

South Asian Cross Country Championships 2022**Kohima, Nagaland****26-Mar-22****Org. by Nagaland Athletics Association under the aegis of Athletics Federation of India****Individual Results**

Event # 1 MENS 10K Run							
1	DARSHAN SINGH	632	13/02/97	INDIA			31:08.00
2	R.M.S PUSHPA KUMARA	1050	16/03/83	SRI LANKA			33:12.00
3	PAL MUKESH BAHADUR	1027	02/09/99	NEPAL			34:08.00
4	BISWASH MD ASIF	1008	24/12/96	BANGLADESH			35:49.00
5	HUSSAIN FAZEEL HAROON	1016	10/04/89	MALDIVES			36:07.00
Event # 2 MENS 8K Run UNDER-20							
1	AKASH PATEL	735	09/01/02	INDIA			25:58.00
2	K.M.J.S.D MADUSHAN	1052	01/08/03	SRI LANKA			29:24.00
3	KARKI BADAL	1026	27/03/08	NEPAL			29:29.00
4	HOSSAIN RIPON	1012	16/02/03	BANGLADESH			31:27.00
Event # 3 WOMENS 10K Run							
1	VARSHA DEVI	589	06/08/92	INDIA			37:14.00
2	PACHHAI RAJPURA	1022	13/04/97	NEPAL			38:48.00
3	M.S.P. MADUMALI PERERA	1046	11/08/88	SRI LANKA			39:54.00
4	KAREEM MARIYAM ABDUL	1013	28/09/75	MALDIVES			46:38.00
5	KHATUN POPYIA	1004	11/05/97	BANGLADESH			49:26.00
Event # 4 WOMENS 6K Run UNDER-20							
1	ASHAKIRAN BARLA	334	01/10/06	INDIA			22:47.00
2	BUDHA RAM MAYA	1023	04/01/04	NEPAL			23:36.00
3	BISWAS RINKY	1005	05/04/06	BANGLADESH			24:03.00
4	W.M.K. NIRMALI WICKRAMASINGHI	1047	12/28/06	SRI LANKA			24:29.00
5	RODNA SAMSUN NAHAR	1006	05/02/04	BANGLADESH			27:14.00