

**Qualifiers for second selection trial of Sri Lanka for Asian Athletics championships Odisha-  
India 2017 AS ON 26TH MAY 2017**

**Mens - 2017 - Best Performances**

**100m 11.10/10.8**

10.41	Himasha Eshan	Sri Lanka	AGP 3	Taipei City	30.04.2017
10.57	Yupun Abeykoon	Sri Lanka	IAM	Roma	06.05.2017
10.62	A.L.M. Ashroff	SL Army	1ST/AC	Diyagama	09.04.2017
10.63	M.Vinoj Suranjaya de Silva	Sri Lanka	AOAC	Sydney	31.03.2017
10.67	W.P.D.K. Wijerathna	SL Army	1ST/AC	Diyagama	09.04.2017
10.68	K.S.L. Wickramasinghe	Sri Lanka	BOAP	Darussalam	31.03.2017
10.76	Asiri Wijesekara	Track Masters SC	1ST/AC	Diyagama	09.04.2017
10.82	A.M. Buddika Lakmal	SL Army	1ST/AC	Diyagama	09.04.2017
10.87	T.M. Suraj Dinusha	E/ Moraketiya MV	JNC U18	Diyagama	26.04.2017
10.88	M.S.M. Safran	SL Army	1ST/AC	Diyagama	09.04.2017
10.94	A.R.M. Rajashkan	SL Army	1ST/AC	Diyagama	09.04.2017
10.95	P.G.G.C. Ranaweera	Ka/ St. Sylvester C	JNC U20	Diyagama	26.04.2017
10.98	Y.C.A. Yodasinghe	K/St. Mary's C	JNC U18	Diyagama	26.04.2017
10.99	J.M.J.M.K. Jayasunadara	SL Army	1ST/AC	Diyagama	09.04.2017
11.01	N.P.N. Jayawardana	SL Air Force	1ST/AC	Diyagama	09.04.2017
11.03	K.H.M.B.P. Karunarathna	Police SC	1ST/AC	Diyagama	09.04.2017
11.03	K. Kavinda	SL Air Force	JNC U23	Diyagama	26.04.2017
11.04	R.V.T.F. Udayar	SL Army	JNC U23	Diyagama	26.04.2017
11.05	K.P.S.L. Gunawardana	SL Army	1ST/AC	Diyagama	09.04.2017
11.06	W. Tishan Madusanka	SL Army	1ST/AC	Diyagama	09.04.2017

**2016 - Best Performances**

10.98	S. Ratwatte	Trinity college	JNC U-20	Diyagama	15/05/2016
11.04	M.P.H.L. Minimuthu	St. Mary's College Kegalle	JNC U-23	Diyagama	15/05/2016
10.5	Shehan Ambepitiya	SLA	ArAC	Diyagama	25/09/2016
10.6	Arosha Kariywasam	Sri Lanka	Asian Junior	Ho Chin Minh	03/06/2016
10.6	R.D.C. Niroshan	Puttam district	NYSF over 2	Badulla	25/09/2016
10.6	Roopasinghe	ces	ArAC	Diyagama	25/09/2016
10.6	R.D.U.S. Surendra	SLA	NC	Diyagama	08/07/2016
10.7	G.R.T.M. Jinadasa	sla	ArAC	Diyagama	25/09/2016
10.8	J.D.P. Maduwantha	slli	ArAC	Diyagama	25/09/2016
10.8	A.S.M. Safan	Ambukkagama Muslim M.V	AISG U19	Kandy	15/10/2016
11.06	Sahan T. Rajapaksha	St. Benedict's C.	JNC U18	Diyagama	08/07/1905
10.7	K.H.M. Buddika Pradeep	2sf2	NC	Diyagama	08/07/1905

**2017 - Best Performances**

**200m 22.40/ 22.1**

21.15	M.Vinoj Suranjaya de Silva	Unattached	1ST/AC	Diyagama	08.04.2017
21.31	H.S.S. Kumara	SL Army	1ST/AC	Diyagama	08.04.2017
21.69	K.H.A. Chamoda Viduranga	Kegalle DAA	1ST/AC	Diyagama	08.04.2017
21.79	K.S.L. Wickramasinghe	SL Army	BOAP	Darussalam	19.03.2017
21.91	R.V.T.F. Udayar	SL Army	JNC U23	Diyagama	24.04.2017
21.92	A. Shalika Santhush	Sri Lanka	2nd AYAC	Bangkok	23.05.2017
21.94	A.S.M Safan	PU/Abukkagama Muslim M	JNC U20	Diyagama	24.04.2017

21.96	S. Aruna Darshana	Weera Keppetipola NS	JNC U20	Diyagama	25.04.2017
21.98	P.G.G.C. Ranaweera	SL Scholls	1ST/AC	Diyagama	08.04.2017
22.00	H.H.K.N.S. De Silva	SL Army	1ST/AC	Diyagama	08.04.2017
			1ST/AC	Diyagama	08.04.2017
22.04	R.T.A.D. Sammi Lakshan	St. Benedict C	JNC U20	Diyagama	25.04.2017
22.07	K. Kavinga	SL Air Force	1ST/AC	Diyagama	08.04.2017
22.10	M.P.W.A. Milinda	SL Air Force	1ST/AC	Diyagama	08.04.2017
22.13	W. Asiri Wijesekara	Gateway IS	JNC U20	Diyagama	24.04.2017
22.21	S.A.D.K.K. Samarasinghe	SL Air Force	JNC U23	Diyagama	25.04.2017
22.21	T.M. Suraj Dinusha	E/ Moraketiya MV	JNC U18	Diyagama	25.04.2017
22.27	R.D.C. Niroshan	SL Air Force	1ST/AC	Diyagama	08.04.2017
22.27	P.N.T. Auchithya	St. Benedic C	JNC U18	Diyagama	25.04.2017
22.27	Chmindu Prabath	Lyceum IS- Wattala	JNC U20	Diyagama	25.04.2017
22.30	Y.C.A. Yodasinghe	K/ St. Mary's	1ST/AC	Diyagama	08.04.2017
22.32	G.R.T. Jinadasa	SL Army	1ST/AC	Diyagama	08.04.2017
22.32	M. Vinod Lakshitha Vaas	Mercantile AF	JNC U23	Diyagama	25.04.2017
22.34	D.M. Amal Prasad	SL Army	1ST/AC	Diyagama	08.04.2017
22.39	J.M.J.M.K. Jayasundara	SL Army	1ST/AC	Diyagama	08.04.2017

#### 2016 - Best Performances

21.0	M.G.A. Premakumara	gw	ArAC	Diyagama	24/09/2016
21.3	W.G.D.K. Wijeratne	gw	ArAC	Diyagama	24/09/2016
21.4	W. Himasha Eshan	SLA	NC	Diyagama	10/07/2016
21.4	H.M. Dilip Ruwan	gw	ArAC	Diyagama	24/09/2016
21.4	S.S. Ambepitiya	SLA	ArAC	Diyagama	24/09/2016
21.5	K.K.K. Seneviratne	SLN	NC	Diyagama	10/07/2016
21.56	A.R.M. Rajaskhan	Sri Lanka	SAG	Guwahati	11/02/2016
21.73	S. Ratwatte	Trinity college	JNC U-20	Diyagama	14/05/2016
21.8	G.S.M. Ayesh Kumara	SLAF	Defence serv	Diyagama	16/08/2016
21.8	W.P.D.L. Kumara	gr	ArAC	Diyagama	24/09/2016
21.9	M.G.D.D.M. Silva	SLAF	NC	Diyagama	10/07/2016
21.9	P.A.C.L. Kumara	Anuradhapura distict	NYSF over20	Badulla	23/09/2016
21.9	A.S.D. Kumara	sla	ArAC	Diyagama	24/09/2016
21.9	K.H.A.C. Viduranga	Gampaha DAA	NC	Diyagama	08/07/1905
21.94	M.P.H.L. Minimuthu	St. Mary's College Kegalle	JNC U-23	Diyagama	14/05/2016
22	Vinura Lakmal	Maris Stella College Negam	JNC U-23	Diyagama	14/05/2016
22.08	Sachith Perera	Nalanda College Colombo	JNC U-20	Diyagama	14/05/2016
22.1	R.D.U.S. Surendra	SLA	NC	Diyagama	08/07/1905
22.16	A.H. Shalith Dilshan	SLA	JNC U23	Diyagama	08/07/1905
22.34	Ishan Kavinda	Kurunegala DAA	JNC U20	Diyagama	08/07/1905
22.38	H. Lahiru Padma	St. Thomas C Matara	JNC U23	Diyagama	08/07/1905

#### 2017 - Best Performances

400m 48.80/48.6

46.46	H.M. Dileep Ruwan	SL Army	1ST/AC	Diyagama	09.04.2017
46.76	H.K. Kalinga Kumara	SL Army	1ST/AC	Diyagama	09.04.2017
46.76	M.G.A. Premakumara	SL Army	1ST/AC	Diyagama	09.04.2017
47.14	P.M.W.G. Tharusha Dananjaya	SL Schools	1ST/AC	Diyagama	08.04.2017
47.51	P.A.D.P. Ruwan Kumara	SL Army	1ST/AC	Diyagama	09.04.2017
47.64	P.R.P.K. Weerasinghe	SL Army	1ST/AC	Diyagama	09.04.2017
47.83	R.G.D.N. Karunarathna	Track Masters SC	1ST/AC	Diyagama	09.04.2017
47.86	A.S.D. Kumara	SL Army	1ST/AC	Diyagama	08.04.2017

48.03	M.M.P. Madusanka	SL Army	1ST/AC	Diyagama	09.04.2017
48.12	S. Aruna Darshana	SL Schools	1ST/AC	Diyagama	08.04.2017
48.20	A.M.L.P. Gunathilaka	SL Army	1ST/AC	Diyagama	09.04.2017
48.21	M.G.D.D.M. Silva	SL Air Force	1ST/AC	Diyagama	09.04.2017
48.26	W.K.L. Fernando	SL Army	1ST/AC	Diyagama	09.04.2017
48.45	Chamika Weerawardana	St. Anthony C	JNC U23	Diyagama	26.04.2017
48.55	Chanaka Jayasekara	Kandy DAA	1ST/AC	Diyagama	08.04.2017
48.57	P.M.P.L. Kodikara	Maliyadeva C	JNC U20	Diyagama	26.04.2017
48.62	K.P.T. Ravishka Indrajith	Sri Lanka	2nd AYAC	Diyagama	20.05.2017
48.63	K.K.K. Senevirathne	SL Navy	1ST/AC	Diyagama	08.04.2017
48.67	J.M.M.P. Bandara	SL Army	1ST/AC	Diyagama	08.04.2017
48.71	Pramod Sankalpa Cooray	Unattached	1ST/AC	Diyagama	08.04.2017
48.72	R.M.U.D. Rajapaksha	Police SC	1ST/AC	Diyagama	08.04.2017
48.74	U.V. Weerasinghe	SL Army	1ST/AC	Diyagama	08.04.2017
48.75	P.D. Pasindu Mihiranga	Nalanda C	JNC U20	Diyagama	26.04.2017

#### 2016 - Best Performances

47.1	T.M.M.D. Peiris	slme	ArAC	Diyagama	25/09/2016
47.4	Y.M.W.G.M. Gunarathne	SLAF	NC	Diyagama	09/07/2016
47.9	H.R. Rajapaksha	2h3	Defence serv	Diyagama	08/07/1905
48.1	M.K.L. Maduranga	SLAF	Defence serv	Diyagama	15/08/2016
48.1	W.M.S.S. Wijesundara	Sabaragamuwa university	SLUG	Diyagama	28/08/2016
48.1	M.P.T.M. Manawardana	SLAF	NC	Diyagama	08/07/2016
48.2	A.E. Lakmal	SLN	Defence serv	Diyagama	15/08/2016
48.4	V.G.S. Wickramarathne	3h1	Defence serv	Diyagama	08/07/1905
48.6	G.S.M. Ayesh Kumara	3h3	Defence serv	Diyagama	08/07/1905
48.6	Vinura Lakmal	5sf1	Defence serv	Diyagama	08/07/1905

#### 2017 - Best Performances

800m 1:56.0

1:49.90	H.E.M.I.G. Indunil Herath	SL Army	1ST/AC	Diyagama	09.04.2017
1:50.18	H.M.S. Kumara	SL Army	1ST/AC	Diyagama	09.04.2017
1:50.29	M.M. Kupun Kushantha	SL Army	1ST/AC	Diyagama	09.04.2017
1:50.90	H.K.T. Fonseka	SL Army	1ST/AC	Diyagama	09.04.2017
1:50.95	W.A.D. Kumara	SL Army	1ST/AC	Diyagama	09.04.2017
1:52.13	W.N.S.K. Wedagedara	SL Army	1ST/AC	Diyagama	09.04.2017
1:52.52	A.M.L. De Soysa	SL Army	1ST/AC	Diyagama	09.04.2017
1:52.80	G.R. Chathuranga	SL Army	JNC U23	Diyagama	25.04.2017
1:53.35	M.D.M.P. Saparamadu	SL Army	1ST/AC	Diyagama	08.04.2017
1:53.85	H.K.R. Kumara	SL Army	1ST/AC	Diyagama	08.04.2017
1:53.95	K.G.A.D. Amarasiri	SL Air Force	1ST/AC	Diyagama	08.04.2017
1:54.03	H.P.T. Deshapriya	SL Army	1ST/AC	Diyagama	08.04.2017
1:54.40	G.T.M. Galarawa	SL Army	1ST/AC	Diyagama	08.04.2017
1:54.42	G.V. Udayanga	SL Air Force	1ST/AC	Diyagama	08.04.2017
1:54.48	W.P. Pramod Buddika	Lanka Lions SC	1ST/AC	Diyagama	08.04.2017
1:54.53	D.M.D. Janith Krishan	SL Army	1ST/AC	Diyagama	08.04.2017
1:54.57	H.Y.S. Ratnayake	SL Army	1ST/AC	Diyagama	08.04.2017
1:54.99	D.H.M.S. Karunarathne	Sri Lanka	2nd AYAC	Bangkok	21.05.2017
1:55.15	B.S.R.T. Bulugahapitiya	Darmaraja C	JNC U20	Diyagama	25.04.2017
1:55.45	P.A.L. Peris	SL Army	1ST/AC	Diyagama	08.04.2017
1:55.57	H.M.A. Asela Munasinghe	SL Army	1ST/AC	Diyagama	08.04.2017
1:55.67	D.G.B.M. Vikum Sankalana	Sri Lanka Schools	1ST/AC	Diyagama	08.04.2017

1:55.99	W.R.M.U.S.S. Gunathilaka	SL Army	1ST/AC	Diyagama	08.04.2017
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#### 2016 - Best Performances

1:52.82	Hemantha Kumara	Sri Lanka	SAG	Guwahati	10/02/2016
1:53.93	K.N.D.A.S. Kumarasinghe	SLA	JNC u-23	Diyagama	14/05/2016
1:53.6	H.K.P. Kumara	gw	ArAC	Diyagama	24/09/2016
1:53.81	W.T.T. Perera	-	Lanka Lions	Diyagama	28/05/2016
1:54.2	D.M.T.S.K.K. Dissanayake	gw	ArAC	Diyagama	24/09/2016
1:56.0	Sankalpa Bandara	St. Mary's C- Negambo	AISG U19	Kandy	08/07/1905
1:55.98	W.B.M. Samaraweera	A Ratnayake CC	JNC U23	Diyagama	08/07/1905
1:55.97	H.A. Rukshan Habarakada	Prince College	JNC U20	Diyagama	08/07/1905
1:55.0	S.D.S.M. Gunapala	SLA	NC	Diyagama	08/07/1905
1:55.0	T.S.D. Maduranga	SLA	NC	Diyagama	08/07/1905
1:55.3	W.S.K. Fernando	NP	NSF	Jaffna	08/07/1905
1:54.9	R.B.S. Kumarathunga	SLAF	DSC	Diyagama	08/07/1905
1:53.9	Y.M.W.A.M. Gunaratne	SLAF	NC	Diyagama	08/07/1905
1:55.7	M.G.D. Kumara	SLA	NC	Diyagama	08/07/1905
1:55.5	J.U.N. Jayathilake	SLA	NC	Diyagama	08/07/1905
1:54.1	P.G.T. Nirmla Kumara	SLAF	NC	Diyagama	08/07/1905

#### 2017 - Best Performances

##### 1500m 4:00.00

3:53.59	R.A.D.H. Kumara	Police SC	1ST/AC	Diyagama	09.04.2017
3:53.82	R.A. Sanjeewa Lakmal	SL Army	1ST/AC	Diyagama	09.04.2017
3:56.18	O.T.R. Chathuranga	SL Army	1ST/AC	Diyagama	09.04.2017
3:57.70	G.R. Chathuranga	SL Army	JNC U23	Diyagama	26.04.2017
3:58.24	B.M. Chandrasiri Basnayake	SL Army	1ST/AC	Diyagama	09.04.2017
3:58.88	R.B.S. Kumarathunga	SL Navy	1ST/AC	Diyagama	09.04.2017
3:58.93	J.M.T.U.K. Jayasinghe	SL Air Force	1ST/AC	Diyagama	08.04.2017
3:59.15	R.M. Ruchira Pradeep Ratnayake	SL Army	1ST/AC	Diyagama	08.04.2017
3:59.34	H.M.E.U.B. Herath	SL Army	JNC U23	Diyagama	26.04.2017
3:59.93	S.M.V.S. Dishan	SL Army	JNC U23	Diyagama	26.04.2017
3:59.97	M.A.N. Fernando	SL Army	1ST/AC	Diyagama	08.04.2017

#### 2016 - Best Performances

03:50.1	R.K.C.S. Somawardana	SLA	Defence serv	Diyagama	15/08/2016
03:54.4	H.K.P. Kumara	Highlanders	Lanka Lions	Diyagama	29/05/2016
03:54.8	P.W.G. Sanjeewa	SLAF	NC	Diyagama	09/07/2016
03:55.2	W.S.K. Fernando	slli	ArAC	Diyagama	25/09/2016
03:56.3	A.M.L. de Soysa	SLA	Lanka Lions	Diyagama	29/05/2016
03:56.5	D.M.D.S. Dissanayake	slsc	ArAC	Diyagama	25/09/2016
03:56.6	G.S.P.K. Perera	SLA	NC	Diyagama	09/07/2016
03:57.1	R.P. Nishantha	SLA	NC	Diyagama	09/07/2016
03:57.6	H.K.T. Fonseka	slli	ArAC	Diyagama	25/09/2016
03:58.3	W.M.J.E. Weerasinghe	SLAF	Defence serv	Diyagama	15/08/2016

#### 2017 - Best Performances

##### 5000m 15:30.00

14:51.20	A.K. Tharanga	SL Air Force	1ST/AC	Diyagama	08.04.2017
14:59.67	D.M.D.S. Disanayake	SL Army	1ST/AC	Diyagama	08.04.2017
15:00.72	G.M.G.R.S. Wijewickrama	SL Army	1ST/AC	Diyagama	08.04.2017
15:18.18	J. Kumara	Kandy DAA	1ST/AC	Diyagama	08.04.2017

15:18.23	M. Sivarajan	SL Air Force	1ST/AC	Diyagama	08.04.2017
15:20.08	K.A.M. Wijerathne	SL Army	1ST/AC	Diyagama	08.04.2017
15:22.35	L.S.D. Niroshan	SL Army	1ST/AC	Diyagama	08.04.2017
15:23.78	S.M.D.M. Samarakoon	SL Air Force	1ST/AC	Diyagama	08.04.2017
15:25.25	S.A.A.L. Samarakoon	SL Air Force	1ST/AC	Diyagama	08.04.2017

#### 2016 - Best Performances

14:40.3	D.L. Samarajeewa	CP	NSF	Jaffna	02/10/2016
14:42.9	M.S. Pushpakumara	WP	NSF	Jaffna	02/10/2016
14:44.69	R.M.Y.G.N. Bandara	Sri Lanka	SAG	Guwahati	09/02/2016
14:51.2	D.M.D. Sandaruwan Dissanayake	slsc	ArAC	Diyagama	23/09/2016
14:57.2	K.G.R. Saman Kumara	slasc	ArAC	Diyagama	23/09/2016
15:08.1	M.A.R. Chamara Kumara	slli	ArAC	Diyagama	23/09/2016
15:03.4	B.A. Sandaruwan	SLAF	NC	Diyagama	10/07/2016
15:04.5	T.M.E. Thennakoon	slasc	ArAC	Diyagama	23/09/2016
15:08.42	P.A.P. Maduranga	SLAF	JNC U-23	Diyagama	12/05/2016
15:11.5	M.K.G.A. Nissannka Kumara	SLA	NC	Diyagama	10/07/2016
15:15.61	T.A.N. Tharanga	SLA	JNC U-23	Diyagama	12/05/2016
15:19.75	H.H.A. Tharanga	SLA	JNC U-23	Diyagama	12/05/2016
15:20.7	N. Selvakumar	SLAF	Defence serv	Diyagama	15/08/2016
15:22.28	H.M.S. Karunaratne	SLA	Lanka Lions	Diyagama	29/05/2016
15:28.9	K.K.D. Nuwan Theekshana	Uva CC	JNCU20	Diyagama	08/07/1905

#### 2017 - Best Performances

10000m 32:00.0

31:32.00	B.U. Wijithakumara	SL Army	1ST/AC	Diyagama	09.04.2017
31:43.24	K.A. Suren Ratnayake	SL Army	1ST/AC	Diyagama	09.04.2017
31:47.22	Y.P.M. Gunathilaka	SL Army	1ST/AC	Diyagama	09.04.2017
31:55.93	K.H.A. Premalal	SL Army	1ST/AC	Diyagama	09.04.2017

#### 2016 - Best Performances

31:30.4	P.A.P. Maduranga	SLAF	NC	Diyagama	08/07/1905
31:39.5	R.A.P.D. Arunasiri	SLN	DSC	Diyagama	08/07/1905
29:32.5	Anuradha Indrajith Cooray	-	-	Aylesbury	24/09/2016
30:22.54	D.L. Samarajeewa	Sri Lanka	SAG	Guwahati	10/02/2016
31:00.81	K.G.R. Saman Kumara	Sri Lanka	SAG	Guwahati	10/02/2016
31:20.2	R.M.Y.G.N.A. Bandara	slli	ArAC	Diyagama	25/09/2016
31:24.6	N.M.C.C. Nawasinghe	SLAF	Defence serv	Diyagama	14/08/2016
31:26.0	V.G.P.A.J. Kumara Bandara	SLA	NC	Diyagama	09/07/2016

#### 2017 - Best Performances

110mH 15.40/ 15.1

14.54	K.P.H. Nirmal	SL Navy	1ST/AC	Diyagama	08.04.2017
14.63	A.A.S.S. Amathunga	SL Navy	1ST/AC	Diyagama	08.04.2017
14.92	Ajith Kumara Karunathilaka	SL Army	1ST/AC	Diyagama	08.04.2017
14.95	E.G.E. Hasitha Kumara	SL Army	1ST/AC	Diyagama	08.04.2017
14.99	M.R. Woshim Ilham	SL Army	1ST/AC	Diyagama	08.04.2017
14.99	K.D.D. Ariyaratne	SL Army	1ST/AC	Diyagama	08.04.2017
14.99	K.A.D. Ranga Kelum	SL Army	1ST/AC	Diyagama	08.04.2017
15.12	A.V.G.A. Ravishanka	SL Air Force	1ST/AC	Diyagama	08.04.2017
15.29	A.I. Nilaweera	Matara DAA	JNC U23	Diyagama	25.04.2017
15.33	R.G.D. Ilangakoon	SL Army	1ST/AC	Diyagama	08.04.2017

15.34	K.B.I. Perera	SL Air Force	1ST/AC	Diyagama	08.04.2017
15.36	W.M. Udayakumara	SL Army	JNC U23	Diyagama	23.04.2017
14.53	R.D.S.V. Randeniya	-	-	Kingsville TX	18.03.2017

#### 2016 - Best Performances

14.55	Salinda Randeewa	Sri Lanka	SAG	Guwahati	10/02/2016
15.15	M.L.M.C.K. Wijebandara	Ace Athletics Club	JNC u-23	Diyagama	14/05/2016
15.21	G.S. Kodagoda	SLA	JNC u-23	Diyagama	14/05/2016
14.8	W.M.I. Abenayake	slli	ArAC	Diyagama	25/09/2016
15.1	K.G.P. Pushpa Kumara	SLA	NC	Diyagama	08/07/1905

#### 2017 - Best Performances

400mH 55.00/ 54.8

51.67	S.M. Aravinda Chathuranga	SL Army	1ST/AC	Diyagama	09.04.2017
51.83	A.L.A.I. Rathnasena	SL Air Force	1ST/AC	Diyagama	09.04.2017
52.85	U.B.D.M.S. Rajapaksha	Sri Lanka Schools	1ST/AC	Diyagama	09.04.2017
52.86	A.L.A.T. Rathnasena	SL Army	1ST/AC	Diyagama	09.04.2017
53.82	K.M. Jagath Gunathilaka	SL Army	1ST/AC	Diyagama	08.04.2017
53.97	P.M.P.L. Kodikara	Maliyadeva C	JNC U20	Diyagama	25.04.2017
54.26	O.K.L.A. Kumara	SL Army	JNC U23	Diyagama	25.04.2017
54.74	K.A.R. Madushan	SL Army	1ST/AC	Diyagama	08.04.2017
54.75	R.M.N. Rathnayake	SL Army	1ST/AC	Diyagama	08.04.2017
54.96	J.L. Prasanjith	SL Army	1ST/AC	Diyagama	08.04.2017

#### 2016 - Best Performances

52.22	Uditha Chandrasena	Maris Stella College Negam	JNC u-20	Diyagama	14/05/2016
54.16	N.H.E.C.R. Senevieathne	Sri Lanka	SAG	Guwahati	11/02/2016
54.45	Shanaka Perera	Lyceum internatonal school	JNC u-20	Diyagama	14/05/2016
54.71	R.D.S.V. Randeniya	-	-	Pembroke	23/04/2016
53.3	H.S.P. Silva	SLAF	Defence serv	Diyagama	16/08/2016
53.5	N.D.K. Viduranga	sIsr	ArAC	Diyagama	24/09/2016
53.5	S.P.A. Darshana	EP	NSF	Jaffna	30/09/2016
53.9	M.K.G.C. Neththikumara	SLA	NC	Diyagama	10/07/2016
54.2	D.M.S.U. Bandara	University of Visual & perfor	SLUG	Diyagama	27/08/2016
54.4	M.G.C.H. Bandara	sla	ArAC	Diyagama	24/09/2016
54	D.L. Nuwan Upendra	Gampaha DAA	NC	Diyagama	08/07/1905
53.9	M.K.L. Maduranga	SLAF	NC	Diyagama	08/07/1905

#### 2017 - Best Performances

3000m S/C 9:35.00

8:55.80	R.M.S. Pushpakumara	SL Army	1ST/AC	Diyagama	09.04.2017
9:14.22	S. Chandradasan	SL Army	1ST/AC	Diyagama	09.04.2017
9:15.96	H.M. Suren Karunarathne	SL Army	1ST/AC	Diyagama	09.04.2017
9:17.51	W.G.C. Fernando	SL Air Force	1ST/AC	Diyagama	09.04.2017
9:22.03	D.G.J. Wijenayake	SL Army	1ST/AC	Diyagama	08.04.2017
9:26.55	H.M.I.E.U.B. Herath	SL Army	1ST/AC	Diyagama	08.04.2017
9:33.26	L.C. Gunaratne	Berrewaerts C	JNC U23	Diyagama	23.04.2017

#### 2016 - Best Performances

09:16.8	M.A.R. Chamara Kumara	SLA	NC	Diyagama	09/07/2016
09:17.8	R.A.S. Lakmal	sleme	ArAC	Diyagama	24/09/2016

09:18.6	S.M.V. Sanjana Dilhan	Lanka Lions SC	NC	Diyagama	09/07/2016
09:28.0	A.J.M. Oshada Dilhan Madusanka	slasc	ArAC	Diyagama	24/09/2016
09:29.2	M.A.D. Mayadunna	slli	ArAC	Diyagama	24/09/2016
9:31.21	W.B.M. Samaraweera	A. Rathnayake CC Walala	JNC u-23	Diyagama	12/05/2016

#### 2017 - Best Performances

##### Long Jump 7.20

7.83	Amila Jayasiri	Sri Lanka	POAC	Ilgan	30.03.2017
7.83	L. Greshan Dhananjaya	SL Army	JNC U23	Diyagama	24.04.2017
7.74	D.M. Liyanapathirana	SL Air Force	1ST/AC	Diyagama	08.04.2017
7.73	M.T.M. Mifran	SL Army	1ST/AC	Diyagama	08.04.2017
7.63	D.M.D.C. Disanayake	SL Navy	1ST/AC	Diyagama	08.04.2017
7.53	K.K.M.K. Karunasekara	SL Army	1ST/AC	Diyagama	08.04.2017
7.52	D.A.G.I.D. Wimalasiri	SL Army	1ST/AC	Diyagama	08.04.2017
7.52	Nipun Kavindu Kaldera	Loyola College	JNC U20	Diyagama	23.04.2017
7.47	M.N.S. Ahemed	SL Army	1ST/AC	Diyagama	08.04.2017
7.29	R.M.K. Ranjith	SL Army	1ST/AC	Diyagama	08.04.2017
7.25	A.W.R. Sachith	SL Army	1ST/AC	Diyagama	08.04.2017
7.20	LSD Nilantha		1ST/AC	Diyagama	08.04.2017
7.20	J.M.T.U.K. Jayasinghe	SL Air Force	JNC U23	Diyagama	24.04.2017

#### 2016 - Best Performances

7.71	R.J. Rajapaksha	sla	ArAC	Diyagama	23/09/2016
7.65	W.D.M.M.S. Dissanayaka	SLA	NC	Diyagama	10/07/2016
7.63	G.K.D.S. Piyarathne	SLAF	NC	Diyagama	10/07/2016
7.36	M.T. Gayan	sla	ArAC	Diyagama	23/09/2016
7.25	A.D. Suriyaarachchi	SLN	DSC	Diyagama	08/07/1905

#### 2017 - Best Performances

##### Triple Jump 14.80

16.13	U.P.A.N. Karunasinghe	SL Army	JNC U23	Diyagama	26.04.2017
16.07	C.G.S.T. Senaviratne	SL Air Force	1ST/AC	Diyagama	09.04.2017
15.97	T.A.D.N. Thilakaratne	SL Army	1ST/AC	Diyagama	09.04.2017
15.87	I.D.S.S. Jayasinghe	SL Army	1ST/AC	Diyagama	09.04.2017
15.81	D.M.E.D. Fernando	SL Army	1ST/AC	Diyagama	09.04.2017
15.24	J.H.G. Sampath	SL Army	1ST/AC	Diyagama	09.04.2017
15.06	C. Samth Randika	SL Army	1ST/AC	Diyagama	09.04.2017
14.93	A.G.G.M. Ariyaratna	SL Army	JNC U23	Diyagama	26.04.2017
14.88	Pramod Madubash	Maris Stella C.	JNC U18	Diyagama	25.04.2017

#### 2016 - Best Performances

16.07	Chamal Kumarasiri		Western pro	Diyagama	29/06/2016
15.98	Greshan Dhananjaya	Sri Lanka	Asian Junior	Ho Chi Minh	06/06/2016
15.77	M.N. Safree Ahamad	SLA	NC	Diyagama	09/07/2016
15.23	W.A.P. Kumara	slli	ArAC	Diyagama	24/09/2016
15.21	H.M.G.M. Kulaherath	SLAF	JNC u-23	Diyagama	12/05/2016
15.27	Roshan Dammika	Kularathna MMV	AISG U19	Kandy	08/07/1905
14.98	K.J.K. Perera	St. Joshep Vaz C	AISG U21	Kandy	08/07/1905
14.89	Amesh Rachitha	Maris Stella C	JNC U20	Diyagama	08/07/1905
15.11	C.A.C. Randika	NWP	NSF	Jaffna	08/07/1905
14.92	W.G.C.P. Kumara	SP	NSF	Jaffna	08/07/1905

**2017 - Best Performances****High Jump 2.00m**

2.25	W.P. Manjula Kumara Wijesekara	SL Air Force	1ST/AC	Diyagama	09.04.2017
2.11	Ushan Thiwanka Perera	-	IAM	Fullerton CA	11.03.2017
		-	IAM	Los Angeles CA	08.04.2017
2.09	W.P.A.K. Pathirana	SL Air Force	1ST/AC	Diyagama	09.04.2017
2.06	P.M. Dinith Chanuka Pathiraja	Dharmaraja MV Kuliypitiya	JNC U23	Diyagama	25.04.2017
2.05	A.P.G.D.K.K. Guruge	SL Army	1ST/AC	Diyagama	09.04.2017
2.00	C.B. Senuka Kasthuriarachchi	Lanka Lions SC	1ST/AC	Diyagama	09.04.2017
2.00	D.M. Milan Disanayake	SL Army	1ST/AC	Diyagama	09.04.2017
2.00	R.A.M. Randika Srimal	SL Army	1ST/AC	Diyagama	09.04.2017
2.00	K.S. Chameera Ekanayake	SL Army	1ST/AC	Diyagama	08.04.2017
2.00	P.K.V. Rathnayake	Duddley Senanayake CC	JNC U20	Diyagama	25.04.2017

**2016 - Best Performances**

2.17	Thilina Karunaratne	-	NC	Diyagama	08/07/2016
2.14	S. Jayamal	Lanka Lions SC	NC	Diyagama	08/07/2016
2.10	R Roshan Dhammika	Sri Lanka	Asian Junior	Ho Chi Minh	05/06/2016
		Kularathne MV	John Tarbet	Diyagama	13/09/2016
2.07	B.W.K.S. Baddewithana	sleme	ArAC	Diyagama	23/09/2016
2.04	B.R.C.U. Kumara	SLLI	ArAC	Diyagama	24/09/2016
		SP	NSF	Jaffna	30/09/2016
2.03	K.S. Lakshitha	Hambantota district	NYSF over 2	Badulla	24/09/2016
2.03	P.M.D. Chanuka	Kurunegala district	NYSF over 2	Badulla	24/09/2016
2.00	N.S. Primal	CES	Lanka Lions	Diyagama	28/05/2016
2.06	S. Senarathne	Lyceum International school	JNC u-18	Diyagama	13/05/2016

**2017 - Best Performances****Pole Vault 4.30m**

4.90	M.H.I. Sandaruwan	SL Air Force	1ST/AC	Diyagama	08.04.2017
4.61	K. Napthal Joyson	Arunodya C	JNC U20	Diyagama	24.04.2017
4.50	A.C. Fernando	SL Army	1ST/AC	Diyagama	08.04.2017
4.40	H.D. Chinthaka Dinesh	SL Army	1ST/AC	Diyagama	08.04.2017
4.40	B.D.L. Ariyasinghe	SL Army	1ST/AC	Diyagama	08.04.2017
4.40	S. Dilaxhan	Sri Lanka Schools	1ST/AC	Diyagama	08.04.2017
4.40	Ajith Kumara Karunathilaka	SL Army	1ST/AC	Diyagama	09.04.2017
4.30	L.A.R.K.K. Balasooriya	SL Air Force	1ST/AC	Diyagama	08.04.2017
4.30	A.A.M.D.P. Abeykoon	SL Army	JNC U23	Diyagama	24.04.2017

**2016 - Best Performances**

4.60	K.A.C.P. Senarathna	SLA	Defence serv	Diyagama	16/08/2016
4.50	A.G.N.D.K. Ranaweera	SLAF	Defence serv	Diyagama	16/08/2016
4.40	T.M.D. Chathuranga	gw	ArAC	Diyagama	25/09/2016
4.40	K. Kanatheepan	NP	NSF	Jaffna	01/10/2016
4.30	R.C. Murugaiya	SLA	NC	Diyagama	10/07/2016
4.30	H.A.A.G. Samarasinghe	slasc	ArAC	Diyagama	25/09/2016

**2017 - Best Performances****Shot Put 12.75m**

16.78	Charith Kapukotuwa	-	IAM	Golden, CO	14.05.2017
15.55	R. Samitha Jayawardene	SL Army	1ST/AC	Diyagama	09.04.2017
15.45	A.J.D. Perera	SL Navy	1ST/AC	Diyagama	09.04.2017

14.54	S. Jayakody	SL Army	1ST/AC	Diyagama	09.04.2017
14.24	B. Danushka Delvita	SL Army	1ST/AC	Diyagama	09.04.2017
13.99	B.H.C. Ferdinandas	SL Army	1ST/AC	Diyagama	09.04.2017
13.12	M.G.I.T. De Silva	SL Army	1ST/AC	Diyagama	09.04.2017
12.90	R.A. Jeewantha Perera	SL Army	1ST/AC	Diyagama	09.04.2017
12.90	Samith M. Fernando	St. Sebastian C	JNC U23	Diyagama	24.04.2017
12.89	S.M. Fernando	SL Army	1ST/AC	Diyagama	09.04.2017

#### 2016 - Best Performances

14.42	Malinda Madusanka	St. Ritas MV	AISG U-21	Kandy	13/10/2016
14.05	Z.T.M. Aazik	sleme	ArAC	Diyagama	25/09/2016
13.75	U.P.D. Perera	sla	ArAC	Diyagama	25/09/2016
13.72	R.M.S.C. Ranasinghe	SLAF	Defence serv	Diyagama	15/08/2016
13.71	K.D.S. Perera	mir	ArAC	Diyagama	25/09/2016
13.66	G.S.S. Silva	SLA	Defence serv	Diyagama	09/07/2016
13.6	T.S. Wanniarachchi	SLAF	NC	Diyagama	09/07/2016
13.25	D.S. Sumanaweera	SLAF	JNC u-23	Diyagama	15/05/2016
13.15	Shashika Thamel	St. Peter's college	AISG U-21	Kandy	13/10/2016
13.06	J.A.R.C. Jayasinghe	sla	ArAC	Diyagama	25/09/2016
13.03	S. S. Vaheesan	MAS holdings (pvt) LTD	Mercantile A	Diyagama	19/08/2016

#### 2017 - Best Performances

##### Discus throw 38.00m

51.36	K.G.U.P. Jayawardana	SL Navy	1ST/AC	Diyagama	08.04.2017
46.72	Charith Kapukotuwa	-	Mines Sunda	Golden, CO	14.05.2017
42.10	Z.T.M. Aazic	SL Army	1ST/AC	Diyagama	08.04.2017
41.80	K.M.S. Niroshana	Police SC	1ST/AC	Diyagama	08.04.2017
41.53	P.D.H.K. Fernando	Sri Lanka Army	1ST/AC	Diyagama	08.04.2017
39.82	M.S. Danajaya	Sri Lanka Army	1ST/AC	Diyagama	08.04.2017
38.76	K.U. Muthukumarana	Gm/ Bandaranike C	JNC U23	Diyagama	23.04.2017
38.45	K.L.D.S. Bandara	SL Army	1ST/AC	Diyagama	08.04.2017

#### 2016 - Best Performances

43.07	H.M.P.G.D.B. Ratnayake	SLAF	Defence serv	Diyagama	14/08/2016
42.29	U.P.D. Perera	SLA	Defence serv	Diyagama	14/08/2016
41.03	T.G.T. Chathuranga	Lanka Lions SC	NC	Diyagama	08/07/2016
41.01	M.M.S. Ishara Munasinghe	Sampath Bank	NC	Diyagama	08/07/2016
40.93	A.P.T. Jayathilake	NWP	NSF	Jaffna	30/09/2016
40.35	K.A.P. Jayawardana	Ananda National SC	AISG U21	Kandy	15/10/2016
39.5	S.P.J.T. Bandula	NWP	NSF	Jaffna	30/09/2016
38.93	R.M.S. Piyadasa	sing	ArAC	Diyagama	24/09/2016
38.87	E.K.M. Sampath	SLAF	Defence serv	Diyagama	14/08/2016
38.86	P.R.A.R. Fernando	Loyola College	AISG U21	Kandy	15/10/2016
38.86	W.H.T.K.Y. Muthukumarana	Bandaranayake College	AISG U21	Kandy	15/10/2016
38.53	M.G.I.T. Silva	ces	ArAC	Diyagama	24/09/2016

#### 2017 - Best Performances

##### Hammer Throw 40.00m

48.61	M.R. Sisira Kumara	SL Army	1ST/AC	Diyagama	09.04.2017
47.59	L.A.D.E.P. Elanson	SL Army	1ST/AC	Diyagama	09.04.2017
45.38	K. Nilantha	SL Army	1ST/AC	Diyagama	09.04.2017
41.70	K.G. Tuder	SL Army	1ST/AC	Diyagama	09.04.2017

40.93	P.K.L. Prabashana	SL Army	1ST/AC	Diyagama	09.04.2017
40.27	H.M.A. Sanjaya Bandara	SL Army	JNC U23	Diyagama	26.04.2017

#### 2016 - Best Performances

47.18	W.G.S.R. Kumarasiri	SLA	Defence serv	Diyagama	15/08/2016
41.70	H.P.S.I. Abeywardana	SLAF	Defence serv	Diyagama	15/08/2016
40.57	G.A. Sarujith Samantha	EP	NSF	Jaffna	30/09/2016

#### 2017 - Best Performances

##### Javelin Throw 62.00

82.19	R.P.W.L. Dayarathna	SL Army	1ST/AC	Diyagama	09.04.2017
77.92	R.M.S.J. Ranasinghe	Sri Lanka	AOAC	Sydney	02.04.2017
76.95	D.S. Ranasinghe	SL Army	1ST/AC	Diyagama	09.04.2017
66.56	R.M.S.K. Rajapaksha	SL Air Force	1ST/AC	Diyagama	09.04.2017
65.04	P.A.P. Lakmal	SL Army	1ST/AC	Diyagama	09.04.2017
64.37	E.K.C.K. Padmasiri	SL Army	1ST/AC	Diyagama	09.04.2017
62.46	R.N. Kumara	SL Army	JNC U23	Diyagama	25.04.2017
62.18	D.P.C. Pathmakumara	SL Army	JNC U23	Diyagama	25.04.2017

#### 2016 - Best Performances

68.73	C.S. Padmasiri	sla	ArAC	Diyagama	25/09/2016
66.83	D.P.H. Hirantha	SLA	Defence serv	Diyagama	16/08/2016
66.23	W.B.R.M. Fernando	NWP	NSF	Jaffna	02/10/2016
65.10	D.M.S.S. Dissanayake	SLN	NC	Diyagama	10/07/2016
64.45	K.G. Yogaraj	SLA	NC	Diyagama	10/07/2016
63.98	R.M. Fernando	Joesph's Vaz college	AISG under2	Kandy	16/10/2016
63.64	Y.D. Rupasinghe	SLAF	NC	Diyagama	10/07/2016
62.82	H.A.S.M. Perera	NWP	NSF	Jaffna	02/10/2016
62.68	K.P.K. Ranathunga	sla	ArAC	Diyagama	25/09/2016
62.37	S.M.D. Bandara	slagsc	ArAC	Diyagama	25/09/2016

#### 2017 - Best Performances

##### Decathlon 5000pts

6884	Ajith Kumara Karunathilaka	SL Army	1ST/AC	Diyagama	08/09.04.2017
6077	P.D. Gurusinghe	SL Army	1ST/AC	Diyagama	08/09.04.2017
5782	G.P.C. Randika Gunasinghe	SL Army	1ST/AC	Diyagama	08/09.04.2017
5443	K.A.L. Janaka Kumara	SL Army	1ST/AC	Diyagama	08/09.04.2017
5330	Y.A.S.K. Senaviratne	SL Army	1ST/AC	Diyagama	08/09.04.2017

6670	W.K.D.S. Perera	SLAF	NC	Diyagama	9,10-Jul-2016
6067	R. Ratheeshan	slme	ArAC	Diyagama	23,24-Sep-2016
5751	M.M.R. Lakmal	slme	ArAC	Diyagama	23,24-Sep-2016
5404	T.P.D. Fernando	slli	ArAC	Diyagama	23,24-Sep-2016
5302	U.P.C. Pathirana	sla	ArAC	Diyagama	23,24-Sep-2016
5288	H.A.S.A. Janith	slasc	ArAC	Diyagama	23,24-Sep-2016

#### Women - 2017 - Best Performances

##### 100m 12.80/ 12.5

11.81	R.M. Rumesika Ratnayake	Sri Lanka	AGP 2	Jiaxiang	27.04.2017
12.13	W.V.L. Sugandi	SL Army	1ST/AC	Diyagama	09.04.2017

12.23	D.T. Amasha De Silva	K/ Swarnamali BV	JNC U20	Diyagama	26.04.2017
12.25	K.S. Tharaka Divyanjali	Sri Lanka	2nd AYAC	Bangkok	21.04.2017
12.38	A.G.I.S. Karunathilaka	SL Army	1ST/AC	Diyagama	09.04.2017
12.40	S.L. Vidanaduruge	SL Air Force	1ST/AC	Diyagama	09.04.2017
			1ST/AC	Diyagama	09.04.2017
12.42	M.A.S.S. Jayathilaka	SL Army	1ST/AC	Diyagama	09.04.2017
12.46	T.M.Madara Piumini Weerasooriya	St. Joshep BV	JNC U18	Diyagama	26.04.2017
12.47	L.S. Silva	Sri Lanka	BOAC	Darussalam	18.03.2017
12.47	S.P.D.S.A. Jayathilaka	SL Army	1ST/AC	Diyagama	09.04.2017
12.48	Shermila Jans	Gateway IS	JNC U20	Diyagama	26.04.2017
12.54	Natalie Malpana	Gateway IS	JNC U18	Diyagama	26.04.2017
12.58	M.O. Udayangani	Welimada CC	JNC U23	Diyagama	26.04.2017
12.66	Sadeepa Henderson	Gateway IS	JNC U16	Diyagama	26.04.2017
12.70	Shalina Fernando		JNC U23	Diyagama	26.04.2017
12.74	S. Perera	Lanka Lions SC	1ST/AC	Diyagama	09.04.2017
12.77	Fathima Shafiya Yamick	KA/ Viharamahadevi GC	JNC U20	Diyagama	26.04.2017
12.79	P.D.Y.N. Abeywickrama	SL Air Force	1ST/AC	Diyagama	09.04.2017

#### 2016 - Best Performances

12.0	H.D.L. Fernando	SLAF	Defence serv	Diyagama	15/08/2016
12.07	N.C.D. Priyadarshani	Sri Lanka	SAG	Guwahati	09/02/2016
12.1	M.G.R.S. Ferdinandis	SLA	Defence serv	Diyagama	15/08/2016
12.2	H.J.C.C. Silva	SLN	Defence serv	Diyagama	15/08/2016
12.5	M.H.N. Herath	SLN	DSC	Diyagama	08/07/1905
12.5	D.P. Hansani	SLAF	NC	Diyagama	08/07/1905
12.62	P.K.C.D. Pallewatta	St Joseph BMV kegalle	JNC U-20	Diyagama	15/05/2016
12.63	A.I.M.R.A.C. Maralanda	SLA	JNC U-23	Diyagama	15/05/2016
12.72	Sendaru Perera	Musaeus C	JNC U18	Diyagama	08/07/1905

#### Women - 2017 - Best Performances

200m 26.00/ 25.7

24.21	R.M. Rumesika Ratnayake	Kegalle DAA	1ST/AC	Diyagama	08.04.2017
24.51	P.G.N. Madushika	SL Air Force	1ST/AC	Diyagama	08.04.2017
25.09	D.M. Yamaneer Dulanjalee	Ambagamuwa CC	JNC U20	Diyagama	25.04.2017
25.16	M.A.S.S. Jayathilaka	SL Army	1ST/AC	Diyagama	08.04.2017
25.17	Shermila Jans	Gateway IS	JNC U20	Diyagama	25.04.2017
25.24	A.G.I.S. Karunathilaka	SL Army	1ST/AC	Diyagama	08.04.2017
25.35	K.S. Tharaka Divyanjali	Sri Lanka	2nd AYAC	Bangkok	22.05.2017
25.41	M.O. Udayangani	Welimada CC	JNC U23	Diyagama	25.04.2017
25.45	D.T. Amasha De Silva	Ka/ Swarnamali GC	JNC U20	Diyagama	25.04.2017
25.51	T.M.Madara Piumini Weerasooriya	St. Joshep BV	JNC U18	Diyagama	25.04.2017
25.59	D.G.K. Samanthi Jayasinghe	SL Army	1ST/AC	Diyagama	08.04.2017
25.84	Natalie Malpana	Gateway IS	JNC U18	Diyagama	25.04.2017
25.88	Sadeepa Henderson	Gateway IS	JNC U16	Diyagama	25.04.2017
25.91	M.H.N. Herath	Sri Lanka Navy	1ST/AC	Diyagama	08.04.2017

#### 2016 - Best Performances

24.7	S.L. Vidanaduruge	SLAF	Defence serv	Diyagama	16/08/2016
24.9	M.G.R.S. Ferdinandis	SLA	Defence serv	Diyagama	16/08/2016
		3 (v) SLAWC	ArAC	Diyagama	24/09/2016
24.9	F. Shafiya Yamik	Viharamahadevi BV Kandy	AISG Under	Kandy	17/10/2016
25	M.G.E.S. Gunathilaka	SLAF	NC	Diyagama	08/07/1905

25.1	M.V.L. Sugandi	SLA	Defence serv	Diyagama	14/08/2016
25.3	H.D.L. Fernando	SLAF	NC	Diyagama	10/07/2016
25.3	K.G.D.M.S. Kumarasinghe	A Rathnayake CC	AISG U19	Kandy	17/10/2016
25.4	N.H. Henderson	SLAF	Defence serv	Diyagama	16/08/2016
25.5	D.D. Hansani	SLAF	NC	Diyagama	10/07/2016
25.5	Ewanthi Emeshika	St. Mary's college Matara	AISG U17	Kandy	17/10/2016
25.5	E.W.U. Rathnakumari	SLA	NC	Diyagama	08/07/1905
25.7	E.W.M.M. Vitharanage	Royal CC Polonnaruwa	AISG U19	Kandy	08/07/1905
25.7	Sachini Tharaka	-	NC	Diyagama	08/07/1905

#### Women - 2017 - Best Performances

400m 58.00/ 57.8

54.74	E.W.U. Rathnakumari	SL Army	1ST/AC	Diyagama	08.04.2017
55.10	P.G.N. Madushika	SL Air Force	JNC U23	Diyagama	26.04.2017
55.38	W.K.L.A. Nimali	Sri Lanka	POAC	Ilagan	01.04.2017
56.17	M.O. Udayangani	Welimada CC	JNC U23	Diyagama	26.04.2017
56.42	E.P.K. Kaushalya	SL Army	JNC U23	Diyagama	26.04.2017
56.73	D.P. Hansani	SL Air Force	1ST/AC	Diyagama	08.04.2017
56.87	D.M. Yamanee Dulanjalee	Ambagamuwa CC	JNC U20	Diyagama	26.04.2017
57.30	U.K.S.C. Padmasiri Bandara	Sri Lanka	2nd AYAC	Bangkok	21.05.2017
57.36	H.D.D.P. Pathirana	SL Army	1ST/AC	Diyagama	08.04.2017
57.62	U.G.D. Sandamali	SL Air Force	1ST/AC	Diyagama	08.04.2017
57.89	R. Nadeesha	SL Army	1ST/AC	Diyagama	09.04.2017
57.96	A.G.W.M. Karunathilake	SL Army	1ST/AC	Diyagama	08.04.2017

#### 2016 - Best Performances

54.4	R.M.C.S. Rasnayake	Sri Lanka	SAG	Guwahati	10/02/2016
55.5	B.D.G. Padmakumari	SLA	NC	Diyagama	09/07/2016
57.1	K.G.D.M.S. Kumarasinghe	A Rathnayake CC	AISG U19	Kandy	14/10/2016
57.5	A.S. Dulani	6 (v) SLAWC	ArAC	Diyagama	25/09/2016

#### Women - 2017 - Best Performances

800m 2:22.00

2:02.55	G.T.A. Aberatne	Sri Lanka Navy	1ST/AC	Diyagama	09.04.2017
2:02.58	W.K.L.A. Nimali	SL Air Force	1ST/AC	Diyagama	09.04.2017
2:08.89	N.M.C. Dilrukshi	SL Army	1ST/AC	Diyagama	09.04.2017
2:14.13	A.A.N. Sanjeevani	SL Air Force	1ST/AC	Diyagama	09.04.2017
2:14.50	K.G.D.M.S. Kumarasinghe	A Rathnayake CC	JNC U20	Diyagama	25.04.2017
2:17.73	Nadeesha Ramanayake	Sri Lanka	BOAC	Darussalam	18.03.2017
2:17.73	K. Shanika Lakshani	G/ Holy Cross C	JNC U16	Diyagama	25.04.2017
2:18.09	K.S. Lakshani	Kegalle DAA	1ST/AC	Diyagama	09.04.2017
2:18.93	Y.M.I. Silva	SL Air Force	1ST/AC	Diyagama	09.04.2017
2:19.18	A.H.M.P. Abeysinghe	SL Air Force	1ST/AC	Diyagama	09.04.2017
2:20.82	R.D.G. Niroshika Jayasinghe	A Rathnayake CC	JNC U18	Diyagama	25.04.2017
2:21.36	S.M.U.I.G.M. Sewwandi Weerasek	A Rathnayake CC	JNC U20	Diyagama	25.04.2017
2:22.00	W.A.K. Waruni B Edirisuriya	A Rathnayake CC	JNC U16	Diyagama	25.04.2017

#### 2016 - Best Performances

2:10.3	J.M.N.U.K. Jayasundara	SLA	Defence serv	Diyagama	14/08/2016
2:17.2	K.H.A.D.K. Nelum Kularathna	SLAF	NC	Diyagama	10/07/2016
2:19.97	L.R.N.L. Wijethunga	SLAF	JNC U-20	Diyagama	14/05/2016

02:20.8	B.V.R.I. Bopitiya	R/ Sumana BV	AISG U21	Kandy	08/07/1905
2:21.37	K.M. Parami Vasanthi	Kuliyapitiya CC	JNC U16	Diyagama	08/07/1905
2:21.39	B.M.I.N.K. Basnayake	A Ratnayake CC	JNC U20	Diyagama	08/07/1905
2:21.51	S.C. Hasarangi Rajapaksha	Badulla CC	JNC U20	Diyagama	08/07/1905
02:21.6	B.M.C.K. Basnayake	A Ratnayake CC	JNC U20	Diyagama	08/07/1905
02:21.8	H.M.C.S. Herath	A Ratnayake CC	AISG U17	Kandy	08/07/1905
02:21.9	G.D.P.K. De Soysa	A Ratnayake CC	AISG U17	Kandy	08/07/1905

#### Women - 2017 - Best Performances

1500m 4:52.00

4:20.10	G.T.A. Aberatne	Sri Lanka Navy	1ST/AC	Diyagama	09.04.2017
4:31.00	N.M.C. Dilrukshi	SL Army	1ST/AC	Diyagama	09.04.2017
4:33.99	M.M. Priyadarshani	Lanka Lions SC	1ST/AC	Diyagama	09.04.2017
4:44.73	H.M.N. Nandasena	SL Army	1ST/AC	Diyagama	09.04.2017
4:45.73	H.M.B. Asmika Herath	Kuliyapitiya CC	JNC U18	Diyagama	26.04.2017
4:51.19	W.P.E.R. Dulakshi	SL Air Force	1ST/AC	Diyagama	09.04.2017
4:51.22	R.G. Subashini Premarathne	A Rathnayake CC	JNC U18	Diyagama	26.04.2017
4:51.88	B.M.I.N.K. Basnayake	A Rathnayake CC	JNC U20	Diyagama	26.04.2017

#### 2016 - Best Performances

4:23.47	U.K.N. Rathnayaka	Sri Lanka	Vietnam open	Ho Chi Min	July
4:35.6	K.A.D. Sandakanthi	SLAF	Defence serv	Diyagama	15/08/2016
4:37.10	W.P.E.R. Dulakshi	Sri Lanka	Asian Indoor	Doha	19/02/2016
4:37.3	J.M.N.U.K. Jayasundara	SLA	NC	Diyagama	09/07/2016
4:41.6	K.H.A.D.K. Nelum Kularathna	SLAF	NC	Diyagama	09/07/2016
4:44.62	A.H.M.P. Abesinghe	A. Rathnayake CC Walala	JNC U-23	Diyagama	15/05/2016
4:45.2	H.M.N. Nandasena	SLA	NC	Diyagama	09/07/2016
4:50.6	Y.M.I. Silva	SLAF	NC	Diyagama	09/07/2016

#### Women - 2017 - Best Performances

5000m 18:30.00

17:21.41	S.A. Lamahewa	Sri Lanka Navy	1ST/AC	Diyagama	09.04.2017
17:49.05	H.M.N. Nandasena	SL Army	JNC U23	Diyagama	23.04.2017
18:02.80	B.D.H.T. Priyadarshani	SL Air Force	1ST/AC	Diyagama	09.04.2017
18:24.30	H.W.C. Damayanthi	SL Army	1ST/AC	Diyagama	09.04.2017

#### 2016 - Best Performances

16:39.9	U.K.N. Rathnayaka	SLA	NC	Diyagama	09/07/2016
17:10.2	A.N.L. Ariyadasa	SLAF	NC	Diyagama	09/07/2016
17:57.5	Y.M.I.D.D.K. Kumari	SLA	NC	Diyagama	09/07/2016
18:00.9	K.M.S.M. Wickramasooriya	SLA	NC	Diyagama	09/07/2016
18:16.7	H.W.N. Kumari	NWP	NSF	Jaffna	30/09/2016
18:16.8	K.K.A.N. Kumarasinghe	WP	NSF	Jaffna	30/09/2016
18:16.9	M.U.N.A.G.N. Priyadarshani	CP	NSF	Jaffna	30/09/2016
18:19.9	K.M.H.D. Karunanayake	SLA	Lanka lions c	Diyagama	28/05/2016
18:24.3	G.G.P.W. Sampath	SLAF	JNC u-20	Diyagama	12/05/2016
18:27.3	R. D. Kalyani Prasangika	Gunaratne MMV Matara	JNC u-20	Diyagama	12/05/2016
18:27.4	M.S.P.M Perera	SLN	Defence serv	Diyagama	15/08/2016
18:28.02	A.L.S.D. Liyanage	SLA	JNC U23	Diyagama	08/07/1905

#### Women - 2017 - Best Performances

10000m 39:00.00

35:16.46	Hiruni Wijayarathne		Mt. SAC	Torrance	13.04.2017
36:43.82	A.N.L. Ariyadasa	SL Air Force	1ST/AC	Diyagama	08.04.2017
38:11.91	A.L.S.D. Liyanage	SL Army	1ST/AC	Diyagama	08.04.2017
38:35.08	Velu Krishanthanie	Sri Lanka Navy	1ST/AC	Diyagama	08.04.2017
38:53.07	B.D.H.T. Priyadarshani	SL Air Force	1ST/AC	Diyagama	08.04.2017
38:56.48	K.K.A.M. Kumarasinghe	SL Air Force	1ST/AC	Diyagama	08.04.2017

#### 2016 - Best Performances

36:11.39	S.A. Lama Hewage	Sri Lanka	SAG	Guwahati	11/02/2016
38:08.8	K.M.S.M. Wickramasooriya	6(v) SLAWC	ArAC	Diyagama	23/09/2016
38:35.2	B.G.L.A. Bogahawaththa	SLN	Defence serv	Diyagama	16/08/2016

#### Women - 2017 - Best Performances

100mh 16.5

14.78	W.V.L. Sugandi	SL Army	1ST/AC	Diyagama	08.04.2017
15.28	D.P. Mohottala	SL Air Force	1ST/AC	Diyagama	08.04.2017
15.44	H.W.K. Hapuarachchi	SL Army	1ST/AC	Diyagama	08.04.2017
15.57	H.G.B.M. Thilakasiri	SL Air Force	1ST/AC	Diyagama	08.04.2017
15.61	J.G.K. Gayathri	H/ Rajapaksha CC	JNC U23	Diyagama	25.04.2017
15.75	P.S.N. Fernando	SL Army	1ST/AC	Diyagama	08.04.2017
15.90	N.G.A.R. Gunathilake	R/ Sumana BV	JNC U20	Diyagama	25.04.2017
16.28	R.S. Shanika	SL Army	1ST/AC	Diyagama	08.04.2017

#### 2016 - Best Performances

14.37	R.A.I.S. Rajasinghe	Sri Lanka	SAG	Guwahati	10/02/2016
15	K.A. Isuru Inoka Aberathne	St. Joseph BMV Kegalle	JNC U-20	Diyagama	14/05/2016
15.5	E.P.K. Madushani	SLA	Defence serv	Diyagama	14/08/2016
15.7	J.V.H.W. Kumari	Sabaragamuwa university	SLUG	Diyagama	28/08/2016
		SGP	NSF	Jaffna	02/10/2016
15.7	D.H.D. Weerasekara	1 SLAWC	ArAC	Diyagama	24/09/2016
15.7	M.T.T.T. Thanthirimalage	Kurunegala district	NYSF under	Badulla	24/09/2016
15.8	P.M. Gayani Kumari	Matara district	NYSF under	Badulla	24/09/2016
15.8	B. Shanika Dulakshi	Mary Immaculate Convent	JNC U-20	Diyagama	14/05/2016
15.85	K.P.L.A. Kumarasinghe	Bandaranayake CC. Veyang	JNC U20	Diyagama	08/07/1905
16.32	F.D.M. Ranasinghe	SLN	NC	Diyagama	08/07/1905

#### Women - 2017 - Best Performances

400mh 65.0

60.89	T.G.N.D. Wickramasinghe	SL Army	1ST/AC	Diyagama	09.04.2017
61.17	N.D.G.N. Lakmali	SL Air Force	1ST/AC	Diyagama	09.04.2017
61.37	E.P. Kawshalya	SL Army	1ST/AC	Diyagama	09.04.2017
61.68	D.M. Yamanee Dulanjalee	Ambagamuwa CC	JNC U20	Diyagama	24.04.2017
62.95	G.A.S. Dulani	SL Army	1ST/AC	Diyagama	09.04.2017
63.08	A.P.M. Subhani Aberatne	Kegalle DAA	JNC U23	Diyagama	24.04.2017
64.09	A.G.S.M. Kumarathilake	SL Army	1ST/AC	Diyagama	09.04.2017
64.33	U.D. Ranasinghe	Sri Lanka Navy	1ST/AC	Diyagama	09.04.2017

#### 2016 - Best Performances

64.18	H.R.P. Hemamali	Kurunegala DAA	JNC U-23	Diyagama	13/05/2016
64.3	W.A. Saumya Dilrukshi	Holy Cross C Gampaha	NC	Diyagama	10/07/2016

#### Women - 2017 - Best Performances

3000m S/C 11:45.00

10:03.94	U.K.N. Ratnayake	SL Army	1ST/AC	Diyagama	09.04.2017
11:14.91	Y.M.T.D.D. Kumari	SL Army	1ST/AC	Diyagama	09.04.2017
11.42.41	H.K.I.T. Udaya Kumari	Sri Lanka Army	1ST/AC	Diyagama	09.04.2017
11:44.64	K.G.M.N.A. Kumari	SL Air Force	JNC U23	Diyagama	23.04.2017

#### 2016 - Best Performances

10:43.2	H.W.N. Kumari	SLN	Defence serv	Diyagama	14/08/2016
11:18.1	A.J.P.A. Perera	SLA	NC	Diyagama	08/07/2016
11:30.34	K.D.P. Kumarage	SLAF	JNC U-23	Diyagama	14/05/2016
11:38.72	B.M.I.N.K.Basnayake	A. Rathnayake CC Walala	JNC U-20	Diyagama	12/05/2016

#### Women - 2017 - Best Performances

##### Long Jump 5.50

6.08	K.K.R.N. Aberatne	Sri Lanka Schools	1ST/AC	Diyagama	08.04.2017
5.79	B.G.S.H. Jayakanthi	Police SC	1ST/AC	Diyagama	09.04.2017
5.77	L.S. Silva	Sri Lanka	Brunei Open	Darussalam	19.03.2017
5.75	Anjanai Pulwansa	Colombo DAA	1ST/AC	Diyagama	08.04.2017
5.71	N.A.D. Dananjani	SL Army	1ST/AC	Diyagama	08.04.2017
5.73	M.K. Purnima Jayamali Gunaratne	Leeds IS Panadura	JNC U20	Diyagama	24.04.2017
5.50	D.V.C.M. Thilakaratne	SL Air Force	1ST/AC	Diyagama	08.04.2017
5.64	S.R.P. Nuwanjala Maduwanthi	Dankouwa BV	JNC U20	Diyagama	24.04.2-17

#### 2016 - Best Performances

5.81	W.H.T. Kumari	SLAF	NC	Diyagama	08/07/2016
5.81	D.H.D. Weerasekara	1 SLAWC	ArAC	Diyagama	25/09/2016
5.79	N.C.D. Priyadarshini	Sri Lanka	SAG	Guwahati	09/02/2016
5.75	L.D.D.E. Ratnasiri	SLAF	NC	Diyagama	08/07/2016
5.75	T.K.A. Gayani Wasana	St. Marys Convent Matara	John Tarbet	Diyagama	14/09/2016
5.64	R.S.D. Mendis	2 (V) SLAWC	ArAC	Diyagama	25/09/2016
5.63	R.W.I. Maduwanthi	SLAF	Defence serv	Diyagama	14/08/2016
5.56	Poornima Kalpani	Loyola College	JNC u-20	Diyagama	14/05/2016
5.56	M.V.L. Sugandi	SLA	Defence serv	Diyagama	15/08/2016
5.53	S. Ahrani	NP	NSF	Jaffna	08/07/1905

#### Women - 2017 - Best Performances

##### Trple Jump 12.00

13.64	H.D. Vidusha Lakshani	SL Army	1ST/AC	Diyagama	09.04.2017
13.20	Hashini Prabodha Balasooriya	HFC Wennappuwa	JNC U23	Diyagama	26.04.2017
12.92	K.A.T. Lakshani	SL Air Force	1ST/AC	Diyagama	09.04.2017
12.39	D.D. Mohottala	SL Air Force	1ST/AC	Diyagama	09.04.2017
12.38	D.V.C.M. Thilakaratne	SL Air Force	1ST/AC	Diyagama	09.04.2017
12.08	M.G. Nirmala Kulasooriya	Police SC	1ST/AC	Diyagama	09.04.2017
12.62	D.H.D. Weerasekara	SL Army	1ST/AC	Diyagama	09.04.2017

#### 2016 - Best Performances

12.95	N.A.N. Dananjani	6(v) SLAWC	ArAC	Diyagama	23/09/2016
12.38	L.D.D.E. Ratnasiri	SLAF	NC	Diyagama	09/07/2016
12.35	K.A.S. Dulanjani	SLAF	Defence serv	Diyagama	16/08/2016
12.32	K.A.T. Lakshani	SLAF	Defence serv	Diyagama	16/08/2016
12.21	K.K. Ridma Nishandi	Dharmasoka college Ambal	John tarbet u	Diyagama	14/09/2016

**Women - 2017 - Best Performances**

High Jump 1.58

1.81	D.K. Ranasinghe	Sri Lanka Navy	1ST/AC	Diyagama	09.04.2017
1.78	M.K. Purnima Jayamali Gunaratne	Sri Lanka Schools	1st Trial	Diyagama	09.04.2017
		Leeds IS Panadura	JNC U20		26.04.2017
1.66	Shenali Weerapperuma	St. Lawrence	JNC U20	Diyagama	26.04.2017
1.61	S.M.M. Madushani	SL Air Force	JNC U23	Diyagama	25.04.2017
1.60	S.B.W.S.S.A.W.M.S.M. Sooriyamp	SL Air Force	1ST/AC	Diyagama	09.04.2017
1.59	H.M.S.D. Herath	SL Army	1ST/AC	Diyagama	08.04.2017
1.59	P.S.N. Fernando	SL Army	1ST/AC	Diyagama	08.04.2017

**2016 - Best Performances**

1.80	L.G.A.T. Vinodini	SLA	Defence serv	Diyagama	15/08/2016
1.69	V. Randi Himsha Cooray	Sri Lanka Schools AA	JNC u-18	Diyagama	13/07/2016
1.68	N.M. Siriwardane	SLA	Defence serv	Diyagama	15/08/2016
1.65	R.P.G.W.P. Harishchandra	SLAF	Defence serv	Diyagama	15/08/2016
		Kalutara distict	NYSF Over 2	Badulla	23/09/2016
1.64	M.T.T.T. Thanthirimalage	Maliyadeva BV Kurunegala	John Tarbet	Diyagama	13/09/2016
1.60	K. Shanika Madushani	Taxila CC Horana	John Tarbet	Diyagama	13/09/2016
1.58	Koshila Amarasinghe	HFC Bambalapitiya	AISG under1	Kandy	13/10/2016
1.58	Piyumi Athukorala	Good Shepherd Convent Cd	AISG under 1	Kandy	16/10/2016

**Women - 2017 - Best Performances**

Pole Vault 3.00

3.45	Aniththa Jegadeeswaran	SL Schools	1ST/AC	Diyagama	08.04.2017
3.30	P.M.A.H. Dilrukshi	SL Army	JNC U23	Diyagama	23.04.2017
3.10	S.D. Ranasinghe	SL Air Force	1ST/AC	Diyagama	08.04.2017
3.10	Ishara Nimeshika Dharmakeerthi	N/ Ave Maria Con.	JNC U20	Diyagama	23.04.2017
3.01	C. Herina	J/ Mahajana C	JNC U18	Diyagama	26.04.2017
3.00	D. Nimaya Somaratne	Sri Lanka Schools	1ST/AC	Diyagama	08.04.2017

**2016 - Best Performances**

3.34	W.G.H.S.K. Darmarathna	A Rathnayake CC	JNC u-20	Diyagama	12/05/2016
3.3	R.A.K.L. Perera	SLAF	Defence serv	Diyagama	14/08/2016
3.2	J. Sukirtha	Pallai CC	AISG U21	Kandy	15/10/2016
3	K.B.A.N. Fernando	Newstead Girls school	JNC u-20	Diyagama	12/05/2016
3	P.A.S. Deepani	A Rathnayake CC	JNC u-20	Diyagama	12/05/2016

**Women - 2017 - Best Performances**

Shot Put 10.50

14.58	W.T.K. Fernando	Sri Lanka	AGP 2	Jiaxiang	27.04.2017
12.55	M.N.D. Muthunayake	Sri Lanka Navy	1ST/AC	Diyagama	09.04.2017
12.08	P.A. Priyangika Kumari	Police SC	1ST/AC	Diyagama	09.04.2017
11.55	F.S. Rishard		JNC U23	Diyagama	25.04.2017
11.51	Amanthi Oshadhi Silva	Missouri State Uni.	Tom Botts In	Missouri, Coloumb	14.04.2017
11.17	P.P. Clarence	SL Air Force	1ST/AC	Diyagama	09.04.2017
10.64	Chanuka Athapattu	Visaka Vidyalaya	JNC U18	Diyagama	23.04.2017

**2016 - Best Performances**

10.99	W.M.S.K. Weerasekara	SLAF	NC	Diyagama	09/07/2016
10.54	H.G.C.R. Dayaratne	Monaragala district	NYSF under 2	Badulla	24/09/2016

**Women - 2017 - Best Performances**

Discus Throw 34.00

40.94	P.K.A.A. Maduwanthi	SL Air Force	1ST/AC	Diyagama	08.04.2017
39.09	Amanthi Oshadhi Silva	Missouri State Uni.	Rock Chalk	Kansas, Lawrence	28.04.2017
38.21	A.G.V.V. Lakmali	SL Air Force	JNC U23	Diyagama	24.04.2017
34.26	W.M.S.K. Weerasekara	SL Air Force	1ST/AC	Diyagama	08.04.2017

**2016 - Best Performances**

38.12	PAIMD Perera	SLN	Defence serv	Diyagama	16/08/2016
36.90	A. Dilshani Fernando	Ave Maria Convent Negamb	AISG U21	Kandy	14/10/2016
36.22	AGVV Lakmali	SLAF	NC	Diyagama	08/07/2016
35.10	EP Nilmini	SLA	Lanka Lions	Diyagama	29/05/2016

Hammer Throw 38.00

47.92	P.K.A.A. Maduwanthi	SL Air Force	1ST/AC	Diyagama	09.04.2017
45.90	H.A.A. Lakshika	SL Air Force	1ST/AC	Diyagama	09.04.2017
44.72	A.W.A.S.M. Amarasinghe	SL Army	1ST/AC	Diyagama	09.04.2017
38.43	W.M.S.N. Rathnasiri	SL Army	1ST/AC	Diyagama	09.04.2017
38.03	G.F. Hassim	SL Air Force	1ST/AC	Diyagama	09.04.2017

**Women - 2017 - Best Performances**

Javelin Throw 38.00

51.53	H.L.N.D. Lekamge	SL Army	1ST/AC	Diyagama	08.04.2017
45.09	H.P.D.H. Maduwanthi	SL Air Force	1ST/AC	Diyagama	08.04.2017
44.70	K.A.M.P. Silva	Sri Lanka Navy	1ST/AC	Diyagama	08.04.2017
43.73	D.U.K.L. Silva	SL Air Force	1ST/AC	Diyagama	08.04.2017

**2016 - Best Performances**

55.72	B.L. Nadeeka Lakmali	SLA	Defence serv	Diyagama	14/08/2016
42.12	R.S.T. Isanka Kavindi	Kuliyapitiya CC	JNC u-20	Diyagama	15/05/2016
41.67	D.S.Y.K. Lakmali	SP	NSF	Jaffna	01/10/2016
41.28	P.P. Serena Clarence	Badulla district	NYSF Over2	Badulla	23/09/2016
40.02	P.H. Sewwandi	Dharmapala MV, Eheliyagoda	AISG U19	Kandy	17/10/2016
39.40	H.P.A. Jayamini	University of Ruhuna	SLUG	Diyagama	27/08/2016
38.95	IMH Anupama	SLAF	Defence serv	Diyagama	14/08/2016
38.04	S.C. Gunaratne	3 (v) SLAWC	ArAC	Diyagama	25/09/2016

**Women - 2017 - Best Performances**

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4096	B.G.S.H. Jayakanthi	Police SC	1ST/AC	Diyagama	08/09/04.2017
4052	P.S.N. Fernando	SL Army	1ST/AC	Diyagama	08/09/04.2017
3398	F.D.M. Ranasinghe	Sri Lanka Navy	1ST/AC	Diyagama	08/09/04.2017
3256	P.K.S.U. Madushani	Sri Lanka Air Force	1ST/AC	Diyagama	08/09/04.2017
3176	H.M.S.D. Herath	SL Army	1ST/AC	Diyagama	08/09/04.2017

**2016 - Best Performances**

4615	W.V.L. Sugandi	SLA	Defence serv	Diyagama	14,15-Aug-2016
3848	H.A.N. Nawodini	SLAF	Defence serv	Diyagama	14,15-Aug-2016
3107	P.G.K.S. Priyawatta	SLA	NC	Diyagama	9,10-Jul-2016
3221	P.S.M. Zoysa	SLAF	Defence serv	Diyagama	14,15-Aug-2016