

**DEPARTMENT OF YOUTH AND SPORTS
GAMES AND SPORTS DIVISION**

**Results of 13th National School Athletics Meet held at
Thimphu from 5th – 9th JULY 2016
Thimphu**

Sl	Event	Rank	Name	School	Dzongkhag	Record	Remarks
1	100 m (Boys)	1st	DINESH KUMAR	Pelkhil HSS	Thim Throm	00.11.30	
		2nd	TASHI DENDUP	Yangchenphug HSS	Thim Throm	00.11.71	
		3rd	KINLEY DORJI	Taktse HSS	Trongsa	00.12.09	
2	100 m (Girls)	1st	SANGAY WANGMO	Yangchenphug HSS	Thim Throm	00.13.75	
		2nd	TENZIN CHODEN	Yangchenphug HSS	Thim Throm	00.14.20	
		3rd	BISHNU MAYA MONGAR	Damphu Central School	Tsirang	00.14.65	
3	200 m (Boys)	1st	PEMA THINLEY	Yangchenphu HSS	Thim Throm	00:23:69	
		2nd	DINESH KUMAR	Pelkhil School	Thim Throm	00:23:76	
		3rd	LHABA TSHERING	Pelkhil School	Thim Throm	00:23:86	
4	200 m (Girls)	1st	SANGAY WANGMO	Yangchenphu HSS	Thim Throm	00:28:78	New Record
		2nd	YESHI DEMA	Dechencholing HSS	Thim Throm	00:30:31	
		3rd	UGYEN PELDEN	Lango MSS	Paro	00:30:64	
5	400 m (Boys)	1st	DORJI TSHERING	Pelkhil School	Thim Throm	00.56.25	New Record
		2nd	TASHI NORBU	Shari HSS	Paro	00.58.25	
		3rd	ARON PRADHAN	Gaserling Central School	Dagana	00.58.76	
6	400 m (Girls)	1st	GOMA PRADHAN	Motithang HSS	Thim Throm	01.10.04	New Record
		2nd	SUNITA MONGAR	Gongzim Ugyen Dorji HSS	Ha	01.13.11	
		3rd	CHADOR WANGMO	Dalaythang LSS	Dagana	01.13.46	
7	800 m (Boys)	1st	TSHERING PENJOR	Yangchenphug HSS	Thim Throm	02.10.87	
		2nd	CHIMI WANGCHUK	Pelkhil School	Thim Throm	02.11.03	
		3rd	LAXMI NARAYAN	Mothithang HSS	Thim Throm	02.14.24	
8	800 m (Girls)	1st	GOMA PRADHAN	Mothithang HSS	Thim Throm	02.41.67	New Record
		2nd	TANDIN WANGMO	Dechencholing HSS	Thim Throm	02.54.46	
		3rd	RINZIN DEMA	Gongpasingma LSS	Pemagatshel	02.55.24	
9	1500 m (Boys)	1st	TSHERING PENJOR	Yangchenphug HSS	Thim Throm	04.42.99	
		2nd	CHIMI WANGCHUK	Pelkhil School	Thim Throm	04.43.48	
		3rd	KARMA YOEZER	Wangbama Central School	Thimphu	04.54.39	
10	1500 m (Girls)	1st	GOMA PRADHAN	Motithang HSS	Thim Throm	05.43.88	New Record
		2nd	TANDIN WANGMO	Dechencholing HSS	Thim Throm	06.10.34	
		3rd	TSHERING GYEM	Gongzim Ugyen Dorji HSS	Ha	06.19.41	
11	3000 m (Boys)	1st	GALEY TSHERING	Babesa MSS	Thim Throm	10:34:87	
		2nd	TEK BDR. WAKLEY	Drukjegang CS	Dagana	10:47:44	
		3rd	NIMA DORJI	Pelkhil School	Thim Throm	10:57:09	
12	3000 m (Girls)	1st	GOMA PRADHAN	Mothithang HSS	Thim Throm	12:30:14	New Record
		2nd	YESHI DEMA	Bjoshong CS	Gasa	13:03:55	
		3rd	TANDIN WANGMO	Dechenling HSS	Thim Throm	13:10:57	
13	4X100 Relay (Boys)	1st	PEMA THINLEY	Yangchenphug HSS	Thim Throm	00.46.32	
			TASHI DHENDUP		Thim Throm		
			OM RAJ GHALLEY		Thim Throm		
			TSHERING PENJOR		Thim Throm		
		2nd	DORJI TSHERING	Pelkhil School	Thim Throm	00.47.07	
			DINISH KUMAR		Thim Throm		
			LHAB TSHERING		Thim Throm		
			TANDIN TAMANG		Thim Throm		

		3rd	CHUMA DORJI LEPCHA	Ugyen Academy HSS	Punakha	00.48.28	
			PEMA DORJI DRUKPA		Punakha		
			NGAGYEL		Punakha		
			KARMA GYELTSHEN DRAKPA		Punakha		
14	4X100 Relay (Girls)	1st	SANGAY WANGMO	Yangchenphug HSS	Thim Throm	00.56.95	New Record
			SONAM CHODEN		Thim Throm		
			TANDIN LHAM		Thim Throm		
			TENZIN CHODEN		Thim Throm		
		2nd	SONAM CHOKI	Perithang MSS	Sarpang	00.59.29	
			SONAM CHODEN		Sarpang		
			SONAM DEMA		Sarpang		
			TSSHERING YANGDEN		Sarpang		
		3rd	BISHNU MAYA MONGER	Damphu HSS	Tsirang	01.02.84	
			SONAM CHODEN		Tsirang		
			MEENA RAI		Tsirang		
			GEETA SANYARI		Tsirang		
15	Long Jump (Boys)	1st	TASHI DENDUP	Yangchenphu HSS	Thim Throm	6.74	New Record
		1st	JEEWAN BISWA	Drugyel HSS	Paro	6.14	
		3rd	SONAM TOBGAY	Dashiding HSS	Punakha	5.76	
16	Long Jump (Girls)	1st	TSSHERING YANGDON	Tamgmachu CS	Lhuntse	04.13	
		2nd	SONAM CHODEN	Khoma LSS	Lhuntse	04.02	
		3rd	KINLEY YANGDEN	Wangbama CS	Thimphu	04.00	
17	High Jump (Boys)	1st	MIPHAM YOEZER GURUNG	Kelki HSS	Thim Throm	01.78	New Record
		2nd	KINLEY WANGDI	Ugyen Academy	Punakha	01.78	
		3rd	UGYEN PHUNTSO	Gongzim Ugyen Dorji HSS	Ha	01.74	
18	High Jump (Girls)	1st	DAWA PALDEN	Yangchenphug HSS	Thim Throm	1.36	
		2nd	GHALLEY WANGMO	Ugyen Academy	Punakha	1.32	
		3rd	CHIMI YUDEN	Taktse HSS	Trongsa	1.32	
19	Triple Jump (Boys)	1st	KARMA TSSHERING LEPCHA	Samtse HSS	Samtse	13.52	New Record
		2nd	NAMKHA DORJI	Zhemgang Central School	Zhemgang	12.59	
		3rd	SONAM THINLEY	Jampel HSS	Ha	12.43	
20	Triple Jump (Girls)	1st	TENZIN CHODEM	Yangchenphu HSS	Thim Throm	09.80	New Record
		2nd	TSSHERING YUDEN	Gongzim Ugyen Dorji HSS	Ha	08.98	
		3rd	YANGKA LHAMO	Utpal Academy	Paro	08.97	
21	Javelin 800g (Boys)	1st	UGYEN TENZIN	Chukha HSS	Chukha	42.32	
		2nd	BUDDHA BIR LIMBU	Damphu Central School	Tsirang	41.39	
		3rd	PHUNTSO JIGME	Ugyen Academy	Punakha	41.36	
22	Javelin 600g (Girls)	1st	PHUNTSO CHODEN	UTPAL Academy	Paro	24.01	
		2nd	PEMA SELDON	Pelrithang MSS	Sarpang	22.94	
		3rd	LHAKPA DEMA	Punakha Central School	Punakha	22.55	
23	Discus 1.75kg (Boys)	1st	PHUB DORJI	Ugyen Academy	Punakha	33.41	
		2nd	KARMA TSSHERING LEPCHA	Samtse HSS	Samtse	32.87	
		3rd	KEZANG DORJI	Gyelpozhing Central School	Mongar	32.51	
24	Discus 1.00kg (Girls)	1st	TENZIN WANGMO	Changangkha MSS	Thim Throm	22.71	
		2nd	CHIMI DEMA	Punakha CS	Punakha	21:85	
		3rd	PASSANG CHODEN	Tashitse HSS	Trashigang	20.35	
25	Shot put 6.00kg (Boys)	1st	PHUB DORJI	Ugyen Academy	Punakha	12.56	
		2nd	SONAM JAMTSO	Drukjegang Central School	Dagana	11.99	
		3rd	DORJI	Pelkhil School	Thim Throm	11.83	
26	Shot put 4.00kg (Girls)	1st	DORJI WANGMO	Karmaling HSS	Samdrupjongkhar	8.06	
		2nd	LETHRO WANGMO	Punakha Central School	Punakha	7.97	
		3rd	CHIMI SELDON	Mothithang HSS	Thim Throm	7.85	