

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

**Results of 14th National School Athletics Meet held at
from 5th – 9th JULY 2017
Thimphu**

Sl	Event	Rank	Name	DOB	School	Dzongkhag	Records	Remarks
1	100 m (Boys)	1st	KINGA RABGAY	01/01/1998	Motithang HSS	Thimthrom	00:11.20	National Record
		2nd	TSHERING WANGDI	02/10/1998	Ugyen Academy	Punakha	00:11.36	
		3rd	KINLEY DORJI	15/11/1994	Taktse RHSS	Trongsa	00:11.56	
2	100 m (Girls)	1st	SANGAY WANGMO	14/12/1998	Ugyen Academy	Punakha	00:13.52	National Record
		2nd	SUNITA RAI	07/08/2001	Pelrithang MSS	Sarpang	00:13.95	
		3rd	YESHI DEMA	26/01/2001	Dechencholing HSS	Thimthrom	00:14.13	
3	200 m (Boys)	1st	PEMA DENDUP	01/01/1998	Yangchenphu HSS	Thimthrom	00:24.27	
		2nd	LHABA TSHERING	04/03/1995	Pelkhil School	Thimthrom	00:24.36	
		3rd	SINGYE WANGCHUK	02/05/1997	Ugyen Academy	Punakha	00:25.24	
4	200 m (Girls)	1st	SANGAY WANGMO	14/12/1998	Ugyen Academy	Punakha	00:28.05	National Record
		2nd	CHADOR WANGMO	07/12/2002	Daga CS	Dagana	00:29.73	
		3rd	SONAM CHODEN	05/11/1999	Gelephu HSS	Gelephu Throm	00:30.07	
5	400 m (Boys)	1st	MIPHAM YOEZER GURUNG	24/12/1999	Pelkhil School	Thimthrom	00:54.32	National Record
		2nd	GANGA GURUNG	14/07/1997	Motithang HSS	Thimthrom	00:55.84	
		3rd	NIM DORJI SHERPA	04/10/1995	Daga CS	Dagana	00:56.35	
6	400 m (Girls)	1st	TSHERING DEMA	14/06/1996	Lungtenzampa MSS	Thimthrom	01:10.95	National Record
		2nd	PRATIKSHA PRADHAN	02/05/2002	Yangchenphu HSS	Thimthrom	01:11.75	
		3rd	SARJU DEVI	30/08/2002	Utpal HS	Paro	01:15.80	
7	800 m (Boys)	1st	TSHERING PENJOR	07/07/1999	Yangchenphu HSS	Thimthrom	02:08.82	
		2nd	CHIMI WANGCHUK	12/12/1996	Nima HSS	Thimthrom	02:09.76	
		3rd	KUMAR RAI	01/01/1999	Tshaphel LSS	Haa	02:14.00	
8	800 m (Girls)	1st	CHIMI WANGMO	30/03/2001	Lungtenzampa MSS	Thimthrom	02:50.89	
		2nd	TANDIN WANGMO	17/03/2001	Dechencholing HSS	Thimthrom	02:54.41	
		3rd	SOVA GHALLEY	01/08/1999	Tshaphel LSS	Haa	02:57.96	
9	1500 m (Boys)	1st	CHIMI WANGCHUK	12/12/1996	Nima HSS	Thimthrom	04:44.86	
		2nd	TEK BDR WAKLEY	17/08/1996	Drukjeygang CS	Dagana	04:46.85	
		3rd	RINZIN DORJI	08/09/1999	Wangbama CS	Thimphu Dz	04:50.74	
10	1500 m (Girls)	1st	TSHERING DEMA	04/11/2003	Chumey MSS	Bumthang	06:04.86	
		2nd	DUKA DEVI GHALLAY	25/11/2002	Yoeseltse MSS	Samtse	06:07.00	
		3rd	TANDIN WANGMO	17/03/2001	Dechencholing HSS	Thimthrom	06:08.29	
11	3000 m (Boys)	1st	RINZIN DORJI	08/09/1999	Wangbama CS	Thimphu Dz	10:26.10	
		2nd	KINLEY TSHERNG	17/04/2001	Dechencholing HSS	Thimthrom	10:26.93	
		3rd	KUMAR RAI	01/01/1999	Tshaphel LSS	Ha	10:41.28	
12	3000 m (Girls)	1st	RINZIN DEMA	07/01/2002	Gonpasingma LSS	Pemagatshel	13:29.26	
		2nd	TSHERING DEMA	30/08/2002	Lungtenzampa MSS	Thimthrom	13:34.72	
		3rd	BINA TAMANG	01/01/2002	Daga CS	Dagana	13:42.84	
13	4X100 Relay (Boys)	1st	DORJI TSHERING	26/08/1996	Pelkhil School	Thimthrom	00:47.29	
			LHABA TSHERING	04/03/1995				
			MIPHAM YOEZER GURUNG	24/12/1999				
			TANDIN TSHERING	06/04/1999				

		2nd	TSSHERING PENJOR	07/07/1999	Yangchenphu HSS	Thmthrom	00:47.31	
			OM RAJ GHALLEY	25/12/1997				
			PEMA DENDUP	01/01/1998				
			SONAM JAMTSO	24/10/1998				
		3rd	TSSHERING WANGDI	02/10/1998	Ugyen Academy	Punakha	00:48.06	
			SINGAY WANGCHUK	02/05/1997				
			PEMA DORJI	13/01/1995				
			NGYAL	11/08/1994				
14	4X100 Relay (Girls)	1st	CHIMI DEMA	23/03/2002	Lungtenzampa MSS	Thimthrom	00:58.39	
			TSSHERING DEMA	30/08/2002				
			TENZIN WANGMO	16/04/2001				
			JAMYANG PELDON	27/12/2002				
		2nd	YESHI DEMA	26/01/2001	Dechencholing HSS	Thimthrom	01:00.06	
			TANDIN WANGMO	17/03/2001				
			KENCHO ZAM	06/10/2001				
			SONAM CHOKI	08/28/2001				
		3rd	SANGAY WANGMO	14/12/1998	Ugyen Academy	Punakha	01:00.37	
			KARMA DEMA	01/11/1998				
			PELZOM	07/10/2003				
			NAMGAY ZAM	30/11/2000				
15	Long Jump (Boys)	1st	TSSHERING NEEDUP	15/12/1998	Kelki HSS	Thimthrom	06.03	
		1st	GANGA GURUNG	14/07/1997	Motithang HSS	Thimthrom	05.90	
		3rd	DHAN RAJ GURUNG	01/03/1996	Drugkijeygang CS	Dagana	05.81	
16	Long Jump (Girls)	1st	TSSHERING YANGDON	27/04/1999	Lhuntse	Tangmachu CS	04.16	
		2nd	TSHEWANG DEMA	08/10/1998	Taktse RHSS	Trongsa	04.09	
		3rd	PUSPA GHIMERAY	15/08/1998	Pelrithang MSS	Sarpang	04.06	
17	High Jump (Boys)	1st	SONAM WANGCHUK	18/10/1999	Wangbama CS	Thimphu Dz	01.77	
		2nd	MIPHA YOEZER GURUNG	24/12/1999	Pelkhil School	Thim Throm	01.73	
		3rd	MADHAN GHALLEY	14/05/2000	Dorokha CS	Samtse	01.61	
18	High Jump (Girls)	1st	CHIMI WANGMO	17/07/1999	Lhuntse HSS	Lhuntse	01.38	National Record
		2nd	TSHEWANG LHAMO	19/10/2001	Mothithang HSS	Thim Throm	01.31	
		3rd	GHALLEY WANGMO	26/09/1998	Ugyen Academy	Punakha	01.26	
19	Triple Jump (Boys)	1st	KARMA TSSHERING LEPCHA	15/10/1997	Samtse HSS	Samtse	13.14	
		2nd	KARMA RIGSEL	13/12/2001	Chumithang MSS	Chukha	12.87	
		3rd	TSSHERING NEEDUP	12/15/1998	Kelki HSS	Thim Throm	12.73	
20	Triple Jump (Girls)	1st	TENZIN CHODEN	14/08/2000	Yangchenphu HSS	Thim Throm	09.63	
		2nd	PEMA CHOEZOM	17/03/1998	Tashitse HSS	Trashigang	08.88	
		3rd	SANGAY PELMO	27/10/2000	Nganglam CS	Pemagatshel	08.76	
21	Javelin 800g (Boys)	1st	THOEBA TSSHERING	30/12/1998	Wangbama CS	Thimphu Dz	43.88	
		2nd	THINLEY DORJI	17/11/1997	Dechencholing HSS	Thim Throm	43.71	
		3rd	PHUB GYELTSSEN	24/12/1998	Ugyen Academy	Punakha	41.97	
22	Javelin 600g (Girls)	1st	PHUNTSO CHODEN	06/11/1997	Utpal HSS	Paro	24.98	
		2nd	SANGAY WANGMO	26/05/1998	Mongar HSS	Mongar	24.91	
		3rd	DAWA DEMA	06/06/2001	Nobding LSS	Wangdue	22.74	
23	Discus 1.75kg (Boys)	1st	KARMA TSSHERING LEPCHA	15/10/1997	Samtse HSS	Samtse	34.42	
		2nd	PHUB DORJI	07/07/1996	Ugyen Academy	Punakha	34.12	
		3rd	SONAM DORJI	01/01/1998	Sonam Kuenphen HSS	Bumthang	34.10	
24	Discus	1st	CHOKI WANGMO	06/04/1998	Tashitse HSS	Trongsa	21.37	

	1.00kg (Girls)	2nd	SONAM TSHOMO	26/07/1999	Pelkhil School	Thim Throm	21.30	
		3rd	SONAM YUDEN	11/04/1995	Lhuntse HSS	Lhuntse	21.14	
25	Shot put 6.00kg (Boys)	1st	SONAM DORJI	01/01/1998	Sonam Kunphen HSS	Bumthang	11.60	
		2nd	PHUB GYELTSHEN	24/12/1998	Ugyen Academy	Punakha	11.54	
		3rd	NORBU WANGDI	14/05/1998	Tashitse HSS	Trashigang	11.24	
26	Shot put 4.00kg (Girls)	1st	LHAMO DEMA	21/01/1998	Kunzangling CS	Trashiyangtse	7.43	
		2nd	SONAM DEKI	17/06/1999	Tashidingkha CS	Punakha	7.42	
		3rd	SANGAY CHODEN	18/01/2000	Tangmachu CS	Lhuntse	7.28	

Complied by:

Games and Sports Division, DYS
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