

2ND NATIONAL YOUTH AND JUNIOR ATHLETICS CHAMPIONSHIPS (MEN & WOMEN)
28TH TO 29TH OCTOBER 2017 AT JINNAH STADIUM ISLAMABAD
RESULTS (MEN) JUNIOR

	C O M P E T I T O R	U N I T	TIME / DISTANCE
100 M (Men)			
1ST	Mr. Moeed Baloch	Sindh	11.13
2ND	Mr. Shoaib Khan	WAPDA	11.57
3RD	Mr. Sana Ullah	WAPDA	11.68
4TH	Mr. Ihtisham	FATA	11.75
	Mr. Faizan	Sindh	11.75
6TH	Mr. Muhammad Arslan	Punjab	11.81
200M (Men)			
1ST	Mr. Moeed Baloch	Sindh	22.17
2ND	Mr. Hilal Ahmed	WAPDA	22.94
3RD	Mr. Sana Ullah	WAPDA	23.33
4TH	Mr. Miraj Hussain	HEC	23.72
5TH	Mr. Assal Mehboob	Punjab	23.95
6TH	xxxxxx	xx	xx
400 M (Men)			
1ST	Mr. Ameer Ali	Railways	50.51
2ND	Mr. Rahman Ali	FATA	50.92
3RD	Mr. Ahmed Hassan	HEC	51.46
4TH	Mr. Hassan Raza	WAPDA	51.61
5TH	Mr. Hilal Ahmed	WAPDA	51.67
6TH	Mr. Ahsan Mushtaq	Punjab	53.27
800 M (Men)			
1ST	Mr. Aamir Sohail	WAPDA	2:00.21
2ND	Mr. Muhammad Rizwan	HEC	2:00.83
3RD	Mr. Ghulam Abbas	WAPDA	2:01.00
4TH	Mr. Naveed Ul Hasan	Islamabad	2:02.66
5TH	Mr. Tahir Mehmood	Railways	2:03.83
6TH	Mr. Waseem Khan	HEC	2:05.48
1500 M (Men)			
1ST	Mr. Aamir Sohail	WAPDA	4:14.20
2ND	Mr. Mansab Dar	WAPDA	4:15.30
3RD	Mr. Muhammad Rizwan	HEC	4:15.56
4TH	Mr. Sadam	KPK	4:16.82
5TH	Mr. Shebaz Jagar	Punjab	4:18.17
6TH	Mr. Naveed	Islamabad	4:23.84
5000 M (Men)			
1ST	Mr. Nasir	WAPDA	15:57.20
2ND	Mr. Muhammad Sajjad	Railways	16:01.20
3RD	Mr. Shehbaz Ahmed	HEC	16:54.60
4TH	Mr. Arbab Khan	Sindh	16:56.30
5TH	Mr. Muhammad Akram	HEC	16:57.30
6TH	Mr. Salman	Baluchistan	17:01.40

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	C O M P E T I T O R	U N I T	TIME / DISTANCE
10000 M (Men)			
1ST	Mr. Noshairwan Ashiq	Open	35:10.10
	Mr. Nasir	WAPDA	35:28.30
2ND	Mr. Shahbaz Ahmed	HEC	35:28.40
3RD	Mr. Salman	Baluchistan	35:46.00
4TH	Mr. Fakhar Bashir	Punjab	36:06.68
5TH	Mr. Kamran	HEC	37:25.50
6TH	Mr. Sabeel Zafar	AJK	38:52.40
110 M HURDLES (Men)			
1ST	Mr. Muhammad Arslan	Punjab	15.04
2ND	Mr. Waqar Younus	WAPDA	15.09
3RD	Mr. Ameer Ali	Railways	15.25
4TH	Mr. Usama Bashir	HEC	15.56
5TH	Mr. Musawar Ali	Railways	15.73
6TH	Mr. Amir Hayat	Sindh	20.12
400m Hurdles (Men)			
1ST	Mr. Usama Bashir	HEC	54.37
2ND	Mr. Ameer Ali	Railways	54.56
3RD	Mr. Waqar Ahmed	WAPDA	59.03
4TH	Mr. Adnan Akbar	WAPDA	59.67
5TH	Mr. Fakhir Ali	HEC	01:04.09
6TH	Mr. Waqar Ahmed	Sindh	01:09.47
High Jump (Men)			
1ST	Mr. Shehroz Khan	WAPDA	1.95
2ND	Mr. Zeeshan Ahmed	HEC	1.85
3RD	Mr. Ahmed Faraz	Punjab	1.75
4TH	Mr. Jawad	FATA	1.70
5TH	Mr. Owais Wahab	Sindh	1.65
6TH	xxxxxx	xx	xx
Long Jump (Men)			
1ST	Mr. Shoaib Khan	WAPDA	7.19
2ND	Mr. Khuram Shahzad	Islamabad	6.48
3RD	Mr. Mustafa Ahmed	HEC	6.40
4TH	Mr. Muhammad Irfan	WAPDA	6.31
5TH	Mr. Zeeshan Ahmed	HEC	6.27
6TH	Mr. Hamza Ahmed	AJK	6.11
Triple Jump (Men)			
1ST	Mr. Shoaib Khan	WAPDA	13.35
2ND	Mr. Ghulam Mustafa	HEC	13.32
3RD	Mr. Muhammad Imran Mohsin	WAPDA	13.25
4TH	Mr. Mohsin Sultan	Punjab	12.92
5TH	Mr. Ansar Abbas	Punjab	12.45
6TH	Mr. Zeeshan Ahmed	HEC	12.18

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	C O M P E T I T O R	U N I T	TIME / DISTANCE
Shot Put (Men)			
1ST	Mr. Shah Nawaz	HEC	14.55
2ND	Mr. Zahid Iqbal	WAPDA	13.82
3RD	Mr. Usman Shah	KPK	12.52
4TH	Rana Abras Haider	Baluchistan	12.43
5TH	Mr. Qasir Abbas	HEC	12.12
6TH	Mr. Ghulam Mohy ud Din	Punjab	11.07
Discus Throw (Men)			
1ST	Mr. Shah Nawaz	HEC	52.74
2ND	Mr. Usman Shah	KPK	48.78
3RD	Mr. Ghulam Mohy-ud-Din	Punjab	48.52
4TH	Rana Abras Haider	Baluchistan	43.33
5TH	Mr. Usama Nawaz	FATA	41.12
6TH	Mr. Zohaib Khan	WAPDA	40.86
Hammer Throw (Men)			
1ST	Mr. Intisam Haider	Punjab	57.87
2ND	Mr. Muhammad Abdullah	Punjab	53.20
3RD	Mr. Muhammad Raees Younas	HEC	51.40
4TH	Mr. Hamza	HEC	21.28
5TH	xxxxxx	xx	xx
6TH	xxxxxx	xx	xx
Javelin Throw (Men)			
1ST	Mr. Muhammad Yasir	HEC	64.74
2ND	Mr. Anees Ahmed	Punjab	55.53
3RD	Mr. Sadat Ullah	HEC	52.62
4TH	Mr. Shahab	FATA	52.00
5TH	Mr. Paras Ahmed	WAPDA	50.63
6TH	Mr. Abrar Khan	Islamabad	50.38
4 x 100 M Relay (Men)			
1ST	Usama Bashir, Merajm Banmen, Ahmed Hasan & Shehzad	HEC	44.21
2ND	Sana Ullah, Ali Raza, Shoaib Khan & Mehar Shehzad	WAPDA	44.37
3RD	Shahab Khan, Abdul Arif, Ihtasham & Shehzad	FATA	45.08
4TH	Salman Khattak, M. Sohail, Waqas Khan & Arbaz Khan	KPK	45.54
5TH	Ameer Ali, Tahir Mehmood, Imdad Hussain & Muswar Ali	Railways	44.61

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	C O M P E T I T O R	U N I T	TIME / DISTANCE
4 x 400 M Relay (Men)			
1ST	Mr. Hassan Raza, Hilal Khan, Adnan Akbar & Ghulam Abbas	WAPDA	3:27.77
2ND	Mr. Shahzad, Wasim Khan, Usama Bashir & Ahmed Hussain	HEC	3:30.00
3RD	Mr. Ahsan Mushtaq, Nadeem, Sajawal & Assad	Punjab	3:30.65
4TH	Mr. Moeed Baloch, Imran, Samiullah & Saif Ur Rehman	Sindh	3:31.20
5TH	Mr. Ameer Ali, Tahir, Imdad & Musawar	Railways	3:42.03
6TH	Mr. Nadir, Yahya, Saddam & Abdul Wahab	KPK	3:55.76


Muhammad Zafar
 Secretary General AFP

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RESULTS (WOMEN) JUNIOR

POSITION	C O M P E T I T O R	U N I T	TIME / DISTANCE
100M (Women)			
1ST	Ms. Shafaq Afreen	HEC	13.08
2ND	Ms. Hiba Khurshid	Army	13.39
3RD	Ms. Esha Imran	WAPDA	16.63
	Ms. Faiqa Riaz	HEC	16.63
5TH	Ms. Milhan Imtiaz	WAPDA	13.77
6TH	xxxx	xx	xx
200M (Women)			
1ST	Ms. Shafaq Afreen	HEC	26.89
2ND	Ms. Hiba Khurshid	Army	27.92
3RD	Ms. Milhan Imtiaz	WAPDA	28.25
4TH	Ms. Faiqa Riaz	HEC	28.28
5TH	Ms. Esha Imran	WAPDA	28.40
6TH	Ms. Maryam	Army	29.39
400m (Women)			
1ST	Ms. Shafaq Afreen	HEC	1:02.72
2ND	Ms. Benish Munir	WAPDA	1:02.82
3RD	Ms. Milhan Imtiaz	WAPDA	1:05.71
4TH	Ms. Binyal	HEC	1:24.94
5TH	xxxx	xx	xx
6TH	xxxx	xx	xx
800M (Women)			
1ST	Ms. Maria Nadeem	Army	2:40.58
2ND	Ms. Parcakla Paul	WAPDA	2:44.54
3RD	Ms. Sehrish	Sindh	2:48.91
4TH	Ms. Mahnoor	HEC	2:53.16
5TH	Ms. Hassina Bibi	GB	2:53.57
6TH	Ms. Shahbana	HEC	2:54.09
1500M (Women)			
1ST	Ms. Maria Nadeem	Army	5:34.51
2ND	Ms. Parcakla Paul	WAPDA	5:36.85
3RD	Ms. Sehrish	Sindh	5:42.04
4TH	Ms. Suneha Ghafoor	Army	5:46.09
5TH	Ms. Mahnoor	HEC	5:57.31
6TH	Ms. Kafia	HEC	5:57.40
100M Hurdles (Women)			
1ST	Ms. Ghazala Ramzan	WAPDA	16.62
2ND	Ms. Esha Imran	WAPDA	19.14
3RD	Ms. Bushra	HEC	21.23
4TH	Ms. Shumaila	HEC	21.64
5TH	Ms. Nazia Batool	Islamabad	22.35
6TH	xxxx	xx	xx

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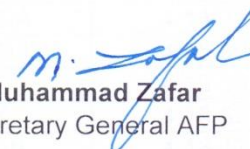
RESULTS (WOMEN) JUNIOR

POSITION	C O M P E T I T O R	U N I T	TIME / DISTANCE
High Jump (Women)			
1ST	Ms. Sara Mengal	Sindh	1.38
2ND	Ms. Shumaila	HEC	1.35
3RD	Ms. Zubaida	Sindh	1.25
4TH	Ms. Fatima Hussain	HEC	1.20
5TH	xxxx	xx	xx
6TH	xxxx	xx	xx
Long Jump Women)			
1ST	Ms. Faiqa Riaz	HEC	4.76
2ND	Ms. Esha Imran	WAPDA	4.74
3RD	Ms. Milhan Imtiaz	WAPDA	4.42
4TH	Ms. Sehrish Gul	Punjab	4.18
5TH	Ms. Maryam	Army	4.01
6TH	Ms. Nazia Batool	Islamabad	3.79
Triple Jump Women)			
1ST	Ms. Milhan Imtiaz	WAPDA	8.94
2ND	Ms. Benish Munir	WAPDA	8.63
3RD	Ms. Aysha Jilal	Sindh	8.07
4TH	Ms. Nazia Batool	Islamabad	8.00
5TH	Ms. Zoha Shoaib	Sindh	7.80
6TH	Ms. Kafia	HEC	7.47
Shot Put (Women)			
1ST	Ms. Fatima Hussain	WAPDA	8.91
2ND	Ms. Rahila	Army	7.95
3RD	Ms. Saira Khalid	WAPDA	7.49
4TH	Ms. Urva Naz	HEC	6.96
5TH	Ms. Sana	Army	6.87
6TH	Ms. Okasha Sathio	Sindh	6.69
Discus Throw (Women)			
1ST	Ms. Sana	Army	27.50
2ND	Ms. Fatima Hussain	WAPDA	26.52
3RD	Ms. Saira Khalid	WAPDA	22.46
4TH	Ms. Urva Naz	HEC	21.93
5TH	Ms. Mafia	HEC	20.16
6TH	Ms. Karima Parveen	GB	19.52
Javelin Throw (Women)			
1ST	Ms. Fatima Hasan	WAPDA	37.92
2ND	Ms. Saira Khalid	WAPDA	30.56
3RD	Ms. Rahila	Army	28.83
4TH	Ms. Kareema Parveen	GB	20.80
5TH	Ms. Fatima Hasan	HEC	16.25
6TH	Ms. Okasha Sathio	Sindh	11.40

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POSITION	C O M P E T I T O R	U N I T	TIME / DISTANCE
4 x 100 M Relay (Women)			
1ST	Ms. Hiba Khursheed, Ms. Maryam, Ms. Nabila & Ms. Maria	Army	52.70
2ND	Ms. Milhan, Ms. Esha, Ghazala & Ms. Benish	WAPDA	53.10
3RD	Ms. Mahnoor, Ms. Faqiaa, Ms. Shamila & Ms. Shafaq	HEC	53.80
4TH	Ms. Javeria, Ms. Hawra, Ms. Isha & Ms. Adena	Sindh	57.90
5TH	Ms. Sadia, Ms. Zahra, Ms. Sehrish & Ms. Sehar	Punjab	1:03.20
6TH	Ms. Sana, Ms. Iraj, Ms. Parveen & Ms. Afsana	AJK	1:06.90
4 x 400 M Relay (Women)			
1ST	Ms. Benish, Milhan, Parcakla & Esha Imran	WAPDA	4:23.60
2ND	Ms. Maria, Hina, Nabeela & Suneha	Army	4:32.83
3RD	Ms. Mahnoor, Faiqa, Shumaila & Shafaq	HEC	4:37.57
4TH	Ms. Zoha, Ayesha, Reema & Tawaria	Sindh	4:48.90
5TH	Ms. Sadia, Zara, Serish & Rabia	Punjab	5:35.13
6TH	xxxx	xx	xx


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