



Following TOMSA 14 Para Athlete participated in 16th Senior National Para Athletics Championships-2016, 26th to 30th March - 2016, Panchkula, Haryana, and won 44 Medals (24 Gold, 17 Silver & 3 Bronze): -

Details Performance

Sr. No.	Name of the Athlete	Events	Medals /Rank	Performance
1.	Ankur Dhama	Men's 800m T11	Gold Medal	2:09.36s
		Men's 1500m T11	Gold Medal	4:33.40s
		Men's 5000m T11	Gold Medal	17:48.89s
		Men's 4x400m T11/12/13	Gold Medal	3:55.01s
2.	Bandan Kerketta	Men's 200m T11	Gold Medal	26.20s
		Men's 400m T11	Silver Medal	1:00.97s
		Men's Long Jump T11	Gold Medal	4.51m
		Men's 4x400m T11/12/13	Gold Medal	3:55.01s
3.	Ramanjee	Men's 100m T11	Gold Medal	12.22s
		Men's 200m T11	Silver Medal	26.87s
		Men's 4x100m T11/12/13	Gold Medal	49.95s
4.	Sonu Singh	Men's Shot Put F11	Silver Medal	8.79m
		Men's Discus Throw F11	Silver Medal	24.76m
5.	Mohit Arora	Men's 200m T12	Silver Medal	24.83s
		Men's 400m T12	Silver Medal	58.16s
		Men's 4x400m T11/12/13	Silver Medal	4:10.09s
6.	Rohit Kumar	Men's 800m T12	Silver Medal	2:18.47s
		Men's 1500m T12	Gold Medal	5:00.03s
		Men's 1500m T12	Silver Medal	19:00.91s
		Men's 4x400m T11/12/13	Gold Medal	3:55.01s
7.	Avnil Kumar	Men's 200m T13	Gold Medal	23.63s
		Men's 400m T13	Silver Medal	53.77s
		Men's Long Jump T13	Bronze Medal	5.04m
		Men's 4x400m T11/12/13	Gold Medal	3:55.01s
8.	Gaurav Singh	Men's Discus Throw F13	Gold Medal	22.80m
		Men's Javelin Throw F13	Silver Medal	40.92m
9.	Neeraj Yadav	Men's Shot Put F56	Silver Medal	8.18m
		Men's Discus F56	Gold Medal	31.05m
		Men's Javelin F56	Gold Medal	25.64m
10.	Nir Bahadur Gurung	Men's Shot Put F53	Gold Medal	6.71m
		Men's Discus Throw F53	Bronze Medal	13.85m
		Men's Javelin Throw F53	Bronze Medal	13.25m



11.	Ramkaran Singh	Men's 800m T13	Silver Medal	2:04.66s
		Men's 1500m T13	Gold Medal	4:31.81s
		Men's 5000m T13	Gold Medal	16:48.38s
		Men's 4x100m T11/12/13	Gold Medal	49.95s
12.	Rahul Kumar	Men's 800m T13	Silver Medal	2:17.70s
		Men's 1500m T13	Gold Medal	5:01.10s
		Men's 5000m T13	Silver Medal	18:34.54s
		Men's 4x400m T11/12/13	Silver Medal	4:01.00s
13.	Govind Kaushik	Men's Discus Throw F12	Silver Medal	25.36m
14.	Sandeep Singh Maan	Men's 100m T46	Gold Medal	10.86s
		Men's 200m T46	Gold Medal	22.60s
		Men's 400m T46	Gold Medal	51.03s

