

12TH SOUTH ASIAN GAMES 2016 - GUWAHATI , ASSAM
5TH – 16TH FEBRUARY 2016

Triathlon events were held on 13th and 14th February 2016 at the recently concluded 12th South Asian Games 2016 in Guwahati, Assam.

The Countries took part in this event include India, Nepal and Sri Lanka. The following are the tri-athletes participated in the event.

INDIA

Men	Women
Dilip Kumar	Pallavi Retiwala
Guru Datt	Pooja Chaurushi
Dhiraj Sawant	Sarojini Devi Thoudam

NEPAL

Men	Women
Rudra Katwal	Roza KC
Tika Ram Thapa	Yamkumari Ghale
	Himal Tamata

SRI LANKA

Men	Women
Nuwan Kumara	Gayani Dasanayaka
Lakruwan Wijesiri	Dinusha Desilua

The Individual events for both Men and Women were held on 13th February 2016 at Dr. Zakir Hussain Aquatic Complex, Sarusajai Sports Complex in Guwahati. The Results are as follows:

MEN – INDIVIDUAL

Position	Name	Country	Swim Time	T1	Bike Time	T2	Run Time	Main Time
1 st	Dilip Kumar	India	00:19:21	00:00:17	01:04:05	00:00:08	00:39:04	02:02:53
2 nd	Guru Dutt	India	00:21:10	00:00:17	01:07:27	00:00:09	00:36:30	02:05:31
3 rd	Nuwan Kumara	Sri Lanka	00:24:36	00:00:22	01:06:07	00:00:09	00:39:25	02:10:38
4 th	Lakruwan	Sri Lanka	00:22:35	00:00:19	01:07:48	00:00:10	00:41:38	02:12:29
5 th	Rudra Katwal	Nepal	00:22:38	00:00:19	01:13:10	00:00:10	00:47:25	02:23:40
6 th	Tika Ram Thapa	Nepal	00:22:31	00:00:20	01:20:36	00:00:08	00:47:01	02:30:33

WOMEN – INDIVIDUAL

Position	Name	Country	Swim Time	T1	Bike Time	T2	Run Time	Main Time
1 st	Pallavi Retiwala	India	00:10:03	00:00:36	00:40:01	00:00:11	00:21:06	01:11:57
2 nd	Pooja Chaurushi	India	00:10:02	00:00:36	00:39:47	00:00:11	00:22:02	01:12:36
3 rd	Roza K.C	Nepal	00:12:52	00:00:42	00:38:50	00:00:09	00:23:28	01:16:00
4 th	Gayani Dasanayaka	Sri Lanka	00:11:56	00:00:37	00:40:02	00:00:08	00:23:33	01:16:14
5 th	Yamkumari Ghale	Nepal	00:12:38	00:00:44	00:40:55	00:00:09	00:26:06	01:20:29
6 th	Dinusha Desilua	Sri Lanka	00:12:53	00:00:30	00:44:00	00:00:11	00:26:40	01:24:13

Medals for the above event were presented by the Hon'ble Minister for Youth Affairs and Sports Shri. Sarbananda Sonowal and Mr. Vijitr Sittinawin, Secretary General of Asian Triathlon Confederation.

MIX RELAY

The Mix Relay event was held on 14th February 2016 at Dr. Zakir Hussain Aquatic Complex, Sarusajai Sports Complex in Guwahati. The Results are as follows:

Position	Name	Country	Timing
1 st	Pallavi Retiwala Dilip Kumar Sorojini Devi Thoudam Dhiraj Sawant	India	01:24:31
2 nd	YamKumari Ghale Himal Tamata Roza K.C Rudra Katuwal	Nepal	01:31:35
3 rd	Gayani Dasanayake Lakruwan Wijesiri Dinusha De Silva Nuwan Kumara	Sri Lanka	01:32:05

Medals for the above event were presented by the Director General, Sports Authority of India Shri. Injeti Srinivas, IAS, who is also the CEO of the Organizing Committee of the 12th South Asian Games, Guwahati.