

SRI LANKAN MEDAL WINNERS

Asian Junior Championships,

By GGU Saman Kumara

ASIAN JUNIOR CHAMPIONSHIPS

1988	SINGAPORE	T. Benildus Fernando	Long Jump	(M)	Bronze	7.33
1994	JAKARTA	Damayanthi Dharsha	100 M.	(W)	Gold	11.42 (New Record)
		Susanthika Jayasinghe	200 M.	(W)	Gold	23.16 (New Record)
		Susanthika Jayasinghe	100 M.	(W)	Silver	11.49
		Damayanthi Dharsha	200 M.	(W)	Silver	23.24
2001	BANDAR SB	WP Sripananda Dimuth Perera Pradeep Anushka RAS Indunil	4X400 M.	(M)	Bronze	3:18.17
2002	BANGKOK	Manoj Pushpa Kumra	400 M.	(M)	Silver	47.56
2004	IPOH	Manoj Pushpa Kumara	400 M.	(M)	Silver	46.57
2008	JAKARTA	Shehan Ambepitiya	100 M.	(M)	Silver	10.55
		Janaka Weerasinghe	800 M.	(M)	Bronze	1:53.53
2010	HANOI	EAWR Dilrukshi	3000 M. St.	(W)	Silver	11:38.02
2012	COLOMBO	Dulaj Madushanka	400 M.	(M)	Gold	47.36
		Shivanthi Rathnayake	400 M.	(W)	Gold	55.9
		Nimesha Siriwardana	High Jump	(M)	Silver	1.79
		Shivanthi Rathnayake	4X400 M.	(W)	Silver	3:46.76
		Nadeeshani Henderson BMSK Kumari DP Hansani Viraj Randeniya	110 M. Hur.	(M)	Bronze	13.94
		Chamika Jayamini	3000 M. St.	(W)	Bronze	10:55.76
2014	TAIPEI	Himasha Eshan	100 M.	(M)	Silver	10.49
		Kaushaiya Madushani	400 M. Hur.	(W)	Silver	62.31
		HD Vidusha Lakshani	Triple Jump	(W)	Bronze	12.87

2016 HO CHI MING -

2018	GIFU (Japan)	S. Aruna Dharshana	400 M.	(M)	Gold	45.79
		Parami Mrisstella	3000 M. St.	(W)	Gold	10:21.54
		S. Aruna Dharshana	4X400 M. Relay	(M)	Gold	3:08.70
		Pasindu Kodikara				
		Ravishka Indrajith				
		Pabasara Niku				
		Pasindu Kodikara	400 M.	(M)	Silver	46.96
		Amasha De Silva	100 M.	(W)	Silver	11.71
		Amasha De Silva	200 M.	(W)	Silver	24.47
		Dilshi Kumarasinghe	400 M.	(W)	Silver	54.03
		Dilshi Kumarasinghe	800 M.	(W)	Bronze	2:04.53
		Ishara Adithya	4X400 M. Relay	(W)	Bronze	3:45.16
		Sachini Divyanjali				
		Amasha De Silva				
		Dilshi Kumarasinghe				

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