

**48TH NATIONAL ATHLETICS CHAMPIONSHIPS (MEN & WOMEN) 2017**  
**07 - 09 APRIL 2017 AT PSB COACHING CENTRE, KARACHI**  
**RESULTS (WOMEN)**

POSITION	C O M P E T I T O R	U N I T	TIME / DISTANCE
<b>100m (Women)</b>			
1ST	Najma Parveen	WAPDA	12.79
2ND	Sahib-e-Asra	WAPDA	12.98
3RD	Hiba Khurshid	Army	13.41
4TH	Samra Shabbir	Army	13.54
5TH	Turab Zara	HEC	14.10
6TH	Esha Imran	Punjab	14.36
<b>200m (Women)</b>			
1ST	Najma Parveen	WAPDA	25.68
2ND	Sahib-e-Asra	WAPDA	26.15
3RD	Maria Maratab	Army	26.62
4TH	Hiba Khurshid	Army	27.78
5TH	Turab Zara	Punjab	28.49
6TH	Safaq Afreen	HEC	28.54
<b>400m (Women)</b>			
1ST	Najma Parveen	WAPDA	57.22
2ND	Sahib-e-Asra	WAPDA	1:00.59
3RD	Abida Parveen	Army	1:03.17
4TH	Shafiq Afreen	HEC	1:03.37
5TH	Shehla Manzoor	Army	1:07.05
6TH	Binsh	Punjab	1:07.72
<b>800m (Women)</b>			
1ST	Rabia Ashiq	WAPDA	2:27.66
2ND	Samabia Naureen	WAPDA	2:29.21
3RD	Almas	HEC	2:35.24
4TH	Maria Nadeem	Army	2:35.83
5TH	Habiba	GB	2:37.69
6TH	Javarua	Punjab	2:50.21
<b>1500m (Women)</b>			
1ST	Rabia Ashiq	WAPDA	4:57.78
2ND	Samabia Naureen	WAPDA	5:04.32
3RD	Saba Yousaf	HEC	5:29.12
4TH	Maria Nadeem	Army	5:32.53
5TH	Tahrim	Punjab	5:40.84
6TH	Bisma Afzal	HEC	5:50.90
<b>5000m (Women)</b>			
1ST	Rabia Ashiq	WAPDA	19:39.23
2ND	Farhat Bano	WAPDA	19:55.78
3RD	Suneha	Army	22:36.80
4TH	Iram Shahzadi	Army	23:19.40
5TH	Rida	Punjab	26:03.49
6TH	Khansa Tariq	Sindh	27:52.29

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<b>10000m (Women)</b>			
1ST	Farhat Bano	WAPDA	43:28.83
2ND	Nasreen Kausar	WAPDA	43:44.99
3RD	Percikla	Balochistan	47:24.84
4TH	Iran Shahzadi	Army	47:34.48
5TH	Rida	Punjab	56:23.81
6TH	xxxxxxxx		
<b>100m Hurdles (Women)</b>			
1ST	Maria Maratab	Army	15.39
2ND	Ghazala Remzan	WAPDAS	16.38
3RD	Musarat Shaheen	WAPDA	17.77
4TH	Sherish	HEC	18.45
5TH	Shehla Manzoor	Army	19.69
6TH	Nabeela	HEC	20.44
<b>400m Hurdles (Women)</b>			
1ST	Najma Parveen	WAPDA	1:01.85
2ND	Musarat Shaheen	WAPDA	1:05.57
3RD	Shehla Manzoor	Army	1:12.41
4TH	Abida Parveen	Army	1:19.02
5TH	Marina	Railways	1:19.71
6TH	xx xx		
<b>Long Jump (Women)</b>			
1ST	Mariam Babar	WAPDA	5.43
2ND	Maria Maratab	Army	5.36
3RD	Amina Siraj	WAPDA	5.13
4TH	Seerat	Railways	4.33
5TH	Nighat Kausar	HEC	4.27
6TH	Mehwish Arooj	Army	4.15
<b>Triple Jump (Women)</b>			
1ST	Maria Maratab	Army	11.96 NNR
2ND	Maryyam Babar	WAPDA	11.35
3RD	Alia Noor	WAPDA	10.17
4TH	Farha Naz	HEC	9.98
5TH	Nighat Kausar	HEC	9.72
6TH	xx xx xx		
<b>High Jump (Women-Final)</b>			
1ST	Ume Habiba	WAPDA	1.53
2ND	Maria Maratab	Army	1.50
3RD	Rehma	HEC	1.40
4TH	Mehvish Arroj	Army	1.35
5TH	Naila Bano	HEC	1.35
	Rubab	Punjab	1.35
	Nasreen Akhtar	WAPDA	1.35

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<b>Pole Vault (Women)</b>			
1ST	Sidra Bashir	Army	2.95
2ND	Mehnaz Bibi	Army	2.60
3RD	Ghazala Sardar	WAPDA	2.50
4TH	Nasreen Akhtar	WAPDA	2.20
5TH	XX XX		
6TH	XX XX		
<b>Shot Put (Women)</b>			
1ST	Zaneet Parveen	WAPDA	11.92
2ND	Qandeel Anayat	Army	10.36
3RD	Mehnoor	Punjab	9.84
4TH	Nazia Kausar	WAPDA	9.50
5TH	Remsha Khan	Railways	9.11
6TH	Hina Moin	Sindh	8.71
<b>Discus Throw (Women)</b>			
1ST	Zaneet Parveen	WAPDA	35.36
2ND	Abida Changazi	Railways	32.86
3RD	Remisha Khan	Railways	32.06
4TH	Hina Moin	Sindh	31.84
5TH	Sana	Army	29.67
6TH	Qandeel Anayat	Army	28.86
<b>Hammer Throw (Women)</b>			
1ST	Saira Saleem	Army	37.87
2ND	Razia Sultana	WAPDA	37.44
3RD	Nazia Kausar	WAPDA	35.27
4TH	Asima Jabeen	Army	32.13
5TH	Amina	Punjab	24.50
6TH	Safia	HEC	20.30
<b>Javelin Throw (Women Final)</b>			
1ST	Fatima Hussain	WAPDA	39.81
2ND	Amina Shakeel	WAPDA	38.04
3RD	Ghazala	HEC	35.66
4TH	Raheela	Army	32.05
5TH	Saira	Punjab	29.29
6TH	Rohma Shakeel	HEC	28.21
<b>4x100m Relay (Women)</b>			
1ST	Najma, Sahib-e-Asra, Arooj & Sumera	WAPDA	48.68
2ND	Hiba, Maria, Shela & Samra	Army	49.95
3RD	Bisma, Turab, Saba & Shafaq	HEC	54.13
4TH	Eisha, Arooba, Hawra & Adina	Sindh	57.64
5TH	Eisha, Khadija, Benish & Aisha	Punjab	57.93
6TH	Saba Kiani, Parveen Kausar, Saba & Marina	Railways	59.64

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<b>4x400m Relay (W0men)</b>			
1ST	Najma , Sahib-e-Asra, Rabia, Samabia	WAPDA	4:11.49
2ND	Maria,Abida,Shehla & Sumra	Army	4:18.93
3RD	Binish, Tahrem, Khadija & Esha	Punjab	4:23.25
4TH	Ghazala, Almas,Bisma, Saba	HEC	4:28.73
5TH	Saba, Insha,Saba Karim & Marina	Railways	4:55.39
6TH	Sehrish, Salwa, Nida & Ayna	Sindh	5:12.36
<b>Heptathlon (Women)</b>			
1ST	Ume Habiba	WAPDA	3523 Point
2ND	Alia Noor	WAPDA	3217 Point
3RD	Ghazala	HEC	3078 Point
4TH	Mevhwish Arooj	Army	2575 Point
5TH	Mehnaz Bibi	Army	1594 Pint
6TH	Nadia Khan	Sindh	1282 Point
<b>5 KM Race Walk (Women)</b>			
1ST	Kanval Fiaz	Army	28:44.37 NNR
2ND	Nirma Javed	Army	30:56.01
3RD	Saba Yousaf	HEC	37:07.23
4TH	xxxxxxxx		
5TH	xxxxxxxx		
6TH	xxxxxxxx		