

49TH NATIONAL ATHLETICS CHAMPIONSHIPS (MEN & WOMEN)

16TH -18TH NOVEMBER 2018 AT PAKISTAN SPORTS COMPLEX, JINNAH STADIUM ISLAMABAD

RESULTS (MEN)

POSITION	C O M P E T I T O R	U N I T	TIME / DISTANCE
100m			
1ST	Uzair Rehman	Army	10.66
2ND	Gohar Shahbaz	WAPDA	10.77
3RD	Ubaid Ali	Army	10.78
4TH	Tanveer Abbas	WAPDA	10.98
5TH	Mahfooz Shoaib	FATA	11.00
6TH	Ali Ahmad	HEC	11.18
200m			
1ST	Uzair Rehman	Army	21.23
2ND	Muhammad Shahbaz	Army	21.68
3RD	Majid Nazir	WAPDA	22.55
4TH	Abdual Razzaq	Railways	22.76
5TH	Muhammad Anees	Punjab	23.60
6TH	xx xx xx		
400m			
1ST	Mehboob Ali	Army	46.49
2ND	Abdul Moeed	Sindh	47.56
3RD	Asad Iqbal	WAPDA	49.03
4TH	Arfan Muzafar	Navy	49.10
5TH	Muhammad Abdullah	HEC	49.71
6TH	xx xx xx		
800m			
1ST	Muhammad Ikram	WAPDA	1:52.26
2ND	Waqas Akbar	Army	1:52.31
3RD	Mazhar Ali	Army	1:54.98
4TH	Waqar Younis	WAPDA	1:58.80
5TH	Tanveer Ahmed	Navy	2:02.47
6TH	Buhran Ijaz	Punjab	2:02.87
1500m			
1ST	Rameez Javed Mirza	Army	3:59.55
2ND	Sohail Amir	WAPDA	4:00.24
3RD	Waqas Akbar	Army	4:03.89
4TH	Maroof Younis	HEC	4:08.55
5TH	Muhammad Akthar	Punjab	4:14.40
6TH	Musawar ur Rehman	PAF	4:16.04
3000m Steeplechase			
1ST	Sohail Ahmad	Army	9:34.25
2ND	Muhammad Naveed	Army	9:34.59
3RD	Muhammad Amjad	PAF	9:41.27

4TH	Muhammad Rizwan	WAPDA	9:42.99
5TH	Muhammad Nasir	WAPDA	9:49.69
6TH	Musawar ur Rehman	PAF	9:51.49
5000m			
1ST	Rameez Javed Mirza	Army	14:57.07
2ND	Sohail Amir	WAPDA	14:59.20
3RD	Muhammad Naveed	Army	15:16.06
4TH	Muhammad Akthar	Punjab	15:42.66
5TH	Muhammad Amjad	PAF	15:46.86
6TH	Muhammad Irfan	WAPDA	15:54.09
10000m			
1ST	Rameez Javed Mirza	Army	31:34.10
2ND	Sohail Amir	WAPDA	31:45.82
3RD	Muhammad Ijaz	Army	32:29.07
4TH	Muhammad Bilal	WAPDA	32:59.40
5TH	Ali Hassan	Navy	34:32.41
6TH	Muhammad Zeeshan	Navy	34:53.86
110m Hurdles			
1ST	Muhammad Naeem	Army	14.23
2ND	Muhammad Nawaz	WAPDA	14.40
3RD	Sadam Hussain	Army	14.66
4TH	Muhammad Azam	WAPDA	14.85
5TH	Musawar Ali	Punjab	15.68
6TH	xx xx xx		
400m Hurdles			
1ST	Mehboob Ali	Army	50.11
2ND	Muhammad Nadeem	Army	52.19
3RD	Ameer Ali	PAF	53.24
4TH	Usama Bashir	HEC	53.60
5TH	Sharafat Ali	WAPDA	55.42
6TH	Muhammad Umair	PAF	56.89
Long Jump			
1ST	Adnan Jhanger	WAPDA	7.35
2ND	Shoaib Khan	WAPDA	7.35
3RD	Hafiz Ibrar Hussain	Army	7.17
4TH	Muhammad Kashif Majeed	Army	6.94
5TH	Waqar	PAF	6.81
6TH	Khuram Zubair	Punjab	6.71
Triple Jump			
1ST	Muhammad Waqas	WAPDA	15.13
2ND	Muhammad Noman Javed	Army	15.07
3RD	Abdual Hussain	Army	14.34
4TH	Muhammad Tahir	PAF	14.06
5TH	Abdul Rehman	Punjab	13.12

6TH	Zeeshan Arif	AJ&K	12.00
High Jump			
1ST	Sharoz Khan	WAPDA	2.07 NNR
2ND	Shafaqat Abbas	WAPDA	1.93
3RD	Azmat	PAF	1.93
4TH	Qaiser Naeem	Army	1.93
5TH	Adeel Ashraf	Army	1.90
6TH	Muhammad Imran	Punjab	1.85
Pole Vault			
1ST	Rehan Anjum	Army	4.70
2ND	Gul Fraz	Army	4.30
3RD	Muhammad Ismail	WAPDA	4.20
4TH	Muhammad Ilyas	Navy	4.20
5TH	Ali Haider	HEC	4.00
6TH	Kafayat Ullah	HEC	4.00
	Muhammad Javed	PAF	4.00
Shot Put			
1ST	Shafaqat Ali	WAPDA	16.94
2ND	Jamshid Ali	Army	15.63
3RD	Muhammad Waseem	Army	15.59
4TH	Zohaib Khan	WAPDA	15.04
5TH	Waqas Javed	Railways	13.44
6TH	Ali Raza	HEC	13.41
Discus Throw			
1ST	Shamas ul Haq	PAF	52.85
2ND	Ali Mehtab	WAPDA	49.90
3RD	Asmatullah	Army	48.78
4TH	Shamshad Ahmad	Army	47.35
5TH	Shahnawaz	PAF	45.59
6TH	Asmatullah	WAPDA	42.51
Hammer Throw			
1ST	Shakeel Ahmad	Army	61.16
2ND	Azhar Abbas	WAPDA	60.59
3RD	Ateeq Ur Rehman	Army	57.63
4TH	Habib Ullah	WAPDA	56.66
5TH	Muhammad Abdullah	Punjab	48.55
6TH	Zeshan	Navy	48.00
Javelin Throw			
1ST	Arshad Nadeem	WAPDA	79.40
2ND	Muhamad Yasir	HEC	68.53
3RD	M. Imran Yaseen	WAPDA	65.27
4TH	Sanaullah	Army	63.17
5TH	Anees Ahmed	Army	62.00
6TH	Muhammad Adrees	Navy	51.83

4x100m Relay			
1ST	Ubaid Ali, M. Shahbaz, Uzair Rehman, Liaqat Ali	Army	40.65
2ND	Zagham, Gohar, Majid, Tanveer Abbas	WAPDA	41.93
3RD	Mohsin, Sami Ullah, Ameer Ali, Ali Haider	PAF	42.99
4TH	Hafiz Farooq, Abdullah, Laeeq Naveed, Ali Ahmed	HEC	43.06
5TH	Jahanzaib, Wajid Ali, Qasim, A. Arif	KPK	44.00
6TH	Arfan Nazeer, M. Anees, Khuram Zubair, Shajar Abbas	Punjab	44.06
4x400m Relay			
1ST	Mehboob, Mazhar, Waqar, Nadeem	Army	3:09.33
2ND	Asad, Fakhar, Sharafat, Waqar	WAPDA	3:16.40
3RD	Hilal, Usama, Rehan, Abdullah	HEC	3:19.56
4TH	Umair, Mustafa, Faizan, Ameer Ali	PAF	3:22.86
5TH	Arfan, Shehryar, Abdual Rehman, Zaryab	Punjab	3:23.92
6TH	Irfan, Tanveer, Shahid, Safdar	Navy	3:26.43
Decathlon			
1ST	Akhtar Muneer	Army	6051 Point
2ND	Danish Rashid	Army	6010 Point
3RD	Hassan Ilyas	WAPDA	5543 Point
4TH	Muhammad Mubashir	PAF	5376 Point
5TH	Muhammad Imran	Navy	5344 Point
6TH	Mohsin	HEC	4764 Point
Marathon (Men)			
1ST	Nadeem Hassan	Army	2:29.53
2ND	Muhammad Imran	WAPDA	2:36.11
3RD	Muhammad Siyar	Army	2:39.41
4TH	Fawad Shah	PAF	2:47.00
5TH	Haroon Gill	Navy	3:05.37
6TH	Amar Farooq	Punjab	3:10.15
20 Km Walk Race			
1ST	Fezan Khan	Army	1:42.30
2ND	Qasim Faiz	Army	1:42.38
3RD	Muhammad Ghulfam	WAPDA	1:43.12
4TH	Muhammad Hafeez	Navy	1:44.10

5TH	Allah Rakha	WAPDA	1:50.56
6TH	Raiz ud din	PAF	2:00.85

RESULTS (WOMEN)

POSITION	C O M P E T I T O R	U N I T	TIME / DISTANCE
100m			
1ST	Sahib-e-Asra	WAPDA	11.60
2ND	Aniqa Hashami	WAPDA	12.00
3RD	Faiqa Riaz	HEC	12.50
4TH	Samra Shabbir	Army	12.90
5TH	Hiba Khurshid	Army	13.00
6TH	Eisha Iffan	Sindh	13.10
200m			
1ST	Sahib e Asra	WAPDA	24.76
2ND	Aniqa Hashmi	WAPDA	25.73
3RD	Faiqa Riaz	HEC	26.74
4TH	Samra Shabbir	Army	26.90
5TH	Hiba Kurshid	Army	27.43
6TH	Eisha Iffan	Sindh	27.69
400m			
1ST	Sahib-e-Asra	WAPDA	55:38
2ND	Najma Parveen	WAPDA	57.08
3RD	Aneela Gulzar	HEC	1:01.56
4TH	Tahreem	Punjab	.1:04.29
5TH	Abida Parveen	Army	1:05.66
6TH	Shehla Manzoor	Army	1:08.49
800m			
1ST	Rabia Ashiq	WAPDA	2:25.65
2ND	Samabia Noureen	WAPDA	2:28.91
3RD	Aneela Gulzar	HEC	2:31.17
4TH	Maria Nadeem	Army	2:34.49
5TH	Rabela Farooq	Army	2:36.64
6TH	Rida	Railways	2:37.28
1500m			
1ST	Rabia Ashiq	WAPDA	5:04.92
2ND	Samabia Noureen	WAPDA	5:14.91
3RD	Saba Yousaf	HEC	5:18.22
4TH	Rida	Railways	5:28.32
5TH	Rabia Farooq	Army	5:30.41
6TH	Jaweria	HEC	5:49.54
5000m			
1ST	Rabia Ashiq	WAPDA	20:03.99
2ND	Farhat Bano	WAPDA	20:33.11

3RD	Saba Yousaf	HEC	21:54.04
4TH	Rabela Farooq	Army	21:57.71
5TH	Suneha Ghafoor	Army	23:14.10
6TH	Maria Kausar	Punjab	24:05.20
10000m			
IST	Rabia Ashiq	WAPDA	43:15.29
2ND	Farhat Bano	WAPDA	44:15.20
3RD	Sumeha Ghafoor	Army	49:23.55
4TH	Hira Dewan	Sindh	49:33.00
5TH	Maria Kausar	Punjab	52:34.14
6TH	Ayesha	HEC	53:33.11
100m Hurdles			
IST	Maria Maratab	Army	15.28
2ND	Ghazala Ramzan	WAPDA	15.45
3RD	Sherish	HEC	18.00
4TH	Shehla Manzoor	Army	18.95
5TH	Urooj Shahzad	Punjab	20.06
6TH	Mahreen	Islamabad	21.12
400m Hurdles			
IST	Najma Parveen	WAPDA	1:03.10
2ND	Musarat Shaheen	WAPDA	1:07.35
3RD	Shehla Manzoor	Army	1:14.46
4TH	Abida Parveen	Army	1:17.31
5TH	Marina	HEC	1:19.29
6TH	Amna Hafeez	Railways	1:25.35
Long Jump			
IST	Maria Maratab	Army	5.37
2ND	Najma Parveen	WAPDA	5.32
3RD	Faiqa Riaz	HEC	5.07
4TH	Amina Siraj	WAPDA	4.84
5TH	Sunana Shaheen	Punjab	4.58
6TH	Sumaina Musawar	Punjab	4.42
Triple Jump			
IST	Maria Maratab	Army	11.91
2ND	Amna Saraj	WAPDA	10.01
3RD	Nazish	HEC	9.63
4TH	Alia Noor	WAPDA	9.61
5TH	XX XX		
6TH	XX XX		
High Jump			
IST	Rubab	HEC	1.56
2ND	Rehana Zaman	WAPDA	1.56
3RD	Maria Maratab	Army	1.50
4TH	Noureen Fatima	WAPDA	1.45

5TH	Shumila	HEC	1.40
6TH	Arooj Butt	Army	1.35
Pole Vault			
1ST	Sidra Bashir	Army	2.80
2ND	Mehnaz Bibi	Army	2.60
3RD	Misbah Yousaf	WAPDA	2.50
4TH	XX XX		
5TH	XX XX		
6TH	XX XX		
Shot Put			
1ST	Zeenat Parveen	WAPDA	11.93
2ND	Qandeel Anayat	Army	10.60
3RD	Mehnoor Dogar	Punjab	10.40
4TH	Nazia Kausar	WAPDA	10.38
5TH	Nabela Riaz	Army	09.77
6TH	Ayesha Qadir	Punjab	09.26
Discus Throw			
1ST	Attiya Rana	WAPDA	34.75
2ND	Qandeel Anayat	Army	33.38
3RD	Zeenat Parveen	WAPDA	32.34
4TH	Abida Changez	Railways	31.41
5TH	Mahnoor Dogar	Punjab	30.78
6TH	Sana	Army	29.56
Hammer Throw			
1ST	Nazia Kausar	WAPDA	40.20
2ND	Saira Saleem	Army	39.93
3RD	Sajida Nasir	WAPDA	36.50
4TH	Asima Jabeen	Army	36.47
5TH	Kalsoom	Sindh	20.10
6TH	xx xx xx		
Javelin Throw			
1ST	Fatima Hussain	WAPDA	39.13
2ND	Nabeela Riaz	Army	38.30
3RD	Amina Bibi	WAPDA	37.51
4TH	Rehla Sher	Army	31.50
5TH	Saira	HEC	29.25
6TH	Mahnoor Dogar	Punjab	28.38
4x100m Relay			
1ST	Sahib-e-Asra, Arooj, Aniq, Najma	WAPDA	48.01
2ND	Hiba, Nabila, Samara, Maria	Army	50.00
3RD	Turab, Sara, Khadija, Faiqa	HEC	52.29
4TH	Urooj, Noor Ul Ain, Sunaina Musawar, Sunaina Shaheen	Punjab	55.65
5TH	Sadia, Affia Saddiq, Javeria, Eisha	Sindh	58.32

6TH	Mahreen, Samman Ali, Zunera, Laveeza	Islamabad	59.18
4x400m Relay			
1ST	Najma , Sahib-e-Asra, Aniq,Mussarat	WAPDA	3:47.57
2ND	Maria Maratab,Abida,Maria & Sumra	Army	4:14.37
3RD	Anila, Naila Bano,Khadija & Marina	HEC	4:21.02
4TH	Tehreem, Sunana, Rida, Anza	Punjab	4:35.28
5TH	Maria, Samman, Zunera, Laveeza	Islamabad	4:54.07
6TH	Ayesha, Arsheen, Rida, Shanzay	Railways	5:12.36
Heptathlon			
1ST	Nabila Riaz	Army	3529 Point
2ND	Milhan Imtiaz	WAPDA	3134 Point
3RD	Alia Noor	WAPDA	2592 Point
4TH	Nabila	HEC	2277 Point
5TH	Sobia	HEC	2109 Point
6TH	Mehnaz Bibi	Army	1588 Point
5 KM Race Walk			
1ST	Kanval Fiaz	Army	32:41.64
2ND	Nirma Javed	Army	34:40.97
3RD	Farhat Batool	Railways	38:75.80
4TH	Nazia	Islamabad	42:00.01
5TH	Bushra	Railways	43:31.26
6TH	Kulsoom	Sindh	44:38.62