

**Sri Lanka Athletics**  
**Selection Trial for Asian Athletics Championships & Asian Games 2023**  
**17th & 18th September, 2023 at Mahinda Rajapaksha Stadium, Diyagama**

**Day 01 - First Day**

101 07.00 Hrs.		10000m		Women		Final
Place	Bib No	Name	Affiliate	Date of Birth	Performance	Remarks
1	2662	A.N.L.Ariyadasa	Sri Lanka Air Force	19921029	37:13.26	
2	2783	M.G.I.K.K.Sugathapala	Sri Lanka Army	19981115	38:46.52	
3	2847	A.Anusha	Sri Lanka Navy	19981105	39:11.05	
4	2778	H.I.S.Fernando	Sri Lanka Army	19991229	40:58.20	
5	2628	M.G.Buddika	Sri Lanka Army	19930903	41:04.71	

102 07.45 Hrs.		5000m		Men		Final
Place	Bib No	Name	Affiliate	Date of Birth	Performance	Remarks
1	2244	D.M.D.S.Disanayaka	Sri Lanka Army	19940321	15:06.19	
2	2248	V.Wakshan	Sri Lanka Army	19991019	15:07.41	
3	581	W.V.M.U.Kumara	Monaragala DAA	19920504	15:08.32	
4	663	P.A.P.Maduranga	Sri Lanka Air Force	19950225	15:14.44	
5	895	K.A.M.Vijerathna	Sri Lanka Army	19890707	15:15.40	
6	2263	W.W.K.Weerasinghe	Sri Lanka Navy	19920106	15:46.62	
7	669	S.M.D.M.Samarakoon	Sri Lanka Air Force	19950721	15:47.83	

103 08.00 Hrs.		Pole Vault		Women		Final
Place	Bib No	Name	Affiliate	Date of Birth	Performance	Remarks
1	2848	W.I.U.Silva	Sri Lanka Navy	20000901	3.70	
2	2879	Neshara Dakshitha	University of Jaffna	20010721	3.60	
3	2880	Parnthaman Abisatint	Sri Lanka School		3.30	
3	2660	K.A.C.K.Kodithuwakku	Sri Lanka Air Force	19951013	3.30	
5	2722	K.A.K.L.Perera	Sri Lanka Air Force	19860325	3.30	
6	2788	U.T.Wickramasekara	SL School	20030409	3.20	

104 08.05 Hrs.		3000m Steeple Chase (0.762m)		Women		Final
Place	Bib No	Name	Affiliate	Date of Birth	Performance	Remarks
1	2803	U.K.N.Rathnayaka	Sri Lanka Army	19900808	10:00.13	
2	2700	W.M.N.Nidarshani	Sri Lanka Army	19960506	11:30.44	

105 08.20 Hrs.		3000m Steeple Chase (0.914m)		Men		Final
Place	Bib No	Name	Affiliate	Date of Birth	Performance	Remarks
1	2218	H.M.E.U.B.Herath	Sri Lanka Army	19950830	9:06.32	
2	2132	A.B.N.Alwis	Sri Lanka Army	19940111	9:10.48	
3	665	V.B.M.Samaraweera	Sri Lanka Air Force	19961022	9:14.10	
4	2515	T.M.L.C.Gunarathna	Sri Lanka Army	19970321	9:24.57	
5	386	G.J.D.H.K.Jayasinghe	Sri Lanka Army	20010307	9:36.29	
6	909	D.G.J.Wijenayake	Sri Lanka Army	19880905	9:37.75	
7	2206	H.M.S.Karunarathna Banda	Sri Lanka Army	19870801	9:38.85	
8	861	W.A.B.A.Pushpakumara	Sri Lanka Air Force	19920808	9:52.67	
9	2325	H.P.M.R.Karunarathna	Sri Lanka Army	19960526	10:48.25	

106 08.30 Hrs.		Shot Put (4.000kg)		Women		Final
Place	Bib No	Name	Affiliate	Date of Birth	Performance	Remarks
1	2689	W.T.K.Fernando	Sri Lanka Air Force	19901013	12.84	
2	2870	O.Chandrasekara	Sri Lanka School	20030320	12.78	
3	2789	P.A.Priyangika Kumari	Police Sports Club	19780825	10.87	
4	590	P.P.S.Clarance	Sri Lanka Air Force	19881024	10.84	
5	2617	I.Malkethmi	Lyceum International School - Waththala	20051220	10.19	
6	2755	I.D.S.N.B.Gunawardhana	SL School	20021024	9.64	
7	2841	V.D.V.Gimhani	Sri Lanka Navy	20010124	9.52	
8	2843	M.W.D.N.Perera	Sri Lanka Navy	20000827	8.46	

107 08.30 Hrs.		Hammer Throw (7.260kg)		Men		Final
Place	Bib No	Name	Affiliate	Date of Birth	Performance	Remarks
1	2096	M.R.Sisira Kumara	Sri Lanka Army	19860104	47.65	
2	2224	H.M.A.S.Bandara	Sri Lanka Army	19961126	47.22	
3	2201	D.S.N.Wickramasingha	Sri Lanka Army	19990419	43.49	
4	864	W.G.S.R.Kumarasiri	Sri Lanka Army	19880323	43.26	
5	260	P.M.B.C.K.Bogahawaththa		19860321	42.36	
6	2081	M.L.K.Chathuranga	Sri Lanka Army	19930922	36.08	
7	2462	R.G.J.Perera	Sri Lanka Army	19930106	29.98	

108 08.40 Hrs. 100m (Decathlon) Not held Men (1)

109 08.50 Hrs. 400m Hurdles (0.762m) Women Final

Place	Bib No	Name	Affiliate	Date of Birth	Performance	Remarks
1	2777	A.P.M.S.K.Abayarathna	Sri Lanka Army	19970210	1:02.37	
2	2694	N.D.G.N.Lakmali	Sri Lanka Air Force	19891125	1:02.86	
3	2613	S.Dilsha	Lyceum International School - Wattala	20040729	1:06.08	
4	2856	K.M.M.W.M.L.K.Wathupola	Sri Lanka School	20000123	1:08.62	
5	2637	M.P.Neha Malmi Sanjana	G.D.A.A	20040223	1:08.96	

110 09.00 Hrs. 400m Hurdles (0.914m) Men Heat - 1

Place	Bib No	Name	Affiliate	Date of Birth	Performance	Remarks
1	319	A.M.G.Thushara	Sri Lanka Army	19950221	52.36	
2	732	A.L.A.I.Rathnasena	Sri Lanka Air Force	19920920	52.44	
3	2031	S.H.N.Sankalpa	Sri Lanka Army	20000714	54.89	
4	487	K.P.Chinthaka Prabath Nandasiri	Sri Lanka Army	20010319	57.48	
5	2363	H.T.P.Dushmantha	Sri Lanka Army	19950705	57.94	

110 09.00 Hrs. 400m Hurdles (0.914m) Men Heat - 2

Place	Bib No	Name	Affiliate	Date of Birth	Performance	Remarks
1	2238	A.L.A.T.Rathnasena	Sri Lanka Army	19950606	52.49	
2	2077	B.M.L.D.Banneheka	Sri Lanka Army	19931201	53.91	
3	2356	G.T.Hansaka	Sri Lanka Army	20000311	54.19	
4	837	Pasindu Punsara	Sri Lanka Army		54.52	
5	2035	W.N.Nimnajith	Sri Lanka Army	20000905	55.49	

111 09.10 Hrs. 800m Men Heat - 1

Place	Bib No	Name	Affiliate	Date of Birth	Performance	Remarks
1	2477	A.M.S.B.Aththanayaka	Sri Lanka Army	20001010	1:53.42	
2	2519	W.M.T.G.Thennakoon	Sri Lanka Army	20020205	1:54.04	
3	2259	G.R.Chathuranga	Sri Lanka Army		1:54.61	
4	917	G.S.R.K.Perera	Sri Lanka Army	19940416	1:54.68	
5	2124	W.A.D.Kumara	Sri Lanka Army	19920710	1:54.97	
6	910	H.K.T.Fonseka	Sri Lanka Army	19910803	1:55.91	
7	2217	E.M.R.S.K.Ekanayaka	Sri Lanka Army	19961124	1:56.21	
8	479	H.L.S.Madhushan	Sri Lanka Army	19970616	2:00.44	

111 09.10 Hrs. 800m Men Heat - 2

Place	Bib No	Name	Affiliate	Date of Birth	Performance	Remarks
1	2405	R.P.P.Pushpakumara	Sri Lanka Army	19960212	1:52.08	
2	2216	H.M.S.Kumara	Sri Lanka Army	19950126	1:52.86	
3	2381	C.Aravindan	Sri Lanka Army	19991122	1:53.31	
4	2393	E.A.H.Piyumal	Sri Lanka Army	20000722	1:55.44	
5	2138	A.M.Lakmal	Sri Lanka Army	19861129	1:56.71	
6	2388	M.L.S.Wickramasingha	Sri Lanka Army	20010116	1:59.09	
7	915	L.S.D.Maduranga	Sri Lanka Army	19930413	1:59.42	
8	2270	A.E.Lakmal	Sri Lanka Navy	19900629	2:02.34	

112 09.20 Hrs. 100m Women Heat - 1

Place	Bib No	Name	Affiliate	Date of Birth	Performance	Remarks
1	2874	R.Shelinda Jansen	Un Attached	20010316	11.92	+0.4
2	2804	W.V.L.Sugandi	Sri Lanka Army	19910830	12.22	
3	2838	L.W.D.T.Suludagoda	Lyceum International School - Nugegoda	20040610	12.35	
4	2868	O.M.I.Sathsarani	Sri Lanka Army	20001115	12.87	
5	2839	Kavindi Pahasara	Lyceum International School	20041005	12.89	
6	2741	P.K.S.U.Madushani	Sri Lanka Air Force	19911116	13.08	

112 09.20 Hrs. 100m Women Heat - 2

Place	Bib No	Name	Affiliate	Date of Birth	Performance	Remarks
1	2797	B.I.M.Jayamanna	Sri Lanka Army	20020830	11.79	-1.7
2	2794	R.M.Rumeshika Rathnayaka	Kegalle DAA	19960627	12.16	
3	2046	Dinara Bandara Dela	Gateway College	20040322	12.28	
4	2800	M.Y.F.Yamic	Sri Lanka Army	19990701	12.56	
5	2869	A.M.R.Shiwanthi	Monaragala DAA	19980731	12.92	
6	2642	K.K.T.Heshani	Sri Lanka Air Force	19960529	13.76	

113 09.30 Hrs.		100m		Men		Heat - 1
Place	Bib No	Name	Affiliate	Date of Birth	Performance	Remarks
1	2232	Y.C.M.Yodasingha	Sri Lanka Army	20000128	10.63	-1.5
2	2450	M.V.S.De Silva	Sri Lanka Army	19950109	10.83	
3	916	K.S.L.Wickramasinha	Sri Lanka Army	19940822	11.05	
4	2513	K.A.K.T.P.Chandrathilaka	Sri Lanka Army		11.18	
5	2478	T.M.C.S.Jayashantha	Sri Lanka Army	20010629	11.27	
6	2387	A.S.S.Weerasinghe	Sri Lanka Army	20011109	11.42	

113 09.30 Hrs.		100m		Men		Heat - 2
Place	Bib No	Name	Affiliate	Date of Birth	Performance	Remarks
1	2385	F.D.C.Piumal	Sri Lanka Army	20020130	10.75	+0.6
2	2535	S.D.N.Senanayaka	Sri Lanka Army	20010411	10.75	
3	2024	T.M.S.D.S.Rathnasiri	Sri Lanka Army	20000219	10.81	
4	2490	H.D.M.C.B.Dissanayaka	Sri Lanka School	20041203	11.14	
5	862	K.Kavinda	Sri Lanka Air Force	19950117	11.31	
6	2466	A.L.M.Ashroff	Sri Lanka Army	19901015	11.42	
7	920	K.I.Indika	Sri Lanka Army	19970518	11.64	

113 09.30 Hrs.		100m		Men		Heat - 3
Place	Bib No	Name	Affiliate	Date of Birth	Performance	Remarks
1	863	R.P.K.N.Chathuranga	Sri Lanka Army	19990408	10.96	-2.1
2	2479	H.D.P.D.Gayashan	Sri Lanka Army	19990326	11.04	
3	2253	A.S.M.Safan	Sri Lanka Army	19980206	11.05	
4	2302	R.P.K.Waduge	Kandy Sports Club	20001214	11.11	
5	2436	R.V.G.M.M.F.Udayar	Sri Lanka Army	19950103	11.14	
6	2274	K.H.A.C.V.Gunasena	Sri Lanka Army	19931227	11.44	

114 09.40 Hrs.		400m		Men		Heat - 1
Place	Bib No	Name	Affiliate	Date of Birth	Performance	Remarks
1	2225	G.D.K.K.Pabasara Niku	Sri Lanka Army	19990714	46.64	
2	2237	R.M.R.N.Rajakaruna	Sri Lanka Army	19970103	46.95	
3	2036	H.D.R.Madushan	Sri Lanka Army	20010712	47.45	
4	549	P.M.P.L.Kodikara	Sri Lanka Army	19990516	48.34	
5	2529	H.M.Dilip Ruwan	Sri Lanka Army	19910804	49.6	
6	732	A.L.A.I.Rathnasena	Sri Lanka Air Force	19920920	50.13	
7	589	P.G.S.S.Nawarathna	Sabaragamuwa University of Sri Lanka	20001223	51.22	
8	2386	U.B.M.R.D.Bandara	Sri Lanka Army	20020516	52.66	

114 09.40 Hrs.		400m		Men		Heat - 2
Place	Bib No	Name	Affiliate	Date of Birth	Performance	Remarks
1	2230	H.K.K.Kumarage	Sri Lanka Army	19920925	46.87	
2	2236	R.P.I.Lakshan	Sri Lanka Army	19990913	47.33	
3	2231	H.V.D.Deshan	Sri Lanka Army	20001006	47.58	
4	2402	R.P.A.D.P.R.Kumara	Sri Lanka Army	19940130	47.75	
5	2252	A.M.L.P.Gunarathna	Sri Lanka Army	19911128	48.66	
6	657	B.K.A.Umesh Anjula Priyashantha	Sri Lanka Army	20010513	49.06	
7	639	D.S.R.M.Y.S.Samaranayaka	Sri Lanka Army	19960305	49.14	

115 09.15 Hrs. Long Jump (Decathlon) Not Held Men (2)

116 10.30 Hrs		Long Jump		Women		Final
Place	Bib No	Name	Affiliate	Date of Birth	Performance	Remarks
1	2806	S.L.S.Silva	Sri Lanka Army	19961027	6.37	+0.7
2	2867	K.K.Ridma Nishadi Abeyrathna	Sri Lanka Army	19990207	6.22	+1.5
3	2771	Anjani Pulwansa	Unattached	19920309	6.10	+2.0
4	2631	R.M.Cheshani Buddhiyangani	Gampaha DAA	20040301	5.57	+1.3
5	2618	H.R.Kawindaya	Sri Lanka Army	20010709	5.39	+1.6
6	2872	S.D.H.Thisaramali	Gampaha DAA	20010116	5.35	-1.5
7	2715	D.V.C.M.Thilakarathne	Sri Lanka Air Force	19910828	5.34	+0.9
8	2790	B.G.S.Harshani Jayakantha	Police Sports Club	19840425	5.33	+0.5

117 10.30 Hrs		Javelin Throw (600g)		Women		Final
Place	Bib No	Name	Affiliate	Date of Birth	Performance	Remarks
1	2810	H.L.N.D.Lekamge	Sri Lanka Army	19870114	59.41	
2	2802	B.L.Nadeeka Lakmali	Sri Lanka Army	19810918	52.29	
3	2695	H.P.D.H.Maduwanthi	Sri Lanka Air Force	19910306	50.69	
4	2683	D.U.K.L.Senavirathne	Sri Lanka Air Force	19880215	37.58	
5	2685	D.D.S.Dushmanthi	Sri Lanka Air Force	20000417	23.92	

**118 10.45 Hrs. Shot Put (Decathlon) Not held Men (3)**

119 13.00 Hrs		Pole Vault		Men		Final
Place	Bib No	Name	Affiliate	Date of Birth	Performance	Remarks
1	2243	A.Puvitharan	Sri Lanka Army	20000804	5.15	*NSLR
2	2222	H.S.E.Janith	Sri Lanka Army	19960223	4.90	
3	788	M.H.I.Sadaruwan	Sri Lanka Air Force	19940325	4.80	
4	2470	S.M.V.S.Dilshan	Sri Lanka Army	19950219	4.50	
5	2451	H.D.C.Dinesh	Sri Lanka Army	19880124	4.30	
6	908	T.W.M.Priyantha Kumara	Sri Lanka Army	19910324	4.30	
6	2480	S.Kinthusan	Sri Lanka Army	19990922	4.30	
8	2154	K.H.S.Sampath	Sri Lanka Army	19980802	4.30	

**120 14.00 Hrs. High Jump (Decathlon) Not held Men (4)**

121 14.00 Hrs		Hammer Throw (1.000kg)		Women		Final
Place	Bib No	Name	Affiliate	Date of Birth	Performance	Remarks
1	2690	H.A.A.Lakshika	Sri Lanka Air Force	19890809	47.05	
2	2811	A.W.A.S.M.Amarasinghe	Sri Lanka Army	19910119	42.58	
3	2873	M.G.Nihinsa Mandini	Sri Lanka School	20030729	39.53	
4	2846	L.P.W.Thisarani	Sri Lanka Navy	19980813	38.26	
5	2602	D.L.R.Rajakula	Unattached	20020830	35.98	
6	2878	L.P.S.S.Dias	University of Sri Jayawardenepura	20000322	32.35	

122 14.30 Hrs		100m		Women		Final
Place	Bib No	Name	Affiliate	Date of Birth	Performance	Remarks
1	2797	B.I.M.Jayamanna	Sri Lanka Army	20020830	11.93	-2.5
2	2874	R.Shelinda Jansen	Un Attached	20010316	12.12	
3	2794	R.M.Rumeshika Rathnayaka	Kegalle DAA	19960627	12.16	
4	2046	Dinara Bandara Dela	Gateway College	20040322	12.39	
5	2804	W.V.L.Sugandi	Sri Lanka Army	19910830	12.60	
6	2800	M.Y.F.Yamic	Sri Lanka Army	19990701	12.71	
7	2838	L.W.D.T.Suludagoda	Lyceum International School - Nugegoda	20040610	12.72	
8	2868	O.M.I.Sathsarani	Sri Lanka Army	20001115	13.10	

123 14.40 Hrs		100m		Men		Final
Place	Bib No	Name	Affiliate	Date of Birth	Performance	Remarks
1	2232	Y.C.M.Yodasingha	Sri Lanka Army	20000128	10.53	-0.3
2	2450	M.V.S.De Silva	Sri Lanka Army	19950109	10.63	
3	2024	T.M.S.D.S.Rathnasiri	Sri Lanka Army	20000219	10.70	
4	2535	S.D.N.Senanayaka	Sri Lanka Army	20010411	10.73	
5	863	R.P.K.N.Chathuranga	Sri Lanka Army	19990408	10.75	
6	2479	H.D.P.D.Gayashan	Sri Lanka Army	19990326	10.84	
7	2385	F.D.C.Piumal	Sri Lanka Army	20020130	10.85	
8	2253	A.S.M.Safan	Sri Lanka Army	19980206	10.92	
9	916	K.S.L.Wickramasinha	Sri Lanka Army	19940822	10.92	

124 14.50 Hrs		400m		Women		Final
Place	Bib No	Name	Affiliate	Date of Birth	Performance	Remarks
1	2809	R.Nadeesha	Sri Lanka Army	19941225	53.97	
2	2750	M.A.N.H.Fernando	University of Sri Jayawardenepura	20000315	55.69	
3	2850	W.S.H.Fernando	Sri Lanka Navy	19980924	57.56	
4	2849	W.H.M.Fernando	Sri Lanka Navy	19980924	1:00.05	

125 15.00 Hrs		400m		Men		Final
Place	Bib No	Name	Affiliate	Date of Birth	Performance	Remarks
1	2230	H.K.K.Kumarage	Sri Lanka Army	19920925	45.70	
2	2237	R.M.R.N.Rajakaruna	Sri Lanka Army	19970103	46.55	
3	2225	G.D.K.K.Pabasara Niku	Sri Lanka Army	19990714	47.04	
4	2236	R.P.I.Lakshan	Sri Lanka Army	19990913	47.12	
5	2036	H.D.R.Madushan	Sri Lanka Army	20010712	47.57	
6	2402	R.P.A.D.P.R.Kumara	Sri Lanka Army	19940130	47.98	
7	549	P.M.P.L.Kodikara	Sri Lanka Army	19990516	48.38	
8	2231	H.V.D.Deshan	Sri Lanka Army	20001006	48.65	

126		15.00 Hrs		Long Jump		Men		Final	
Place	Bib No	Name	Affiliate	Date of Birth	Performance	Remarks			
1	2293	H.B.M.Y.P.B.Herath	Sri Lanka Army	19970717	7.64	+2.0			
2	2061	J.H.G.Sampath	Sri Lanka Army	19911105	7.44	-0.7			
3	2052	J.M.T.U.K.Jayasinghe	Sri Lanka Army	19950509	7.14	+3.7			
4	547	Y.Kumara	Lyceum International School - Wattala	20031211	6.93	+1.2			
5	2267	A.M.Thilina Akalanka De Silva	Sri Lanka Navy	20010924	6.81	+2.7			
6	2459	D.M.E.D.K.Fernando	Sri Lanka Army	19900708	6.21	+2.2			

127		15.00 Hrs		Discus Throw (2.000kg)		Men		Final	
Place	Bib No	Name	Affiliate	Date of Birth	Performance	Remarks			
1	2261	S.M.A.M.D.Saparamadu	Sri Lanka Army	19930926	45.19				
2	2447	Z.T.M.Asik	Sri Lanka Army	19920519	44.49				
3	903	S.D.K.Silva	Sri Lanka Army	19920409	44.27				
4	592	H.M.P.G.D.B.Rathnayaka	Sri Lanka Air Force	19930313	43.82				
5	2033	N.P.L.K.Pathirana	Sri Lanka Army	19990803	43.14				
6	2051	K.M.S.Niroshana	Police Sports Club	19831119	42.97				
7	2268	A.M.Jayawickrama	Sri Lanka Navy	19950325	41.96				
8	664	R.M.S.S.Ramanayaka	Sri Lanka Air Force	19950215	40.56				

128		15.30 Hrs		400m Hurdles (0.914m)		Men		Final	
Place	Bib No	Name	Affiliate	Date of Birth	Performance	Remarks			
1	2238	A.L.A.T.Rathnasena	Sri Lanka Army	19950606	52.01				
2	732	A.L.A.I.Rathnasena	Sri Lanka Air Force	19920920	52.13				
3	319	A.M.G.Thushara	Sri Lanka Army	19950221	52.37				
4	2077	B.M.L.D.Banneheka	Sri Lanka Army	19931201	54.15				
5	837	Pasindu Punsara	Sri Lanka Army		55.18				
6	2035	W.N.Nimnajibith	Sri Lanka Army	20000905	56.10				
7	2356	G.T.Hansaka	Sri Lanka Army	20000311	56.70				

129		15.45 Hrs		800m		Women		Final	
Place	Bib No	Name	Affiliate	Date of Birth	Performance	Remarks			
1	2723	W.K.L.A.Nimali	Sri Lanka Air Force	19890919	2:07.09				
2	2655	K.G.N.M.A.Kumari	Sri Lanka Air Force	19960602	2:11.09				
3	2865	T.M.Isanka Gayani Ranasinghe	Sri Lanka Army	20000321	2:30.44				

130		15.55 Hrs		800m		Men		Final	
Place	Bib No	Name	Affiliate	Date of Birth	Performance	Remarks			
1	2405	R.P.P.Pushpakumara	Sri Lanka Army	19960212	1:51.79				
2	2477	A.M.S.B.Aththanayaka	Sri Lanka Army	20001010	1:51.90				
3	2216	H.M.S.Kumara	Sri Lanka Army	19950126	1:52.30				
4	2519	W.M.T.G.Thennakoon	Sri Lanka Army	20020205	1:52.63				
5	2124	W.A.D.Kumara	Sri Lanka Army	19920710	1:54.40				
6	917	G.S.R.K.Perera	Sri Lanka Army	19940416	1:55.19				

**131**   **15.55 Hrs**                      **400m (Decathlon)**                      **Not held**                      **Men**                      **(5)**