

SRI LANKAN MEDAL WINNERS

*Youth Olympic Games, Commonwealth Youth Games,
Asian Youth Games & Asian Youth Championships*

By GGU Saman Kumara

YOUTH OLYMPIC GAMES

2018	Buenos Aires	Parami Marisstella	2000 M. St.	(W)	Bronze	07 points
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COMMONWEALTH YOUTH GAMES

2008	PUNE	Shehan Ambepitiya	100 M.	(M)	Gold	10.43
		Shehan Ambepitiya	200 M.	(M)	Gold	21.27
		Ranil Jayawardane	4X100 M. Relay	(M)	Gold	40.85
		Roshan Chamara Silva				
		Kieth De Mel				
		Shehan Ambepitiya				

2011	ISLE OF MAN	Shiwanthi Rthnayyke	400 M.	(W)	Silver	58.95
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2015	SAMOA	D Roshan Ranathunga	High Jump	(M)	Silver	2.11
		Yamani Dulanjana	400 M. Hurdles	(W)	Silver	61.70

ASIAN YOUTH GAMES

2009	SINGAPORE	Madhushanka Athawuda	4X200 M Relay	(M)	Silver	1:32.57
		Heshan Amarasinghe				
		Ashen Fernando				
		Dulaj Lahiru				

		Indunil Herath	800 M.	(M)	Bronze	1:56.33
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		Akshana Maralanda	4X200 M. Relay	(W)	Bronze	1:45.14
		Nadeeshani Henderson				
		Nimesha Siriwardana				
		Pabasara Senanayake				

2013	NANJING	Akila Rivishanka	110 M. Hurdles	(M)	Silver	13.99
		Anurudda Vidushanka	400 M. Hurdles	(M)	Bronze	54.05
		Nirmali Madhushika	400 M.	(M)	Bronze	55.96
		Dilhani Fernando	800 M.	(M)	Bronze	2:15.72

ASIAN YOUTH CHAMPIONSHIPS

2015	DOHA	Yamani Dulanjali	400 M. Hurdles	(W)	Gold	61.27	
		U.B.D.M.S. Rajapaksha	400 M. Hurdles	(M)	Silver	52.88	
		W.L. Chamal Kumarasiri	Triple Jump	(M)	Silver	15.39	
		D. Roshan Ranathunga	High Jump	(M)	Silver	2.12	
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2017	BANGKOK	H.D.M.S. Karunarthne	800 M.	(M)	Silver	1:54.99	
		S.H. Navodya Sankalpa	400 M. Hurdles	(M)	Bronze	53.86	
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2019	HONG KONG	Navishka Sandesh	400 M.	(M)	Silver	48.26	
		Hirusha Heshan	Medley Relay	(M)	Silver	1:55.04	
		S. Milinda Perera					
		Isuru Kawshalya					
		Navishka Sandesh					