

National Pool (01-01-2020 to 30-04-2020)

MEN

1	WKH Eshan	100 m., 4x100m
2	MV Suranjaya De Silva	100m., 200m., 4x100 m.
3	ASM Safan	200 m.
4	S Aruna Dharshana	400 m., 4x400m.
5	AML P Gunarathne	400 m., 4x400m.
6	HEMIG Indunil Herath	800m.
7	GR Chathuranga	800 m.
8	MM Kupun Kushantha	1500 m.
9	RA Sajeewa Lakmal	1500 m.
10	RMS Pushpakumara	5000 m., 3000 m. Steeplechase
11	WVMU Kumara	5000 m., 10000 m.
12	K Shanmugeshwaran	10000 m.
13	R. Roshan Dhammika Ranathunga	110 m Hurdles
14	KPH Nirmal	110 m. Hurdles
15	ALAI Rathnasena	400 m. Hurdles
16	ALA Tharanga Rathnasena	400 m. Hurdles
17	HMEUB Herath	3000 m. Steeplechase
18	Ushan Thiwanka Perera	High Jump
19	PS Tharuka	High Jump
20	Ishara Sandaruwan	Pole Vault
21	HSC Janith	Pole Vault
22	WP Amila Jayasiri	Long Jump
23	JHG Sampath	Long Jump
24	Janaka Prasad Wimalasiri	Long Jump
25	MN Safreen Ahmed	Triple Jump
26	LP Sreshan Dananjaya	Triple Jump
27	WSM Fernando	Shot Put
28	R Samitha Jayawardana	Shot Put
29	SPJ Bandula	Discus Throw
30	KMS Niroshana	Discus Throw
31	MDR Sisira Kumara	Hammer Throw
32	HMAS Bandara	Hammer Throw
33	RMSJ Ranasingha	Javelin Throw
34	RPWL Dayarathna	Javelin Throw
35	Dammika Arunasiri	Marathon
36	GD Sandaruwan	Marathon
37	RMY Priyadarshana Abeykoon	4X100 m.
38	BDCS Dharmakirithi	4X100 m.
39	YCM Yodhasinghe	4X100 m.
40	ALM Ashroff	4X100 m.
41	RMRN Rajakaruna	4X400 m.
42	HM Dilip Ruwan	4X400 m.

43	YMWSA Gunarathna	4X400 m.
44	I Lakshan	4X400 m.
45	DMISS Dunukara	20 km Race Walk
46	GS Chandika	20 km Race Walk
47	MM Ravindra Lakmal	Decathlon
48	Ajith Kumara Karunathilake	Decathlon

WOMEN

1	WVL Sugandi	100 m., 100 m. Hur, Heptathlon., 4x100m.
2	DT Amasha De Silva	100 m., 4x100 m.
3	Sharmila Jan	200 m., 4x100 m
4	Nadeesha Ramanayake	200 m., 400 m., 4x400m.
5	EK Madhushani	400 m., 400 m. Hurdles, 4x400 m.
6	WKLA Nimali	800 m., 1500 m.
7	KGDM Shayamali Kumarasinghe	800 m., 4x400 m.
8	GTA Aberathna	1500 m.
9	Hiruni Wijeratne	5000 m., (Marathon)
10	HMN Nandasena	5000 m.
11	ANL Ariyadasa	10000 m.
12	SA Lamahewage	10000 m.
13	RAIS Rajasinghe	100 m Hurdles
14	NGDN Lakmali	400 m. Hurdles, 4X400 m.
15	UKN Rathnayake	3000 m. Steeplechase, 5000 m
16	DK Ranasinghe	High Jump
17	SMM Madushani	High Jump
18	KLSK Perera	Pole Vault
19	Nesara Dakshitha	Pole Vault
20	SL Sarangi De Silva Silva	Long Jump, 4x100 m.
21	Anjani Pulwansa	Long Jump
22	HD Vidusha Lakshani	TripleJump
23	BMHP Balasooriya	Triple Jump
24	WTK Fernando	Shot Put
25	MND Muthunayaka	Shot Put
26	AHVV Lakmali	Discus Throw
27	AIMP Perera	Discus Throw
28	WMSN Rathnasiri	Hammer Throw
29	HAA Lakshika	Hammer Throw
30	BL Nadeeka Lakmali	Javelin Throw
31	HLND Lekamge	Javelin Throw
32	Velu Krishanthini	Marathon
33	Madumali Perera	Marathon
34	Sadeepa Henderson	4x100 m.
35	F Shafiya Yamick	4x100 m.
36	MO Udayangani	4x400 m.
37	Gayani Prathapasinghe	20 km Race Walk
38	Dinusha Dilhani	20 km Race Walk

