



## Ramkaran Singh

**Name of the Athlete:** - Ramkaran Singh

**Gander:** - Male

**Date of Birth:** - 5<sup>th</sup> September 1990

**Birth Place:** - Kanpur, Utter Pradesh, India

**Team/State:** - Delhi

**Education:** - M. A. in History from Delhi University

**Sports:** - Para Athletics (Sports Class T13)

**Events:** - 1. 400m, 2. 800m, 3. 1500m, 4. 5000m, 6. 10000m

**Best Performance:** -

- 1. 400m: - 55.55 sec.
- 2. 800m: - 2:01.06 min.
- 3. 1500m: - 4:15.47 min.
- 4. 5000m: - 15:58.87 min.
- 6. 10000m: - 35:13.36 min.

**Achievements:** -

- Awards:** -
1. Arjuna Award-2012 (First Blind Par-Athlete who got Arjuna Award)
  2. Rajeev Gandhi State Sports Award-2014

**International:** -

1. Won 1 Silver Medal in Asian Para Games-2010, Incheon, South Korea, 18<sup>th</sup> to 24<sup>th</sup> October-2010.
2. Won 2 Bronze Medals (5000m & 10000m) with Asian Record in 5000m in 4<sup>th</sup> IBSA World Championships and Games, Antalya, Turkey, 1<sup>st</sup> to 10<sup>th</sup> April 2011.
3. Won 2 Gold Medals (800m & 1500m) with Asian Record in 800m in 1<sup>st</sup> Malaysian Open Para-Athletics Championships-2012, Kuala Lumpur, Malaysia, 23<sup>rd</sup> to 27<sup>th</sup> April – 2012.
4. Participated & 5<sup>th</sup> Place in 800m, 6<sup>th</sup> Place in 400m in IPC Athletics Grand Prix-2014 8<sup>th</sup> Tunis International Meeting, Tunisia, 12<sup>th</sup> to 19<sup>th</sup> June 2014.
5. Won 1 Silver Medal in Asian Para Games-2014. Incheon, South Korea, 18<sup>th</sup> to 24<sup>th</sup> October 2014.





6. Participated & 4<sup>th</sup> Place in 5000m, 8<sup>th</sup> Place in 1500m in IBSA World Games - 2015, 10<sup>th</sup> to 17<sup>th</sup> May 2015, Seoul, South Korea.
7. Won 2 Gold Medals (1500m & 5000m) in IPC 2016 Athletics Asia-Oceania Championships -2016, 6<sup>th</sup> to 12<sup>th</sup> March 2016, Dubai, UAE
8. Won 1 Bronze Medal (800m) in World Para-Athletics Grand Prix-2017, (9<sup>th</sup> Fazaa Para-Athletics Championship- Dubai 2017) 20<sup>th</sup> to 23<sup>th</sup> March 2017, Dubai, UAE.
9. 6<sup>th</sup> Place in 1500m in 7<sup>th</sup> Sharjah International Open Athletics Meeting-2017, 25<sup>th</sup> to 27<sup>th</sup> March 2017, Sharjah, UAE.
10. 5<sup>th</sup> Place in 800m Heat in World Para-Athletics Championships-2017, 14<sup>th</sup> to 23<sup>rd</sup> July 2017, London UK.
11. Won 2 Bronze Medals (1500m & 5000m) & 5<sup>th</sup> Place in 800m in World Para-Athletics Grand Prix-2018, (10<sup>th</sup> Fazaa Para-Athletics Championship- Dubai 2018) 13<sup>th</sup> to 16<sup>th</sup> March 2018, Dubai, UAE.
12. Won 2 Gold Medals (1500m & 5000m) & Bronze medal in 800m in Sharjah 8<sup>th</sup> International Open Para Athletics Meeting 18<sup>th</sup> to 20<sup>th</sup> March 2018, Sharjah, UAE.
13. 4<sup>th</sup> Place in 5000m & 6<sup>th</sup> Place in 1500m in Asian Para Games-2018, Jakarta, Indonesia, 6<sup>th</sup> to 12<sup>th</sup> October-2018.

#### **National: -**

1. Won 2 Gold & 2 Silver Medals in 18<sup>th</sup> IBSA National Sports Meet for the Blind-2012, 11<sup>th</sup> to 14<sup>th</sup> December-2012, New Delhi.
2. Won 2 Gold Medals in 14<sup>th</sup> Senior National Para Athletics Championships-2013, 12<sup>th</sup> to 14<sup>th</sup> March - 2013, Bangalore, Karnataka.
3. Won 3 Gold 1 Silver Medals in 19<sup>th</sup> IBSA National Sports Meet for the Blind-2014, 13<sup>th</sup> to 16<sup>th</sup> December-2014, New Delhi.
4. Won 2 Gold 1 Silver Medals in 15<sup>th</sup> Senior National Para Athletics Championships-2015, 19<sup>th</sup> to 22<sup>nd</sup> March - 2015, Ghaziabad, Uttar Pradesh.
5. Won 3 Gold 1 Silver Medals in 16<sup>th</sup> Senior National Para Athletics Championships-2016, 26<sup>th</sup> to 30<sup>th</sup> March - 2016, Panchkula, Haryana.
6. Won 4 Gold in 20<sup>th</sup> IBSA National Sports Meet for the Blind-2016, 12<sup>th</sup> to 15<sup>th</sup> December-2016, New Delhi.
7. Won 1 Gold in 17<sup>th</sup> National Para Athletics Championships-2017, 31<sup>st</sup> March to 4<sup>th</sup> April - 2017, Jaipur, Rajasthan.

