



*“The true spirit of sport means respecting yourself, the sport,
your coaches and your competitors. That means working hard,
being fair, honest and free from drugs”
Markus Rogan, Austrian swimmer*



**RECORDS
OF
12th National School Games
&
National School Athletics Meet, 2015**



**Games and Sports Division
Department of Youth and Sports
Ministry of Education
Thimphu: Bhutan**

**Department of Youth and Sports
Ministry of Education**

**Results of National School Football and TRADITIONAL Archery Tournament held at
Pelrithang, Sarpang in January 2016**

SL	Event	Post.	School	Dzongkhag
1	Football (boys)	Winner	UGYEN ACADEMY	Punakha
		Runners-Up	DAMPHU HSS	Tsirang
2	Football (girls)	Winner	GESARLING CS	Dagana
		Runners-Up	BAYLLING HSS	Trashiyangtse
3	Traditional Archery	Winner	PUNAKHA HSS	Punakha
		Runners-Up	JIGME SHERUBLING HSS	Trashigang

Foreword

The National School Athletics Meet and the National School Games are major activities organized by the Games and Sports Division, Department of Youth and Sports on an annual basis. The conduct of such activities does not only help to motivate student's participation in sports but also facilitate them to exhibit their talents at the National Level. In addition, it provides good exposure to students from across the country.

The National School Athletics Record booklet is compiled by the Games and Sports Division every year and is made available to all relevant stakeholders. The booklet also contains the best standing records of the school athletics as of August 2015.

We are optimistic that the information provided in this booklet would be a useful reference and serve as a benchmark for our aspiring young athletes.

With best wishes.

Sport is a 'School for Life" which can contribute to personality development and the acquisition of fundamental social skills. The practice of well organized sporting activities is widely accepted as beneficial to children and adolescent and a positive impact on their physical, mental, psychological and social development"
Bouchard, C, Shepard R.J. & Stephens, T.

*Games and Sports Division
Department of Youth and Sports*

**Result of the 12th National School Games held at Punakha from
22nd – 26th December, 2015**

Sl	Event	Post.	Name	School	Dz/Throm
1	Basketball (Boys)	Winner		Ugyen Academy	Punakha
		Runners- Up		Pelhil HSS	Thimphu
2	Basketball (Girls)	Winner		Kelki HSS,	Thimphu
		Runners- Up		Ugyen Academy	Punakha
3	Volleyball (Boys)	Winner		Pelkhil HSS,	Thimphu
		Runners- Up		Jampel HSS	Haa
4	Volleyball (Girls)	Winner		Taktse RHSS,	Trongsa
		Runners- Up		Yadhi HSS	Mongar
5	Chess (Boys)	Winner	KARMA SONAM,	Ugyen Academy	Punakha
		Runners- Up	RINCHEN DORJI	Dagapela MSS	Dagana
6	Chess (Girls)	Winner	TSHERING CHODEN,	Samtse HSS	Samtse
		Runners- Up	JAMYANG CHODEN	Lhuentse hss	Lhuentse
7	TT Single (Boys)	Winner	BISHAL GURUNG	Mothithang HSS	Thimphu
		Runners -Up	UGYEN PHUNTSO	Punakha HSS	Punakha
8	TT Single (Girls)	Winner	SONAM YANGKI,	Mothithang HSS	Thimphu
		Runners -Up	SONAM YOUDEN	Phuntsholing MSS	P/ling Thromde
9	TT DBL (Boys)	Winner	BISHAL GURUNG & SAGAR GURUNG,	Mothithang HSS	Thimphu
		Runners -Up	UGYEN PHUNTSO & NORBU WANGDI	Punakha HSS	Punakha
10	TT DBL (Girls)	Winner	NIKITA RAI & SONAM DEMA,	Lungtenzampa MSS	Thimphu
		Runners -Up	ANITA RAI & NISHA GURUNG	Punakha HSS	Punakha
11	Badminton SGL (Boys)	Winner	KARMA CHENDRU,	Phuntsholing HSS	P/ling Thromde
		Runners -Up	SUVERSON LAMA	Kuendrup HSS	Sarpang
12	Badminton SGL (Girls)	Winner	EDEN	YHSS HSS	Thim Throm
		Runners -Up	SANGAY TSHOMO	Phuntsholing HSS	P/ling Thromde
13	Badminton DBL (Boys)	Winner	GAZIN WANGCHUK & CHIMI WANGCHUK,	Changangkha MSS	Thimphu
14	Badminton DBL (Boys)	Runners -Up	NEELISH MONGAR & PASSANG DORJI	Gelephu HSS	Gelephu Thromde
15	Badminton DBL (Girls)	Winner	THINLEY WANGMO & SONAM WANGMO,	Phuntsholing HSS	P/ling Thromde
16	Badminton DBL (Girls)	Runners -Up	THINLEY DEMA & KARMA PELZOM THIGH	Motithang HSS	Thimphu

“When young people participate in sports or have access to physical activities, they can build up their health and self esteem, use their talents to the fullest, learn the ideals of team work and tolerance, and be drawn away from the dangers of drugs and crime”

Kofi A. Annan, Secretary General , UN, 2005

Sl	Event	Rank	Name	School	Dzongkhag	Record
16	Long Jump (Girls)	1st	UGYEN CHODEN	Losel Gaytsho	Sarpang	04.61
		2nd	PEMA TSHOMO	Yangchenphug HSS	Thim Throm	04.22
		3rd	HEMA DEVI	Jakar HSS	Bumthang	04.11
17	High Jump (Boys)	1st	KINLEY WANGDI	Dashidingkha CS	Punakha	01.77
		2nd	KIRAN CHETTRI	Drugyel HSS	Paro	01.68
		3rd	TASHI DENDUP	Yangchenphug HSS	Thim Throm	01.67
18	High Jump (Girls)	1st	OMIKA DEVI SHARMA	Orong HSS	S/Jongkhar	01.31
		2nd	DAWA PALDEN	Yangchenphug HSS	Thim Throm	01.30
		3rd	CHIMI WANGMO	Tangmachu CS	Lhuentse	01.29
19	Triple Jump (Boys)	1st	DAWA KELZANG	Tendruk HSS	Samtse	12.32
		2nd	KUENGA NIMA	Drugyel HSS	Paro	12.16
		3rd	KHALISHORE CHETTRI	Punakha HSS	Punakha	12.11
20	Triple Jump (Girls)	1st	SHERAB WANGMO	Ugyen Academy	Punakha	09.33
		2nd	TSHERING YUDEN	Tshaphel LSS	Haa	08.99
		3rd	PEMA TSHOMO	Yangchenphug HSS	Thim Throm	08.81
21	Javelin (Boys) 800g	1st	SONAM THUJI	Phobjikha MSS	Wangdue	49.82
		2nd	SANGAY WANGCHUK	Damphu HSS	Tsirang	45.61
		3rd	SANGAY PASSANG	Zhemgang CS	Zhemgang	45.60
22	Javelin (Girls) 600g	1st	LEKI DEMA	Yeichen CS	Pemagatshel	32.58
		2nd	SONAM YANGZOM	Lhuentse HSS	Lhuentse	26.64
		3rd	PHUNTSO CHODEN	Jakar HSS	Bumthang	25.52
23	Discuss (Boys) 1.75kg	1st	NAMGAY WANGCHUK	Phuntsholing HSS	P/ling Throm	32.83
		2nd	SANGAY TENZIN	Yadhi HSS	Mongar	31.61
		3rd	ATISH URAON	Yoeseltse MSS	Samtse	29.49
24	Discuss (Girls) 1.00kg	1st	SONAM PELDEN	Jampelling HSS	Trashigang	22.00
		2nd	CHIMI DEMA	Punakha HSS	Punakha	21.79
		3rd	DORJI WANGMO	Lhuentse HSS	Lhuentse	20.21
25	Shot put (Boys) 6.00kg	1st	RINZIN GYELTSHEN	Damphu HSS	Tsirang	12.45
		2nd	TASHI	Taktse HSS	Trongsa	11.59
		3rd	CHIMI DORJI	Tendruk HSS	Samtse	11.52
26	Shot put (Girls) 4.00kg	1st	PEMA WANGMO	Baylling HSS	T/Yangtse	07.81
		2nd	SONAM LHADEN	Sonam Kuenphen	Bumthang	07.51
		3rd	LHAMO DEMA	Tshengkharla LSS	T/Yangtse	07.22

**STANDING RECORD
OF
NATIONAL SCHOOL ATHLETICS COMPETITION
(As of March 2016)**

BOYS

Event	Name	Address	Record	Year
100 m	CHENCHO GYELTSHEN	Kelki HSS	00:11:29	2014
200 m	CHENCHO GYELTSHEN	Kelki HSS	00:23:16	2014
400 m	DORJI TSHERING	Lungtenzampa MSS	00:56:77	2014
800 m	TENZIN THINLEY	Motithang HSS	02:08:70	2014
1500 m	TENZIN THINLEY	Motithang HSS	04:41:48	2014
3000 m	KUNZANG NORBU	Mothithang HSS	09:27:97	2002
4X100 Relay	YANGCHENPHU HSS	Thim Throm	00:46:10	2014
Long Jump	TASHI DENDUP & OM RAJ GHALLAY	Yangchenphu HSS	00:06:16	2015
Triple Jump	CHENCHO GYELTSHEN	Ugyen Academy	12.71	2012
High Jump	KINLEY WANGDI	Dashiding CS	01.77	2015
Shot Put	SONAM RINZIN	Zhemgang HSS	16.45	2001
Discus	SONAM RINZIN	Zhemgang HSS	37.01	2001
Javelin	TASHI WANGCHUK	Samtse MSS	50.50	2005

GIRLS

Event	Name	Address	Record	Year
100 m	SANGAY WANGMO	Yangchenphu HSS	00:13:74	2015
200 m	SANGAY WANGMO	Yangchenphu HSS	00:29:57	2015
400 m	CHIMI DEMA	Yangchenphu HSS	01:12:27	2015
800 m	CHIMI DEMA	Yangchenphug HSS	02:47:49	2015
1500m	CHIMI DEMA	Yangchenphug HSS	05:59:01	2015
3000m	KARMA LHADEN	Ramjar LSS	12:38:20	2010
4X100 Relay	YANGCHENPHU HSS	Thim Throm	56:48	2015
Long Jump	UGYEN CHODEN	Losel Gaytsho Academy	04.49	2015
Triple Jump	DAMCHOE LHADEN	Utpal HSS	09.73	2014
High Jump	OMIKHA DEVI SHARMA	Orang HSS	01.31	2015
Shot Put	PHUB LHAM	Yangchenphu HS	11.74	2000
Discus	KENCHO LHAM	Ugyen Dorji HS	23.68	2000
Javelin	SANGAY LHAMO	Mongar HSS	31.00	2005

**Results of 12th National School Athletics Meet held at
Thimphu from 4th – 9th JULY 2015**

Sl	Event	Rank	Name	School	Dzongkhag	Record
1	100 m (Boys)	1st	DINESH KUMAR	Yangchenphug HSS	Thim Throm	00:11:78
		2nd	SANGAY JAMTSO	Gongthung MSS	Trashigang	00:11:89
		3rd	TANDIN TAMANG	Pelkhil HSS	Thim Throm	00:12:23
2	100 m (Girls)	1st	SANGAY WANGMO	Yangchenphug HSS	Thim Throm	00:13:74
		2nd	UGYEN CHODEN	Losel Gaytsho	Sarpang	00:14:64
		3rd	YESHI DEMA	Dechencholing MSS	Thim Throm	00:15:04
3	200 m (Boys)	1st	LHABA TSHERING	Pelkhil HSS	Thim Throm	00:24:27
		2nd	TANDIN TAMANG	Pelkhil HSS	Thim Throm	00:24:32
		3rd	SANGAY WANGDI	Drukjigang HSS	Dagana	00:25:14
4	200 m (Girls)	1st	SANGAY WANGMO	Yangchenphug HSS	Thim Throm	00:29:57
		2nd	YESHI DEMA	Dechencholing MSS	Thim Throm	00:31:44
		3rd	SUNITA MONGAR	Tshaphel LSS	Haa	00:31:80
5	400 m (Boys)	1st	DORJI TSHERING	Pelkhil HSS	Thim Throm	00:57:68
		2nd	SANGAY TSHERING	Drugyel HSS	Paro	00:58:19
		3rd	SANTA BIR MONGAR	Gongzim UD HSS	Haa	00:58:87
6	400 m (Girls)	1st	CHIMI DEMA	Yangchenphug HSS	Thim Throm	01:12:27
		2nd	SONAM CHODEN	Kuenga HSS	Paro	01:13:46
		3rd	SONAM CHODEN	Jakar HSS	Bumthang	01:16:57
7	800 m (Boys)	1st	CHIMI WANGCHUK	Dechencholing MSS	Thim Throm	02:14:11
		2nd	SHABIR TAMANG	Pelkhil HSS	Thim Throm	02:16:64
		3rd	NESHAN GURUNG	Tendruk HSS	Samtse	02:16:83
8	800 m (Girls)	1st	CHIMI DEMA	Yangchenphug HSS	Thim Throm	02:47:49
		2nd	GOMA PRADHAN	Motithang HSS	Thim Throm	02:49:68
		3rd	SONAM CHODEN	Kuenga HSS	Thim Throm	02:55:37
9	1500 m (Boys)	1st	SHABIR TAMANG	Pelkhil HSS	Thim Throm	04:50:24
		2nd	PEMA DORJI	Zilukha MSS	Thim Throm	04:52:18
		3rd	SANGAY THINLEY	Minjey MSS	Lhuentse	04:52:84
10	1500 m (Girls)	1st	CHIMI DEMA	Yangchenphug HSS	Thim Throm	05:59:01
		2nd	GOMA PRADHAN	Motithang HSS	Thim Throm	06:02:47
		3rd	TSHERING GYEM	Gongzim UD HSS	Haa	06:20:65
11	3000 m (Boys)	1st	PEMA DORJI	Zilukha MSS	Thim Throm	10:42:77
		2nd	SHABIR TAMANG	Pelkhil HSS	Thim Throm	10:57:57
		3rd	DAWA TSHERING	Dungtse MSS	Trashigang	11:17:97

Sl	Event	Rank	Name	School	Dzongkhag	Record
12	3000 m (Girls)	1st	CHIMI DEMA	Yangchenphug HSS	Thim Throm	12:56:30
		2nd	GOMA PRADHAN	Motithang HSS	Thim Throm	13:27:23
		3rd	DECHEN WANGMO	Samcholing MSS	Trongsa	13:59:55
13	4X100 Relay (Boys)	1st	DORJI TSHERING	Pelkhil HSS	Thim Throm	00:47:22
			TANDIN TAMANG	Pelkhil HSS	Thim Throm	
			LHABA TSHERING	Pelkhil HSS	Thim Throm	
			TSHERING WANGYEL	Pelkhil HSS	Thim Throm	
		2nd	DORJI PENJOR	Jampel HSS	Haa	00:48:21
			DAGO DORJI	Jampel HSS	Haa	
			SONAM LOTAY	Jampel HSS	Haa	
			NIMA TSHERING	Jampel HSS	Haa	
		3rd	SANGAY TSHERING	Drugyel HSS	Paro	00:49:84
			TEN DORJI	Drugyel HSS	Paro	
			KUNZANG NIMA	Drugyel HSS	Paro	
			NAMGAY WANGCHUK	Drugyel HSS	Paro	
14	4X100 Relay (Girls)	1st	SANGAY WANGMO	Yangchenphug HSS	Thim Throm	00:56:48
			TENZIN CHODEN	Yangchenphug HSS	Thim Throm	
			TANDI LHAM	Yangchenphug HSS	Thim Throm	
			PEMA SELDON	Yangchenphug HSS	Thim Throm	
		2nd	SONAM CHOKI	Jakar HSS	Bumthang	01:02:48
			SONAM CHODEN	Jakar HSS	Bumthang	
			SONAM DEMA	Jakar HSS	Bumthang	
			NIMA S WANGMO	Jakar HSS	Bumthang	
		3rd	MEENA RAI	Damphu HSS	Tsirang	01:03:02
			BISHNU MAYA	Damphu HSS	Tsirang	
			AMIRITA PRADHAN	Damphu HSS	Tsirang	
			MEENA KUMARI	Damphu HSS	Tsirang	
15	Long Jump (Boys)	1st	OM RAJ GHALLEY	YHSS	Thim Throm	06.16
		1st	TASHI DENDUP	YHSS	Thim Throm	06.16
		3rd	RINZIN GYELTSHEN	Damphu HSS	Tsirang	06.13