

# 47TH NATIONAL ATHLETICS CHAMPIONSHIPS (MEN & WOMEN)

9TH TO 11TH MAY 2016 AT MUSA STADIUM QUETTA

## RESULTS (MEN)

POSITION	COMPETITOR	UNIT	TIME / DISTANCE
<b>20 KM Walk Race (Men)</b>			
1ST	Mr. Muhammad Qasim Faiz	Army	02:05.59
2ND	Mr. Faizan Khan	Army	02:06.15
3RD	Mr. Muhammad Saleem	Railways	02:07.22
4TH	Mr. Tahir	PAF	02:14.30
5TH			
6TH			
<b>100M (Men)</b>			
1ST	Mr. Gohar Shahzad	WAPDA	10.44
2ND	Mr. Liaqat Ali	Army	10.57
3RD	Mr. Ubaid Ali	Army	10.69
4TH	Mr. Umar Khayam	Railways	10.70
5TH	Mr. Laeeq Naveed	HEC	11.09
6TH	Mr. Asim Raza	Railways	11.11
<b>200m (Men)</b>			
1ST	Mr. Liaqat Ali	Army	21.34
2ND	Mr. Umar Khayam	Railways	21.53
3RD	Mr. Gohar Shahzad	WAPDA	21.83
4TH	Mr. Uzair Ahmad	Army	22.05
5TH	Mr. Laeeq	HEC	22.94
6TH	Mr. Asad Iqbal	WAPDA	24.42
<b>400m (Men)</b>			
1ST	Mr. Mehboob Ali	Army	46.75
2ND	Mr. Asad Ali	WAPDA	47.38
3RD	Mr. Mazhar Ali	Army	48.14
4TH	Mr. Sohail	FATA	48.39
5TH	Mr. Umar Sadaat	HEC	48.44
6TH	Mr. Qasim Ijaz	HEC	50.28
<b>800m (Men)</b>			
1ST	Mr. Ali Muhammad	WAPDA	01:53.84
2ND	Mr. Umar Sadaat	HEC	01:54.65
3RD	Mr. Waqar Younis	Punjab	01:55.77
4TH	Mr. Muhammad Murtaza	Army	01:57.29
5TH	Mr. Ansar Shahzad	APAF	01:57.96
6TH	Mr. Asmat Ullah	HEC	01:58.79
<b>1500m (Men)</b>			
1ST	Mr. Rameez	Army	3:58.89
2ND	Mr. Attiq Ur Rehman	Army	4:03.65
3RD	Mr. Sohail Aamir	WAPDA	4:06.03
4TH	Mr. Ansar	PAF	4:15.12
5TH	Mr. Uzair Ahmad	KPK	4:15.56
6TH	Mr. Raisat Ali	Railways	4:18.09

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<b>POSITION</b>	<b>COMPETITOR</b>	<b>UNIT</b>	<b>TIME / DISTANCE</b>
<b>3000m Steeple Chase</b>			
1ST	Mr. Fasiq Sultan	Army	09:39.95
2ND	Mr. Tariq	Army	09:42.84
3RD	Mr. Abdul Samad	WAPDA	09:48.79
4TH	Mr. Mohsin	WAPDA	10:23.55
5TH	Mr. Masawar Ur Rehman	PAF	10:27.83
6TH	Mr. Waqas Mansha	PAF	10:45.00
<b>5000m (Men)</b>			
1ST	Mr. Sohail Aamir	WAPDA	15:55.46
2ND	Mr. Ateeq Ur Rehman	Army	15:58.58
3RD	Mr. Rameez Javed Mirza	Army	16:08.22
4TH	Mr. Tanveer Hussain	WAPDA	16:34.75
5TH	Mr. Naseem Khan	Gilgit Baltistan	16:50.18
6TH			
<b>10000m (Men)</b>			
1ST	Mr. Ijaz	Army	34:59.20
2ND	Mr. Zaheer	Army	34:59.98
3RD	Mr. Saddam Hussain	WAPDA	35:25.00
4TH	Mr. Naseem Khan	GB	35:41.75
5TH	Mr. Muhammad Shahbaz	Railways	35:42.98
6TH	Mr. Sakhawat	PAF	36:20.10
<b>Triple Jump (Men)</b>			
1ST	Mr. Zafar Iqbal	Army	15.34
2ND	Mr. Muhammad Afzal	Army	15.31
3RD	Mr. Waqas Ahmad	WAPDA	14.86
4TH	Mr. Muhammad Akhtar	WAPDA	14.59
5TH	Mr. Tahir	PAF	14.48
6TH	Mr. Muhammad Zeshan	Punjab	13.06
<b>High Jump (Men)</b>			
1ST	Mr. Shafaqat Ahmaed	WAPDA	1.98
2ND	Mr. Azmat	PAF	1.98
3RD	Mr. Sattar	Army	1.98
4TH	Mr. Arra	Army	1.90
5TH	Mr. Sharoz Khan	Islamabad	1.90
6TH	Mr. Afzaal Ahmad	HEC	1.85
<b>Long Jump (Men)</b>			
1ST	Mr. Muhammad Imran	WAPDA	07.63
2ND	Mr. Muhammad Afzal	Army	07.35
3RD	Mr. Sami Ullah	PAF	07.22
4TH	Mr. Shahzad	Army	07.11
5TH	Mr. Muhammad Akhtar	WAPDA	07.01
6TH	Mr. Shoaib	FATA	06.66

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POSITION	COMPETITOR	UNIT	TIME / DISTANCE
<b>Pole Vault (Men)</b>			
1ST	Mr. Rehan Anjum	Army	04.65
2ND	Mr. Gulfracz	Army	04.40
3RD	Mr. Javed	PAF	04.00
4TH	Mr. Saleem	WAPDA	03.90
5TH	Mr. Ishaq	Punjab	03.70
6TH	Mr. Ismail	WAPDA	03.50
<b>Shot Put (Men)</b>			
1ST	Mr. Muhammad Waseem (J)	Army	16.50
2ND	Mr. Shafaqat Ali	WAPDA	16.47
3RD	Mr. Muhammad Waseem (S)	Army	16.32
4TH	Mr. Antash Haider	HEC	15.98
5TH	Mr. Mubasher Saleem	WAPDA	15.33
6TH	Mr. Waqas Javed	Railways	14.25
<b>Discus Throw</b>			
1ST	Mr. Shamshad	Army	50.40
2ND	Basharat Ali	Army	49.80
3RD	Mr. Shamul Haq	PAF	48.92
4TH	Mr. Ali Mehtab	WAPDA	48.20
5TH	Mr. Shah Nawaz	HEC	43.60
6TH	Mr. Asad Ullah	Railways	38.77
<b>Hammer Throw (Men)</b>			
1ST	Mr. Shakeel	Army	67.59
2ND	Mr. Azhar Abbas	WAPDA	59.64
3RD	Mr. Habib Ullah	WAPDA	54.71
4TH	Mr. Attiq	Army	54.10
5TH	Mr. Muhammad Shafique	Punjab	39.08
6TH	Mr. Allah Bukhsh	Islamabad	35.73
<b>Javelin Throw (Men)</b>			
1ST	Mr. Arshad Nadeem	WAPDA	69.88
2ND	Mr. Muhammad Yasir	HEC	69.38
3RD	Mr. Sana Ullah	Army	68.14
4TH	Reheem Khan	WAPDA	60.56
5TH	Mr. Ali Manzoor	Army	56.46
6TH	Mr. Shoaib Khan	KPK	52.29
<b>110m Hurdles</b>			
1ST	Mr. Mohsin Ali	PAF	14.30
2ND	Mr. Muhammad Nawaz	WAPDA	14.46
3RD	Mr. Saddam Hussain	Army	14.75
4TH	Mr. Muhammad Nadeem	Army	14.98
5TH	Mr. Majid Hussain	WAPDA	15.50
6TH	Mr. Akhtar Abbas	Railways	15.97

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POSITION	COMPETITOR	UNIT	TIME / DISTANCE
<b>4x100m Relay (Men)</b>			
1ST	M. Shahbaz, Liaqat Ali, Ubaid Ali &	Army	40.24
2ND	Tanveer,Rashid, Majid & Ghous	WAPDA	40.36
3RD	Mohsin, Sami Ullah, Rashid & Uma	PAF	41.68
4TH	Umar Sadaat,Farhan Shah, Shafiq	HEC	42.27
5TH	Asim, Sami, Toqeer & Umar Khaya	Railways	42.91
6TH	Monum Abbas,Zaheer Ud Din, Ame	Punjab	44.17
<b>4x400m Relay (Men)</b>			
1ST	Fakhar Zaman, Shahid, Akram &As	WAPDA	3:12.22
2ND	Aamir, Mazhar, Noshat & Mehboob	Army	3:14.69
3RD	Nasir, Qasim, Farhan & Umar	HEC	3:21.01
4TH	Adnan Khan, Dastghir, Sami Ullah	PAF	3:27.55
5TH	Adnan Akbar, Adnan, Sohail & Qas	FATA	3:30.39
6TH	Sami Ullah, Assim Raza, Toqeer&	Railways	3:31.20
<b>Marathon</b>			
1ST	Mr. Tanveer Hussain	WAPDA	2.52.23
2ND	Mr. Sayar Ahmed	Army	3:02.35
3RD	Mr. Israr Khan	Army	3:08.00
4TH	Mr. Aamir Khan	Punjab	3:16.50
5TH	Mr. Muhammad Imran	WAPDA	3:19.05
6TH			
<b>Decathlon</b>			
1ST	Mr. Akhtar Munir	Army	6242 point
2ND	Mr. Danish Rashid	Army	6024 points
3RD	Mr. Awais	PAF	4879 points
4TH	Mr. Mushtaq	PAF	4351 points
5TH			
6TH			
<b>400m Hurdles</b>			
1ST	Mr. Mehboob Ali	Army	51.95
2ND	Mr. Sharafat Ali	WAPDA	53.75
3RD	Mr. Adeel Ahmed	WAPDA	54.10
4TH	Mr. Farhan Ilyas	HEC	55.71
5TH	Mr. Ghulam Dastghir	PAF	55.80
6TH	Mr. Noshat	Army	55.90