Sini A Markose (née Sinimole Paulose)

International Middle Distance Runner

Achievements in Athletics:

- Current Asian Indoor Championship Record Holder in 800m & 1500m Running
- Won 39 international medals
- Won 5 Asian titles (Indoor & Outdoor)
- Arjuna Award Winner

Major International Medals:

No.	Event	1500 m	800 m
1	Asian Indoor Games , Thailand, 2005	Bronze	
2	Asian Indoor championships , Thailand, 2006	Gold-New Asian Record	Silver
3	Asian Games , Doha, 2006	Bronze	
4	Asian Grandprix -I, Bangkok, 2007	Gold	
5	Asian Grandprix -II, Gowhati, 2007	Gold	
6	Asian Grandprix -III, Pune, 2007	Gold	
4	Asian Track & Field Championships, Jordan, 2007	Gold	Silver
6	Asian Indoor Games,Macau,China, 2007	Gold	Silver
7	Asian Indoor Championships, Doha, 2008	Gold-New Asian Record	Gold-New Asian Record
8	South Asian Championships,Cochin, 2008	Gold	Gold- Best Athlete
9	Asian All Star Meet Bhopal, 2008	Gold	
10	British MC Gold Race,Watford,UK, 2008		Gold
11	European Granprix,Stockholm,Sweden, 2008		Bronze
12	European Grand Prix,Cork,Irland, 2008	Gold	
13	Asian All Star Meet ,Delhi, 2010	Gold	Silver
14	Asian Grandprix - Thailand , 2012		Silver
15	Savo Games , Laphinlahthi, Finland, 2012	Silver	
16	Savo Games , Laphinlahthi, Finland, 2013		Bronze
17	Memmorial Rasschert , Ninove, Belgium, 2013		Gold
18	Kuortane Games , Finland , 2013	Bronze	
19	Flanders Cup, Huizingen, Belgium, 2014		Gold
20	Brussels Grand Prix, Brussels , Belgium, 2014	Silver	
21	Kuortane Games , Finland , 2014		Silver
22	Asian Games, Incheon , 2014	4th	

Other Qualifications:

- **USA Track and Field Certification in Coaching,** HBU, Houston, USA.
- Bachelor's Degree in Commerce.