



ATHLETICS
FEDERATION OF INDIA



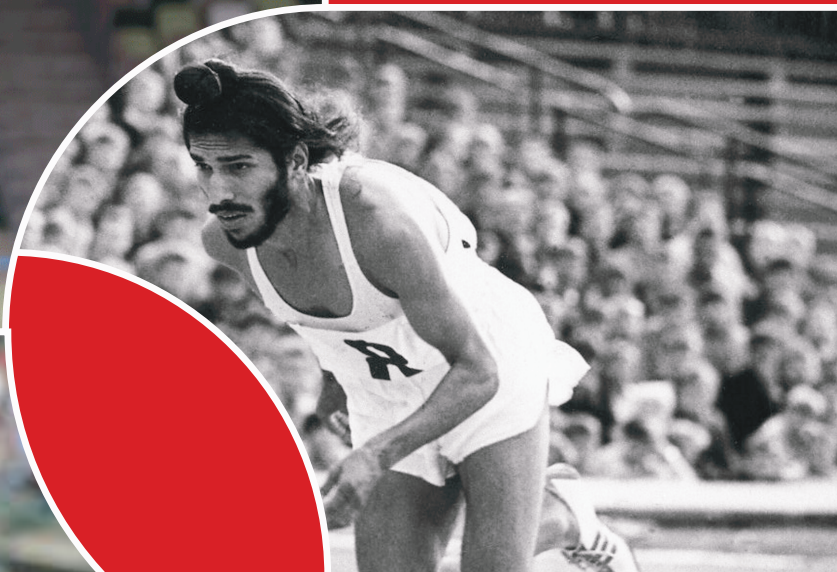
**SAAF CROSS COUNTRY
★ CHAMPIONSHIPS ★
&
56TH NATIONAL
CROSS COUNTRY
★ CHAMPIONSHIPS ★**

**NAGALAND
2022**



**SOUTH ASIAN CROSS COUNTRY CHAMPIONSHIPS &
56TH NATIONAL CROSS COUNTRY CHAMPIONSHIPS
KOHIMA, NAGALAND, INDIA**

ATHLETICS FEDERATION OF INDIA
**CELEBRATING
75TH YEAR**



CELEBRATING
75th YEAR



-  NagaAthletics
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Dr Talimeren Ao

Captain of Indian Football Team 1948 Olympics



Chekrovolu Swuro

*Olympian and Gold Medalist
at Archery World Cup, 2011*

 Nagalandolympicassociation

 NagalandOlympic

 NagalandOlympicAssociation



MR. NEIPHIU RIO

CHIEF MINISTER
NAGALAND

PRESIDENT
NAGALAND OLYMPIC ASSOCIATION

CONVENOR
ORGANISING COMMITTEE



CHIEF MINISTER NAGALAND KOHIMA

India will be hosting the 2022 South Asian Cross-Country Championships and 56th National Cross-Country Championships at Kohima, Nagaland. I express my gratitude to the South Asian Athletics Federation under the leadership of Dr. Lalit Kumar Bhanot and the Athletics Federation of India under the Presidentship of Shri Adille Sumariwalla for selecting Kohima as the Host City. This will be the biggest ever sports event to be organized in Nagaland. The entire State and its citizens are looking forward to welcoming the sports fraternity of the entire region, especially the participants.

Kohima is a historic city; where history changed course and is the capital of Nagaland, which is known as the Land of Festivals. Nagaland is India's 16th State and is inhabited by over a dozen tribes, who have a unique history and a rich cultural heritage. I congratulate Nagaland Athletics, under the Presidentship of Shri Abu Metha, for having the courage and confidence to bring this international event to Nagaland. Its realization is a reflection of the energy and ambition of the Naga youth.

I wish the Championships all success and I am hopeful that the participants will have a memorable Nagaland experience. All citizens of the State join me in welcoming the international and national participants and I hope that these championships will be a launchpad for many future champions who will bring laurels for the country while upholding the spirit of sportsmanship.

Kuknalim. Jai Hind.

From the President's Desk

It was an immense joy to welcome you to Incredible India and to Nagaland, the “Land of Festivals.” On the 27th of March, 2022 the iconic capital city of Nagaland - Kohima - hosted the South Asian Cross Country Championships and the 56th National Cross Country Championships. The event included athletes, officials and delegates from the South Asian countries of Sri Lanka, Maldives, Nepal, Bangladesh, India and all affiliated state associations and sports boards of the country. More than a thousand participants from across the South Asian region and every state of India made Nagaland's biggest-ever sports event in its history a resounding success. The Union Territory of Ladakh also participated in a national athletic event for the first time.

With the successful conduct of this event – the state's biggest-ever event in its six decades of statehood – Nagaland sounded its arrival on the international sports map, exemplifying the Naga people's capability in all aspects of organisation and hosting of such mega events. The mascot of the event was aptly named AKIMJI, which means aim, goal or ambition from the proud Sumi Naga tribe. The event showcased the energy and the new-found confidence of the new generation of Naga youth, who aspire to be the best through the roadmap of striving for success and excellence.

I take this opportunity to express Nagaland's gratitude to the South Asian Athletics Federation (SAAF) and the Athletics Federation of India (AFI) for believing in us by choosing Kohima as the Host City. It gave the youth of Nagaland an opportunity to contribute towards the nation building process. We will always remain grateful for the guidance and overwhelming support we received from the President of SAAF, Dr. Lalit Kumar Bhanot and my colleagues from the AFI, led by the President, Mr. Adille Sumariwalla.



MR. ABU METHA

PRESIDENT
NAGALAND ATHLETICS ASSOCIATION

ASSO. VICE PRESIDENT
ATHLETICS FEDERATION OF INDIA

CO-CONVENOR
ORGANISING COMMITTEE



Left:
Naga indigeneous games

Opposite page: Dr. Talimeren Ao, Captain of Indian Football Team, 1948 Olympics; Chekrovolu Swuro, Olympian & Gold Medalist, Archery World Cup, 2011; Naga traditional wrestling.



I also express our special appreciation to the legendary Mr. Sebastian Coe for his support, blessings and message of solidarity. The President of World Athletics and multiple Olympic Champion was a childhood hero to us and he continues to inspire millions across the globe.

For Nagaland, the icing on the cake was the podium finish of our women's team, who clinched the bronze medal in the team event. It was a monumental achievement considering the fact that it was our first-ever participation in the National Cross Country Championships. The entire state celebrated with great fervour and happiness.

Nagaland has a rich history of sports and games. Many sporting events and indigenous sports disciplines have played an integral part of our society and culture since time immemorial. Despite being a headhunting race, sport was always a unifying factor, and sports events bring villages, communities and tribes closer to each other. Even today, our indigenous sports events draw record audiences and unify people like no other activity. Like everywhere else, here too, sport continues to illustrate its power to unite.

This Naga tradition of sports became part of India's global emergence when the legendary Dr. Talimeren Ao, known as the "barefoot footballer" from Mokokchung district of Nagaland, captained India at Indian football's maiden participation at the Olympic Games in the 1948 London Olympics. Similarly, the ace archer and World Cup winner Ms. Chekrovolu Swüro, represented India in the ancient sport of archery in the 2012 London Olympics at the iconic Lords Cricket Ground. Naga youth have made significant contributions to the nation building process, especially, in the field of sport. Likewise, the Nagaland Olympic fraternity is a contributing

and participating member of the Indian Olympic movement.

I extend my deepest appreciation to all sections of the people who came forward in the most positive manner to ensure a grand success of the Cross Country Championships. I especially express my deepest gratitude to the Honourable Chief Minister of Nagaland, Mr. Neiphiu Rio, for extending every possible support from the Government of Nagaland. As the Convenor of the Organising Committee, he took personal interest in every aspect of the championships and his positive leadership played a crucial role in the success achieved. The youth and the sports community will forever remain indebted to him for his priceless contributions.

I hope each and every participant, from across international borders and within India, had a memorable Nagaland Experience and that, apart from giving your best during the races, you also took the opportunity to make lifelong friends, create memories and enjoy the local flavours. It is our humble request that every guest who visited us will always be a positive ambassador of India, and Nagaland, to the rest of the world.

This event will go down the annals of the history of the Naga people's journey for all times to come. Nagaland and the Naga youth, proved to the world that, given an opportunity, we are capable of scaling the greatest heights. I am sure this success will become the launchpad for us to host bigger events and make greater contributions to India's forward journey and towards the cause of sport and humanity under the guiding principles of the Olympic motto of Citius, Altius, Fortius – Communiter.

God Bless. Kuknalim. Jai Hind.





प्रधान मंत्री
Prime Minister

MESSAGE



It is heart-warming to learn about the South Asian Cross Country Championships and 56th National Cross Country Championships, hosted by Nagaland, under the aegis of South Asian Athletics Federation and the Athletics Federation of India, at Kohima. The gesture to publish a booklet to commemorate the event is thoughtful.

Sports are an integral aspect of personality development. Sporting disciplines such as athletics help in developing physical endurance and mental toughness, as also to inculcate qualities of sportsmanship, team spirit, discipline and hard work among youngsters.

To take sports in India to the pinnacle of success, we are working tirelessly. From recognising the talents all across the country to giving them all the necessary support, from increasing the sports budget to enhancing encouragement and awards given to the players, our approach is holistic. Today talents are emerging from the rural areas, backward classes as well as the tribal society and are making the nation proud.

The South Asian Cross Country Championships and 56th National Cross Country Championships are an opportunity for national and international athletes to engage in healthy competition, as well as learn about each other's nation, society, culture and customs. These events will also strengthen bonds of friendship and brotherhood among sportspersons.

I wish every participant all success. May the booklet be read and liked widely.

New Delhi

चैत्र 03, शक संवत् 1944

24th March, 2022

(Narendra Modi)



VICE-PRESIDENT OF INDIA

MESSAGE



I am happy to know that Nagaland is hosting the South Asian Cross Country Championships & 56th National Cross Country Championships at Kohima, under the aegis of Athletics Federation of India and South Asian Athletics Federation. I am told that this will be Nagaland's biggest ever sports event. I compliment the organisers for their efforts.

Sports and games play a vital role in our lives. They not only ensure physical fitness of an individual, but also inculcate the qualities of discipline and team spirit, apart from kindling the desire to excel through healthy competition. I hope these Cross Country Championships will help in promoting a vibrant sporting culture in the country and will become a great morale booster for the organizers, coaches, referees and budding players.

I extend my heartiest greetings and congratulations to the people of Nagaland on this momentous occasion, and wish the event a grand success.

New Delhi

23rd March, 2022

A handwritten signature in black ink, reading "Naidu".

(M. Venkaiah Naidu)



MR. SEBASTIAN COE

PRESIDENT
WORLD ATHLETICS FEDERATION

I'm delighted to lend my support to the South Asian Cross Country Championships held in Nagaland on March 26th.

Cross Country is one of the oldest and historic manifestation of the great sport of athletics.

I'm grateful to all those that have created this opportunity and wish all the competitors the very best of luck!

Prof. Jagdish Mukhi
Governor of Nagaland



PROF. JAGDISH MUKHI

GOVERNOR
NAGALAND & ASSAM

It is a great pleasure to convey my greetings to the people of Nagaland, and to our athletes from the nation and countries beyond in this significant event of the South Asian Cross Country Championships hosted at Kohima, Nagaland on 26th March 2022, coinciding with the 56th National Cross Country Championships organized under the aegis of the South Asian Athletics Federation and the Athletics Federation of India.

It is indeed, Nagaland's first ever international athletic event to be held in the State, and this simple act of hosting the event will make it historic in a way that will always be remembered.

I am glad that, we are part of an event that unites the world and I am sure that this Championships will definitely enhance and strengthen the bond of friendship, brotherhood and solidarity among the participating Nations and Athletes.

I congratulate the State government and the organizing committee who have pioneered this Championships with intended vision to make positive changes towards growth and progress of our people through sports.

In this momentous occasion, I wish all the organizers and the athletes, the very best in their dedicated pursuit of excellence.

Thank You! Jai Hind!



RAJ BHAVAN
Kohima - 797001



ANURAG SINGH THAKUR



MINISTER
INFORMATION & BROADCASTING AND
YOUTH AFFAIRS & SPORTS
GOVERNMENT OF INDIA

It gives me great pleasure that India is hosting South Asian Cross Country Championships at Kohima, Nagaland on 26th March, 2022 which also coincides with the 56th National Cross Country Championships being organized under the aegis of the South Asian Athletics Federation and the Athletics Federation of India. Hosting of the championships will provide the country an opportunity to witness athletes from South Asian countries in action and will encourage and inspire the young and budding athletes to take up sports.

I convey my best wishes for the successful conduct of South Asian Cross Country Championships.



MR. ANURAG SINGH THAKUR

MINISTER
INFORMATION & BROADCASTING AND
YOUTH AFFAIRS & SPORTS

KIREN RIJJU



MINISTER
LAW AND JUSTICE
GOVERNMENT OF INDIA



MR. KIREN RIJJU

MINISTER
LAW AND JUSTICE
GOVERNMENT OF INDIA

I am very pleased to learn that India is hosting the South Asian Cross-Country Championships at Kohima, Nagaland under the aegis of the South Asian Athletics Federation and the Athletic Federation of India. I am also happy to note that this event is also coinciding with the 56th National Cross-Country Championships.

I believe that Nagaland and the rest of the North-Eastern region have vast potential and scope in the field of sports and with an enormous talent, it has steadily contributed towards India's rise in sports. With the conduct of such major international meets in the region, I am sure that the youth of the northeast will be inspired to strive towards more laurels.

The focused intervention on sports by the Government of India under the vision of Hon'ble Prime Minister Shri Narendra Modi Ji has led the nation in making significant progress in various International Arenas. I hope that continued effort and fervor from our youth will bring more joy and glory to the nation in the coming years.

I wish the event all success and also congratulate the Hon'ble Chief Minister of Nagaland, Shri Neiphiu Rio Ji, and the President of Nagaland Athletics Shri Abu Metha Ji for making the biggest sporting event in Nagaland's history a reality. I further convey my best wishes to all participants and organizers.

Dr. Narinder Dhruv Batra
President



Indian Olympic Association



**DR. NARINDER
DHRUV BATRA**

PRESIDENT
INDIAN OLYMPIC
ASSOCIATION

I am very happy to learn that India will be hosting the South Asian Cross Country Championships and the 56th National Cross Country Championships in Nagaland at Kohima. Kohima is a historic city with wonderful people and I am sure the citizens of Nagaland will ensure the championships will be a grand success making India proud.

I convey the best wishes of the Indian Olympic Association (IOA) and the sports fraternity of the country to the Organising Committee led by Shri Neiphiu Rio, Honorable Chief Minister of Nagaland, who is doing exemplary work in the promotion of sports and games in Nagaland. I also congratulate Shri Abu Metha, President of Nagaland Athletics who is making significant contributions to develop sports and create opportunities for the youth.

My compliments to the South Asian Athletics Association under the Presidentship of Dr. Lalit Kumar Bhanot and the Athletics Federation of India led by Shri Adille Sumariwalla for taking these important championships to Nagaland and the northeast. Such a visionary approach will strengthen national integration and bring the youth of the region closer towards the mainstream.

I convey my best wishes to all the participants and am confident that the championships will be a grand success making Team India proud in the eyes of the international community.

With regards.



DR. LALIT BHANOT

PRESIDENT
SOUTH ASIAN ATHLETICS
ASSOCIATION

I am very happy to learn that India will be hosting the South Asian Cross Country Championships and the 56th National Cross Country Championships in Nagaland at Kohima. Kohima is a historic city with wonderful people and I am sure the citizens of Nagaland will ensure the championships will be a grand success making India proud.

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I convey my best wishes to all the participants and am confident that the championships will be a grand success making Team India proud in the eyes of the international community.

With regards.

MR. ADILLE SUMARIWALLA

PRESIDENT, ATHLETICS FEDERATION OF INDIA
COUNCIL MEMBER, WORLD ATHLETICS
& VICE PRESIDENT, INDIAN OLYMPIC ASSOCIATION



I send my best compliments to Shri Neiphiu Rio, the Honorable Chief Minister of Nagaland and the Chairman of the Organising Committee, who has been the pillar behind the realization of this international event in Nagaland. The Athletics Federation of India (AFI) and the Indian Olympic fraternity is grateful to Nagaland for organising these championships in Nagaland with Kohima as the Host City.

I take this opportunity to welcome all the participants and delegates to India and the beautiful state of Nagaland for what is slated to be a historic event. Nagaland and the northeastern region of India is home to a significant sports talent bank and there is enormous potential for the youth of this region to bring many more laurels to the country. The AFI assures its sincere commitment to partner with Nagaland and the north east in developing sports and creating champions who will do the nation proud in the years to come.

I extend best wishes to all participating SAAF countries and the affiliates of the AFI. I must specially welcome the team from Ladakh who are participating in a national athletics event for the first time. Nagaland Athletics has made commendable efforts to ensure a grand success under the meticulous leadership of its President and my colleague Shri Abu Metha. I convey my personal appreciation and gratitude to all members of Team Nagaland for your contributions towards serving the nation.

I look forward to return to Nagaland, which is blessed with natural beauty and wonderful people. Nagaland is indeed a shining star and a jewel in India's crown and I am confident that the citizens of Nagaland will ensure a grand success, making India proud.

My best wishes to one and all. With regards,

Dr. Himanta Biswa Sarma



Chief Minister, Assam

Dispur
20 Fagun, 1428 Bhaskarabda



DR. HIMANTA BISWA SARMA

CHIEF MINISTER
ASSAM

I am happy to know that South Asian Cross Country Championship is being organised at Kohima, Nagaland on March 26, 2022 under the aegis of South Asian Athletics Federation and The Athletics Federation of India with active cooperation of Nagaland Government and a booklet is also being published to mark the grand event.

It is a matter of great pride and honour that India is hosting such a prestigious athletics event. Northeast region is increasingly getting into the limelight as a top sports centre in the country and the hosting of South Asian Cross Country Championship by Nagaland is another testimony to the fact. This event would provide the opportunity to the aspiring athletes of Nagaland and NE to see top athletes from the South Asian countries in action. Such competitions would inspire youths of the region to take up sports and athletics.

I extend my best wishes to the organisers and Nagaland Government for South Asian Cross Country Championship.



Conrad K. Sangma
Chief Minister
Meghalaya



Off: (0389) 2342150/2322517
Fax: (0389) 2342255/ (R) 2342425
E-mail: cmmizoram@hotmail.com

I am delighted to learn that our country is hosting the South Asian Cross Country Championships at Kohima, Nagaland on the 26th of March 2022, coinciding with the 56th National Cross Country Championships being organised under the aegis of the South Asian Athletics Federation and the Athletics Federation of India.

I extend my heartiest congratulations to the organisers of the event that will further support Government efforts towards promotion of international and national sporting events in the North Eastern region.

My best wishes for the grand success of the South Asian Cross Country Championships.



MR. CONRAD SANGMA

CHIEF MINISTER
MEGHALAYA

CHIEF MINISTER MIZORAM

MR. ZORAMTHANGA

CHIEF MINISTER
MIZORAM



I am very pleased to learn that the State of Nagaland has been bestowed the honor of hosting the South Asian Cross Country Championships on behalf of India which coincides with the 56th National Cross Country Championships, at Kohima.

For the longest time, India had often been identified as a country that does not produce world class performers in the field of athletics in general and track and field events in particular. India's medal count at various competitions over the decades has borne this out while stars like Milkha Singh and PT Usha have been few and far between. However, the performance of Neeraj Chopra at the last Olympics held in Japan has broken the myth that Indian athletes cannot win track and field medals at the highest level. I believe that we as a country, can strive for even greater heights in sports judging from the huge pool of talent that lies in our cities, towns and villages. I am also confident that with the right infrastructure and training, our own athletes from the Northeast can go toe to toe with their national and international counterparts at the highest level. Holding events such as these in the Northeast will go a long way in lifting their morale in addition to giving them the much needed exposure to higher standards of fitness and skill, not to mention the possibility of inspiring younger generations to take up sports at an early age. My own Government is focused on how we can improve upon our existing infrastructure and give our youth the very best in terms of training facilities and avenues for competition; I am sure that this is true of other States in the region.

I would like to take this opportunity to congratulate everyone involved in bringing the South Asian Cross Country Championships and the 56th National Cross Country Championships to our region and wish the organizing committee every success in conducting these events.

SUSHMITA DEV

Member of Parliament, Rajya Sabha
Member, All India Trinamool Congress



(M): 9435503003

Email: officeofsdev@gmail.com



MR. DEBABRATA DAS

GM & ZONAL
HEAD, KOLKATA ZONE

I am delighted to learn that prestigious South Asian Cross Country Championships & 56th National Cross Country Championship will be hosted by the state of Nagaland on 26 March, 2022.

Such occasions evoke fond memories and make one look back with gratitude and plan ahead with enthusiasm and confidence.

It is of immense pleasure for me to know that seven countries – India, Bhutan, Bangladesh, Nepal, Sri Lanka, Maldives and Pakistan along with all affiliated states and UTs of our country will also participate in the said sport meet. This will be the biggest sports event ever to be held in the state of Nagaland.

In this occasion I congratulate Hon'ble Chief Minister of Nagaland Shri Neiphiu Rio, who is also the President of the Nagaland Olympic Association and Convener of the Organising Committee.

I also congratulate the entire Organising Committee and wish mega success in the August event.

I also appreciate the efforts of Govt. Of Nagaland.

I am elated to write this message for the booklet to be published by the Athletics Federation of India on the occasion of South Asian Cross Country Championships & 56th National Cross Country Championships to be held in Kohima, Nagaland on 26th March, 2022. I am also glad to know that the championship is being conducted under the aegis of South Asian Athletic Federation under the guidance of the Govt. of Nagaland which is praiseworthy.

Publication of a booklet with valuable and informative columns in commemoration of the historic event is an ideal aspect which will highlight the various features of the Championship. I am sure, the publication will go a long way and would be a good medium of knowledge amongst the readers.

I congratulate all the members associated with the Organizing Committee for their noble endeavour and wish the event a success.



MS. SUSHMITA DEV

MEMBER OF PARLIAMENT

GAURAV GOGOI
MEMBER OF PARLIAMENT
DEPUTY LEADER OF
CONGRESS PARTY IN THE LOK SABHA



MEMBER:
Standing Committee on Finance
Joint Committee on the Personal Data Protection Bill, 2019
Committee on Government Assurances



It is a proud moment for me as a Member of Parliament from a North Eastern state to learn that the 2022 South Asian Cross Country Championships is being hosted at Kohima, Nagaland on 26th March, 2022. It gives me added pleasure to note that this will coincide with the 56th National Cross Country Championships.

The great potential for sports in the North East has been recognized domestically and internationally. Hosting events like this will be a boost to sporting aspirations of the region. They will go a long way in inspiring more young talent to choose sports in a professional capacity.

All my best regards for the South Asian Athletics Federation and the Athletics Federation of India for hosting the event. All my support and congratulations to the Government of Nagaland on hosting the State's biggest sporting event.



MR. GAURAV GOGOI
MEMBER OF PARLIAMENT



MR. CHANDAN SAHOO
AGM & REGIONAL HEAD,
JORHAT REGION

It is a matter of immense pleasure that Nagaland state is going to host South Asian Cross Country Championships & 56th National Cross Country Championship on 26 March, 2022.

I write this message with a lot of happiness and satisfaction as this will be the biggest ever sports event to be hosted by Nagaland with participation from India, Bhutan, Bangladesh, Nepal, Sri Lanka, Maldives and Pakistan.

I extend my heartiest congratulations to Hon'ble Chief minister of Nagaland Shri Neiphiu Rio, who is also the President of the Nagaland Olympic Association and Convener of the Organising Committee.

I also compliment and congratulate the entire Organising Committee and with the commemorative volume of all success.

I also appreciate the efforts of Govt. of Nagaland.

1102, Yamuna Apartment, Dr. B.D. Marg, New Delhi - 110 001
Mob.: 0-9013869955, 0-9954355505 Email: office@gauravgogoi.in

Messages from Sportspersons



“All the best Kohima, for hosting the SAAF Cross-Country Championships 2022.”
- Hima Das



“Congratulations Nagaland Athletics Association and all the best to all the participants.”
- Baichung Bhutia

“I wish the organizers great success and my best wishes to all the participants.”
-P.T. Usha



“I'm eagerly waiting to visit the beautiful State of Nagaland and to witness the SAAF Cross-Country Championships.”
- Anju Bobby George



“I hope you come and be a part of the SAAF Cross-Country Championships at Kohima.”
- Neeraj Chopra



Arrival of Dignitaries & Athletes

DIMAPUR, NAGALAND, INDIA.



Dimapur Reception Committee welcoming dignitaries of SAAF and AFI.



Dimapur Reception Committee presenting bouquets to dignitaries of SAAF and AFI.



Ms. Anju Bobby George welcomed by Dimapur Reception Committee.



As many as 28 teams, comprising of over 700 athletes and officials, from South Asian countries that include Bangladesh, Sri Lanka, Maldives and Nepal and different states and Union territories of India arrived in Nagaland for the mega South Asian Cross Country Championship and 56th National Cross Country Championship.







Arrival of national athletes at the train station received by Dimapur Reception Committee.





Welcome Dinner

for international delegates

Hosted by Mr. Abu Metha

President, Nagaland Athletics
Asso. Vice President, Athletics Federation of India
Co-Convenor, Organising Committee

Location: The Heritage, Kohima.

Date: 24th March, 2022



INVITATION

Shri Abu Metha,
President of Nagaland Athletics,
cordially invites you to the
Welcome Dinner
in honour of the international teams of the
South Asian Cross Country Championships
at The Heritage,
on Thursday, the 24th of March, 2022 at 7 PM.



ATHLETICS
FEDERATION OF INDIA

CELEBRATING
75 YEAR



FI
ME
TIVALS





Mr. Abdur Rokib, General Secretary, Bangladesh Athletics Federation presenting a memento to Mr. Abu Metha.



Mr. Abdur Rokib presenting a memento to Mr. Ravinder Chaudhry, General Secretary AFI.



Mr. Zale Neikha, Advisor Youth Resources & Sports with Mr. B E Stanley Jones, Chairman, Technical Committee with traditional Naga gifts.



Mr. Neingulie Nakhro, Secretary Nagaland Athletics delivering the vote of thanks





Mr. Abu Metha presented traditional welcome gifts to all delegates.

Delegates were gifted a wonderful collection of books and collectibles in a traditional Konyak Naga bag.



NAGALAND TOURISM BOOK

~ A guide to
Nagaland's
Tourism hot spots



NAGALAND 2022

SAAF CROSS COUNTRY CHAMPIONSHIPS &
56TH NATIONAL CROSS COUNTRY CHAMPIONSHIPS



NAGALAND OLYMPIC ASSOCIATION LAPEL PIN

~ Official lapel pin of the
Nagaland Olympic Association



TRACKSUIT AND T-SHIRT

~ The official meet
apparels and
merchandise designed
by Naga designer
Asano Peseyie
- Digital 112.



HORNBILL FESTIVAL BOOK

~ The 2021
edition.
A guide to the
annual hornbill
festival. It is
held every year
from 1st – 10th
December



NAGALAND ATHLETICS LAPEL PIN

~ Official lapel pin of the
Nagaland Athletics



NAGA TRADITIONAL BAG – ANGHYA NYIHKHOK

Queen's bag – Woven
exclusively by the Konyak
Queens in the past. Today
this craft restriction no
longer remains and the
bag is a fine example in
the dexterity of Konyak
weaving traditions

SHAWLS

~ Traditional Naga
tribal shawls with
respective tribal
motives and intricate
designs, handmade
with the same
techniques that have
been passed down for
generations.



MUFFLER

~A highly symbolic and
authentic handwoven
item by local artisans
of Nagaland







Hon'ble Governor's Official Dinner

Hosted by Prof. Jagdish Mukhi

Hon'ble Governor of Nagaland & Assam

Location: Raj Bhavan, Kohima

Date: 25th March, 2022





Mr. Sharingain Longkumer
Hon'ble Speaker
Nagaland Legislative Assembly.



Launching of "AKIMJI"
L to R: Mr. Zale Neikha Advisor Youth Resources & Sports,
Mr. Sharingain Longkumer Speaker Nagaland Legislative Assembly,
Mr. Adille Sumariwalla President AFI and Dr. Lalit Bhanot President SAAF.















Pre-event Activities

Joint Press Conference

by South Asian Athletics Federation,
Athletics Federation of India and
Nagaland Athletics.





South Asian Athletics Federation Officials Meeting

Meeting of SAAF officials chaired by Mr. Abu Metha, President, Nagaland Athletics.



Hon'ble Chief Minister and Convenor, Organising Committee, Mr. Neiphiu Rio visited the control room situated at the Nagaland Olympic Association Office and also the venue, IG Stadium.

Mr. Rio was accompanied by Mr. Zale Neikha, Advisor Youth Resources & Sports, Mr. Medo Yhokha, Advisor Technical Educations & Elections and other top government officials.



Mr. John Longkumer (IPS) DGP Nagaland inspected the venue along with Mr. Abu Metha and other government officials for preparations of the event.





Prep Day

Location: I.G Stadium,
Kohima, Nagaland, India.

Date: 25th March, 2022

25th March, one day before the main event, Indira Gandhi Stadium was buzzing with activity. All participants reported to the venue for getting their Bib number at the accreditation centre. Junior athletes were also required to report for age verification procedures.

Prep day was rounded off with the meeting between the state team managers and the technical officials from the organising team.







Race Day

Location: I.G Stadium,
Kohima, Nagaland, India.

Date: 26th March, 2022

26th March, on a cold and windy morning, Nagaland was awake and ready to host the biggest sporting event in its history. With over 700+ participants and thousands of eager spectators, the Indira Gandhi Stadium was buzzing with excitement and the event did not disappoint.

National and international, male and female, and different age categories, this wide array of athletes ran for glory with grit and determination as the crowd cheered them on throughout the day.

From star athletes to politicians to sports big wigs, the star power complimented the magnitude of the event and that perfectly summed up Race Day, the biggest sporting event in our history, Nagaland 2022.











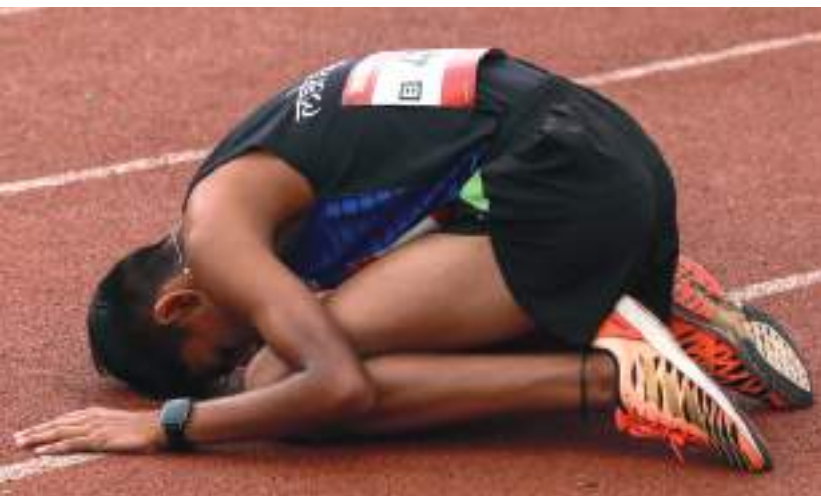
















Along with the spectacle of the finest runners, some of the best musicians from Nagaland and various cultural troupes added pomp and fervour to the sporting event. A mix of music and sports, blended perfectly with modern and traditional presentations.

















International Victory Ceremonies

South Asian Cross Country Championships



SAAF TEAM CHAMPIONS (MEN)

Gold - **India** (6 points)

Silver - **Sri Lanka** (16 points)

Bronze - **Nepal** (28 points)





Presented by:

Mr. Neiphiu Rio, Chief Minister, Nagaland and President Nagaland Olympic Association and SACCC Convenor Organising Committee

Mr. Sonam T. Bhutia, NDGM-I, Bank of Baroda, Kolkata Zone



SAAF TEAM CHAMPIONS (WOMEN)

Gold - **India** (6 points)

Silver - **Sri Lanka** (19 points)

Bronze - **Nepal** (20 points)

Presented by (L to R):

Mr. Kupoto Shohe, Joint Secretary, Nagaland Olympic Association

Mr. Abu Metha, Vice President Athletics Federation of India and Co-Convenor SACCC Organising Committee

Mr. Pele Khiezhie, President North East Taekwondo Union



SAAF CHAMPIONS (MEN)

Gold - **Darshan Singh** (India) 31:08.00s
 Silver - **R.M.S. Pushpa Kumara** (Sri Lanka) 33:12.00s
 Bronze - **Pal Mukesh Bahadur** (Nepal) 34:08.00s



SAAF CHAMPIONS (WOMEN)

Gold - **Varsha Devi** (India) 37:14.00s
 Silver - **Pachhai Rajpura** (Nepal) 38:48.00s
 Bronze - **M.S.P. Madumali Perera** (Sri Lanka) 39:54.00s



SAAF TEAM CHAMPIONS (U20 WOMEN) Presented by (L to R):

Gold - **India** (6 points)

Silver - **Sri Lanka** (19 points)

Bronze - **Nepal** (20 points)

Mr. Aotemsu, DIG (Trg), Nagaland Police

Dr. Lalit K. Bhanot, President SAAF and Chairman Planning Committee AFI

Mr. T. John Longkumer (IPS), DGP Nagaland and President Nagaland Shooting Sports Association



SAAF TEAM CHAMPIONS (U20 MEN)

Gold - **India** (6 points)

Silver - **Sri Lanka** (16 points)

Bronze - **Nepal** (28 points)

Presented by (L to R):

Mrs. Moakala, Sr Manager, Bank of Baroda

Mr. Adille Sumariwalla, Vice President, Indian Olympic Association,
President, Athletics Federation of India

Mr. Chandan Sahoo, AGM and Regional Head, Bank of Baroda





SAAF CHAMPIONS (U-20 MEN)

Gold - Akash Patel (India) 25:58.00s
 Silver - K.M.J.S.D. Madushan (Sri. Lanka) 29:24.00s
 Bronze - Karki Badal (Nepal) 29:29.00s

SAAF CHAMPIONS (U-20 WOMEN)

Gold - Ashakiran Barla (India) 22:47.00s
 Silver - Budha Ram Maya (Nepal) 23:36.00s
 Bronze - Biswas Rinky (Bangladesh) 24:03.00s



National Victory Ceremonies

56th National Cross Country Championships



NATIONAL TEAM CHAMPIONS (WOMEN)

Gold - **RSPB** (10 points)

Silver - **Himachal Pradesh** (113 points)

Bronze - **Nagaland** (148 points)

Presented by (L-R):

Mr. Medo Yhokha, Advisor, Government of Nagaland

Mr. Neiphiu Rio, Chief Minister, Nagaland and President Nagaland Olympic Association and SACCC Convenor Organising Committee

Mr. Khriehu Liezietsu, MLA, Government of Nagaland.



SOUTH ASIAN CROSS COUNTRY CHAMPIONSHIPS



56TH NATIONAL CROSS COUNTRY CHAMPIONSHIPS





Presented by (L-R):

Mr. Menukhol John, Advisor to Chief Minister of Nagaland

Dr. Madhu Kant Pathak, Treasurer, AFI & Jt. Secretary Indian Olympic Association

Mr. Jyoti Kalash, Chief Residential Commissioner New Delhi, Addl. Chief Secretary Nagaland

NATIONAL TEAM CHAMPIONS (MEN)

Gold - **SSCB** (10 points)

Silver - **RSPB** (44 points)

Bronze - **Uttarakhand** (61 points)



National Cross-Country Champions (Men)

Gold - **Darshan Singh** (Services) 31:08:00s
 Silver - **Dipak Suhaug** (Services) 31:32:00s
 Bronze - **Rajendra Nath** (Services) 31:36:00s



National Cross-Country Champions (Women)

Gold - **Varsha Devi** (Railways) 37:14:00s
 Silver - **Manju Yadav** (Railways) 37:26:00s
 Bronze - **Preenu Yadav** (Railways) 37:38:00s



National Team Champions (U-20 Men)

Gold - **Uttar Pradesh** (19 points)

Silver - **Delhi** (35 points)

Bronze - **Maharashtra** (52 points)

Presented by (L-R):

Mr. Abdul Rokib, General Secretary, Bangladesh Athletics Federation

Mr. K.D. Vizo, Commissioner & Secretary, IT&C and Power Department, Government of Nagaland



National Team Champions (U-20 Women)

Gold - **Maharashtra** (38 points)

Silver - **Haryana** (66 points)

Bronze - **Rajasthan** (67 points)

Presented by (L-R):

Mrs. Akumla Chuba, Director Youth Resources and Sports, Govt. of Nagaland

Mr. Zale Neikha, Advisor, Youth Resources & Sports, Govt. of Nagaland

Mr. Neiyalie Angami, Treasurer, NOA and Nagaland Athletics



National Cross-Country Champions (U-20 Men)

Gold - **Akash Patel** (Uttar Pradesh) 25:58.00s

Silver - **Prashant Choudhary** (Delhi) 26:00.00s

Bronze - **Pankaj Kumar** (Uttar Pradesh) 26:02.00s



National Cross-Country Champions (U-20 Women)

Gold - **Asha Kiran Barla** (Jharkhand) 22:47.00s

Silver - **Drashtiben Pravinbhai Chai** (Gujarat) 22:53.00s

Bronze - **Maya Kumari** (Uttarakhand) 23:03.00s



National Cross-Country Champions (U-18 Women)

Gold - **Aakancha Kerketta** (Tamil Nadu) 14:38.00s

Silver - **Sonam** (Delhi) 14:49.00s

Bronze - **Ruhi Bohra** (Delhi) 14:52.00s

Presented by (L-R):

Mr. Yanbemo Humtsoe, Nagaland Volleyball Association

Dr. Hiabe Zeliang, President, Nagaland Wrestling Association

Mr. Ravinder Chaudhry, Treasurer, South Asian Athletics Association and General Secretary, Athletics Federation of India



National Cross-Country Champions (U-18 Men)

Gold - **Ritik Sharma** (Jammu & Kashmir) 19:49.149s

Silver - **Walter Kandulna** (Tamil Nadu) 19:53.359s

Bronze - **Sujit Tikode** (Maharashtra) 19:53.852s

Presented by (L-R):

Mr. Kupoto Shohe, Joint Secretary, NOA

Mr. Sharingain Longkumer, Speaker, Nagaland Legislative Assembly

Mr. Neiyalie Angami, Treasurer, NOA and Nagaland Athletics.



National Cross-Country Champions (U-16 Boys)

Gold - **Aman Kumar** (Haryana) 6:00.00s

Silver - **Priyanshu** (Uttarakhand) 6:03.00s

Bronze - **Harish Mullu** (Andhra Pradesh) 6:06.00s



National Cross-Country Champions (U-16 Girls)

Gold - **Basanti Kumari** (Tamil Nadu) 7:06s

Silver - **Pranathi** (Karnataka) 7:13s

Bronze - **Heena** (Haryana) 7:14s





Grand Finale

Hosted by Mr. Neiphiu Rio
Chief Minister, Nagaland

Location: Cultural Hall, Kohima

Date: 26th March, 2022



INVITATION

*The Hon'ble Chief Minister, Nagaland
cordially invites you to the
Grand Finale
of the South Asian Cross Country Championships
&
56th National Cross Country Championships
At State Capital Cultural Hall, Kohima
on Saturday, the 26th March, 2022 at 1830 Hrs.
RSVP : 2270000 / 2270013*





Mr. Abu Metha delivering the welcome address.

Seated (L-R): Mr. Ravinder Chaudhry, Ms. Anju Bobby George, Mr. Adille Sumariwalla, Mr. Neiphiu Rio, Dr. Lalit Bhanot, Mr. Abdur Rokib, Mr. Debabrata Das, Dr. Madhu Kant Pathak.



Dr. Lalit Bhanot
South Asian Athletics Federation



Mr. Adille Sumariwalla
Athletics Federation of India



Ms. Anju Bobby George
Athletics Federation of India



Mr. Abdur Rokib (Bangladesh) presenting a memento to Mr. Neiphiu Rio, Chief Minister, Nagaland.



Ms. Anju Bobby George and Mr. Neiphiu Rio, Chief Minister, Nagaland



















Experience Nagaland

officials & delegates

Location: Kohima Commonwealth War Cemetery

Date: 27th March 2022









The delegates and officials visited the Kohima Commonwealth War Cemetery to learn about the Battle of Kohima, its impact on the world and Naga history.

While there, the team also interacted with the NAMSA members who were dressed in World War II Allied forces uniform.







Experience Nagaland

officials & delegates

Location: The Khonoma Experience
Khonoma Village, Kohima

Date: 27th March 2022







The delegates and officials then headed to Khonoma Village for a tour. The village is well-known for its scenic beauty and its historic past. The team was taken on a village walk where the guides explained the history, tradition and culture of the village.

















Experience Nagaland

international athletes

Location: Puliebadze Hike
and Kohima Tour

Date: 27th March 2022





A day out for the International Teams who participated in the 9th SAAF cross country event held in Kohima

The day started with a hike to Pulie Badze peak, where the teams had a friendly "first to the peak" competition which was won by Nepal.



The teams were then taken to The Heritage (former Bungalow of the British Deputy Commissioner) for lunch after which a visit to the Kohima War Cemetery was organised for a meet and greet session with members of NAMSA dressed in World War II allied forces uniform.







Media Coverage

THE TIMES OF INDIA

SAAF and National Cross Country Athletics Championship to be held in Kohima on March 26

24th March 2022, 11:04 AM

ARTICLES



KOHIMA: More than 800 athletes to participate in South Asian athletic events



KOHIMA, MARCH 23 (ANI) - More than 800 athletes from 15 South Asian countries are expected to participate in the South Asian Cross Country Championships and 56th National Cross Country Championships to be held in Kohima on March 26. The event is being organized by the Nagaland Athletics Association (NAA) in collaboration with the South Asian Athletics Federation (SAAF) and the Athletics Federation of India (AFI).

The NAA President, Mr. N. K. Singh, said that the event is a great opportunity for the athletes to showcase their skills and compete at the international level. He also mentioned that the event will be a great platform for the athletes to interact with each other and build friendships. The event is expected to attract a large number of spectators and will be a great source of income for the state government.



Happy to announce that India will host the South Asian Cross Country Championships in Nagaland. Grateful to South Asian Athletics Federation & Athletics Federation of India @afiindia. Special appreciation to SAAF President Dr. Lalit Bhanot for his support, and well done @abumetha



South Asian cross-country championships postponed



The South Asian Cross Country Championships, which were scheduled to be held in Kohima, Nagaland, have been postponed. The event is now scheduled to be held in January 2023. The postponement is due to the ongoing COVID-19 pandemic and the need for more time to prepare for the event.

56th NATIONAL CROSS COUNTRY CHAMPION

SATURDAY, JANUARY 15, 2022



Nagaland to host South Asian Cross Country Championships on March 26

KOHIMA, FEBRUARY 15 (ANI) - The Nagaland Athletics Association (NAA) has announced that the South Asian Cross Country Championships and the 56th National Cross Country Championships will be held in Kohima on March 26. The event is being organized by the NAA in collaboration with the South Asian Athletics Federation (SAAF) and the Athletics Federation of India (AFI). The NAA President, Mr. N. K. Singh, said that the event is a great opportunity for the athletes to showcase their skills and compete at the international level. He also mentioned that the event will be a great platform for the athletes to interact with each other and build friendships. The event is expected to attract a large number of spectators and will be a great source of income for the state government.



Nagaland to host 2022 South Asian Cross Country Championships



EastMojo

Nagaland to host South Asian cross country, national championships next month

The championships, which was initially scheduled for January 15, was delayed due to the COVID-19 pandemic.

Antelope Federation of India @Antelope - Mar 10
 Organized by the South Asian National Cross Country Athletics Championships held in Kohima, Nagaland on March 23-24, 2022. The event was a great success and the participants enjoyed the experience.



Mass social work conducted in Kohima

On March 10, a mass social work was conducted in Kohima, Nagaland. The event was organized by the Nagaland Cross Country Athletics Association (NCCCA) and the Nagaland Cross Country Athletics Association (NCCCA). The event was a great success and the participants enjoyed the experience.



Chief Minister & Convenor, Organizing Committee SAACC and 56th NCCCA Neelima Rio inspected the Nagaland Olympic Association Office and Indira Gandhi Stadium in Kohima on March 23 and interacted with the volunteers. Co-Convenor, Organizing Committee Abu Matha briefed the CM on the functioning of the teams working round the clock for the success of the event. (DPR Photo)



Team Nepal comprising of nine members was the first international team to have reached Nagaland for the South Asian Cross Country Championship and the 56th National Cross Country Championship. A total of 38 participants and guests landed at Dimapur Airport on March 23. Team Gujarat, Telangana, Karnataka, Tamil Nadu, Uttar Pradesh and Uttar Pradesh have also reached Nagaland. The reception committee and security personnel will be in the train station 24x7 for facilitating the participants/guests. More VIPS and teams will be arriving on March 24 and 25 via Airway and Train. (DPR Photo)

DC Kohima, Dimapur inform on Cross Country Championship

DIMAPUR/ KOHIMA (MEX): The Deputy Commissioner Kohima Gargya Thaparewala NCS has informed all concerned the main from National Highway 2 via IG Stadium, EMC Tana Parking (Naga North Field School junction) Kohima. In this connection, all concerned have been directed to clear the surrounding materials/waste materials off-road vehicles within 100m radius of the event. Meanwhile, in connection with the championship, DC Dimapur Rajendra Nath Thaparewala has informed that a meeting of the reception committee is scheduled on March 21 at the Conference Hall of Nagaland Bhawan, Kohima.

NAA holds meeting; approves calendar for athletics in Nagaland

Dimapur, Sep. 2 (DPR). After a long deliberation, the Nagaland Athletics Association (NAA) has approved the calendar for the year 2022-23. The calendar was approved at a meeting held at the NAA office in Dimapur. The meeting was attended by the NAA members and the NAA Secretary. The NAA Secretary, Mr. J. K. Singh, said that the NAA will be working towards the development of athletics in Nagaland. He said that the NAA will be working towards the development of athletics in Nagaland. He said that the NAA will be working towards the development of athletics in Nagaland.

phumetia @phumetia - Apr 3
 Thank You @NagaAthletics for supporting the youth who is in.

Sport unites. Sport is a definite way of bringing our youth closer to the mainstream & make contributions towards national integration.

This is indeed a great blessing.

Phumetia, NagaAthletics @NagaAthletics



Nagaland TV @NagalandTV - Mar 20
 Arjo Rishy George, India's first athlete to train a medal in a World Championships in Athletics has arrived in Kohima. The famous athlete will be giving the SAACC and NCCCA a special gift.

Phumetia @phumetia - Apr 3
 Thank You @NagaAthletics for supporting the youth who is in.

This is indeed a great blessing.

Phumetia, NagaAthletics @NagaAthletics



NagalandTV @NagalandTV - Mar 20
 Arjo Rishy George, India's first athlete to train a medal in a World Championships in Athletics has arrived in Kohima. The famous athlete will be giving the SAACC and NCCCA a special gift.

Phumetia @phumetia - Apr 3
 Thank You @NagaAthletics for supporting the youth who is in.

This is indeed a great blessing.

Phumetia, NagaAthletics @NagaAthletics



NagalandAthletics @NagaAthletics - Mar 21
 We introduce you to Nahtel N Wangmao: The first Nagaland Cross-Country Championships winner. A man with dreams and goals who works hard to make them a reality. He will represent Nagaland in the senior category.

On your Mark! @NeelimaRio @abumetia @abumetia @MyGovNagaland

Nahtel N Wangmao, the first Nagaland Cross-Country Championships winner, is a man with dreams and goals who works hard to make them a reality. He will represent Nagaland in the senior category.





CM oversees preparation for cross country championships

Dispur, March 25 (ANI): Assam Chief Minister Sarbananda Sonowal today supervised the preparations for the South Asian Cross Country Athletics Championships and the 56th National Cross Country Athletics Championships to be held in Kohima, Nagaland.

The CM, accompanied by Union Minister for Sports, Dr. Kiren Rijoi, and other officials, visited the training ground at the Assam Sports Complex in Dispur. He interacted with the athletes and coaches, and expressed his confidence in the Assam team.

The CM also inaugurated the 'Cross-Country' exhibition, which showcased the participation of athletes from various states and countries. He also released a book on the history of cross-country athletics in India.

EastMojo

Discover the best of the Northeast

Nagaland all set for South Asian, national cross-country championships

The state capital Dispur today witnessed the preparations for the South Asian Cross Country Athletics Championships and the 56th National Cross Country Athletics Championships to be held in Kohima, Nagaland.

The CM, accompanied by Union Minister for Sports, Dr. Kiren Rijoi, and other officials, visited the training ground at the Assam Sports Complex in Dispur. He interacted with the athletes and coaches, and expressed his confidence in the Assam team.

NAGALAND 2022 MASCOT

The mascot is a stylized bird, representing the state of Nagaland. It is wearing a white shirt with 'Nagaland' written on it and red shorts. The mascot is standing on a red and white striped base.

Northeast Today

Redefining the Northeast

ARUNACHAL PRADESH ASSAM MANIPUR MEGHALAYA MIZORAM NAGALAND SIKKIM TRIPURA COC

Nagaland : Around 50 Athletes From Five SAAF Nations To Participate At 'Cross-Country' Championships



Athletics Federation of India @afiindia · 20/03/22
India is hosting South Asian Cross Country Athletics Championships 2022 alongwith National Cross Country Athletics Championships in Kohima, Nagaland.

NAGALAND 2022

SAAF CROSS COUNTRY CHAMPIONSHIPS & 56th NATIONAL CROSS COUNTRY CHAMPIONSHIPS

6 DAYS To go

abu metha and 4 others



R Khing (রুখিং) @r_khing

On the eve of this exciting & historic moment with Nagaland's 1st Int. sporting event, the SAAF Cross-Country Championships & the 56th National Cross-country Championship, my best wishes to all the Competitors&Officials

@Neiphu_Rio @abumetha @afiindia @NagalandOlympic #Akimj

THE BRIDGE

Home World News Videos Sports Business Health & Living Food & Drink Travel & Lifestyle

March 25

ATHLETICS

SAAF & National Cross Country Athletics Championship to begin from March 26

SAHF and AFI have come up with the new date for a competition with the Government of Nagaland following the meeting of the pandemic situation in the state.

NAGALAND ATHLETIC

GET 100% BONUS ₹20000



abu metha @abumetha · 15/04/22

Thanks @sportsstarwebi for the wonderful coverage creating a positive image for #Nagaland, NorthEast & India. NationBuilding is a CollectiveEffort.

@afiindia

Cross Country Championship: A fun run in the land of festivals - Sportstar

sportstar.thehindu.com

Cross Country Championship: A fun run in the land of festivals

PM wishes athletes ahead of cross-country championship

IMPHAL, March 24 (IANS) - Prime Minister of India, Narendra Modi, congratulated Nagaland for hosting the 56th National Cross-Country Championship (NCCC) and wish the athletes to perform well.



Addressing a meet in Kohima, Nagaland, on the eve of the start of the championship, the Prime Minister said, "Nagaland is a beautiful state with a rich cultural heritage. It is a pleasure to see the state hosting such a prestigious event. I wish the athletes to perform well and bring glory to their state and the country."

The Prime Minister also congratulated the officials and staff of the Nagaland Athletics Association (NAA) for their efforts in organizing the event. He said, "The NAA has done a great job of organizing this event, and I am sure the athletes will have a great time competing here."

8 | SPORTS

India dominate South Asian Cross Country Championships



56th National Cross Country C'ships: Nagaland secure 3rd in women's 10km



Our Correspondent
Kohima (March 26)

Indian athletes today dominated the proceedings at the Regional Athletics Association (RAA) National Cross-Country Championships (NCCC) and 56th National Cross-Country Championships 2022, held in Kohima, Nagaland.

The Indian team won the men's 10km race, while the women's 10km race was won by a team from Karnataka.

Nagaland secured 3rd place in the women's 10km race, while the men's 10km race was won by a team from Karnataka.

NCCC: INDIVIDUALS' RESULTS

THE TIMES OF INDIA

Darshan, Varsha win maiden SAFF and National Cross Country men's and women's titles

Twitter



We are underway



1 Athletics Federation of India and 3 others
11:02 AM - 26/03/2022 from Kohima, India · Twitter for iPhone

Twitter



I thank SAFF & @atindia for choosing Nagaland to organise the historic event in Kohima. I congratulate the winners & thank all the participants & officials from the federations for their good wishes, kind words & appreciation. We will continue to seek your guidance and support.



Coldesthike @coldesthike · Mar 26
5 kg Cross-Country Championship for women's 10km race. Congratulations to the winners of the National Cross-Country Championships 2022. #NCCC2022 #CrossCountry



Madhukrishna Kishan @MadhukrishnaKishan · Mar 26
Presented the Medal for National Man Championship at the South Asian Cross-Country Championships in Kohima. #NCCC2022 #CrossCountry



Nagaland Athletics @NagalandAthletics · Mar 27
In the SAFF TEAM Championships, Men's 10km race-Darshan (1st place), Varsha (2nd place) and second SAFF Cross-Country Championship. #NCCC2022 #CrossCountry



A fun run in the land of festivals

The 56th National Cross-Country Championships (NCCC) and 56th National Cross-Country Championships 2022, held in Kohima, Nagaland, was a fun run in the land of festivals.

The 56th National Cross-Country Championships (NCCC) and 56th National Cross-Country Championships 2022, held in Kohima, Nagaland, was a fun run in the land of festivals. The event was held in Kohima, Nagaland, and was a fun run in the land of festivals.



The 56th National Cross-Country Championships (NCCC) and 56th National Cross-Country Championships 2022, held in Kohima, Nagaland, was a fun run in the land of festivals. The event was held in Kohima, Nagaland, and was a fun run in the land of festivals.



Second edition of South Asian Athletics Federation (#SAAF) cross country championships and the 56th National Cross Country Championships commenced at Indira Gandhi Stadium at Kohima in #Nagaland.

This is the first international event being hosted by the state.



Get ready for the 1st ever International Athletics Meet to take place at #Nagaland from 26th March.

* The 2nd South Asian Athletic Federation (SAAF) cross country championship "

Watch the event from 7:00am tomorrow on @afiindia YouTube channel.



Nagaland to host 56th National Cross Country Championship next year, Championship is likely to be held on 15th of January 2022 in Kohima. Chief Minister @Neiphiu_Rio expresses gratitude to @afiindia for allotting the 56th National Cross Country Championships 2022 to #Nagaland.



Anju Bobby George
@anjubobbygeorg1

Honoured to have shared the stage with the CM of Nagaland, Mr. Rio at the closing ceremony of the SAAF cross country championship.



Neiphiu Rio
@Neiphiu_Rio

Nagaland is honoured to host the SAAF Cross Country Championships & 56th National Cross Country Championships. It is a recognition of potential in sports. Congratulations and best wishes to all the athletes for future success.

@afiindia @WeAreTeamIndia



The biggest sporting event in the history of Nagaland, The South Asian Cross Country Championships and the 56th National Cross Country Championships was held on 26th March 2022 at IG Stadium, Kohima.

@Neiphiu_Rio @neikha_sale @abumetha @afiindia @NagaAthletics @dpr_nagaland



7:16 PM - 26/03/22 - Twitter for Android



Good luck Nagaland for the event

@abumetha @Neiphiu_Rio - 15/03/22

Looking forward to welcome the legendary & iconic champion @anjubobbygeorg1 to #Nagaland - the #LandOfFestivals & inspire future Champions. Thank You for your support.

@afiindia @WorldAthletics @Neiphiu_Rio @Aditya @Aditya @PTUanaOfficial @Nungfakur @KorNiju @Media_SA



10:58 AM - 15/03/22 - Twitter for Android



We are on a roll ... the South Asian Cross Country Championships is starting ... #Akimi ...

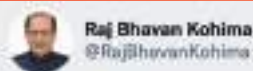
@afiindia @Aditya



@DPR Nagaland and 5 others

12:07 PM - 15/03/22 from

AF Cross Country
ss Country
f the state's
to the winners &
ture endeavours.



Officially released the souvenir 'Akimji'- The official mascot of the South Asian Cross Country Championships and 56th National Cross Country at Raj Bhavan, Kohima on 25th March 2022. @dipr_nagaland @MyGovNagaland @PIBKohima @abumetha



10:32 AM · 25/03/22 · Twitter for Android

preliminaries and technicalities of the
country Championships got underway this
on your marks ... best wishes ...

Neelphu_Rio



Kohima, India · Twitter for iPhone



Welcome Dr. Lalit K. Bhanot, President South Asian Athletics Federation and Shri Adile Sumariwalla @Adile1, President AFI @afindia & VP of IOA @WeAreTeamIndia & Council Member of @WorldAthletics. Warm welcome to Nagaland the #LandOfFestivals for the Cross Country Championships



Neelphu_Rio
NagalandAthletics and 3 others



Ministry of Railways
@RailMinIndia

Indian Railways' women team became winner in the 56th National Cross Country Championship (Men & Women) held at Kohima in state of Nagaland.

pib.gov.in/PressReleaseDet...



Congratulations

Railways Women Team won  Gold
&
Railways Men Team won  Silver
in Team Events at

56th National Cross Country Championships held in Kohima, Nagaland



Women Team 



Men Team 

Volunteers







ABU METHA
Associate Vice President
Athletics Federation of India
Secretary General
Nagaland Olympic Association

Ref. No: _____

Dated: 22 March 2022

Dear *Thija Suokhuie,*

Congratulations on being selected to be one of the volunteers for the upcoming South Asian Cross Country Championships and the 56th National Cross Country Championships to be hosted by India at Kohima, Nagaland. This is going to be one of Nagaland's biggest sports events and one of the most significant events in the history of our state. What an honour for all of us to be playing a crucial role in this historic occasion! We will surely tell stories of this exciting adventure to our future generations.

The backbone of all major sports events, anywhere in the world, is the volunteer. The volunteer ensures the execution of every aspect of the game plan and become the face of the championships and of the Host City. Please always remember that you are not only assisting in the execution of your given responsibilities but also as an ambassador for India and Nagaland. Your performance will determine the image and reputation of the country, and our state, to the guests with whom you interact and assist.

I convey the appreciation of the Organising Committee to you led by the Convenor, Mr. Neiphiu Rio Honourable Chief Minister of Nagaland, for volunteering and for your contributions towards the success of this historic event. I am confident you will carry out your given responsibilities in an exemplary manner. I wish you success in our common endeavor and also in your future endeavors. Thank you for being a part of the team and for your contributions, which has ensured that we write history together. Please keep in mind that we are serving the nation and the cause of the Olympic movement. May all your dreams come true.

Thank you,

With regards,

[Abu Metha]

Co-Convenor, Organising Committee,
Associate Vice President, Athletics Federation of India
& Adviser to Chief Minister, Nagaland.



abumetha@yahoo.com



+91 370-2243212



+91 - 9436002261



abumetha



abumetha



methaabu







THE CHAMPIONSHIPS

India hosted the South Asian Cross Country Championships and the 56th National Cross Country Championships in Nagaland with Kohima as the Host City, on the 26th of March 2022.

This event was organised under the aegis of the South Asian Athletics Federation and the Athletics Federation of India and was hosted by Nagaland Athletics.

AKIMJI

The official mascot of the Championships is AKIMJI.

The mascot is a joyous and happy running Hornbill bird. The hornbill is Nagaland's most famous bird. Nagaland's biggest festival is named after this exotic bird, called the Hornbill Festival.

The word AKIMJI is a connotation of the words AIM, GOAL and AMBITION, which exemplifies the newfound ambition of Nagaland's young generation.





NAGALAND 2022

**SAAF CROSS COUNTRY CHAMPIONSHIPS &
56TH NATIONAL CROSS COUNTRY CHAMPIONSHIPS**



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& President, Nagaland Olympic Association

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South Asian Athletics Association

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Adviser to Chief Minister, Nagaland

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Mr. Rothihu Tetseo

Commissioner of Police, Dimapur

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Advisor, Youth Resources & Sports Nagaland

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Olympic Association



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Dr. Tolto Metha NBDA
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Reception Committee, Kohima

Mrs. Bhavani ADC, Kohima
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Mr. Stanley Jones Chairman, Technical Committee
& AFI Convenor
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Mr. Kevithuto Sophie SP Kohima

Transport Committee

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Mr. Samson Sekhose Addl Secretary, Transport Department
Mr. Neingulie Nakhro Joint Secretary, Nagaland Athletics

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Ms. Roupfu Whiso Models Association

Control Room at NOA office

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Mr. Kuputo Shohe Joint Secretary, NOA
Mr. Mhanseo Ngullie Vice President, Nagaland Athletics

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Mr. Neingulie Nakhro Secretary, Nagaland Athletics
Mr. Rohan K Abraham Chartered Accountant, NOA & NA

Coordination Committee with AFI & SAAF

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Mr. Vikeduo Linyu Secretary, Nagaland Athletics

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Mr. Kevitsu Doze Synergy
Mr. Akelie Zuyie LivePro



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Dr. Nyan Kikon State Project Officer, IDSP, H&FW

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Mr. Jakedovo Chase Deputy Director, YR&S

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Volunteers (Event Management)

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Kohima Science College

Publication of Seminar & Coffee Book

Mr. Asalie Peseyie Joint Secy & Media Head, Nagaland Athletics

Flag Raising

Mr. Limasunep IGP (Range)

Entertainment/Ceremonies

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Mr. Hovithal Sothu Project Director, TaFMA

Main Menu (IG main stadium)

Mr. Neisevotuo Terhase Archery Coach, DYRS
Er. Menuo Angami SDO, DYRS
Mr. N William Koso High Performance Manager, DYRS

Call Room/ Warm Up Ground

Mr. Anthony Tosovi Hockey Coach, DYRS

Running Course

Mr. Vikeduo Linyu Secretary, Nagaland Athletics



BANGLADESH



BHUTAN



INDIA



MALDIVES



NEPAL



PAKISTAN



SRI LANKA



PRESIDENT

Dr.Lalit K Bhanot



South Asian Athletics Federation

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PRESIDENT

Dr.Lalit K Bhanot

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Mr. Zafar Ahamad

TREASURER

Mr. Ravinder Chaudhry



ATHLETICS
FEDERATION OF INDIA

Athletics Federation of India

PRESIDENT

Mr. Adille J. Sumariwalla



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Mr. Radha Krishna Pillai

Ms. A. Hyma



Nagaland Athletics

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Mr. Aungkali

JOINT SECRETARY

Mr. Asakho Joseph

Sports Infrastructure in Nagaland



Futsal Complex, Sovima



Cricket Academy, Sovima



Khuochiezhie (Local Ground, Kohima)



IG stadium, Kohima (Night View)



Overview of Regional Centre for Sporting Excellence

NAGALAND

A land engulfed in mystery, inhabited by vibrant people zealously guarding their culture – dancers, warriors, head-hunters; mountains, valleys, forests – all these form the portrait of Nagaland the moment the word is uttered. But, from extreme mystery to hosting a globally famous cultural festival, Nagaland has come a long way over the years and etched a name for itself in the world's tourist destination map.

Nagaland came into being on December 01, 1963 as the sixteenth state of the Indian Union with Kohima as her capital. With a geographical area of about 16,579 sq km, she shares her borders with Assam in the North and West, Myanmar and Arunachal Pradesh in the East and Manipur in the South. The topography of the state is nearly all hilly, the highest peak being Saramati (3841m) in the district of Kiphire. Many rivers cut through this mountainous terrain, like sharp swords slicing through rocks,

the main ones being Dhansiri, Doyang, Dikhu, Milak, Tizu and Zungki.

A population of only about 1.9 million, the numbers may sound meagre when compared with the vast population of the Indian peninsula. But, these few people are composed of 16 different major tribes, each representing a unique cultural system.

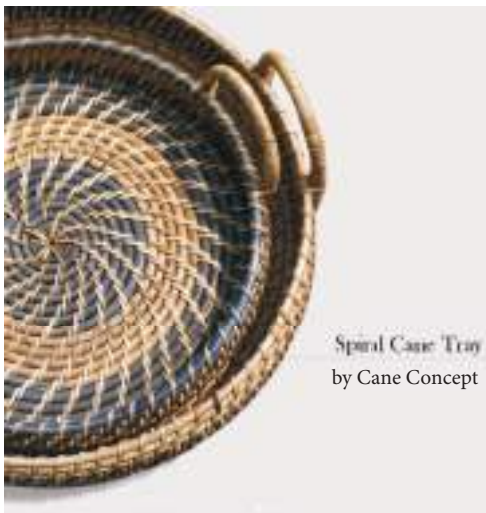
Spirits, fertility, social bonding and purification are the key elements that form the essence of the Naga festivals – the custom that each tribe follows, translates into a festival. These traditional events, combined with life in the rural areas, are exceptionally engaging and distinctive. All of them are annual events with fixed dates; hence, before visiting Nagaland, the interested traveller can arrange his or her calendar accordingly.

Stargazing on an August night
in Thanamir, Kiphire district
(Photo courtesy: Dr. Lōngri Kichu)



The best months to visit Nagaland are between October and May, when the landscape wears a green carpet and the flowers light up the skies with their bright hue. Rhododendrons and Orchids cover the landscape of Nagaland and one cannot miss them even as he is driving or trekking the challenging terrain. The rare Blyth's tragopan is a resident of Nagaland and can be observed in plenty. In 2012, mass trapping and capture of migrating Amur falcons (*Falco amurensis*) was discovered in Nagaland and a successful campaign was initiated to prevent their killing.

A 21st century creation of Nagaland is the Hornbill Festival, an event which is now getting known globally. During Hornbill Festival, which takes place in the first week of December, the entire Naga culture is showcased in full splendor at the Naga Heritage Village, Kisama, of Kohima district. The government of Nagaland welcomes one and all to this mega event for a preview of what the state has to offer in terms of culture, traditions, tourism interest and industry. Just as the people colour the terrain with their bright attire and vibrant dances, so does the sky adorn itself with the flowers of the Orchids and Rhododendrons. The varieties of the native flowering flora are countless in Nagaland. Be it a valley, a hill or a mountain top – in Nagaland, Orchids, Rhododendrons and the people, welcome you everywhere.



Spiral Cane Tray
by Cane Concept



In Nagaland, bamboo provides the body and the soul for traditional architecture, crafts and tools, besides being the state's major commercial produce for paper and textile industries. Not only does bamboo create an ambience of enchanting wilderness, it is also a product of great economic and cultural value. The merits of this wonder grass can be seen in Asia's largest bamboo pavilion that the Govt. of Nagaland has built at the Naga Heritage Village, Kisama (the site of the hornbill festival in Kohima district).

Successful experiments in the cultivation of exotic fruits, generally grown in other countries, are slowly showing potential of a new sustainable industry. Many private growers have successfully planted passion fruit, dragon fruit, mangosteen etc and such farms can be visited in Dimapur. Whereas Naga pineapples come in many fragrant varieties, the Raja (king) chilli is the global icon of pungency.

Tattooed Konyak Warrior

(Photo courtesy: Dept of Tourism, Nagaland)



Naga village on a hilltop (as seen from Kohima)

(Photo courtesy: Dr. Longri Kichu)



Naga Wrestling

(Photo courtesy: Dept of Tourism, Nagaland)



Paddy fields of Mesulimi Village, Phek District

(Photo courtesy: Dr. Longri Kichu)





Uniforms & Merchandise

The in-house production team of Nagaland Athletics along with local designers led by Digital 112 conceptualised and designed the Nagaland state team kits, official uniforms and event merchandise.



Officials' Polo Shirts

Technical Officials' Track Suits

Nagaland state team kit includes jerseys, t-shirts, shorts, track suits, caps, bags and trolleys.



(Photo courtesy: Yanpvuo Kikon)

Kohima **ICONIC**

Kohima, situated in the south at an altitude of 1444m above sea level, occupies pride of place as the capital city of Nagaland. When Nagaland became a full fledged state on the 1st of December, 1963, Kohima was christened as the capital of the state.

Kohima district has many villages that tourists can visit. All these villages are 'communitised' i.e. managed by village communities under the state's Village Tourism Board. Although originally an Angami Naga homeland, Kohima is now a tapestry of all the Naga tribes because of its administrative status.





(Photo courtesy: Mathoseto Peseyie)

JAPFÜ PEAK

Situated on the border of Nagaland and Manipur, at an altitude of 2438 m above sea level, behind the Japfü Peak, this magical valley looks like a freshly mown lawn, from a distance, watered by two meandering streams—the Dzükou and the Japfü rivers. This valley blossoms with rhododendrons of every possible hue during the months of May and June. The base of the trek is at Viswema Village, about 25 km from Kohima. The entire trail is marked with signboards and can be done independently without any guides or porters. The total duration of the trek is around 5-6 hours uphill and close to 3-4 hours downhill.

KOHIMA - PLACES OF INTEREST



MARY HELP OF CHRISTIANS CATHEDRAL

The Cathedral is located at Aradura Hill in Kohima. Its splendid architecture makes it one of the important landmarks of Kohima besides its standing as the centre of the Catholic Church of Nagaland. Its façade is shaped in line with the traditional Naga House and the 16 feet high carved wood crucifix is one of Asia's largest crosses.



KOHIMA WAR CEMETERY

During World War II the allied forces fought a bitter but victorious battle against the Japanese in Kohima. The Japanese advance into India was halted at Kohima in April 1944 and Garrison Hill. A picturesque war cemetery, in the heart of the city, commemorates the British and Indian soldiers. Kohima War Cemetery lies on the battle ground of Garrison Hill. No trace remains of the bungalow, which was destroyed in the fighting, but white concrete lines mark and preserve permanently the historic tennis court.



Hobbit Home in Khonoma

KHONOMA GREEN VILLAGE

Located 20 km west of Kohima, in west Angami country, Khonoma was a vanguard village of the Angami Nagas – a tribe known for its fierce resistance against British dominance during colonial period. Khonoma houses nature's pristine beauty in the form of its alder trees, terraces carved out of its hilly slopes and the Khonoma Nature Conservation Tragopan Sanctuary (KNCTS).



DZÜKOU VALLEY

Situated on the border of Nagaland and Manipur, at an altitude of 2438 m above sea level, behind the Japfü Peak, this magical valley looks like a freshly mown lawn, from a distance, watered by two meandering streams—the Dzükou and the Japfü rivers. This valley blossoms with rhododendrons of every possible hue during the months of May and June. The base of the trek is at Viswema Village, about 25 km from Kohima. The entire trail is marked with signboards and can be done independently without any guides or porters. The total duration of the trek is around 5-6 hours uphill and close to 3-4 hours downhill.

(Photo courtesy: John Monsang)

DZÜLEKE

Dzüleke is a picturesque village situated relatively close to Kohima, but yet untouched by the rigors of modern civilization. Its small population of Angamis presents an ideal location for visitors to get a feel of rural life in Nagaland. With its quaint houses and beautifully laid out stone walkways and surrounded by forests and rice fields, Dzüleke provides an opportunity to experience village life and also enjoy nature in its relatively pristine form. The village itself is small enough to walk around. It offers opportunities to observe firsthand Angami culture through the making of bamboo and cane baskets, weaving of cloth, traditional games and tasting local cuisine. The semi evergreen forests offer opportunities for bird and butterfly watching; nature walks and trekking.



PULIE BADZE WILDLIFE SANCTUARY

Located just a few kilometers from Kohima, in Jotsoma Village, Pulie Badze Wildlife Sanctuary is known for its wide variety of birds like Tragopan Blythii and white-naped Yuhina. It covers an area of 9.23 sq. km. Mt. Puliebadze has a height of 7532 ft. Pulie is the legendary ancestor of Jotsoma Village after whom Puliebadze is named. The panorama view of Kohima city is visible from the top of the hill. Surrounded by green pastures, hills and streams, this Sanctuary is rich in floral species and contains many medicinal plants and varieties of bamboo. Pulie Badze is a very appealing place for sightseeing. The motorable approach is from near Sazolie College beyond Science College, Jotsoma, and fascinating vistas can be seen as one drives through thick forested areas. Before the start of the trekking route, there is a spot with a rest house where one can take a breather or have picnics. Here, the view of the Japfu range is simply breathtaking and highly recommended for people who want a short get-away from Kohima. The walking trails to Pulie Badze peak starts from here and it takes about 30-60 minutes of trekking to reach it. This trek is never dull due to the varieties of plants, orchids and trees that can be seen on the way.





VENUE OVERVIEW



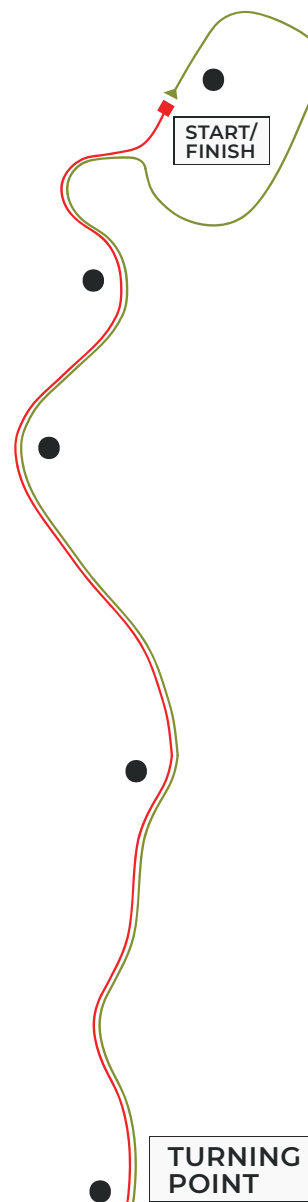
ROUTE

- ONE WAY
- RETURN
- TELECAST
- 1 LOOP = 2 KMS

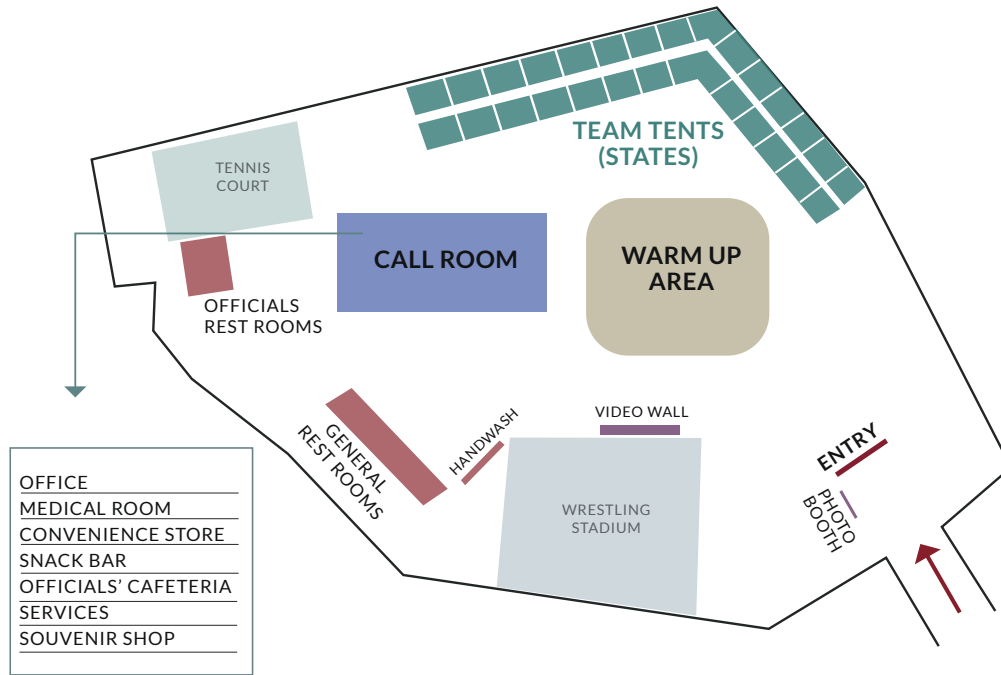
CROSS-COUNTRY RACES & DISTANCES:

MEN	10 KM (5 loops)
U-20 BOYS	8 KM (4 loops)
U-18 BOYS	6 KM (3 loops)
U-16 BOYS	2 KM (1 loop)

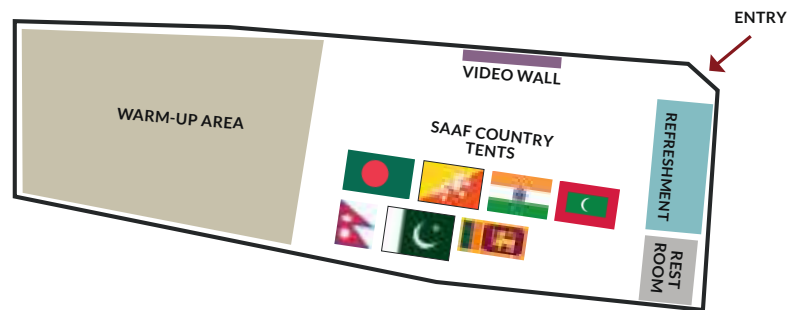
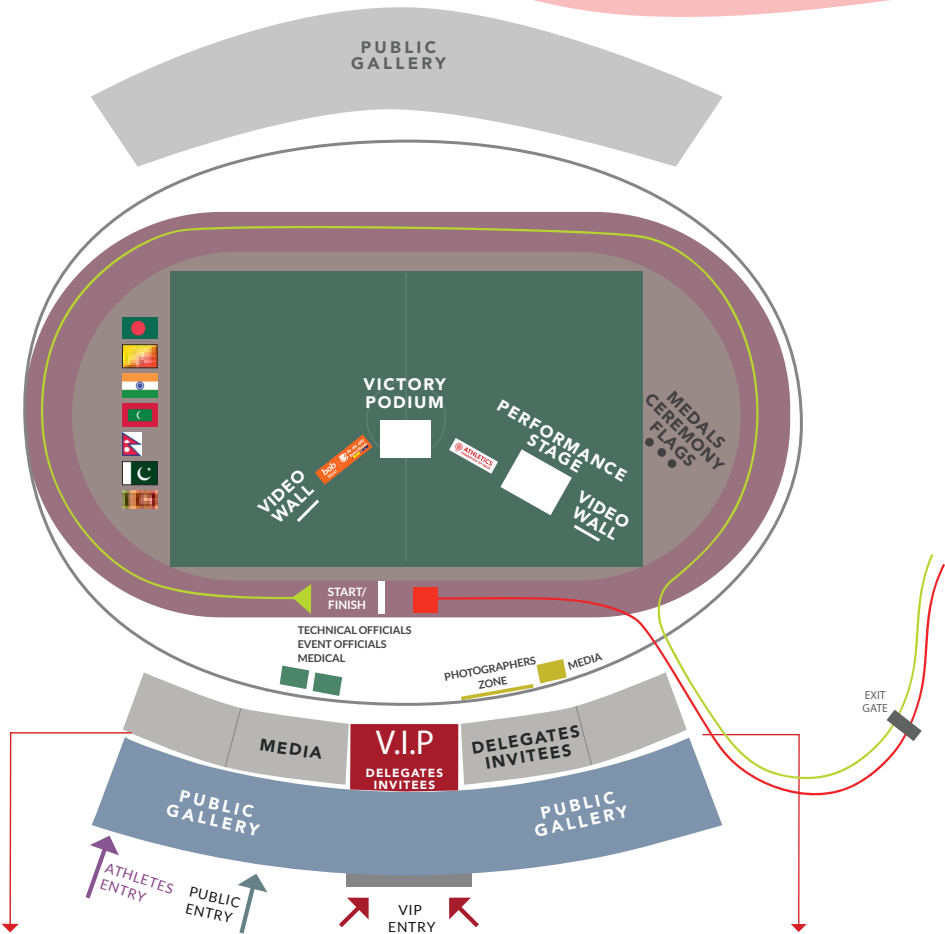
WOMEN	10 KM (5 loops)
U-20 GIRLS	6 KM (3 loops)
U-18 GIRLS	4 KM (2 loops)
U-16 GIRLS	2 KM (1 loop)



WARM UP GROUND (NATIONAL)



MAIN VENUE I.G STADIUM



WARM UP GROUND (INTERNATIONAL)

G-LEVEL
CAFETERIA
LEVEL 1 (SIDE A)
DOPING ROOM
VIP LOUNGE
REST ROOMS
LEVEL 2
MEDIA CONTROL ROOM
CAFETERIA
REST ROOMS
OFFICIAL CONTROL ROOM

LEVEL 1 (SIDE B)
VIP LOUNGE
TECHNICAL OFFICIALS
REST ROOMS
LEVEL 2
CAFETERIA
REST ROOMS
MEDICAL

Office of the Nagaland Olympic Association



View of the NOA office (Day/Night)



Lanu Toy Library



Chekrovoll Hall of Motivation



Talimeren Conference Room



Reception Area



Office of the NOA President



Cafeteria



Office of the NOA Secretary General



Thank You

ACKNOWLEDGEMENTS

Jury of Appeal:

Gen. Muhammad Akram Sahi, Pakistan
Mr. Adile J Sumariwalla, India
Mr. Abdur Rokib, Bangladesh

Delegates, Key Technical officials and AFI Officials

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Lhouseslie Phewhuo
Vechita Khesoh
Thejazelhoo
Tavezo
Zayieho
Moalang Jamir
Viketouzo Keyho
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Neilazetuo Khezhi
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Khrielievio Tsumvu Yhor
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Bithungo Kikon
Purna Konyak
Vinolie Medom
Dziesesakuo Rutsa
Kenongoto Thokhwe
Thepfulhukhono Peseyie
Ruokuovikho Kiwe
Imsumanen Jamir
Imchatchung
Vizobilie Punyu
Mesehol Kweho
Neikuoselie
Huvesü Puro
Prichole
Zhapunetuo Zhale
Shebo
Neingutuolie
Vilakho
Nekhoto
Asakho

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Ropfekhrolo-Ü Koza
Rokokedo Sale
Nuto Vero
Lotovi Shohe
Xukato Shohe

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Jungshimenba
Rhokuosie Ngouroi
Dzüze Zao
Eri-E Kapfo
Tetsong Jamir
Visaneinuo Linyü
Kakivi Chishi
Lanusanen Pongen
Imlikokla Jamir
Lanzao Ngully
Wako Tsuzah
Wapanglemla Longkumer
Sungtironng Imchen
Thejaser Kevichusa
Sesino Dimasha
Keduo Kire
Vikepe
Neithonuo Tungoe

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Alem Kichu
Bubu Sekhose
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Khriezokhonuo Nakhro
Kereivono Peseyie
Adole Kere
Menosale Kere
Novi-U Kere
Kevikelou Savino

Dept. of IT&C

Yanger Longkumer
Kezeneilhou Mhasi
Kevizanu Visa
Neiketouzo Thorie
Souman Pradhan

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Ahanlo Khing
Avisachitho Poji
B Lawang Konyak
P Tanghiu Khaimniungan
Khrieketounuo Belho
Lanuilenla Longkumer
Charani Lohonamei
Mongsenlepla Oungh
Teresa Khosonamei
W Muthuri Mathew
Thejasetuo Mechieo
Pranay Prem Sharma
Kekhrivinu Yashu
Chingjun Y Konyak
Dewepe Swuro
Ilungbuing Meru
Imlinochet Imchen
Katilemba Kichu
Khampei T Konyak
Khetoka Yephthomi
Khumdile Sangtam
Konlam Konyak
Maphrovituo Rhatsu
Ngangshimongba
Nyemnyei Konyak
Sorenthung J Kikon
Rokozobei Nisa
Rukuzo Rhakho
Mangyangmenla

Lily Monyu Konyak
Thejavizo Metha
Nnginshei N Konyak
Tingkai Konyak
Thsansimong K
Toshizenba Jamir
Wanglem Konyak
Weching Konyak
Vizotouonuo Usou
Watlong Yanlem
Zekute Nuh
Zubemo T Kikon
Achuno Kire
Ahing P Konyak
Alem Delem
Amei C Phom
Angukali Wotsa
Anu Kumari
Areni T Kithan
Asholu Ringa
Ayelan Awomi
B Bonglen Phom
Dolensangla
Evedulu Kezo
Elchon Pucho
Kelegnunuo Nagi
Kivitoli Aye
Lengam Konyak
Lhouche U Losou
Limugha Muru
Nevesalu Nakro
Ngamlih Yalam
Nzano E Odyuo
Dawa Lama
Mututo
Veyi
Jove
Atu
Suli
Pedo

Abei	Nopinu Pusa	Puloto Katty	Wondanglo	Bendangyanger	Swuli	Muslim Council
Elow	Bunty Singh	Vikishe	Muirise Jingru	Rabinder Matho	Ahse	A.Rahman
Bubu	Hino G Kiba	Daniel	Swuduveyi	Bablu Temsu	Sunje	Muijul Hoque
Dodo	Lina Yeptho	Suresh	Dziesevizo Rüpreo	Vemhazo Lao	Wapang	Anwar Hussain
Gita	Lovi Achumi	Atahmong	L. Mejapiyong Jamir	Ruvekho Lupo	Athong	Abdul Kuddus
Priya	Meyizungla	Skikandar	Atsungba Sangtam	Ngeangnye	Sujit	Rashid Ahmed
Kikim	Neangmei	Atsung Jamir	Mutunuzo	Lentsumong	Putoshi	Habibur Rahman
Theja	M Phakmei	Marcus Geisuo	Azeno Whiso	Dzesebeinu	Panger	Javir Hussain
Seyie	Tekhe Kapfo	Among Longkumer	Rhothsüvi Nyusou	Sitho Nyekha	Meren	Sohid Ahmed
Yaolai	Kropfulhou	Moatoshilongkumer	Virherho Kajir	Luntsumong	Sunep	Mastufa Ahmed
Zikolo	Thejangulie	Ketoukhohuozha	Tourism	Muremong	Bendang	Youth Resources & Sports
Nuchit	Keneizhalie	Jungshi Walling	Sedevizo Ziephru	Tanrimong	Kilang	Teisobu Sekhose
Nekito	Lhousilalie	Imrongtuden	Lobeno	Langphong	Imna	Nyivitho Nyuthe
Tenny	Medovizo	Vishal	Longritoshi	Kekhrieleno	Virato	Chubarenla Longchari
Bendilo	Sentilong	Thejavizo	Meyitila	Kemya Konyak	Angap	Vineikholie
Kutolu	Theja Suokhrie	Lithungo	Nungsangtula	Vekutalii Hiiprem	Chempi	Khriehuto Tsira
Neshelu	P N Sepe Konyak	Sweyievikotso	Renboni	Kekehrielenuo Rutsa	Gwurano	Khriezotonuo
Aiyou	Philomina Rutsa	Tokivi Awomi	Moanungsang	Rukuvoto Kotso	Haney	Awala Walling
Kheming	Sharon H Sumi	Weto	Benrithung Kikon	Razoukhrü Medeo	Khriesi	Tongjem Thai
Vitholu	Sultana Begum	Police Team	Synergy	Dziesekhotuo Venyo	Manshom	Vilar Solo
Putsu P	Supongsangla	ABI Imcha Amri	Rahul	Akhriezo	Lenzumo	William Koso
Samuel T	Keviphruozo	ABSI John	Imjungmeren	Jahildul	Benjamin	Neisevoto
Tsabee	Teisozhanuo	SI Moa	Amar Dhar	Phupan	Chingao	Zhatuo
Momoi	Khrielazotuo	Joy Fithu	Alo	Hafizur	Hamyang	Visabeiu Peseyie
Hensung	Neiphrezolie	Isreal	Viphrenuo	Sanuwar	Honito	Hunizo
Wanloi	Susan Jami	One Space Management	Imtisangla	Muduve	Kulo	Easter
Shikhato	Tigangamliu	Yulena Tsanglao	Hussain	Rukuveyi	Onyulo	Tosovi Anthony
Senatula	Vileneino	Kevilenuo Miachieo	Medo	Akuozo	Manting	Kikhwesul
Vipao Lea	Neizokielie	Viphrotsüno Kehie	Samuel	Rakidul	Rafik	Zhopovi
Kethovi	Thepfuvilie	Ejewanlem	Zekho	Abei	Rakibul	Virokuo Zumvii
Kekhrie	Yeiingam	Kevilenuo Miachieo	Rafikul	Amen	Mughaho	Raj Bhavan
Sangmai	Life Pro Productions	Akumla Jamir	Donic	Vizo	Ngiplih	Mhabemo Yanthan
Mudonelu	Nanaolhungdim	Sanglitola M Chang	Amir	Lunso	Kiitsiilii	George Abraham
Verazolu	Akhumthonger	Imnajungla Jamir	Theja	Lakui	Lhereseno	
Chongkoi	Atoltu	Kroweu Diana	Kelhou Metha	Tohuto	Noknyei	
Noroinla	Yolise Yimchunger	Kunulu	Kezha Thepa	Selila	Neikhosano	
Adetuo	Mhalerutsa			Shetsolo		
Sobroto				Thenglih		

TaFMA

Menguzelie Geisuo
Adu Keditsu
Miazietuolie Peseyie
Aleno Sale
Menovino Nakhro
Seyiesato
Isaac Chuwang
Imcha Imchen
Vitoi John
Neithono
Kevi
Limatemsu Jamir

Performers and participants

Ameü Usou Zao
Akobu Usou Ralsun
Khrieketounuo Metha
Keneingusano Meyase
Lochumlo Ovung
Viseneino Siria
Marime Honi
Zevituo Mere
Zibemo Merry
Zeu Libemo Enieo
Keduokhrietuo Usou
Diethozo Medeo
Shürhosienuo Solo
Neilakuonuo Metha
Toluvito
Choseo Tetseo
Atso Chasie
Viputoli Achumi
Likivi Yeptho
Lovikali Yeptho
Neikuo Khezhie
Kehepe Letro
Kehodi Yoho

Nungshitula Pongener
H.Tenphie Phom
Martin Chungpang
Mutsevelu Mercy Tetseo
Alüne Tetseo
Kuvölü Tetseo
Mhaseve K Tetseo
Azi Nienu
David Sunar
Moatemjen Longkumer
Imnainla Jamir
Meyisanen Lemtur
Eva Rongmei
Fung Walling
Akun Wanghum
Joseph Konyak
Hentick Konyak
Yenwang N Wangsha
Charles Crezen
Tsalila K
Wangching Vamnokhu
Lamgrace Touthang
Ethel Wangha
Zubeni Tungoe
Ratölü Swüro
Kerimong Jamir
Limwala Ozukum
Imliyangerla Longkumer
Rongsenkala Ozukum
Kina Angelina V Shikhu
Rosongna Imsong
Linoka Yepthomi
Nika H. Kiho
Arianna Echen Kichu
Nourhesienuo
Imtiyala Aier
Aosenla I. Jamir
Jeremy Beto V Shikhu
Limatangit Pongen

Boto Chishi
Vikhonuo Nyekha
Frederick Odyuo
Merilo I. Jami
Guraans Thapa
Vinika Yepthomi
Neitho Khamo
Pewe Tunyi Khamo
Dolen Quinker
Lhingneivah
Imkongsenla Longkumer
Merene Leah
Bethel Tsuzu
Mengu Suokhrie
Rukuvi Pucho
Catherine Kulnu
Arenchenla Walling
Hanlong Konyak
Maongtemsü Kichu
Vinitoli Kappo
Riivolie Kire
Mhasivolie Suokhrie
Kezevilie Zinyu
Langshen Shiu
Percy Medo
Kewasha Lorin
Sophie Rrutsa
Ethel Wangha
Jessline Rutsa
Zubeni Tungoe
Thetsa Sangtam
Anung Walling
Akhriele Yiese
Vilabiele Belho
Rick Kinghen
Zuben Kinghen
Puchong Thai
Tenjong Chungdok
Akehoto Yeptho

Khrolo Lasushe
Tongtong Kinghen
Kerimong
Mhashesenü Neikha
Akhrole Keyho
Mezanuo Ngukha
Koko Savino
Joshua Shohe
Yulena Tsanglao
Kevilenuo Miachieo
Viphrotsüno Kehie
Kevilenuo Miachieo
Heguiyirangbe Hegui
Akumla Jamir
Sanglitola M Chang
Imnajungla Jamir
Kroweu Dianu
Werite u Lohe
Kethozhapu
Themdeilhing
Mireuyi Herie
Muirise Jingru
Swuduveyi Naroh
Dziesevizo Rüpreo
L. Mejapiyong Jamir
Atsungba Sangtam
Mutunuzo
Kekhriesenuo Ringa
Mhathung Odyuo
Imsanger Longkumer
Vibiezonuo Rupreo
Neilalung Gonmei
Temsutola Aonok
Keyiteihube
Pauninglung
Paunamngau
Itogong Hega
Reminggaile
Suiyilungle

Dj Ina
Keyichangle
Hungtuna
Heutingyi
Wondanglo
Heutinggum
Haipeurang
Kechibeu
Paulamgum
Vikali Aye
Keziah Semy
Petekhrilie
Clement
Vito
Avi
Cherry
Alhing
Margaret
Kunulu
Anenh
Alhing
Lenkai
Theresa
Ngaikim
Ngaikim
Moko Koza
K.L Pamei
Janglenmoi
Lhaineiting
Ejewanlem
Hatboingah
Kimdeiting
Nemlomkim
Nengneilhing
Heinsimle
Keyihungle
Telingtule
Maheiteile
Rangchi

Congratulatory Messages

South Asian Athletics Federation Affiliated with Asian Athletics Association

Dr. Lalit K Bhanot
President

Col. Zafar Ahmed
Secretary

Ravinder Choudhry
Treasurer

March 31, 2022

Mr. Abu Metha
President
Nagaland Athletics
Kohima (Nagaland)

Dear Mr. Abu Metha

Please accept my heartiest congratulations for the successful conduct of SAAF Cross Country Championships which was held at Kohima, Nagaland on 26th March 2022.

I express my sincere gratitude for the whole hearted support extended by you to Athletics Federation of India due to which this Championships could be conducted successfully and in a befitting manner. I hope your support will continue for development of Athletics of India as well as southern part of Asia in future also.

Thank you once again and with kind regards,

Yours sincerely,

Dr. Lalit Bhanot
President, SAAF

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Tel. No. +91 11 4010 4712



ATHLETICS FEDERATION OF INDIA

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E: afi@indianathletics.in, indianathletics@gmail.com W: www.indianathletics.in

March 31, 2022

Shri Neiphiu Rio ji,
Hon'ble Chief Minister of Nagaland
Kohima
Nagaland 797 001

Respected Shri Neiphiu Rio ji,

On behalf of the Athletics Federation of India, I would like to convey my sincere gratitude to you and the Government of Nagaland, and to the Nagaland Athletics Association, for hosting the SAAF Cross Country Championships and the National Cross Country Championships, held on 26th March 2022 at Kohima, Nagaland.

The successful conduct of these Championships was achieved with the able assistance and cooperation extended to us, by you and your team. We truly appreciate your dedication and support to Athletics and to other sports. Your presence at the Championships was a source of great encouragement and inspiration to the participating athletes.

The Athletics Federation of India looks forward to working with you again in the future. I am confident that, with the continued involvement and backing of your government, Athletics will go from strength to strength in the state of Nagaland.

With renewed thanks for your support, encouragement and assistance during the conduct of these Championships,

Yours sincerely,

Adille J. Sumariwalla
Arjuna Awardee 1985, Olympian 1980
President
Athletics Federation of India



ATHLETICS FEDERATION OF INDIA

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March 31, 2022

Shri Abu Metha
President, Nagaland Athletics Association
Kohima, Nagaland 797 001

Respected Shri Abu Metha,

On behalf of the Athletics Federation of India, I would like to convey my sincere thanks to you and the Nagaland Athletics Association for hosting the SAAF Cross Country Championships and the National Cross Country Championships, held on 26th March 2022 at Kohima, Nagaland.

The successful conduct of these Championships was achieved with the outstanding organisation, efficiency and hard work by you and your team. All arrangements made by the Association were of the highest quality.

We truly appreciate your cooperation, dedication and support to Athletics.

The Athletics Federation of India looks forward to working with you again in the future. I am confident that, with the continued involvement and backing of your Association, Athletics will go from strength to strength in the state of Nagaland.

With renewed thanks for your support, effort and dedication during the conduct of these Championships,

Yours sincerely,

Adille J. Sumariwalla
President
Athletics Federation of India





CERTIFICATE OF APPRECIATION

PRESENTED TO

In recognition of and appreciation for your kind contribution to the success of the
South Asian Cross Country Championships & the 56th National Cross Country Championships.

26 MARCH 2022 | KOHIMA, NAGALAND, INDIA



ABU METHA
President, Nagaland Athletics &
Co-Convenor, Organising Committee





ATHLETICS
FEDERATION OF INDIA

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CELEBRATING
75th YEAR



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