

**ATHLETICS ASSOCIATION OF SRI LANKA****97<sup>th</sup> NATIONAL CHAMPIONSHIPS - 2019****RESULTS****Day 01 - 16<sup>th</sup> August,2019****101 3000 m Steeplechase Women Final**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	703	UIKN Rathnayaka	Sri Lanka Army	9:50.74	
2	615	HWN Kumari	Sri Lanka Navy	11:00.12	
3	651	WPER Dulakshi	Sri Lanka Air Force	11:02.97	
4	729	HKIT Udayakumari	Sri Lanka Army	11:41.71	
5	710	MG Buddika	Sri Lanka Army	13:46.19	

**102 5000m Men Heat 1**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	154	SMDM Samarakoon	Sri Lanka Air Force	15:14.23	
2	538	D Lionel Samarajeewa	Sri Lanka Army	15:16.28	
3	135	AK Tharanga	Sri Lanka Air Force	15:16.93	
4	234	GPJ Kumara Bandara	Sri Lanka Army	15:20.82	
5	506	GMGSR Wijevickrama	Sri Lanka Army	15:34.43	
6	428	BA Sadaruwan	Sri Lanka Army	15:43.42	
7	108	WGJ Madusanka	Sri Lanka Navy	15:54.28	
8	208	Mohamad Simsar	Kalutara DAA	16:13.47	
9	457	KPL Sampath Udayakumara	Sri Lanka Army	16:22.02	

**102 5000m Men Heat 2**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	212	DMDS Dissanayaka	Sri Lanka Army	15:16.03	
2	152	PAP Maduranga	Sri Lanka Air Force	15:17.13	
3	280	IDSS Jayasinghe	Sri Lanka Army	15:17.61	
4	243	KAM Wijerathna	Sri Lanka Army	15:17.63	
5	469	WVMU Kumara	Sri Lanka Army	15:19.09	
6	408	HHH Tharanga	Sri Lanka Army	15:40.49	
7	564	K Kannanesan	Sri Lanka Army	15:45.51	
8	115	WWK Weerasinghe	Sri Lanka Navy	15:46.45	
9	381	KD Sujeewa Kumara	Sri Lanka Army	16:15.53	

**103 Pole Vault Men Qualification Group A**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	278	AC Fernando	Sri Lanka Army	4.40	
2	581	Arunthavarasa Pavitharan	Sri Lanka School	4.40	
3	492	MI Sampath	Sri Lanka Army	4.20	
3	228	HANG Samarasinghe	Sri Lanka Army	4.20	
5	158	LARKK Balasooriya	Sri Lanka Air Force	4.20	
6	378	TMD Chathuranga	Sri Lanka Army	4.20	
7	195	Sureshkumar Sukikerathan	Sri Lanka School	4.05	
8	141	AGNBK Ranaweera	Sri Lanka Air Force	4.05	
9	430	YMWGDCBY Wijethunga	Sri Lanka Army	3.85	

**104 100m Women Heat 1**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
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1	644	WVL Sugandi	Sri Lanka Army	12.03	-0.5
2	692	Sharmila Jan	Unattached	12.10	
3	663	F Shafiya Yamick	Sri Lanka Air Force	12.41	
4	672	TA Muthukumarana	Monaragakla DAA	12.59	
5	630	RWI Maduwanthi	Sri Lanka Air Force	12.79	
6	637	KKT Heshani	Sri Lanka Air Force	12.83	
7	689	Shelinda Jansen	Sri Lanka School	12.91	
8	606	KGP Mangalika	Police Sports Club	13.48	

104		100m	Women	Heat 2	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	664	RMR Kumari Rathnayaka	Kegalle DAA	12.00	-1.5
2	657	DT Amasha De Silva	Kandy DAA	12.04	
3	724	SLS Silva	Sri Lanka Army	12.18	
4	688	Sadeepa Henderson	Sri Lanka School	12.29	
5	696	MASS Jayathilake	Sri Lanka Army	12.45	
6	665	TM Madara Weerasooriya	Kegalle DAA	12.71	
7	619	WSH Fernando	Sri Lanka Navy	12.82	
8	605	DM Ganga Priyanthi	Police Sports Club	13.24	

105		Javelin Throw	Men	Qualification Group A	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	507	RMSJ Ranasingha	Sri Lanka Army	69.47	
2	233	DS Ranasingha	Sri Lanka Army	66.62	
3	309	WBRM Fernando	Sri Lanka Army	64.90	
4	292	KPK Ranathunga	Sri Lanka Army	64.81	
5	268	R Nuwan Kumara	Sri Lanka Army	64.70	
6	476	E Dulan Charuka	Sri Lanka Army	64.14	
7	535	HFM Roshan	Sri Lanka Army	62.87	
8	427	DA Kolabaarachchi	Sri Lanka Army	62.55	
9	479	PAP Lakmal	Sri Lanka Army	61.79	

106		High Jump	Women	Final	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	610	DK Ranasinghe	Sri Lanka Navy	1.75	
2	638	SMM Madushani	Sri Lanka Air Force	1.69	
3	748	EN Pallegama	Kegalle DAA	1.65	
4	720	VRH Kure	Sri Lanka Army	1.65	
5	646	SBWSSAWMSM Sooriyampo	Sri Lanka Air Force	1.60	

107		100m	Men	Preliminary Round 1	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	206	YCM Yodhasinghe	Kandy DAA	11.00	-3.0
2	524	ALM Ashroff	Sri Lanka Army	11.08	
3	183	WG Kavindu M Bandara	Sri Lanka School	11.09	
4	389	SPSA Gunasiri	Sri Lanka Army	11.30	
5	126	WBY Rohana	Sri Lanka Navy	11.32	
6	245	SDAD Sandaruwan	Sri Lanka Army	11.42	
7	221	PUR Hasarinda	Sri Lanka Army	11.49	

**107 100m Men Preliminary Round 2**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	373	WPKD Wijerathna	Sri Lanka Army	11.05	-2.1
2	220	URSS Bandara	Sri Lanka Army	11.11	
3	334	PGGC Ranaweera	Sri Lanka Army	11.19	
4	210	U Costha	Track Master	11.53	
5	500	AGN Pridarshan	Sri Lanka Army	11.85	
6	260	DMJ Prasad	Sri Lanka Army	11.98	
7	468	WMS Nawarathna	Sri Lanka Army	12.23	

**107 100m Men Preliminary Round 3**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	573	Sahan Thenuka Rajapaksha	Sri Lanka School	10.99	-1.2
2	150	K Kavinda	Sri Lanka Air Force	11.01	
3	204	PA Chamil Lakshika Kumara	Anuradhapura DAA	11.06	
4	316	GRTM Jinadasa	Sri Lanka Army	11.25	
5	421	KI Indika	Sri Lanka Army	11.39	
6	555	MA Ijaz	Sri Lanka Army	11.43	
7	209	Adriyan De Alwis	Sri Lanka University	11.74	

**107 100m Men Preliminary Round 4**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	248	KHACU Gunasena	Sri Lanka Army	11.17	-1.0
2	560	ANJ Wijsekara	Sri Lanka Army	11.22	
3	352	M Premthas	Sri Lanka Army	11.37	
4	246	DM Mahesh Madushanka	Sri Lanka Army	11.43	
5	387	PGMLM Bandara	Sri Lanka Army	11.48	
6	583	S Anjana Perera	Mercantile AA	11.52	
7	463	AWGEP Walauwatta	Sri Lanka Army	12.31	

**107 100m Men Preliminary Round 5**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	531	RVGMM Fazil Udayar	Sri Lanka Army	10.8	
2	317	YWDN Fernando	Sri Lanka Army	10.9	
3	501	KA Eranga Madusanka	Sri Lanka Army	11.0	
4	192	HS Malwanna	Sri Lanka School	11.1	
5	490	MDM Meegamuwage	Sri Lanka Army	11.4	

**108 400m Women Heat 1**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	701	EWU Rathnakumari	Sri Lanka Army	54.71	
2	736	MO Udayangani	Lanka Lions	55.53	
3	645	NGDN Lakmali	Sri Lanka Air Force	56.05	
4	669	K Shanika Lakshina	Kegalle DAA	58.05	
5	609	WHM Franando	Sri Lanka Navy	58.76	
6	661	AVRI Attidiya	Sri Lanka Air Force	1:01.55	
7	687	Tenisha Mariya Gomez	Sri Lanka School	1:01.80	

**108 400m Women Heat 2**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
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1	695	R Nadeesha	Sri Lanka Army	54.02	
2	723	EK Madhushani	Sri Lanka Army	54.99	
3	658	KGDM Shayamali Kumarasing	Kandy DAA	55.26	
4	659	HAM Piumanthi Hettiarachchi	Kandy DAA	57.12	
5	698	TGND Wickramasingha	Sri Lanka Army	57.68	
6	741	KHAD Kaushalya	Sri Lanka School	58.97	
7	733	CMI Sathsarani	Lanka Lions	59.52	

109		400m	Men	Heat 1	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	414	YMWSA Gunarathna	Sri Lanka Army	47.84	
2	161	MGDDM Silva	Sri Lanka Air Force	47.88	
3	442	KSL Wickramasingha	Sri Lanka Army	48.25	
4	544	I Lakshan	Sri Lanka Army	48.26	
5	207	UBDMS Rajapaksha	Kandy DAA	50.30	
6	357	WMKS Weerasinha	Sri Lanka Army	50.32	
7	264	EA Sachin Roddrigo	Sri Lanka Army	51.89	
8	355	MMK Nuwan Chamara	Sri Lanka Army	51.96	

109		400m	Men	Heat 2	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	376	HM Dilip Ruwan	Sri Lanka Army	48.45	
2	545	WL Chulaka De Silva	Sri Lanka Army	49.02	
3	415	BMGGDR Basnayaka	Sri Lanka Army	49.38	
4	105	AE Lakmal	Sri Lanka Navy	49.46	
5	140	GV Udayanga	Sri Lanka Air Force	50.17	
6	444	AGT Sanjeewa	Sri Lanka Army	51.65	
7	495	RDBN Wimalasiri	Sri Lanka Army	53.57	
8	582	Ramkumar Juwan	Colombo DAA	59.83	

109		400m	Men	Heat 3	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	510	RMRN Rajakaruna	Sri Lanka Army	48.42	
2	497	Madushanka Ranasinghe	Sri Lanka Army	49.44	
3	333	WHMS Jayaweera	Sri Lanka Army	50.15	
4	252	WGJR Karunathilake	Sri Lanka Army	50.50	
5	179	PW Pradeep Somasiri	Unattached	50.79	
6	128	WMBM Wasala	Sri Lanka Navy	51.42	
7	496	UM Sumudu Madhubhashan	Sri Lanka Army	51.83	
8	356	RS Prasanna	Sri Lanka Army	52.26	

109		400m	Men	Heat 4	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	269	AML P Gunarathne	Sri Lanka Army	47.25	
2	121	KKK Senawirathne	Sri Lanka Navy	48.22	
3	351	MMP Madusanka	Sri Lanka Army	48.29	
4	185	C Adeepa Gunasena	Sri Lanka School	50.32	
5	216	LDMNS Amarasingha	Sri Lanka Army	50.36	
6	499	RM Sumith Rathnayaka	Sri Lanka Army	50.66	
7	587	NMP Jayathilaka	Sri Lanka Army	51.60	

8	498	KWD Sampath Dayananda	Sri Lanka Army	54.91	
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<b>109</b>		<b>400m</b>		<b>Men</b>		<b>Heat 5</b>	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark		
1	227	DSRMYS Samaranyaka	Sri Lanka Army	47.60			
2	575	DM Bogoda	Kurunegala DAA	48.12			
3	487	MSSL Piyathilaka	Sri Lanka Army	48.79			
4	563	BM Nawshad	Sri Lanka Army	49.20			
5	326	UV Weerasinghe	Sri Lanka Army	49.41			
6	438	PMK Vithana	Sri Lanka Army	50.09			
7	134	RDC Nirosan	Sri Lanka Air Force	51.14			
8	358	KI Vidushan	Sri Lanka Army	53.02			

<b>109</b>		<b>400m</b>		<b>Men</b>		<b>Heat 6</b>	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark		
1	284	SA Dharshana	Sri Lanka Army	47.54			
2	314	IMA Nimansha	Sri Lanka Army	48.81			
3	222	KDRS Aberathna	Sri Lanka Army	49.04			
4	424	HKMS Jayalal	Sri Lanka Army	49.31			
5	556	I Sanjana Edirisingha	Sri Lanka Army	49.63			
6	488	MN Pasindu Buddika	Sri Lanka Army	50.26			
7	218	NDGP Manjula Kumara	Sri Lanka Army	50.29			
8	465	TAS Farnando	Sri Lanka Army	54.16			

<b>110</b>		<b>Javelin Throw</b>		<b>Men</b>		<b>Qualification Group B</b>	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark		
1	482	RPWL Dayarathna	Sri Lanka Army	68.61			
2	308	EKCS Padmasiri	Sri Lanka Army	64.11			
3	223	KG Hashan Pramod	Sri Lanka Army	63.64			
4	271	DR Chamara Padma Kumara	Sri Lanka Army	63.33			
5	435	KG Yogaraj	Sri Lanka Army	61.39			
6	130	DMSS Dissanayaka	Sri Lanka Navy	61.08			
7	383	PKP Sanjeeva	Sri Lanka Army	60.17			
8	157	DC Wickramarathna	Sri Lanka Air Force	59.99			
9	240	NJ Suranga	Sri Lanka Army	59.92			

<b>111</b>		<b>Pole Vault</b>		<b>Men</b>		<b>Qualification Group B</b>	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark		
1	159	MHI Sandaruwan	Sri Lanka Air Force	4.40			
1	224	HSC Janith	Sri Lanka Army	4.40			
1	539	HD Chinthaka Dinesh	Sri Lanka Army	4.40			
4	244	DHGS Jayantha	Sri Lanka Army	4.40			
5	129	WMJP Weerasinghe	Sri Lanka Navy	4.30			
6	380	RP Murugaiya	Sri Lanka Army	4.30			
7	452	TWM Priyantha Kumara	Sri Lanka Army	4.20			
8	579	MRM Sajith Dilan Rathnayaka	Sri Lanka Army	4.05			
9	394	KAMP Karunarathna	Sri Lanka Army	3.85			

<b>112</b>		<b>110m Hurdles</b>		<b>Men</b>		<b>Heat 1</b>	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark		

1	319	EGE Hasitha Kumara	Sri Lanka Army	15.08	
2	112	KPH Nirmal	Sri Lanka Navy	15.09	-2.6
3	569	WM Udaya Kumara	Sri Lanka Army	15.12	
4	551	Chanaka Wijebandara	Sri Lanka Army	15.29	
5	232	RGD Ilankoon	Sri Lanka Army	15.30	
6	502	JPN Pradeep Hemachandra	Sri Lanka Army	17.15	

**112 110m Hurdles Men Heat 2**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	525	R Roshan Dhammika Ranathur	Sri Lanka Army	14.56	-0.3
2	219	KDD Ariyaratna	Sri Lanka Army	14.88	
3	146	KRI Perera	Sri Lanka Air Force	15.17	
4	365	RE Jagath Rajapaksha	Sri Lanka Army	15.31	
5	446	HKM Gunawardana	Sri Lanka Army	15.82	

**112 110m Hurdles Men Heat 3**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	182	IGJI Lakvijaya	Sri Lanka School	14.68	-0.6
2	114	AASS Amarathunga	Sri Lanka Navy	15.26	
3	450	WALSM Wijesingha	Sri Lanka Army	15.62	
4	303	MRW Perera	Sri Lanka Army	15.63	

**113 Triple Jump Men Final**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	519	MN Safreen Ahamed	Sri Lanka Army	16.33	+1.2
2	511	L Greshan Dananjaya	Sri Lanka Army	16.10	+2.3 (16.02 +0.7)
3	329	AGJM Ariyaratna	Sri Lanka Army	15.76	+2.5 (15.36 +0.9)
4	143	CGST Senavirathne	Sri Lanka Air Force	15.69	+0.9
5	280	IDSS Jayasinghe	Sri Lanka Army	15.69	+1.7
6	481	TADN Thilakarathna	Sri Lanka Army	15.62	+2.1 (15.57 +1.6)
7	520	UPAN Karunasingha	Sri Lanka Army	15.45	+2.5 (15.24 +1.1)
8	200	L Chamal Kumarasiri	Gampaha DAA	15.37	+3.6 (15.20 +2.0)

**114 100m Hurdles Women Heat 1**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	694	RAIS Rajasinghe	Sri Lanka Army	14.16	-1.1
2	715	HWK Hapuarachchi	Sri Lanka Army	15.14	
3	749	NGPR Gunathilaka	Kegalle DAA	15.48	
4	599	WAK Nethmini Lowe	Puttlam DAA	16.24	
5	667	Rashmi Kavindha	Kegalle DAA	16.74	

**114 100m Hurdles Women Heat 2**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	644	WVL Sugandi	Sri Lanka Army	14.29	-2.0
2	706	PSN Fernando	Sri Lanka Army	15.37	
3	740	WA Senuri Anuththara	Sri Lanka School	15.51	
4	719	JGKG Nethmini	Sri Lanka Army	15.73	
5	629	DP Mohottala	Sri Lanka Air Force	15.79	

**115 Discus Throw Women Final**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	636	AHVV Lakmali	Sri Lanka Air Force	44.90	
2	620	AIMP Perera	Sri Lanka Navy	42.00	
3	640	Poornima Perera	Sri Lanka Air Force	36.94	
4	603	HV Madhurangi	Police Sports Club	35.36	
5	716	HAM Dilrukshi	Sri Lanka Army	34.12	

**116 100m Men Heat 1**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	285	WKH Eshan	Sri Lanka Army	10.47	+0.1
2	206	YCM Yodhasinghe	Kandy DAA	10.64	
3	578	SS Ambepitiyage	Lanka Lions	10.74	
4	524	ALM Ashroff	Sri Lanka Army	10.74	
5	336	HSS Kumara	Sri Lanka Army	10.77	
6	192	HS Malwana	Sri Lanka School	11.15	
7	501	KA Eranga Madusanka	Sri Lanka Army	11.15	

**116 100m Men Heat 2**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	532	MV Suranjaya De Silva	Sri Lanka Army	10.55	-0.9
2	215	BDCS Dharmakirithi	Sri Lanka Army	10.61	
3	573	Sahan Thenuka Rajapaksha	Sri Lanka School	10.87	
4	317	YWDN Fernando	Sri Lanka Army	11.03	
5	204	PA Chamil Lakshika Kumara	Anuradhapura DAA	11.06	
6	247	RPKN Chathuranga	Sri Lanka Army	11.21	
7	560	ANJ Wijesekara	Sri Lanka Army	11.25	
8	352	M Premthas	Sri Lanka Army	11.34	

**116 100m Men Heat 3**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	515	RMY Priyadarshana Abeykoon	Sri Lanka Army	10.77	-0.8
2	592	ASM Safan	Sri Lanka Army	10.80	
3	531	RVGMM Fazil Udayar	Sri Lanka Army	10.80	
4	150	K Kavinda	Sri Lanka Air Force	10.90	
5	373	WPKD Wijerathna	Sri Lanka Army	10.93	
6	220	URSS Bandara	Sri Lanka Army	10.97	
7	334	PGGC Ranaweera	Sri Lanka Army	11.02	
8	183	WG Kavindu M Bandara	Sri Lanka School	11.05	

**117 Discus Throw Men Final**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	119	KPGU Jayawardhena	Sri Lanka Navy	50.59	
2	304	SPJ Bandula	Sri Lanka Army	43.90	
3	177	KMS Niroshana	Police Sports Club	43.68	
4	522	ZTM Aazik	Sri Lanka Army	43.22	
5	155	HMPGDB Rathnayaka	Sri Lanka Air Force	43.08	
6	386	SMAMP Saparamadu	Sri Lanka Army	42.53	
7	310	SDK Silwa	Sri Lanka Army	41.59	
8	151	EKGSSLK Ramanayaka	Sri Lanka Air Force	41.51	

119		110m Hurdles		Men		Final	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark		
1	525	R Roshan Dhammika Ranathur	Sri Lanka Army	14.16	-0.8		
2	112	KPH Nirmal	Sri Lanka Navy	14.53			
3	219	KDD Ariyaratna	Sri Lanka Army	14.68			
4	182	IGJI Lakvijaya	Sri Lanka School	14.80			
5	146	KRI Perera	Sri Lanka Air Force	14.80			
6	569	WM Udaya Kumara	Sri Lanka Army	14.86			
7	319	EGE Hasitha Kumara	Sri Lanka Army	15.14			

120		Long Jump		Women		Final	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark		
1	722	HDV Lakshani	Sri Lanka Army	6.23	-0.8		
2	690	Anjani Pulwansa	Unattached	6.02	+2.2 (5.96 +1.6)		
3	604	BGS Harshani Jayakantha	Police Sports Club	6.00	-1.2		
4	724	SLS Silva	Sri Lanka Army	5.92	+2.4 (5.88 +1.5)		
5	630	RWI Maduwanthi	Sri Lanka Air Force	5.79	+2.6 (5.78 +1.8)		
6	737	SRP Nueanjala Madhuwanthi	Puttalam DAA	5.64	+2.3 (5.46 -1.9)		
7	642	DVCM Thilakarathna	Sri Lanka Air Force	5.51	+1.5		
8	670	KAA Sewwandi	Monaragakla DAA	5.28	-1.7		

121		100m Hurdles		Women		Final	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark		
1	644	WVL Sugandi	Sri Lanka Army	13.59			
2	694	RAIS Rajasinghe	Sri Lanka Army	13.90			
3	715	HWK Hapuarachchi	Sri Lanka Army	14.84			
4	740	WA Senuri Anuththara	Sri Lanka School	15.07			
5	749	NGPR Gunathilaka	Kegalle DAA	15.18			
6	706	PSN Fernando	Sri Lanka Army	15.28			
7	719	JGKG Nethmini	Sri Lanka Army	15.40			

122		400m		Men		Semi Final 1	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark		
1	269	AML P Gunarathne	Sri Lanka Army	47.24			
2	376	HM Dilip Ruwan	Sri Lanka Army	47.85			
3	544	I Lakshan	Sri Lanka Army	48.00			
4	161	MGDDM Silva	Sri Lanka Air Force	48.14			
5	442	KSL Wickramasingha	Sri Lanka Army	48.32			
6	497	Madushanka Ranasinghe	Sri Lanka Army	48.79			
7	556	I Sanjana Edirisingha	Sri Lanka Army	49.62			
8	333	WHMS Jayaweera	Sri Lanka Army	50.83			

122		400m		Men		Semi Final 2	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark		
1	284	SA Dharshana	Sri Lanka Army	46.68			
2	510	RMRN Rajakaruna	Sri Lanka Army	47.20			
3	351	MMP Madusanka	Sri Lanka Army	47.95			
4	575	DM Bogoda	Kurunegala DAA	48.00			
5	545	WL Chulaka De Silva	Sri Lanka Army	48.24			
6	563	BM Nawshad	Sri Lanka Army	48.94			



7	415	BMGGDR Basnayaka	Sri Lanka Army	49.03	
8	105	AE Lakmal	Sri Lanka Navy	50.12	

<b>122</b>		<b>400m</b>		<b>Men</b>		<b>Semi Final 3</b>	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark		
1	414	YMWSA Gunarathna	Sri Lanka Army	48.06			
2	227	DSRMYS Samaranayaka	Sri Lanka Army	48.09			
3	314	IMA Nimansha	Sri Lanka Army	48.43			
4	121	KKK Senawirathne	Sri Lanka Navy	48.73			
5	424	HKMS Jayalal	Sri Lanka Army	48.80			
6	487	MSSL Piyathilaka	Sri Lanka Army	48.89			
7	222	KDRS Aberathna	Sri Lanka Army	49.23			

<b>123</b>		<b>1500m</b>		<b>Men</b>		<b>Heat 1</b>	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark		
1	483	HKT Fonseka	Sri Lanka Army	3:51.77			
2	546	RA Sajeewa Lakmal	Sri Lanka Army	3:53.24			
3	453	W Saman Kumara Fernando	Sri Lanka Army	3:53.38			
4	398	EMUB Herath	Sri Lanka Army	3:55.26			
5	541	RM Nifras	Sri Lanka Army	3:56.10			
6	423	RICCS Somawardana	Sri Lanka Army	3:58.98			
7	553	SMVS Dilshan	Sri Lanka Army	3:59.93			
8	429	HG Kumara	Sri Lanka Army	4:02.27			
9	229	MKGA Nissanka Kumara	Sri Lanka Army	4:04.51			

<b>123</b>		<b>1500m</b>		<b>Men</b>		<b>Heat 2</b>	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark		
1	374	GR Chathuranga	Sri Lanka Army	3:54.75			
2	328	KDNC Wijesinha	Sri Lanka Army	3:55.38			
3	521	MM Kupun Kushantha	Sri Lanka Army	3:55.52			
4	350	TUGI Darsanalanka	Sri Lanka Army	3:55.98			
5	344	MIAK Samira	Sri Lanka Army	3:58.25			
6	201	KM Gayan Tharuka	Kegalle DAA	3:58.54			
7	540	HAR Habarakada	Sri Lanka Army	4:00.00			
8	190	WWPMD Wijerathna	Sri Lanka School	4:00.14			

<b>124</b>		<b>1500m</b>		<b>Women</b>		<b>Final</b>	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark		
1	641	WKLA Nimali	Sri Lanka Air Force	4:15.86	*NSLR		
2	616	GTA Abeyrathne	Sri Lanka Navy	4:22.24			
3	635	KHMNA Kumari	Sri Lanka Air Force	4:49.77			
4	666	KAN Madushani	Kegalle DAA	5:14.36			

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<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	

**202 1500m Men Final**

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	

**203 Pole Vault Women Final**

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	

**204 100m Heat 1 Men Decathlon 01**

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	

**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
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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 Rathna	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	RMV 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	

**208 400m Women Final**

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 Kumarasingh	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	

**209 400m Men Final**

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	

**210 Long Jump Men Decathlon 02**

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	

**211 Javelin Throw Women Final**

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 Her	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	

**218 High Jump Men Decathlon 04**

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	

**219 Hammer Throw Men Final**

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 Tuder	Sri Lanka Army	42.23	

**220 Shot Put Women Heptathlon 03**

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	

**221 400m Hurdles Women Heats**

		<b>Straight Final</b>			
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**222 400m Hurdles Men Heat 1**

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	

**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
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	

**227 Hammer Throw Women Final**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	707	WMSN Rathnasiri	Sri Lanka Army	45.69	
2	647	HAA Lakshika	Sri Lanka Air Force	41.88	
3	677	LP Weranga Thisarani	Sri Lanka University	40.01	
4	654	JMI Sandamali	Sri Lanka Air Force	39.81	
5	649	GH Hassim	Sri Lanka Air Force	36.94	
6	682	LP Sewmini Sasikala	Sri Lanka School	28.06	
7	691	AA Chathuri Hasanka Herath	Unattached	26.95	

**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 Shanmugeshwaran	Sri Lanka Army	31:00.46	
2	469	WVMU Kumara	Sri Lanka Army	31:00.77	
3	234	GPAJ Kumara Bandara	Sri Lanka Army	31:14.16	
4	243	KAM Wijerathna	Sri Lanka Army	31:17.91	
5	231	WVG Aberathna	Sri Lanka Army	31:20.91	
6	301	AMI Hemantha	Sri Lanka Army	31:39.97	
7	139	M Sivarajan	Sri Lanka Air Force	31:43.48	
8	570	HD Sajith Dilshan Gunasekara	Sri Lanka Army	31:59.34	
9	412	V Vakshan	Sri Lanka Army	32:15.80	

**Day 03 - 18<sup>th</sup> August,2019**

**301 3000m SC Men Final**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	281	RMS Pushpakumara	Sri Lanka Army	9:02.62	
2	398	HMEUB Herath	Sri Lanka Army	9:03.29	
3	256	HMS Karunarathna Banda	Sri Lanka Army	9:15.14	
4	368	KHM Sarath Kumara	Sri Lanka Army	9:19.26	
5	379	MAT Danushka Samarasingha	Sri Lanka Army	9:24.29	
6	178	ABN Alvis	Unattached	9:24.68	
7	567	SAM Rupasingha	Sri Lanka Army	9:25.70	
8	432	DGJ Wijenayaka	Sri Lanka Army	9:35.60	
9	138	WRBA Pushpakumara	Sri Lanka Air Force	9:36.16	

**302 5000m Women Final**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	676	Hiruni Wijerathne	Lanka Lions	16:54.9	
2	705	HMN Nandasena	Sri Lanka Army	17:15.8	
3	632	ANL Ariyadasa	Sri Lanka Air Force	17:22.4	
4	611	SA Lamahewage	Sri Lanka Navy	17:50.9	
5	634	KM Malinda	Sri Lanka Air Force	18:16.1	
6	651	WPER Dulakshi	Sri Lanka Air Force	18:47.2	
7	727	HWC Damayanthi	Sri Lanka Army	19:06.6	
8	731	MGIKK Sugathapala	Sri Lanka Army	19:20.6	
9	734	JJMDK Fernando	Lanka Lions	19:28.4	

**304 Pole Vault Men Final**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	159	MHI Sandaruwan	Sri Lanka Air Force	5.01	*NMR
2	224	HSC Janith	Sri Lanka Army	4.60	
3	278	AC Fernando	Sri Lanka Army	4.40	

4	228	HANG Samarasinghe	Sri Lanka Army	4.40	
5	244	DHGS Jayantha	Sri Lanka Army	4.40	
6	378	TMD Chathuranga	Sri Lanka Army	4.30	
7	129	WMJP Weerasinghe	Sri Lanka Navy	4.30	
8	158	LARKK Balasooriya	Sri Lanka Air Force	4.20	
9	581	Arunthavarasa Pavitharan	Sri Lanka School	4.20	

305		Triple Jump	Women	Final	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	722	HDV Lakshani	Sri Lanka Army	13.66	+1.6 *NSLR
2	721	BMHP Balasooriya	Sri Lanka Army	12.95	+0.6
3	631	KAT Lakshani	Sri Lanka Air Force	12.64	+2.8 (12.32 +1.3)
4	718	DR Nirodha	Sri Lanka Army	12.32	+3.3 (12.22 +2.0)
5	712	WMSU Wanasinghe	Sri Lanka Army	11.67	+1.8
6	628	DD Mohottala	Sri Lanka Air Force	11.30	+2.3

306		200m	Men	Semi Final 1	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	532	MV Suranjaya De Silva	Sri Lanka Army	21.46	-0.6
2	536	ARM Rajaskhan	Sri Lanka Army	22.00	
3	442	KSL Wickramasingha	Sri Lanka Army	22.02	
4	317	YWDN Fernando	Sri Lanka Army	22.23	
5	220	URSS Bandara	Sri Lanka Army	22.27	

306		200m	Men	Semi Final 2	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	592	ASM Safan	Sri Lanka Army	21.60	-0.7
2	531	RVGMM Fazil Udayar	Sri Lanka Army	21.87	
3	373	WPKD Wijerathna	Sri Lanka Army	22.26	
4	501	KA Eranga Madusanka	Sri Lanka Army	22.58	
5	217	HSC Prabath	Sri Lanka Army	22.88	

307		110m Hurdles	Men	Decathlon 06	Heat 1
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	475	KAL Janaka Kumara	Sri Lanka Army	16.89	
2	320	UPC Pathirana	Sri Lanka Army	16.92	
3	323	WAC Lakpriya	Sri Lanka Army	20.88	
4	180	GJU Kumara	Unattached	21.74	

307		110m Hurdles	Men	Decathlon 06	Heat 2
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	533	R Sathesan	Sri Lanka Army	15.99	
2	474	PRRL Peramuna	Sri Lanka Army	16.36	
3	473	BSI Kodagoda	Sri Lanka Army	16.80	
4	322	MT Gayan	Sri Lanka Army	18.06	

307		110m Hurdles	Men	Decathlon 06	Heat 3
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	547	MM Raveendra Lakmal	Sri Lanka Army	15.20	
2	527	AWD Harshana Chathuranga	Sri Lanka Army	15.64	

3	321	GPCR Gunasinghe	Sri Lanka Army	15.79	
4	160	WKDS Perera	Sri Lanka Air Force	16.37	

308		Discus Throw	Men	Decathlon 07	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	180	GJU Kumara	Unattached	18.93	
2	323	WAC Lakpriya	Sri Lanka Army	20.88	
3	475	KAL Janaka Kumara	Sri Lanka Army	24.77	
4	320	UPC Pathirana	Sri Lanka Army	23.47	
5	322	MT Gayan	Sri Lanka Army	25.88	
6	473	BSI Kodagoda	Sri Lanka Army	25.94	
7	533	R Satheesan	Sri Lanka Army	31.32	
8	474	PRRL Peramuna	Sri Lanka Army	25.41	
9	160	WKDS Perera	Sri Lanka Air Force	29.16	
10	321	GPCR Gunasinghe	Sri Lanka Army	31.63	
11	527	AWD Harshana Chathuranga	Sri Lanka Army	28.05	
12	547	MM Raveendra Lakmal	Sri Lanka Army	28.58	

309		Long Jump	Women	Heptathlon 05	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	644	WVL Sugandi	Sri Lanka Army	6.07	
2	604	BGS Harshani Jayakantha	Police Sports Club	5.82	
3	706	PSN Fernando	Sri Lanka Army	5.41	
4	624	HAN Nawodani	Sri Lanka Air Force	5.25	
5	662	SBS LakshaninDissanayaka	Kandy DAA	5.01	

310		Pole Vault	Men	Decathlon 08	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	180	GJU Kumara	Unattached	3.00	
2	323	WAC Lakpriya	Sri Lanka Army	3.20	
3	475	KAL Janaka Kumara	Sri Lanka Army	2.50	
4	320	UPC Pathirana	Sri Lanka Army	3.20	
5	322	MT Gayan	Sri Lanka Army	3.50	
6	473	BSI Kodagoda	Sri Lanka Army	2.50	
7	533	R Satheesan	Sri Lanka Army	3.50	
8	474	PRRL Peramuna	Sri Lanka Army	3.40	
9	160	WKDS Perera	Sri Lanka Air Force	3.80	
10	321	GPCR Gunasinghe	Sri Lanka Army	4.30	
11	527	AWD Harshana Chathuranga	Sri Lanka Army	3.50	
12	547	MM Raveendra Lakmal	Sri Lanka Army	3.60	

312		Javelin Throw	Women	Heptathlon 06	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	644	WVL Sugandi	Sri Lanka Army	33.16	
2	706	PSN Fernando	Sri Lanka Army	30.00	
3	604	BGS Harshani Jayakantha	Police Sports Club	27.21	
4	624	HAN Nawodani	Sri Lanka Air Force	25.04	
5	662	SBS LakshaninDissanayaka	Kandy DAA	17.10	

313		Javelin Throw	Men	Decathlon 09	
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Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	180	GJU Kumara	Unattached	30.88	
2	323	WAC Lakpriya	Sri Lanka Army	34.93	
3	475	KAL Janaka Kumara	Sri Lanka Army	53.96	
4	320	UPC Pathirana	Sri Lanka Army	42.13	
5	322	MT Gayan	Sri Lanka Army	26.29	
6	473	BSI Kodagoda	Sri Lanka Army	48.89	
7	533	R Satheesan	Sri Lanka Army	45.98	
8	474	PRRL Peramuna	Sri Lanka Army	41.97	
9	527	AWD Harshana Chathuranga	Sri Lanka Army	47.51	
10	547	MM Raveendra Lakmal	Sri Lanka Army	51.70	
11	160	WKDS Perera	Sri Lanka Air Force	52.03	
12	321	GPCR Gunasinghe	Sri Lanka Army	52.49	

**314 Javelin Throw Men Final**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	507	RMSJ Ranasingha	Sri Lanka Army	80.76	*NMR
2	482	RPWL Dayarathna	Sri Lanka Army	79.87	
3	233	DS Ranasingha	Sri Lanka Army	74.44	
4	309	WBRM Fernando	Sri Lanka Army	67.54	
5	308	EKCS Padmasiri	Sri Lanka Army	66.03	
6	476	E Dulan Charuka	Sri Lanka Army	65.90	
7	271	DR Chamara Padma Kumara	Sri Lanka Army	65.89	
8	292	KPK Ranathunga	Sri Lanka Army	65.88	

**315 400m Hurdles Women Final**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	723	EK Madhushani	Sri Lanka Army	58.16	
2	645	NGDN Lakmali	Sri Lanka Air Force	59.43	
3	659	HAM Piumanthi Hettiarachchi	Kandy DAA	1:00.57	
4	708	GAS Dulani	Sri Lanka Army	1:00.72	
5	698	TGND Wickramasingha	Sri Lanka Army	1:01.05	
6	621	UGD Sandamali	Sri Lanka Air Force	1:06.25	

**316 Long Jump Men Final**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	413	WPA Jayasiri	Sri Lanka Army	8.06	+1.5
2	279	JHG Sampath	Sri Lanka Army	7.86	+2.3
3	480	KKMK Karunasekara	Sri Lanka Army	7.77	+1.4
4	153	DM Liyanapathirana	Sri Lanka Air Force	7.72	+3.9
5	318	HBMYPB Herath	Sri Lanka Army	7.51	+3.0
6	299	URRB Rajapaksha	Sri Lanka Army	7.50	+1.6
7	343	WGC Pradeep Kumara	Sri Lanka Army	7.29	+3.0
8	238	JMTUK Jayasingha	Sri Lanka Army	7.07	+1.8

**317 400m Hurdles Men Final**

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	142	ALAI Rathnasena	Sri Lanka Air Force	51.6	
2	512	ALA Tharanga Rathnasena	Sri Lanka Army	52.3	
3	516	SM Aravinda Chathuranga	Sri Lanka Army	52.4	

4	456	JL Prasanjith	Sri Lanka Army	52.5	
5	255	NDK Viduranga	Sri Lanka Army	53.2	
6	235	KAR Madushan	Sri Lanka Army	53.9	
7	372	DMST Disanayaka	Sri Lanka Army	54.6	
8	191	SH Navodya Sankalpa	Sri Lanka School	58.4	

<b>318</b>		<b>200m</b>		<b>Women</b>		<b>Final</b>	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark		
1	692	Sharmila Jan	Unattached	24.85	-2.1		
2	695	R Nadeesha	Sri Lanka Army	24.87			
3	663	F Shafiya Yamick	Sri Lanka Air Force	25.45			
4	657	DT Amasha De Silva	Kandy DAA	25.70			
5	672	TA Muthukumarana	Monaragala DAA	26.11			
6	609	WHM Franando	Sri Lanka Navy	26.23			
7	619	WSH Fernando	Sri Lanka Navy	26.64			

<b>319</b>		<b>200m</b>		<b>Men</b>		<b>Final</b>	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark		
1	532	MV Suranjaya De Silva	Sri Lanka Army	21.41			
2	592	ASM Safan	Sri Lanka Army	21.59			
3	531	RVGMM Fazil Udayar	Sri Lanka Army	21.68			
4	373	WPKD Wijerathna	Sri Lanka Army	21.73			
5	220	URSS Bandara	Sri Lanka Army	21.87			
6	442	KSL Wickramasingha	Sri Lanka Army	22.00			
7	317	YWDN Fernando	Sri Lanka Army	22.14			

<b>320</b>		<b>800m</b>		<b>Women</b>		<b>Heptathlon 07</b>	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark		
1	644	WVL Sugandi	Sri Lanka Army	2:25.01			
2	706	PSN Fernando	Sri Lanka Army	2:28.54			
3	624	HAN Nawodani	Sri Lanka Air Force	2:30.91			
4	604	BGS Harshani Jayakantha	Police Sports Club	2:32.51			
5	662	SBS LakshaninDissanayaka	Kandy DAA	2:04.34			

<b>321</b>		<b>1500m</b>		<b>Men</b>		<b>Decathlon 10</b>		<b>Heat 1</b>	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark				
1	547	MM Raveendra Lakmal	Sri Lanka Army	4:30.40					
2	527	AWD Harshana Chathuranga	Sri Lanka Army	4:38.29					
3	474	PRRL Peramuna	Sri Lanka Army	5:06.01					
4	321	GPCR Gunasinghe	Sri Lanka Army	5:07.29					
5	160	WKDS Perera	Sri Lanka Air Force	5:13.96					
6	533	R Satheesan	Sri Lanka Army	5:16.58					

<b>321</b>		<b>1500m</b>		<b>Men</b>		<b>Decathlon 10</b>		<b>Heat 2</b>	
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark				
1	473	BSI Kodagoda	Sri Lanka Army	4:49.72					
2	475	KAL Janaka Kumara	Sri Lanka Army	4:49.93					
3	323	WAC Lakpriya	Sri Lanka Army	5:21.18					
4	320	UPC Pathirana	Sri Lanka Army	5:28.74					

5	322	MT Gayan	Sri Lanka Army	5:44.27	
6	180	GJU Kumara	Unattached	5:44.68	

<b>322</b>					
<b>800m</b>					
<b>Women</b>					
<b>Final</b>					
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	641	WKLA Nimali	Sri Lanka Air Force	2:04.02	
2	658	KGDM Shayamali Kumarasingh	Kandy DAA	2:04.48	
3	616	GTA Abeyrathne	Sri Lanka Navy	2:07.23	
4	635	KHMNA Kumari	Sri Lanka Air Force	2:12.91	
5	669	K Shanika Lakshina	Kegalle DAA	2:13.13	
6	625	AAN Sanjeevani	Sri Lanka Air Force	2:16.64	

<b>323</b>					
<b>800m</b>					
<b>Men</b>					
<b>Final</b>					
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	523	HEMIG Indunil Madushan Herath	Sri Lanka Army	1:49.01	
2	374	GR Chathuranga	Sri Lanka Army	1:49.09	
3	270	HMS Kumara	Sri Lanka Army	1:50.97	
4	521	MM Kupun Kushantha	Sri Lanka Army	1:51.73	
5	294	BSRT Bulugahapitiya	Sri Lanka Army	1:52.27	
6	550	C Aravindan	Sri Lanka Army	1:52.39	

<b>324</b>					
<b>5000m</b>					
<b>Men</b>					
<b>Final</b>					
Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
1	281	RMS Pushpakumara	Sri Lanka Army	14:44.12	
2	469	WVMU Kumara	Sri Lanka Army	14:50.39	
3	135	AK Tharanga	Sri Lanka Air Force	15:07.43	
4	243	KAM Wijerathna	Sri Lanka Army	15:21.14	
5	154	SMDM Samarakoon	Sri Lanka Air Force	15:23.92	
6	564	K Kannanesan	Sri Lanka Army	15:43.37	
7	108	WGJ Madusanka	Sri Lanka Navy	16:02.93	