

SN	Name of Athlete	District	Place	Timing
1	Aryan	Kullu	First	1.70m
2	Vishal	Mandi	Second	1.65m
3	Aditya Kumar	Mandi	Third	1.55m

Under-18 Boys Long Jump

SN	Name of Athlete	District	Place	Timing
1	Saransh	Una	First	6.15m
2	Aryan Kaushal	Kullu	Second	6.06m
3	Anshul Kaundal	Kangra	Third	6.06m

Under-18 Boys Shot Put

SN	Name of Athlete	District	Place	Timing
1	Rishabh Gupta	Solan	First	12.56
2	Ujjwal Sharma	Una	Second	12.06
3	Aditya Thakur	Una	Third	11.94

Under-18 Boys Discuss

SN	Name of Athlete	District	Place	Timing
1	Saksham Sharma	Mandi	First	37.25m
2	Shaurya Thakur	Kullu	Second	27.43m
3	Ujjwal Sharma	Una	Third	27.36m

Under-18 Boys Javelin

SN	Name of Athlete	District	Place	Timing
1	Vaibhav Mehra	Mandi	First	53.48m
2	Abish Kumar	Mandi	Second	52.95m
3	Davinder Kumar	Sirmour	Third	23.06m

Under-18 Boys Triple Jump

SN	Name of Athlete	District	Place	Timing
1	Ayush Sharma	Solan	First	11.05mt
2	Shaurya Preet	Kullu	Second	10.47mt
3	Devinder	Sirmour	Third	9.89mt

Under-16 Boys 600M

SN	Name of Athlete	District	Place	Timing
1	Prakul	Hamirpur	First	1:27.65
2	Abhinav	Sirmour	Second	1:29.77
3	Suryash	Hamirpur	Third	1:31.50

Under-16 Boys 80mt Hurdle

SN	Name of Athlete	District	Place	Timing
1	Harshimanran Singh	Sirmour	First	14.77
2	Adarsh Singh	Sirmour	Second	15.08
3	Navjot Singh	Sirmour	Third	16.82

Under-16 Boys Shot Put

SN	Name of Athlete	District	Place	Timing
1	Vanshit Chandla	Una	First	10.68
2	Aarav	Bilaspur	Second	10.29
3	Yugal	Mandi	Third	9.73

Under-16 Boys Kids Javelin

SN	Name of Athlete	District	Place	Timing
1	Tushar	Kullu	First	37.16m
2	Navjot Singh	Sirmour	Second	27.06m
3	Aryan Banga	Una	Third	26.14m

Under-16 Boys Discuss

SN	Name of Athlete	District	Place	Timing
1	Samarth Sharma	Mandi	First	21.40mt
2	Navjot Singh	Sirmour	Second	20.05mt
3	Himanshu Dhiman	Sirmour	Third	18.43mt

Under-16 Boys High Jump

SN	Name of Athlete	District	Place	Timing
1	Akshit	Sirmour	First	1.60m
2	Shourya Thakur	Kullu	Second	1.55m
3	Ahinav	Kullu	Third	1.55m

Under-16 Girls 600mt

SN	Name of Athlete	District	Place	Timing
1	Ms Riya	Bilaspur	First	1:44.77
2	Ms Shine	Hamirpur	Second	1:46.52
3	Ms Mannat	Hamirpur	Third	1:46.60

Under-16 Girls 80mt Hurdle

SN	Name of Athlete	District	Place	Timing
1	Ms Aarushi Thakur	Bilaspur	First	14.49sec
2	Ms Khushi	Sirmour	Second	16.10sec
3	Ms Mahreen	Sirmour	Third	19.19sec

Under-16 Girls Shot Put

SN	Name of Athlete	District	Place	Timing
1	Dakshita	Hamirpur	First	8.62m
2	Vanni	Una	Second	8.34m
3	Mannat Devi	Solan	Third	7.70m

Under-16 Girls Discuss

SN	Name of Athlete	District	Place	Timing
1	Mannat	Una	First	19.42m
2	Vanni	Una	Second	18.63m
3	Priya	Sirmour	Third	17.72

Under-16 Girls Long Jump

SN	Name of Athlete	District	Place	Timing
1	Pragya Vishist	Hamirpur	First	3.68m
2	Janvi	Hamirpur	Second	3.39m
3	Palak	Una	Third	3.29m

Under-16 Girls High Jump

SN	Name of Athlete	District	Place	Timing
1	Arushi Thakur	Bilaspur	First	1.26m

Under-16 Girls Kids Javelin

SN	Name of Athlete	District	Place	Timing
1	Ms Kalpna	Mandi	First	21.68m
2	Ms Ishita	Bilaspur	Second	17.40m
3	Ms Ritu	Sirmour	Third	12.31m

Under-14 Girls 60mt

SN	Name of Athlete	District	Place	Timing
1	Pawani	Solan	First	8.81
2	Sanchita	Solan	Second	8.82
3	Kritika	Mandi	Third	9.45

Under-14 Girls 600mt

SN	Name of Athlete	District	Place	Timing
1	Ms Manita	Hamirpur	First	1:52.93
2	Ms Sudiksha Singh	Solan	Second	1:54.06
3	Ms Srishti Kaushik	Solan	Third	154.96

Under-14 Girls Shot Put

SN	Name of Athlete	District	Place	Timing
1	Garima	Kangra	First	7.94
2	Harshita Thakur	Shimla	Second	6.50
3	Sanaya	Kangra	Third	6.05

Under-14 Girls Long Jump

SN	Name of Athlete	District	Place	Timing
1	Arya	Shimla	First	3.32mt
2	Khushi	Hmirpur	Second	3.24mt
3	Avika Thakur	Una	Third	3.08mt

Under-14 Boys 600mt

SN	Name of Athlete	District	Place	Timing
1	Mr Sonu	Hamirpur	First	1:37.76
2	Mr Agaan Lalit Kumar	Shimla	Second	1:42.87
3	Ritwik	Shimla	Third	1:47.15

Under-14 Boys High Jump

SN	Name of Athlete	District	Place	Timing
1	Aryan	Kullu	First	1.55m
2	Dev Vishajeet Singh	Una	Second	1.50m
3	Mayank	Mandi	Third	1.35m

Under-14 Boys Shot Put

SN	Name of Athlete	District	Place	Timing
1	Abhijit	Solan	First	10.55m
2	Parvinder Sibgh	Solan	Second	9.98m
3	Tashi	Hamirpur	Third	9.14m

Under-14 Boys High Jump

SN	Name of Athlete	District	Place	Timing
1	Aryan	Kullu	First	1.55m
2	Dev Vishajeet	Una	Second	1.50m
3	Mayank	Mandi	Third	1.35m

Under-14 Boys 5Mt Approach Broad Jump

SN	Name of Athlete	District	Place	Timing
1	Aaryan Thakur/Kaushal	Kullu	First	4.02mt
2	Taanish Bindra	Solan	Second	3.91Mt
3	Veer Nahar	Una	Third	3.90mm

Sd/-

General Secretary

Himachal Pradesh Athletics Association