



**ATHLETICS ASSOCIATION OF SRI LANKA**  
**97<sup>th</sup> NATIONAL ATHLETICS CHAMPIONSHIPS - 2019**  
**RESULTS**

**Day 02 - 17<sup>th</sup> August, 2019**

<b>201</b>		<b>10000 m</b>	<b>Women</b>	<b>Final</b>	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	676	Hiruni Wijerathne	Lanka Lions	35:30.0	
2	632	ANL Ariyadasa	Sri Lanka Air Force	35:42.3	
3	611	SA Lamahewage	Sri Lanka Navy	36:52.8	
4	705	HMN Nandasena	Sri Lanka Army	37:18.9	
5	617	V Krishanthani	Sri Lanka Navy	39:01.7	
6	627	KKAM Kumarasinghe	Sri Lanka Air Force	39:30.0	
7	727	HWC Damayanthi	Sri Lanka Army	40:03.9	
8	742	H Iresha Sandarenu Fernando	Kalutara DAA	40:51.3	
9	731	MGIKK Sugathapala	Sri Lanka Army	41:32.4	
10	600	WAD Mallika Chandrakanthi	Police Sports Club	45:09.7	
11	671	WMN Nidarshani	Monaragala DAA	46:14.7	

<b>202</b>		<b>1500m</b>	<b>Men</b>	<b>Final</b>	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	521	MM Kupun Kushantha	Sri Lanka Army	3:47.61	
2	546	RA Sajeewa Lakmal	Sri Lanka Army	3:51.29	
3	483	HKT Fonseka	Sri Lanka Army	3:55.39	
4	328	KDNC Wijesinha	Sri Lanka Army	3:56.06	
5	541	RM Nifras	Sri Lanka Army	3:56.29	
6	350	TUGI Darsanalanka	Sri Lanka Army	3:58.19	
7	423	RICCS Somawardana	Sri Lanka Army	3:59.17	
8	201	KM Gayan Tharuka	Kegalle DAA	4:02.00	
9	344	MIAK Samira	Sri Lanka Army	4:05.89	

<b>203</b>		<b>Pole Vault</b>	<b>Women</b>	<b>Final</b>	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	726	KLSK Perera	Sri Lanka Army	3.40	
2	747	Nesara Dakshitha	Sri Lanka School	3.40	
3	681	Aniththa Jegadeeswaran	Sri Lanka School	3.33	
4	623	KAKL Perera	Sri Lanka Air Force	3.15	
5	614	RAA Karunawansa	Sri Lanka Navy	3.15	
6	622	SD Ranasinghe	Sri Lanka Air Force	3.15	
7	679	Herina Chandrakumar	Sri Lanka School	3.00	

<b>204</b>		<b>100m Heat 1</b>	<b>Men</b>	<b>Decathlon 01</b>	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	527	AWD Harshana Chathuranga	Sri Lanka Army	11.63	
2	533	R Satheesan	Sri Lanka Army	11.65	
3	474	PRRL Peramuna	Sri Lanka Army	11.93	
4	320	UPC Pathirana	Sri Lanka Army	12.15	

5	518	RAK Karunathilaka	Sri Lanka Army	16.31	
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**204 100m Heat 2 Men Decathlon 01**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	321	GPCR Gunasinghe	Sri Lanka Army	11.56	
2	547	MM Raveendra Lakmal	Sri Lanka Army	11.63	
3	322	MT Gayan	Sri Lanka Army	11.82	
4	323	WAC Lakpriya	Sri Lanka Army	12.38	
5	180	GJU Kumara	Unattached	12.48	

**204 100m Heat 3 Men Decathlon 01**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	160	WKDS Perera	Sri Lanka Air Force	11.77	
2	473	BSI Kodagoda	Sri Lanka Army	12.00	
3	267	PD Gurusinha	Sri Lanka Army	12.05	
4	407	DPAHN Perera	Sri Lanka Army	12.09	
5	475	KAL Janaka Kumara	Sri Lanka Army	12.19	

**205 Shot Put Men Final**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	287	WSM Fernando	Sri Lanka Army	16.23	*EMR
2	517	R Samitha Jayawardana	Sri Lanka Army	15.88	
3	101	AJD Perera	Sri Lanka Navy	15.08	
4	543	BD Delvita	Sri Lanka Army	13.99	
5	136	RMSC Ranasinghe	Sri Lanka Air Force	13.75	
6	289	UPD Perera	Sri Lanka Army	13.70	
7	307	S Jayakody	Sri Lanka Army	13.66	
8	542	BHC Ferdinandas	Sri Lanka Army	13.41	

**206 100m Women Final**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	644	WVL Sugandi	Sri Lanka Army	12.08	-3.0
2	657	DT Amasha De Silva	Kandy DAA	12.20	
3	692	Sharmila Jan	Unattached	12.24	
4	724	SLS Silva	Sri Lanka Army	12.35	
5	688	Sadeepa Henderson	Sri Lanka School	12.41	
6	663	F Shafiya Yamick	Sri Lanka Air Force	12.52	
7	696	MASS Jayathilake	Sri Lanka Army	12.75	
8	664	RM Rumeshika Kumari Rathnayaka	Kegalle DAA	22.28	

**207 100m Men Final**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	285	WKH Eshan	Sri Lanka Army	10.49	-1.3
2	532	MV Suranjaya De Silva	Sri Lanka Army	10.49	
3	515	RMY Priyadarshana Abeykoon	Sri Lanka Army	10.52	
4	215	BDCS Dharmakirithi	Sri Lanka Army	10.73	
5	206	YCM Yodhasinghe	Kandy DAA	10.79	
6	524	ALM Ashroff	Sri Lanka Army	10.83	

7	578	SS Ambepitiyage	Lanka Lions	10.87	
8	592	ASM Safan	Sri Lanka Army	10.90	

<b>208</b>		<b>400m</b>		<b>Women</b>		<b>Final</b>	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark		
1	695	R Nadeesha	Sri Lanka Army	53.11			
2	723	EK Madhushani	Sri Lanka Army	54.30			
3	701	EWU Rathnakumari	Sri Lanka Army	54.59			
4	658	KGDM Shayamali Kumarasinghe	Kandy DAA	54.89			
5	736	MO Udayangani	Sri Lanka University	55.17			
6	645	NGDN Lakmali	Sri Lanka Air Force	56.57			
7	659	HAM Piumanthi Hettiarachchi	Kandy DAA	57.18			
8	698	TGND Wickramasingha	Sri Lanka Army	57.53			

<b>209</b>		<b>400m</b>		<b>Men</b>		<b>Final</b>	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark		
1	284	SA Dharshana	Sri Lanka Army	46.76			
2	269	AMLG Gunarathne	Sri Lanka Army	47.18			
3	510	RMRN Rajakaruna	Sri Lanka Army	47.49			
4	376	HM Dilip Ruwan	Sri Lanka Army	47.61			
5	414	YMWSA Gunarathna	Sri Lanka Army	47.76			
6	544	I Lakshan	Sri Lanka Army	48.12			
7	351	MMP Madusanka	Sri Lanka Army	48.52			
8	227	DSRMYS Samaranyaka	Sri Lanka Army	49.07			

<b>210</b>		<b>Long Jump</b>		<b>Men</b>		<b>Decathlon 02</b>	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark		
1	547	MM Raveendra Lakmal	Sri Lanka Army	7.10			
2	322	MT Gayan	Sri Lanka Army	6.82			
3	474	PRRL Peramuna	Sri Lanka Army	6.76			
4	527	AWD Harshana Chathuranga	Sri Lanka Army	6.65			
5	321	GPCR Gunasinghe	Sri Lanka Army	6.65			
6	160	WKDS Perera	Sri Lanka Air Force	6.47			
7	473	BSI Kodagoda	Sri Lanka Army	6.37			
8	533	R Satheesan	Sri Lanka Army	6.32			
9	407	DPAHN Perera	Sri Lanka Army	6.13			
10	267	PD Gurusinha	Sri Lanka Army	6.09			
11	180	GJU Kumara	Unattached	5.67			
12	475	KAL Janaka Kumara	Sri Lanka Army	5.65			
13	320	UPC Pathirana	Sri Lanka Army	5.63			
14	323	WAC Lakpriya	Sri Lanka Army	5.47			

<b>211</b>		<b>Javelin Throw</b>		<b>Women</b>		<b>Final</b>	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark		
1	704	BL Nadeeka Lakmali	Sri Lanka Army	57.19			
2	700	HLND Lekamge	Sri Lanka Army	50.62			
3	735	SPH Sewwandi	Lanka Lions	46.96			
4	699	HPDH Maduwanthi	Sri Lanka Air Force	44.88			

5	656	DUKL Senevirathna	Sri Lanka Air Force	43.88	
6	613	KAMP Silva	Sri Lanka Navy	43.40	
7	744	DMTN Madhubhashini	Sri Lanka University	31.28	

**212 100m Hurdles Women Heptathlon 01**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	644	WVL Sugandi	Sri Lanka Army	14.11	
2	706	PSN Fernando	Sri Lanka Army	15.26	
3	662	SBS LakshaninDissanayaka	Kandy DAA	16.09	
4	604	BGS Harshani Jayakantha	Police Sports Club	16.29	
5	624	HAN Nawodani	Sri Lanka Air Force	16.56	

**213 800m Men Heat 1**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	374	GR Chathuranga	Sri Lanka Army	1:51.99	
2	294	BSRT Bulugahapitiya	Sri Lanka Army	1:52.49	
3	544	I Lakshan	Sri Lanka Army	1:53.18	
4	439	GSRK Perera	Sri Lanka Army	01:54.6	
5	213	HLS Madushan	Sri Lanka Army	1:55.48	
6	447	GKS Gamlath	Sri Lanka Army	1:55.53	
7	347	DMMP Disanayaka	Sri Lanka Army	1:59.02	
8	258	EMRSK Ekanayake	Sri Lanka Army	1:59.96	
9	111	GGGMS Suraweera	Sri Lanka Navy	2:01.79	

**213 800m Men Heat 2**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	521	MM Kupun Kushantha	Sri Lanka Army	1:50.86	
2	550	C Aravindan	Sri Lanka Army	1:51.19	
3	298	AML Zoysa	Sri Lanka Army	1:52.49	
4	534	WP Pramod Buddika	Sri Lanka Army	1:53.16	
5	541	RM Nifras	Sri Lanka Army	1:54.39	
6	393	IA Pushpakumara	Sri Lanka Army	1:54.77	
7	140	GV Udayanga	Sri Lanka Air Force	1:55.84	
8	346	PAL Pieris	Sri Lanka Army	1:56.76	
9	344	MIAK Samira	Sri Lanka Army	1:59.18	

**213 800m Men Heat 3**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	523	HEMIG Indunil Madushan Herath	Sri Lanka Army	1:49.86	
2	270	HMS Kumara	Sri Lanka Army	1:50.74	
3	345	ARW Amaranath	Sri Lanka Army	1:54.26	
4	443	LSD Maduranga	Sri Lanka Army	1:54.38	
5	348	GTM Galarawa	Sri Lanka Army	1:54.69	
6	466	PDHK Edirisinha	Sri Lanka Army	1:54.91	
7	586	DMT Dissanayaka	Sri Lanka Army	1:55.82	
8	340	WPWM Wikramagee	Sri Lanka Army	1:57.51	
9	385	MGA Weerasinghe	Sri Lanka Army	2:06.19	

214		Long Jump	Men	Qualification Group A	
S/No	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	238	JMTUK Jayasingha	Sri Lanka Army	7.29	
2	330	SPP Samaraweera	Sri Lanka Army	7.07	
3	433	SSBNS Bandara	Sri Lanka Army	6.96	
4	153	DM Liyanapathirana	Sri Lanka Air Force	7.40	
5	175	TGS Wijethunga	Police Sports Club	6.99	
6	299	URRB Rajapaksha	Sri Lanka Army	7.38	
7	413	WPA Jayasiri	Sri Lanka Army	7.46	
8	519	MN Safreen Ahamed	Sri Lanka Army	7.30	
9	343	WGC Pradeep Kumara	Sri Lanka Army	7.25	
10	113	DMDC Dissanayaka	Sri Lanka Navy	6.05	

215		High Jump	Women	Heptathlon 02	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	604	BGS Harshani Jayakantha	Police Sports Club	1.58	
2	706	PSN Fernando	Sri Lanka Army	1.55	
3	644	WVL Sugandi	Sri Lanka Army	1.46	
4	624	HAN Nawodani	Sri Lanka Air Force	1.43	
5	662	SBS LakshaninDissanayaka	Kandy DAA	1.40	

216		Long Jump	Men	Qualification Group B	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	422	LPS Nilanga	Sri Lanka Army	7.27	
2	249	HKRT Perera	Sri Lanka Army	6.16.	
3	341	Sadakalum Nawan	Sri Lanka Army	6.58	
4	480	KKMK Karunasekara	Sri Lanka Army	7.56	
5	168	IBSN Bandara	Police Sports Club	6.53	
6	279	JHG Sampath	Sri Lanka Army	7.36	
7	403	ATP Kumara	Sri Lanka Army	6.85	
8	511	LP Shreshan Dananjaya	Sri Lanka Army	7.49	
9	318	HBMYPB Herath	Sri Lanka Army	7.56	
10	196	MGN Indika	Hambanthota DAA	6.36	

217		Shot Put	Men	Decathlon 03	
S/No	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	547	MM Raveendra Lakmal	Sri Lanka Army	10.32	
2	321	GPCR Gunasinghe	Sri Lanka Army	10.39	
3	322	MT Gayan	Sri Lanka Army	8.76	
4	527	AWD Harshana Chathuranga	Sri Lanka Army	10.13	
5	474	PRRL Peramuna	Sri Lanka Army	8.48	
6	160	WKDS Perera	Sri Lanka Air Force	9.49	
7	533	R Satheesan	Sri Lanka Army	9.43	
8	473	BSI Kodagoda	Sri Lanka Army	8.81	
9	407	DPAHN Perera	Sri Lanka Army	8.79	
10	267	PD Gurusinha	Sri Lanka Army	11.68	
11	320	UPC Pathirana	Sri Lanka Army	9.78	
12	475	KAL Janaka Kumara	Sri Lanka Army	9.72	

13	180	GJU Kumara	Unattached	7.31	
14	323	WAC Lakpriya	Sri Lanka Army	7.77	

<b>218</b>		<b>High Jump</b>		<b>Men</b>		<b>Decathlon 04</b>	
S/No	Bib No.	Name of Athlete	Affiliate	Performance	Remark		
1	323	WAC Lakpriya	Sri Lanka Army	1.60			
2	475	KAL Janaka Kumara	Sri Lanka Army	1.57			
3	320	UPC Pathirana	Sri Lanka Army	1.63			
4	322	MT Gayan	Sri Lanka Army	1.69			
5	180	GJU Kumara	Unattached	1.75			
6	407	DPAHN Perera	Sri Lanka Army	1.75			
7	473	BSI Kodagoda	Sri Lanka Army	1.72			
8	474	PRRL Peramuna	Sri Lanka Army	1.87			
9	533	R Satheesan	Sri Lanka Army	1.75			
10	160	WKDS Perera	Sri Lanka Air Force	1.75			
11	527	AWD Harshana Chathuranga	Sri Lanka Army	1.75			
12	321	GPCR Gunasinghe	Sri Lanka Army	1.75			
13	547	MM Raveendra Lakmal	Sri Lanka Army	1.90			

<b>219</b>		<b>Hammer Throw</b>		<b>Men</b>		<b>Final</b>	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark		
1	377	MDR Sisira Kumara	Sri Lanka Army	50.86			
2	305	HMAS Bandara	Sri Lanka Army	49.85			
3	236	WGSR Kumarasiri	Sri Lanka Army	49.11			
4	306	KKDM Dharmasena	Sri Lanka Army	48.72			
5	486	LG Viraj Kumara	Sri Lanka Army	46.23			
6	203	LADEP Alansan	Colombo DAA	44.59			
7	293	K Nilantha	Sri Lanka Army	43.87			
8	537	KG Tudor	Sri Lanka Army	42.23			

<b>220</b>		<b>Shot Put</b>		<b>Women</b>		<b>Heptathlon 03</b>	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark		
1	644	WVL Sugandi	Sri Lanka Army	9.39			
2	706	PSN Fernando	Sri Lanka Army	8.55			
3	624	HAN Nawodani	Sri Lanka Air Force	8.46			
4	604	BGS Harshani Jayakantha	Police Sports Club	8.32			
5	662	SBS LakshaninDissanayaka	Kandy DAA	6.91			

<b>221</b>		<b>400m Hurdles</b>		<b>Women</b>		<b>Heats</b>	
		<b>Straight Final</b>					

<b>222</b>		<b>400m Hurdles</b>		<b>Men</b>		<b>Heat 1</b>	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark		
1	142	ALAI Rathnasena	Sri Lanka Air Force	51.51			
2	372	DMST Disanayaka	Sri Lanka Army	53.58			
3	191	SH Navodya Sankalpa	Sri Lanka School	53.98			
4	325	HRMUSD Gunathilaka	Sri Lanka Army	57.14			
5	254	HTP Dushmantha	Sri Lanka Army	57.46			

6	426	MGD Kumara	Sri Lanka Army	58.16	
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**222 400m Hurdles Men Heat 2**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	516	SM Aravinda Chathuranga	Sri Lanka Army	52.76	
2	255	NDK Viduranga	Sri Lanka Army	53.11	
3	415	BMGGDR Basnayaka	Sri Lanka Army	54.24	
4	528	OIL Aruna Kumara	Sri Lanka Army	54.43	
5	207	UBDMS Rajapaksha	Kandy DAA	56.62	
6	363	KGMP Kumara	Sri Lanka Army	59.23	
7	366	KSH rodrigo	Sri Lanka Army	1:01.60	

**222 400m Hurdles Men Heat 3**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	512	ALA Tharanga Rathnasena	Sri Lanka Army	52.65	
2	456	JL Prasanjith	Sri Lanka Army	52.93	
3	235	KAR Madushan	Sri Lanka Army	53.41	
4	327	BMLD Bannahaka	Sri Lanka Army	54.78	
5	300	WMN Chathuranga	Sri Lanka Army	55.85	
6	339	SGE Janaka	Sri Lanka Army	1:01.36	

**223 High Jump Men Final**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	237	HTUT Perera	Sri Lanka Army	2.13	
2	448	PS Tharuka	Sri Lanka School	2.09	
3	440	BRIU Kumara	Sri Lanka Army	2.05	
4	132	WPAK Pathirana	Sri Lanka Air Force	2.05	
5	253	KS Chameera Ekanayake	Sri Lanka Army	2.00	
6	409	GGSD Ranasingha	Sri Lanka Army	1.95	

**224 Shot Put Women Final**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	648	WTK Fernando	Sri Lanka Air Force	14.48	
2	612	MND Muthunayaka	Sri Lanka Navy	13.05	
3	602	PAP Kumari	Police Sports Club	12.27	
4	643	PD Clarence	Sri Lanka Air Force	11.36	
5	603	HV Madhurangi	Police Sports Club	9.95	

**225 200m Women Heat 1**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	695	R Nadeesha	Sri Lanka Army	24.49	
2	663	F Shafiya Yamick	Sri Lanka Air Force	25.39	
3	672	TA Muthukumarana	Monaragala DAA	25.67	
4	619	WSH Fernando	Sri Lanka Navy	25.85	
5	618	MHN Herath	Sri Lanka Navy	26.80	

**225 200m Women Heat 2**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
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1	692	Sharmila Jan	Unattached	24.52	
2	657	DT Amasha De Silva	Kandy DAA	25.14	
3	688	Sadeepa Henderson	Sri Lanka School	25.38	
4	609	WHM Franando	Sri Lanka Navy	25.73	

**226 200m Men Heat 1**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	220	URSS Bandara	Sri Lanka Army	21.67	
2	442	KSL Wickramasingha	Sri Lanka Army	21.69	
3	285	WKH Eshan	Sri Lanka Army	21.81	
4	317	YWDN Fernando	Sri Lanka Army	22.14	
5	217	HSC Brabath	Sri Lanka Army	22.33	
6	314	IMA Nimansha	Sri Lanka Army	22.40	
7	274	SDYS Wijethunga	Sri Lanka Army	23.03	

**226 200m Men Heat 2**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	532	MV Suranjaya De Silva	Sri Lanka Army	21.51	
2	376	HM Dilip Ruwan	Sri Lanka Army	21.72	
3	227	DSRMYS Samaranyaka	Sri Lanka Army	22.15	
4	121	KKK Senawirathne	Sri Lanka Navy	22.23	
5	354	HW Induka	Sri Lanka Army	22.41	
6	563	BM Nawshad	Sri Lanka Army	22.41	
7	360	WSD Aththanayaka	Sri Lanka Army	22.53	

**226 200m Men Heat 3**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	592	ASM Safan	Sri Lanka Army	21.59	
2	536	ARM Rajaskhan	Sri Lanka Army	21.91	
3	501	KA Eranga Madusanka	Sri Lanka Army	22.13	
4	134	RDC Niroshan	Sri Lanka Air Force	22.51	
5	555	MA Ijaz	Sri Lanka Army	22.51	
6	275	NPJJ Swarnapala	Sri Lanka Army	22.59	
7	357	WMKS Weerasinha	Sri Lanka Army	22.75	

**226 200m Men Heat 4**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	578	SS Ambepitiyage	Lanka Lions	21.60	
2	531	RVGMM Fazil Udayar	Sri Lanka Army	21.77	
3	373	WPKD Wijerathna	Sri Lanka Army	21.86	
4	184	S Santhush Weerasinghe	Sri Lanka School	22.52	
5	352	M Premthas	Sri Lanka Army	22.60	
6	431	MDCK Munasingha	Sri Lanka Army	22.79	

**228 200m Women Heptathlon 04**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	644	WVL Sugandi	Sri Lanka Army	24.50	
2	604	BGS Harshani Jayakantha	Police Sports Club	26.24	



3	706	PSN Fernando	Sri Lanka Army	26.96	
4	624	HAN Nawodani	Sri Lanka Air Force	26.99	
5	662	SBS LakshaninDissanayaka	Kandy DAA	27.18	

**229                      400m 1                                      Men                                      Decathlon 05**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	160	WKDS Perera	Sri Lanka Air Force	50.56	
2	527	AWD Harshana Chathuranga	Sri Lanka Army	50.91	
3	547	MM Raveendra Lakmal	Sri Lanka Army	51.63	
4	321	GPCR Gunasinghe	Sri Lanka Army	51.95	
5	474	PRRL Peramuna	Sri Lanka Army	52.64	
6	533	R Satheesan	Sri Lanka Army	53.20	

**229                      400m 2                                      Men                                      Decathlon 05**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	473	BSI Kodagoda	Sri Lanka Army	52.90	
2	322	MT Gayan	Sri Lanka Army	52.99	
3	475	KAL Janaka Kumara	Sri Lanka Army	53.94	
4	320	UPC Pathirana	Sri Lanka Army	54.49	
5	323	WAC Lakpriya	Sri Lanka Army	54.82	
6	180	GJU Kumara	Unattached	1:00.44	

**230                      10000m                                      Men                                      Final**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	282	K Shanmugeswaran	Sri Lanka Army	31:00.46	
2	469	WVMU Kumara	Sri Lanka Army	31:00.77	
3	234	GPAJ Kumara Bandara	Sri Lanka Army	31:00.98	
4	243	KAM Wijerathna	Sri Lanka Army	31:14.16	
5	231	WMG Aberathna	Sri Lanka Army	31:17.91	
6	301	AMI Hemantha	Sri Lanka Army	31:20.92	
7	139	M Sivarajan	Sri Lanka Air Force	31:39.97	
8	570	HD Sajith Dilshan Gunasekara	Sri Lanka Army	31:43.48	
9	412	V Vakshan	Sri Lanka Army	31:59.34	