



Name		Mr.C.Thirugnanadurai		
Date of Birth		01.12.1973		
Educational qualification				
Name of the course	Year of study	Subject	Institution / university	Grade/ Class
B.Sc	1992-1995	Physical Education	Ayya Nadar Janaki Ammal College,Sivakasi	
M.A	-	Psychology	Loyola College,Chennai	
<b>Position Held</b>		Past		
		Present	Athletic coach for the Indian Team, National Institute of Sports, Bangalore.	
Awards and rewards		<ul style="list-style-type: none"> <li>➤ Set a New Meet Record of 10.40 seconds in the 100 Metre category in the All India Inter State Athletic Championship at Lucknow in 1999</li> <li>➤ Set New National Record of 39.70 seconds in the 4 x 100 Metre category in the Asian Athletic Championship held at Jakarta in 2000.</li> </ul>		
Achievements		<p><b>Gold Medals in International</b></p> <p>100 Mts, World Railways Athletic Championship (Poland 2001), 10.62 Sec</p> <p>4 x 100Mts, SAF Games (Nepal 1999), 40.30 sec</p> <p>100Mts, Raja Balendra Meet (New Delhi 1998), 10.70 Sec</p> <p><b>National</b></p> <p>100Mts, All India Inter State Athletic Championship (Lucknow 1999), 10.40 Sec</p> <p>4x100Mts, National Games (Manipur 1999 ), 41.17 Sec</p> <p>4 x100Mts, All India Inter State Athletic Championship (Chennai 2000 ), 39.78 Sec</p> <p>4 x 100Mts, All India athletic championship (Jamshedpur 2003)</p> <p>100Mts, National Circuit Meet (Nagerkoil 1998), 10.89 Sec</p> <p><b>Silver Medals (International and National)</b></p> <p>100Mts, SAF Games (Nepal 1999), 10.42 Sec</p> <p>100Mts, International Circuit Meet (Nagerkoil 1999), 10.73 Sec</p> <p>100Mts, International circuit Meet (Trivandrum), 10.54 Sec</p> <p>100Mts, Open National Athletic Championship (Gandhi Nagar 1997), 10.80 Sec</p>		

	<p>100Mts, All India Inter State Athletic Championship (Bangalore, 1997), 10.83 Sec</p> <p>100Mts, 5th National Travancore Marathon &amp; Track meet (Trivandrum 1999), 10.48 Sec</p> <p>100Mts, All India Federation Cup All India Athletic Championship (Lucknow), 10.71 Sec</p> <p>100Mts, National Travancore Marathon &amp; Track meet (Trivandrum 2000), 10.51 Sec</p> <p>100Mts, Open National Athletic Championship (Kolkata), 10.75 Sec</p> <p>100Mts, Athletic Championship (Bangalore 2001), 10.45 Sec</p> <p>200Mts, All India Athletic Championship (Bangalore 2001), 21.61 Sec</p> <p>4 x 100Mts, All India Federation Cup All India Athletic Championship (Chennai 2004),</p> <p>100Mts, National Circuit Meet (Mumbai 1996), 10.82 Sec</p> <p><b>Bronze Medals (International and National)</b></p> <p>100Mts, 1998 South Asian Athletic Federation Championship, Sri Lanka, 10.66 Sec</p> <p>4 x 100Mts, 2003 Afro- Asian Games, Hyderabad, 40.67 Sec</p> <p>100Mts, 4th National Travancore Marathon &amp; Track meet (Trivandrum 1998), 10.46 Sec</p> <p>100Mts, All India Inter State Athletic Championship (Chennai 2000), 10.49 Sec</p> <p><b>Achievements as a Coach</b></p> <p>Asian Championship 2011: 4 X 100 MTS Relay, Japan, Finalist, 40.13 sec</p> <p>Asian GRAND PRIX Championship 2012: 4 X 100 MTS Relay, Thailand, Bronze, 39.51 sec</p> <p>Asian Championship 2012: 4 X 100 MTS Relay, India, Participated</p> <p>Asian GRAND PRIX Championship 2012: 4 X 100 MTS Relay, Sri Lanka &amp; Thailand, Fourth Position, 40.05</p> <p>Participated in Olympic Games held at Sidney in 2000</p>
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