



ATHLETICS ASSOCIATION OF SRI LANKA
97th NATIONAL ATHLETICS CHAMPIONSHIPS - 2019
RESULTS - FINALS
16th,17th,18th 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	

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 Sooriyampola	Sri Lanka Air Force	1.60	

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	LP Shreshan 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)

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	

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 Ranathunga	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	+0.0
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	

124 1500m Women Final

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	

201 10000 m Women Final

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	

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 Dharmakirthi	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 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	

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 Samaranayaka	Sri Lanka Army	49.07	

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	

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 Tudor	Sri Lanka Army	42.23	

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	

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	

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	WMG 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	

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 Lamaheewage	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

314 Javelin Throw Men Final

Place	Bib No.	Name of Athlete	Affiliate	Performance	Remark
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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	

318 200m Women Final

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	

Decathlon**Men**

Place	Bib No.	Name of Athlete	Affiliate	Points	Remarks
1	547	MM Raveendra Lakmal	Sri Lanka Army	6650	
2	321	GPCR Gunasinghe	Sri Lanka Army	6393	
3	527	AWD Harshana Chathuranga	Sri Lanka Army	6233	
4	160	WKDS Perera	Sri Lanka Air Force	6040	
5	533	R Satheesan	Sri Lanka Army	5790	
6	474	PRRL Peramuna	Sri Lanka Army	5723	
7	473	BSI Kodagoda	Sri Lanka Army	5443	
8	475	KAL Janaka Kumara	Sri Lanka Army	5185	
9	322	MT Gayan	Sri Lanka Army	5050	
10	320	UPC Pathirana	Sri Lanka Army	4965	
11	323	WAC Lakpriya	Sri Lanka Army	4267	
12	180	GJU Kumara	Unattached	3861	