

RECORDS  
OF  
11<sup>TH</sup> NATIONAL SCHOOL ATHLETICS  
MEET, 2014



*“Learning to be in the playground is learning to be sociable”  
Sonam Dargay IX, Martshala MSS*

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

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*“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*

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

**Foreword**

*The National School Athletics Meet is one of the major activities under the School Sports Program organized by the Games and Sports Division, Department of Youth and Sports on an annual basis. The conduct of the meet 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 2014.*

*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.*

*Games and Sports Division  
Department of Youth and Sports*



*Students competing in runs during the 11<sup>th</sup> National School Athletics Meet held in Thimphu from July 9 - 13, 2014*



*Above: The guests and new record holders during the 11<sup>th</sup> National School Athletics Meet, July 2014*

*Below: Participants of the 11<sup>th</sup> National School Athletics Meet receiving medal and certificate from the Hon'ble Director General, Department of Youth and Sports.*



**STANDING RECORD  
OF  
NATIONAL SCHOOL ATHLETICS COMPETITIONS  
(As of August 2014)**

**BOYS**

Event	Name	Address	Record	Year
100 m	CHENCHO GYELTSHEN	Kelki HSS	11.29 sec	2014
200 m	CHENCHO GYELTSHEN	Kelki HSS	23.16 sec	2014
400 m	DORJI TSHERING	Lungtenzampa MSS	56.77 sec	2014
800 m	TENZIN THINLEY	Motithang HSS	02:08.70 min	2014
1500 m	TENZIN THINLEY	Motithang HSS	04:41.48 min	2014
3000 m	KUNZANG NORBU	Motithang HSS	09:27.97 min	2002
4X100 Relay	YANGCHENPHU HSS	Thim Throm	46.10 sec	2014
Long Jump	BIREN BASNET	Ugyen Academy	06.01 m	2012
Triple Jump	CHENCHO GYELTSHEN	Ugyen Academy	12.71 m	2012
High Jump	TSENDA DORJI	Damphu HSS	01.67 m	2011
Shot Put	SONAM RINZIN	Zhemgang HSS	16.45 m	2001
Discus	SONAM RINZIN	Zhemgang HSS	37.01 m	2001
Javelin	TASHI WANGCHUK	Samtse MSS	50.50 m	2005

**GIRLS**

Event	Name	Address	Record	Year
100 m	RENUKA PRADHAN	Ugyen Academy	14.39 sec	2012
200 m	THINLEY ZANGMO	Drugyel HSS	30.07 sec	2014
400 m	TSHERING DEKI	Nima HSS	01:12.42 min	2014
800 m	CHIMI DEMA	Yangchenphug HSS	02:53.95 min	2014
1500m	CHIMI DEMA	Yangchenphug HSS	06:03.36 min	2014
3000m	KARMA LHADEN	Ramjar LSS	12:38.20 min	2010
4X100 Relay	YANGCHENPHU HSS	Thim Throm	58.16 sec	2014
Long Jump	UGYEN CHODEN	Sarpang HSS	04.45 m	2012
Triple Jump	DAMCHOE LHADEN	Utpal HSS	09.73 m	2014
High Jump	CHIMI WANGMO	Tangmachu MSS	01.30 m	2014
Shot Put	PHUB LHAM	Yangchenphu HS	11.74 m	2000
Discus	KENCHO LHAM	Ugyen Dorji HS	23.68 m	2000
Javelin	SANGAY LHAMO	Mongar HSS	31.00 m	2005

Sl	Event	Post.	Name	School	Dzongkhag	Record
16	Long Jump (Girls)	1st	Ugyen Choden	Losel Gaytsho Academy	Sarpang	04.42 m
		2nd	Damchoe Lhaden	Utpal HSS	Paro	04.30 m
		3rd	Hema Devi Timsina	Jakar HSS	Bumthang	04.18 m
17	High Jump (Boys)	1st	Tsenda Dorji	Kelki HSS	Thimthrom	01.64 m
		2nd	Kinley Wangdi	Dashiding HSS	Punakha	01.62 m
		3rd	Ran Bdr Subedi	Gaselo HSS	W/phodrang	01.60 m
18	High Jump (Girls)	1st	Chimi Wangmo	Tangmachu MSS	Lhuentse	01.30 m
		2nd	Dawa Palden	Yangchenphug HSS	Thimthrom	01.28 m
		3rd	Chimi Yuden	Taktse HSS	Trongsa	01.28 m
19	Triple Jump (Boys)	1st	PemaThinley	Lungtenzampa MSS	Thimthrom	12.19 m
		2nd	Tashi Dorji	Motithang HSS	Thimthrom	11.85 m
		3rd	Tika Ram Ghalley	Phuentsholing HSS	Pling Throm	11.64 m
20	Triple Jump (Girls)	1st	Damchoe Lhaden	Utpal HSS	Paro	09.73 m
		2nd	Tenzin Yangchen	Baylling HSS	Trashiyangtse	09.34 m
		3rd	Karma Choki	Martshala MSS	S/jongkhar	09.19 m
21	Javelin (Boys)	1st	Nima Yoezer	Samtse HSS	Samtse	44.75 m
		2nd	Sanga Tenzin	Yadhi HSS	Mongar	43.81 m
		3rd	Yeshi Penjor	Drukgyel HSS	Paro	39.31 m
22	Javelin (Girls)	1st	Phuntsho Choden	Jakar HSS	Bumthang	25.34 m
		2nd	Kinley Choden	Shari HSS	Paro	24.29 m
		3rd	Tenzin Lhamo	Tshenkarla MSS	Trashiyangtse	23.62 m
23	Discuss (Boys)	1st	Sonam Tashi	Jampeling HSS	Trashigang	31.24 m
		2nd	Bala Ram Bhandari	kuenga HSS	Paro	30.93 m
		3rd	Namgay Wangchuk	Reldri HSS	Pling Thomdey	29.22 m
24	Discuss (Girls)	1st	Sonam Choden	GUD HSS	Haa	23.32 m
		2nd	Chimi Dema	Kabesa MSS	Punakha	21.26 m
		3rd	Chorten Zangmo	Yoezerling HSS	Paro	19.65 m
25	Shotput (Boys)	1st	Tashi	Taktse HSS	Trongsa	11.94 m
		2nd	Rinzin Gyeltshen	Damphu HSS	Tsirang	11.90 m
		3rd	Tashi Tshering	Martshala MSS	S/jongkhar	11.49 m
26	Shotput (Girls)	1st	Passang Lham	Tenzin HSS	Paro	08.41 m
		2nd	Sonam Choden	GUD HSS	Haa	08.12 m
		3rd	Dorji Wangmo	Karmaling HSS	S/jongkhar	07.70 m



**RESULTS OF 11<sup>TH</sup> NATIONAL SCHOOL ATHLETICS MEET HELD AT THIMPHU FROM  
9<sup>TH</sup> – 13<sup>TH</sup> JULY 2014**

SI	Event	Post.	Name	School	Dzongkhag	Record
1	100 m (Boys)	1st	Chencho Gyeltshen	Kelki HSS	Thimthrom	11.29 sec
		2nd	Tandin Tamang	Lungtenzampa MSS	Thimthrom	11.95 sec
		3rd	Pema Dendup	GUD HSS	Haa	12.16 sec
2	100 m (Girls)	1st	Thinley Zangmo	Drugyel HSS	Paro	14.54 sec
		2nd	Barsha Chettri	Yangchenphug HSS	Thimthrom	14.70 sec
		3rd	Ugyen Choden	Losel Gaytsho Academy	Sarpang	14.80 sec
3	200 m (Boys)	1st	Chencho Gyeltshen	Kelki HSS	Thimthrom	23:16 sec
		2nd	Lhaba Tshering	Lungtenzampa MSS	Thimthrom	24.16 sec
		3rd	Lhundup Doji	Ugyen Academy	Punakha	24.64 sec
4	200 m (Girls)	1st	Thinley Zangmo	Drugyel HSS	Paro	30.07 sec
		2nd	Sangay Wangmo	Yangchenphug HSS	Thimthrom	31.32 sec
		3rd	Purnawati Giri	Reldri HSS	Chhukha	31.82 sec
5	400 m (Boys)	1st	Dorji Tshering	Lungtenzampa MSS	Thimthrom	56.77 sec
		2nd	Dick Bdr Mongar	Yangchenphug HSS	Thimthrom	57.76 sec
		3rd	Sangay Tshering	Drukgyel HSS	Paro	59.89 sec
6	400 m (Girls)	1st	Tshering Deki	Nima HSS	Thimthrom	1:12.42 min
		2nd	Sonam Choden	Jakar HSS	Bumthang	1:16.60 min
		3rd	Tenzin Yangchen	Bayling HSS	Trashiyangtse	1:19.82 min
7	800 m (Boys)	1st	Tenzin Thinley	Motithang HSS	Thimthrom	2:08.70 min
		2nd	Kiran Gurung	Ugyen Academy	Punakha	2:14.60 min
		3rd	Mahesh kumar	Tenzin HSS	Paro	2:19.67 min
8	800 m (Girls)	1st	Chimi Dema	Yangchenphug HSS	Thimthrom	2:53.95 min
		2nd	kumari Chettri	Tsangkhya LSS	Dagana	2:58.80 min
		3rd	Ganga Gurung	Tendruk HSS	Samtse	3:10.45 min
9	1500 m (Boys)	1st	Tenzin Thinley	Motithang HSS	Thimthrom	4:41.48 min
		2nd	Kiran Gurung	Ugyen Academy	Punakha	4:50.76 min
		3rd	karma Wangchuk	Motithang HSS	Thimthrom	4:55.36 min
10	1500 m (Girls)	1st	Chimi Dema	Yangchenphug HSS	Thimthrom	6:03.36 min
		2nd	Yeshi Dem	Bjishong	Gasa	6:07.48 min
		3rd	Tshering Gyem	Katsho LSS	Haa	6:13.04 min
11	3000 m (Boys)	1st	Tenzin Thinley	Motithang HSS	Thimthrom	10:17.20 min
		2nd	Sonam Gyeltshen	Jigme Sherubling HSS	Trashigang	10:43.45 min
		3rd	Sonam Nima	Trashitse HSS	Trashigang	10:59.32 min

SI	Event	Post.	Name	School	Dzongkhag	Record
12	3000 m (Girls)	1st	Chimi Dema	Yangchenphug HSS	Thimthrom	13:10.48 min
		2nd	Dorji Wangmo	Chundu MSS	Haa	13:17.70 min
		3rd	Chorten Dolma	Trashiyangtse LSS	Trashiyangtse	13:53.58 min
13	4X100 Relay (Boys)	1st	Dinesh Kumar	Yangchenphug HSS	Thimthrom	46.10 sec
			Dinesh Ghalley	Yangchenphug HSS	Thimthrom	
			Dago Dorji	Yangchenphug HSS	Thimthrom	
			Nima Tshering	Yangchenphug HSS	Thimthrom	
		2nd	Kencho Gyeltshen	Kelki HSS	Thimthrom	47.26 sec
			Kezang Wangdi	Kelki HSS	Thimthrom	
			Tsenda Dorji	Kelki HSS	Thimthrom	
			Ngagyel	Kelki HSS	Thimthrom	
		3rd	Lhendup Dorji	Ugyen Academy	Punakha	48.36 sec
			Dinesh Gurung	Ugyen Academy	Punakha	
			Tshering Dendup	Ugyen Academy	Punakha	
			Ngawang Jampel	Ugyen Academy	Punakha	
14	4X100 Relay (Girls)	1st	Barsha Chettri	Yangchenphug HSS	Thimthrom	58.16 sec
			Sangay Choden	Yangchenphug HSS	Thimthrom	
			Sangay Wangmo	Yangchenphug HSS	Thimthrom	
			Pema Seldon	Yangchenphug HSS	Thimthrom	
		2nd	Sonam Yangki	Kelki HSS	Thimthrom	1:01.45 min
			Chimi Dema	Kelki HSS	Thimthrom	
			Sonam Yeshey	Kelki HSS	Thimthrom	
			Pema Lhaden	Kelki HSS	Thimthrom	
		3rd	Sonam Choki	Wangdichoeling LSS	Bumthang	1:02.8 min
			Sonam Dema	Wangdichoeling LSS	Bumthang	
			Dechen Wangmo	Wangdichoeling LSS	Bumthang	
			Nima Sonam Wangmo	Wangdichoeling LSS	Bumthang	
15	Long Jump (Boys)	1st	Rinzin Gyeltshen	Damphu HSS	Tsirang	05.71 m
		2nd	Nima Tshering	Yangchenphug HSS	Thimthrom	05.65 m
		3rd	Namgay Dorji	Drukgyel HSS	Paro	05.61 m