

# ASIAN ATHLETICS

## ANNUAL 2026



Ram. Muralikrishnan & Heinrich Hubbeling

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### Abbreviations for Countries (*as used in this Annual*)

AFG	Afghanistan	KGZ	Kyrgyzstan	PLE	Palestine
BAN	Bangladesh	KOR	Korea (South)	PRK	DPR Korea
BHU	Bhutan	KSA	Saudi Arabia	QAT	Qatar
BRN	Bahrain	KUW	Kuwait	SGP	Singapore
BRU	Brunei	LAO	Laos	SRI	Sri Lanka
CAM	Cambodia	LBN	Lebanon	SYR	Syria
CHN	China	MAC	Macau, China	THA	Thailand
HKG	Hong Kong, China	MAS	Malaysia	TJK	Tajikistan
INA	Indonesia	MDV	Maldives	TKM	Turkmenistan
IND	India	MGL	Mongolia	TLS	East Timor
IRI	Iran	MYA	Myanmar	TPE	Chinese Taipei
IRQ	Iraq	NEP	Nepal	UAE	United Arab Emirates
JOR	Jordan	OMA	Oman	UZB	Uzbekistan
JPN	Japan	PAK	Pakistan	VIE	Vietnam
KAZ	Kazakhstan	PHI	Philippines	YEM	Yemen

#### Cover photo:

Abderrahman Almoubarakke Samba Al Saleck (Qatar), en route to his 400m hurdles victory in Asian Championships, Gumi 2025

**Photo courtesy:** Edwin Koo / Asian Athletics

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## From the Editor's Desk

The first edition of the Asian Athletics Annual is now in your hands. After reading the ATFS International Track & Field Annual and several other national/regional yearbooks, I had a dream to produce one for Asia for a long time, which I realized now with God's grace.

In fact, it was not the first time that Asia had an Athletics Annual. Several years ago, popular German sportswriter Rolf von der Laage produced a series of Asian Track & Field Yearbooks between 1968 and 1972. RvdL was my good friend and published a periodical named SAATFA News Bulletins until the 1980s, covering regular Asian athletics results and reports, for which I was one of the contributors during my college days.

Another German, Heinrich Hubbeling, has taken the reins of his predecessor and started publishing annual Asian Rankings from 1989 onwards. He is also producing the "Results from Asia", a periodical email results spin-off.

When I discussed the idea of the Annual, Hubbeling immediately agreed to cooperate with his Annual Lists by providing guidance and input to help me prepare its various sections, while allowing me the liberty to choose the contents to be published.

Although I had some health issues sometime last year, which disturbed my preparations for the previously planned contents for this book, I decided to go ahead producing this inaugural number using my spare time.

I would like to extend my sincere gratitude and respect to Gen. Dahlan Al Hamad, President of Asian Athletics, for his continued patronage and support for various projects I undertook to promote our beloved sport in the past.

I also sincerely thank Mr A. Shuggumarran, Secretary-General, and Mr C.K. Valson, Competition Director of Asian Athletics, for their encouragement and regular support in my activities to cover the Asian Athletics as Statistician, Historian and Writer.

Several of my friends in World Athletics also supported my work from time to time, for which I would like to thank Ottavio Castellini, Sean Wallace-Jones, Chris Turner, Anna Legnani, Laura Arcoleo, Imre Matrahazi, Carlo de Angeli, Jessica Whittington, Bob Ramsak and Jon Mulkeen.

My writings in athletics were mainly inspired by those of the late Roberto Quercetani and Peter Matthews.

Many of my friends in the Association of Track and Field Statisticians (ATFS) have supported the compilation of the All-Time and Annual Top Lists. They were acknowledged separately for their contributions.

At this point, I would like to share my gratitude to some of my following friends, whose inputs have helped me in my work for the past several years. A great deal of information was provided by Mirko Jalava (*Tilastopaja*), Michel Saint-Raymond (*AthleRecords*), Sevket F. Erbay (*Athletics Podium*), Winfried Kramer (*National Records for All Countries in the World*), Alfonz Juck (*EME News*), David Monti (*Race Results Weekly*), Marco Buccellato (*Aletica*), Tony Hunt (*World Junior Athletics*), Michel Naze, Emmanuel Glangetas, Stephen Sprague, Felix Capilla, Paco Ascorbe, Mark Butler, Richard Hymans, Stuart Mazdon and Paul Jenes.

I would like to thank various national athletics federations and meet/race organisers in Asia for providing us with the results and pictures regularly.

The success of a publication of this nature depends solely on the sponsors, advertisers, and donors. I'm confident that Athletics enthusiasts across Asia and elsewhere will appreciate the work and support us in the future.

The lifeline of any sport is its athletes. I take this opportunity to thank ALL our athletes for their continuous glory and superlative performances.

**Ram. Murali Krishnan**  
Editor

# Kaleidoscope

The year 2025 turned out to be a memorable one in the Asian Athletics.

The year witnessed two important competitions, the much important flagship Asian Championships in Gumi and the Asian U18 Championships in Qatif which unearthed the budding talent among the young athletes.

Prior to the Asian Championships in Gumi, Asian Athletics celebrated its *Annual Gala Awards* for 2025 at the Gumeson Hotel, which hosted the Asian Athletics family during a weeklong sports fiesta in Korea.

## Asian Athletics Gala 2025

### Best Member Federation

*Chinese Athletics Association*

### Regional Women Excellence Award

*Elvira Shinibekova UZB (Central Asia)*

*Wang Leping CHN (East Asia)*

*Anju Bobby George IND (South Asia)*

*Obiena Ma Jeanette PHI (Southeast Asia)*

*Ruqaya Manoor Alghasara BRN (West Asia)*

### Best Athlete of Asia

*Male : Arshad Nadeem PAK*

*Female : Haruka Kitaguchi JPN*

### Best U20 Athlete of Asia

*Male : Hayato Shimoda JPN &*

*Seifeldin Heneida Abdesalam QAT*

*Female : Jiale Zhang CHN*

### Best U18 Athlete of Asia

*Male : Han Qigeng CHN*

*Female : Mariam Kareem UAE*

### Best Asian Coach

*Male : Kim Dokyun KOR*

*Female : Sui Xinmei CHN*

The exploits of athletes in various championships and the relevant results have been furnished separately elsewhere in the Annual.

Apart from the regular Asian Athletics competitions and national events, Asia also witnessed a host of regional championships and multisport Games in 2025. Among them was the biennial Southeast Asian Games in Bangkok. Hosts dominated the athletics events with 13 gold medals, one ahead of Vietnam. However, the single best performance was delivered by 19-year-old Thai sprinter Puripol Boonson, who clocked an Asian U20 mark of 9.94 secs in his qualifying heats before annexing the Gold in the final with 10.00 seconds flat! Asian record-holder Su Bingtian (9.83 secs in 2021) and Qatar's Femi Ogunode (9.91s in 2015) were the only other runners credited with better timings in Asia as of date. A complete list of all sub-10 performances in Asia is available in the all-time top lists published in this Annual.

Incidentally, Su Bingtian and shot putter Gong Lijiao announced their retirements during the Chinese National Games held at Guangzhou this year. Born in Chaozhou (Guangzhou) on 29 August 1989, Bingtian earned a bronze medal at the Olympic Games and a silver medal in the World Championships as a member of the Chinese sprint relay quartets. He got an identical collection of 3 gold, 1 silver and 1 bronze medals from the Asian Games and Asian Championships.

Gong Lijiao was born in Luquan, Hebei province, on 24 January 1989. She had a complete set of Olympic medals (1 gold, 1 silver and 1 bronze) besides eight World Championships medals (2-2-4) in a career spanning nearly two decades.

Indian middle-distance star Jinson Johnson was another notable athlete who announced retirement in 2025. Jinson, born in Chakkittipara, Kerala, was a 1500m gold medalist at the Jakarta Asian Games 2018.

Jinson also won a silver in the 800m in Jakarta, in addition to adding a bronze (1500m) in Guangzhou-2023. He is still holding the national record in 1500m, while his state-mate Mohammed Afsal bettered the 800m record in 2025.

The Indian athletics superstar, Neeraj Chopra, the Olympic and World Champion, married tennis player Himani Mor in a private ceremony near Solan, Himachal Pradesh, in 2025.

## 2025 CHAMPIONSHIPS

### Asian Athletics Championships

Gumi, Korea 27-31 May 2025



The 26<sup>th</sup> edition of the biennial Asian Championships have been held in the South Korean city of Gumi, which incidentally is the main manufacturing hub for globally renowned brands like LG and Samsung.

The five-day meet saw championship records bettered in as many as 9 events. Kazakhstan's former World Champion Norah Jeruto Tanui annexed two gold medals with new records in 5000m and 3000m Steeplechase. India's Gulveer Singh garnered a distance-double among men by winning the 5000 and 10,000m with a record effort in the former event. Daisy Jepkemei won another gold for Kazakhstan with a new mark in the women's 10,000m. Jyothi Yarraji from India successfully retained her crown with a record in the 100m hurdles.

The other records also came from the tracks. Japanese sprinter Towa Uzawa stopped the clock at 20.12 secs for the 200m victory. For China, Wu Hongjiao timed 2:00.08 to win the women's 800m.

Hosts Korea signed off the championships with a memorable victory in the men's sprint relay by logging yet another record of 38.49 secs.

On the road, the men's 20 KM race walk witnessed the 22-year-old meet mark being bettered by Wang Zhaozhao of China.

Although no records were set in the field events, an interesting battle for top honours took place in Gumi.

Participating in his one and only competition after the Paris Olympic triumph, Pakistan's Arshad Nadeem easily won the javelin throw despite getting some close calls from Indian thrower Sachin Yadav, who compensated for the absence of the World champion Neeraj Chopra in Gumi.

India's teenage sensation Pooja upsets much-experienced Uzbek and Kazakh high jumpers to win her maiden Asian title.

In a thrilling 100m final, Japanese Yanagita retained the top spot from Thai sprinter Boonson in just 2/1000<sup>th</sup> of a second.

The other athletes who successfully defended their titles from Bangkok-2023 were Towa Uzawa (Japan) in 200m, Filipino pole-vaulter Ernest John Obiena, Chinese hammer thrower Wang Qi and discus thrower Tuergong Abduaini.

Among the women, hurdler Jyothi Yarraji from India and Chinese discus thrower Feng Bin were the successful title defenders in Gumi.

In other exceptional wins, triple jumper Li Yi stunned event leader Sharifa Davronova with her final round effort of 13.80m.

In a similar fashion, the reigning long jump champion Lin Yu-Tang from Chinese Taipei led the fray until the last round when China's Shu Heng leaped 8.22, which was 2 cm more than what the former achieved, for the gold.

Ace Japanese long jumper Sumire Hata faltered in the final to finish outside the podium, in which Iran's Reihaneh Mobini was a surprise victor. The same was the case with Indian triple jumper Abdulla Aboobacker, who finished fourth in Gumi.

**Men**

<b>100m</b> (0.6)	1. Hiroki Yanagita JPN 10.20 2. Puripol Boonson THA 10.20 3. Abdullah Abkar KSA 10.30 4. Malham Al-Balushi OMA 10.30 5. Wang Shengjie CHN 10.31 6. Ali Al-Balushi OMA 10.33 7. Akihiro Higashida JPN 10.39 8. Hassan Taftian IRI 10.41
<b>200m</b> (0.8)	1. Towa Uzawa JPN 20.12 <b>(CR)</b> 2. Abdelaziz Abdou Atafi KSA 20.31 3. Animesh Kujur IND 20.32 4. Shota Iizuka JPN 20.66 5. Chen Jinfeng CHN 20.70 6. Ko Seunghwan KOR 20.72 7. King Wai Yip HKG 21.16 dq. Shi Junhao CHN --
<b>400m</b>	1. Ammar Ibrahim QAT 45.33 2. Kentaro Sato JPN 45.50 3. Kalinga Kumarage SRI 45.55 4. T K Vishal IND 45.57 5. Fuga Sato JPN 45.59 6. Shin Migyu KOR 45.74 7. Ashraf Hussien Osman QAT 45.91 8. Umar Osman MAS 46.25
<b>800m</b>	1. Ebrahim Al-Zofairi KUW 1:44.59 2. Ali Amirian IRI 1:44.97 3. Abubaker Haydar Abdalla QAT 1:45.20 4. Yukichi Ishii JPN 1:46.74 5. Ko Ochiai JPN 1:48.01 6. Xi Xiaoheng CHN 1:48.45 7. Krishan Kumar IND 1:48.72 8. Anu Kumar IND 1:58.04
<b>1500m</b>	1. Kazuto Iizawa JPN 3:42.56 2. Jae-ung Lee KOR 3:42.79 3. Yoonus Shah IND 3:43.03 4. Ali Amirian IRI 3:43.18 5. Nanami Arai JPN 3:45.65 6. Liu Dezhu CHN 3:45.88 7. Seyedamir Zamanpour IRI 3:45.93 8. Xi Xiaoheng CHN 3:47.42 9. Raed Khairallah Aljadani KSA 3:47.66 10. Abdirahman Saeed Hassan QAT 3:47.69 11. Sami Eyas Hattab JOR 3:51.29 12. Hatim Aitoulghazi QAT 3:51.90
<b>5000m</b>	1. Gulveer Singh IND 13:24.77 <b>(CR)</b> 2. Kieran Tuntivate THA 13:24.97 3. Nagiya Mori JPN 13:25.06

	4. Keita Satoh JPN 13:26.77 5. Albert Rop BRN 13:33.41 6. Abhishek Pal IND 13:33.51 7. Yu Shuiqing CHN 13:35.93 8. Abdikani Mohamed Hamid BRN 13:36.92 9. Nursultan Keneshbekov KGZ 13:45.67 10. Maxim Frolovskiy KAZ 14:04.08 11. Park Jaewoo KOR 14:05.20 12. Tzu Chieh Chien TPE 14:18.52
<b>10,000m</b>	1. Gulveer Singh IND 28:38.63 2. Mebuki Suzuki JPN 28:43.84 3. Albert Rop BRN 28:46.82 4. Sawan Barwal IND 28:50.53 5. Yu Shuiqing CHN 28:57.39 6. Abdikani Mohamed Hamid BRN 29:30.93 7. Park Jaewoo KOR 29:42.05 8. Nursultan Keneshbekov KGZ 29:45.00 9. Gantulga Dambaarjaa MGL 30:08.69 10. Kim Geonoh KOR 30:11.33 11. Kim Taehun KOR 30:15.21 12. Robi Syianturi INA 30:17.94
<b>3000mSt</b>	1. Avinash Sable IND 8:20.92 2. Yutaro Niinae JPN 8:24.41 3. Zakariya Al-Khlami QAT 8:27.12 4. Tetsu Sasaki JPN 8:30.97 5. Nguyen Trung Cuong VIE 8:38.25 6. Park Wonbeen KOR 8:46.91 7. Pandu Sukarya INA 9:02.11 8. Lee Seungho KOR 9:28.34 9. Park Jaeyoung KOR 9:31.71 10. Aleksandr Salakhudinov KGZ 9:47.93 11. Chin Hei Leong MAC 10:10.53 dnf. Seyedamir Zamanpour IRI --
<b>110mh</b> (0.7)	1. Rachid Muratake JPN 13.22 2. Liu Junxi CHN 13.31 3. Qin Weibo CHN 13.45 4. Oumar Doudai Abakar QAT 13.49 5. David Yefremov KAZ 13.69 6. Yi Kai Lin TPE 13.76 7. Masoud Kamran IRI 13.82 dnf. Kim Juho KOR --
<b>400mh</b>	1. Abderrahman Samba QAT 48.00 2. Bassem Hemeida QAT 49.44 3. Lin Chung-Wei TPE 49.73 4. Shunta Inoue JPN 50.02 5. Mahdi Pirjahan IRI 50.51 6. Marc Anthony Ibrahim LBN 50.56 7. Xie Zhiyu CHN 50.57

	8. Jun Jie Calvin Quek SGP 50.94		12. Sami Mousa Bakheet KSA 15.52/+0.6
<b>HJ</b>	1. Woo Sang-Hyeok KOR 2.29	<b>SP</b>	1. Mohamed Reza Tayebi IRI 20.32
	2. Tomohiro Shinno JPN 2.26		2. Xing Jialiang CHN 19.97
	3. Tawan Kaewkam THA 2.23		3. Mohamed Tolo KSA 19.92
	4. Naoto Hasegawa JPN 2.23		4. Abdelrahman Mahmoud BRN 19.27
	5. Sarvesh Anil Kushare IND 2.19		5. Hau Wei Ma TPE 19.25
	6= Duan Yuhang CHN 2.15		6. Samardeep Singh Gill IND 19.25
	6= Chao Hsuan Fu TPE 2.15		7. William Edward Morrison PHI 18.55
	8= Amir Nagaev UZB 2.10		8. Hassan Ajamibakhtiarvand IRI 18.20
	8= Lesandu Arthavidu Gammanage SRI 2.10		9. Sim Jun KOR 18.07
	8= Fatek Bait Jaboob OMA 2.10		10. Jonah Chang Anak Rigan MAS 18.05
	11. Leonard Grospe PHI 2.10		11. Ivan Ivanov KAZ 17.92
	nm. Vadim Chikalov UZB --		12. Park Sihoon KOR 17.47
<b>PV</b>	1. Ernest John Obiena PHI 5.77	<b>DT</b>	1. Tuergong Abuduiani CHN 63.47
	2. Huang Bokai CHN 5.72		2. Masateru Yugami JPN 60.38
	3. Patsapong Amsamang THA 5.67		3. Muhammed Irfan Shamsuddin MAS 58.82
	4. Seifeldin Mohamed Abdelsalam QAT 5.62		4. Hossein Rasouli IRI 57.92
	5. Li Chenyang CHN 5.52		5. Moaaz Mohamed Ibrahim QAT 57.70
	6. Hussain Asim Alhizam KSA 5.42		6. Eissa Zankawi KUW 57.26
	7. Seito Yamamoto JPN 5.42		7. Yuji Tsutsumi JPN 56.84
	8= Ameer Sabeeh Saihood IRQ 5.32		8. Behnam Shiri Jabilou IRI 56.77
	8= Tomoya Karasawa JPN 5.32		9. Kim Ilhyeon KOR 56.01
	10= Jin Minsub KOR 5.22		10. Tzu Yun Lee TPE 54.77
	10= Idan Fauzan Richsan INA 5.22		11. Abdullah Zankawi KUW 54.44
	12. Han Duhyeon KOR 5.22		12. Kim Donghyuk KOR 53.83
<b>LJ</b>	1. Shu Heng CHN 8.22/-0.5	<b>HT</b>	1. Wang Qi CHN 74.50
	2. Lin Yu-Tang TPE 8.20/+0.4		2. Tatsuto Nakagawa JPN 71.97
	3. Keito Yamaura JPN 8.08/+0.1		3. Shota Fukuda JPN 71.89
	4. Zhang Mingkun CHN 8.05/-0.0		4. Mohammed Hussain Aldubaisi KSA 70.40
	5. Anvar Anvarov UZB 7.98/+0.7		5. Ashraf Amgad Elseify QAT 69.82
	6. Hibiki Tsuha JPN 7.94/+0.3		6. Sukhrob Khodjaev UZB 69.06
	7. Sung Jinseok KOR 7.84/+0.4		7. Lee Ywunchul KOR 66.70
	8. Chia Hsing Lin TPE 7.73/+0.2		8. Mahdi Haftcheshmeh IRI 65.30
	9. Aleksandr Stepanov UZB 7.52/+1.3		9. Hussein Thamer Al-Bayati IRQ 62.93
	10. Ming Tai Chan HKG 7.50/-0.4		10. Mergen Mammedov TKM 62.34
	11. Ildar Akhmadiev TJK 7.29/-0.0		11. Kang Minseung KOR 61.86
	12. Timur Isakov KGZ 7.25/+0.5		12. Kittipong Boonmawan THA 61.81
<b>TJ</b>	1. Zhu Yaming CHN 17.06/+1.4	<b>JT</b>	1. Arshad Nadeem PAK 86.40
	2. Praveen Chithravel IND 16.90/+1.9		2. Sachin Yadav IND 85.16
	3. Yu Gyu-Min KOR 16.82w/+2.1		3. Yuta Sakiyama JPN 83.75
	4. Abdulla Aboobacker IND 16.72/+0.8		4. Rumes Tharanga Pathirage SRI 83.27
	5. Ibrohim Makhhamov UZB 16.24/+1.6		5. Yashvir Singh IND 82.57
	6. Zelimkhan Nassyroov KAZ 16.21/+2.0		6. Hu Haoran CHN 80.93
	7. Li Yun Chen TPE 16.15w/+2.2		7. Sumedha Ranasinghe SRI 79.81
	8. Phumiphat Khunmangkon THA 16.02/0.8		8. Muhammad Yasir PAK 75.39
	9. Hassan Nasser Dawshi KSA 15.83w/+2.5		9. Ryohei Arai JPN 74.21
	10. Ronne Malipay PHI 15.73/+1.7		10. Abdulrahman Alazemi KUW 73.87
	11. Nattapong Srinonta THA 15.73w/+2.9		11. Ali Fathi Ganji IRI 72.11

	12. Nam Taepoong KOR 69.42	(0.3)	2. Shanti Veronica Pereira SGP 22.98
<b>Dec</b>	1. Fei Xiang CHN 7634		3. Li Yuting CHN 23.23
	2. Tejaswin Shankar IND 7618		4. Remi Tsuruta JPN 23.29
	3. Keisuke Okuda JPN 7602		5. Jyoti Yarraji IND 23.47
	4. Wang Chen-Yu TPE 7546		6. Kristina Marie Knott PHI 23.82
	5. Chao Chia-Hsuan TPE 7275		7. Nithya Gandhe IND 23.90
	6. Park Jun-Young KOR 7053		8. Aminat Kamarudeen UAE 23.92
	7. Haman Ghrairi IRQ 6994	<b>400m</b>	1. Nanako Matsumoto JPN 52.17
	8. Hokkett De Los Santos PHI 6848		2. Rupal Chaudhary IND 52.68
	dnf. Yuma Murayama JPN --		3. Jonbibi Hukmova UZB 52.79
<b>4x100m</b>	1. Korea 38.49 <b>CR</b>		4. Vithya Ramraj IND 53.00
	2. Thailand 38.78		5. Nguyen Thi Ngoc VIE 53.12
	3. Hong Kong, China 39.10		6. Liu Yinglan CHN 53.62
	4. Chinese Taipei 40.14		7. Nadeesha Ramanayaka SRI 54.70
	5. Indonesia 40.15		dq. Aminat Kamarudeen UAE --
	dq. Singapore --	<b>800m</b>	1. Wu Hongjiao CHN 2:00.08 <b>CR</b>
	dq. China --		2. Rin Kubo JPN 2:00.42
<b>4x400m</b>	1. Qatar 3:03.52		3. Pooja IND 2:01.89
	2. India 3:03.67		4. Twinkle Chaudhary IND 2:03.33
	3. China 3:03.73		5. Ayano Shiomi JPN 2:03.59
	4. Korea 3:07.20		6. Li Chunhui CHN 2:06.83
	5. Sri Lanka 3:08.55		7. Bernalyn Bejoy PHI 2:07.53
	6. Kazakhstan 3:11.82	<b>1500m</b>	8. Shin So-Mang KOR 2:08.59
	7. Malaysia 3:14.55		1. Li Chunhui CHN 4:10.58
	8. Thailand 3:18.70		2. Pooja IND 4:10.83
<b>20kmW</b>	1. Wang Zhaozhao CHN 1:20:37 <b>(CR)</b>		3. Tomoka Kimura JPN 4:11.56
	2. Kento Yoshikawa JPN 1:20:46		4. Lili Das IND 4:13.81
	3. Servin Sebasthian IND 1:21:14		5. Park Nayeon KOR 4:15.64
	4. Ryo Hamanishi JPN 1:21:58		6. Yume Goto JPN 4:16.52
	5. Amit IND 1:22:15		7. Nguyen Thi Oanh VIE 4:20.02
	6. Zhang Jinrui CHN 1:22:54		8. Layla Almasri PLE 4:21.20
	7. Joo Hyunmyeong KOR 1:23:57		9. Kim Yujin KOR 4:24.18
	8. Georgiy Sheiko KAZ 1:25:8		10. Song Dawon KOR 4:34.95
	9. Im Dongmin KOR 1:27:54		11. Phulmati Rana NEP 4:43.51
	10. Yung Kuei Chan TPE 1:29:43		12. Aiana Bolatbekkyzy KAZ 4:44.09
	11. Hendro INA 1:29:50	<b>5000m</b>	1. Norah Jeruto Tanui KAZ 14:58.71 <b>(CR)</b>
	12. Man Kit Chin HKG 1:30:55		2. Parul Chaudhary IND 15:15.33
<b>Women</b>			3. Yuma Yamamoto JPN 15:16.86
<b>100m</b>	1. Liang Xiaojing CHN 11.37		4. He Wuga CHN 15:23.96
(-0.1)	2. Shanti Veronica Pereira SGP 11.41		5. Sanjivani Jadhav IND 15:36.40
	3. Thi Nhi Yen Tran VIE 11.54		6. Nguyen Thi Oanh VIE 15:46.11
	4. Aiha Yamagata JPN 11.66		7. Sora Shinozakura JPN 15:54.15
	5. Midori Mikase JPN 11.74		8. Layla Almasri PLE 15:57.15
	6. Chia Chen Hu TPE 11.85		9. Kim Yujin KOR 16:06.41
	7. Zhu Junying CHN 11.89		10. Choi Jungyoon KOR 16:25.32
	8. Zaidatul Husniah Zulkifli MAS 12.01		11. Methmi Arachchilage SRI 16:29.15
<b>200m</b>	1. Chen Yujie CHN 22.97	<b>10,000m</b>	12. Lim Kyunghee KOR 16:45.20
			1. Daisy Jepkemei KAZ 30:48.44 <b>(CR)</b>

	2. Ririka Hironaka JPN 30:56.32		10= Bui Thim Kim Anh VIE 1.75
	3. Mikuni Yada JPN 31:12.21		10= Ching Laam Priscilla Cheung HKG 1.75
	4. He Wuga CHN 31:36.18		12. Jang Sunyoung KOR 1.75
	5. Sanjivani Jadhav IND 33:08.17	<b>PV</b>	1. Niu Chung CHN 4.48
	6. Seema IND 33:08.23		2. Xu Huiqin CHN 4.23
	7. Methmi Arachchilage SRI 33:21.62		3. Misaki Motoa JPN 4.13
	8. Odekta Elvina Naibaho INA 33:32.77		4= Khabut Chonthicha THA 3.98
	9. Ma Xiuzhen CHN 33:42.03		4= Diva Renatta Jayadi INA 3.98
	10. Kim Doyeon KOR 34:12.70		6. Akari Osakaya JPN 3.98
	11. Choi Jungyoon KOR 34:34.93		7. Maria Andriani Melabessy 3.83
	dnf. Violah Jepchumba Motosio BRN --		8. Jo Minji KOR 3.63
<b>3000mSt</b>	1. Norah Jeruto Tanui KAZ 9:10.46 (CR)		nm. Lim Eunji KOR --
	2. Parul Chaudhary IND 9:12.46		nm. Chayanisa Chomchuendee THA --
	3. Daisy Jepkemei KAZ 9:27.51	<b>LJ</b>	1. Reyhaneh Mobini Arani IRI 6.40/+0.5
	4. Miu Saito JPN 9:38.16		2. Ancy Sojan IND 6.33/+0.5
	5. Ankita Dhiyani IND 9:41.54		3. Shaili Singh IND 6.30/+0.9
	6. Manami Nishiyama JPN 9:52.35		4. Sumire Hata JPN 6.20/+0.9
	7. Jo Harim KOR 9:53.09		5. Nga Yan Yue HKG 6.19/+0.9
	8. Xu Shuangshuang CHN 10:04.96		6. Yu Jeongmi KOR 6.12/+1.2
	9. Dilshoda Usmonova UZB 10:06.62		7. Guo Sijia CHN 6.10/+0.6
	10. Nbm Bohana KOR 10:14.90		8. Maya Takeuchi JPN 6.05/+0.2
	11. Choi Sooah KOR 10:32.99		9. Lee Huijin KOR 5.97/+0.7
	12. Sadafbonu Nusratilloeva UZB 10:48.22		10. Tran Thi Loan VIE 5.93/+0.5
<b>100mh</b> (-0.1)	1. Jyothi Yarraji IND 12.96 (CR)		11. Zhu Yi CHN 5.93/+1.0
	2. Yumi Tanaka JPN 13.07		12. Anastassiya Rypakova KAZ 5.89/+0.8
	3. Wu Yanni CHN 13.07	<b>TJ</b>	1. Yi Li CHN 13.80/-0.9
	4. Dina Aulia INA 13.32		2. Sharifa Davronova UZB 13.74/-1.3
	5. Liu Jingyang CHN 13.32		3. Mariko Morimoto JPN 13.65/-1.4
	6. Bo Ya Zhang TPE 13.42		4. Maoko Takashima JPN 13.64/+0.2
	7. Huynh Thi My Tien VIE 13.69		5. Nguyen Thi Huong VIE 13.59/+0.0
	8. Lai Yiu Lui HKG 13.73		6. Mariya Yefremova KAZ 13.57/-0.1
<b>400mh</b>	1. Mo Jiadie CHN 55.31		7. Tran Thi Loan VIE 13.41/-1.9
	2. Kemi Adekoya BRN 55.32		8. Roksana Khudoyarova UZB 13.34/-2.0
	3. Vithya Ramraj IND 56.46		9. Parinya Chuaimaroeng THA 12.41/+0.3
	4. Adelina Zems KAZ 56.73		10. Lee Huijin KOR 12.15/-0.3
	5. Robyn Brown PHI 56.98		11. Shannon Vera Chan HKG 12.10/0.3
	6. Quach Thi Lan VIE 57.04		12. Lee Yujin KOR 11.92/+1.1
	7. Anu Raghavan IND 57.46	<b>SP</b>	1. Ma Yue CHN 18.26
	8. Mariam Kareem UAE 58.35		2. Song Jiayuan CHN 17.78
<b>HJ</b>	1. Pooja IND 1.89		3. Chiang Ching-Yuan TPE 17.42
	2= Safina Sadullayeva UZB 1.86		4. Malika Nasriddinova UZB 17.01
	2= Yelizaveta Matveyeva KAZ 1.86		5. Jeong Yusun KOR 16.27
	4. Nadezhda Dubovitskaya KAZ 1.86		6. Ci En Wu TPE 15.96
	5= Barnokhon Sayfullaeva UZB 1.83		7. Lee Soojung KOR 15.70
	5= Dina Nuerlan CHN 1.83		8. Areerat Intadis THA 15.51
	7. Shieriai Tsuda JPN 1.83		9. Nani Sahirah Maryata MAS 15.06
	8. Nagisa Takahashi JPN 1.80		10. Eki Febri Ekawati INA 13.97
	9. Wai Yan Chung HKG 1.80	<b>DT</b>	1. Feng Bin CHN 61.90

	2. Subenrat Insaeng THA 57.68
	3. Nanaka Kori JPN 56.48
	4. Seema IND 56.15
	5. Jeong Yelim KOR 55.41
	6. Shin Yujin KOR 54.79
	7. Maki Saito JPN 54.73
	8. Queenie Ting Kung Ni MAS 47.96
	9. Daniella Daynata PHI 44.03
	nm. Jiang Zhichao CHN --
<b>HT</b>	1. Li Ji CHN 72.98
	2. Li Jiangyan CHN 69.13
	3. Ya Chien-Yu TPE 64.25
	4. Joy Iris McArthur JPN 63.61
	5. Raika Murakami JPN 63.60
	6. Mingkamon Koomphon THA 61.42
	7. Kim Taehui KOR 61.13
	8. Park Seojin KOR 60.66
	9. Melika Norouzi IRI 59.18
	10. Grace Wong Xiu Mei MAS 59.15
	11. Lee Yura KOR 57.94
	12. Nurul Hidayah Lukman MAS 46.60
<b>JT</b>	1. Su Lingdan CHN 63.29
	2. Momone Ueda JPN 59.39
	3. Sae Takemoto JPN 58.94
	4. Annu Rani IND 58.30
	5. Dai Qianqian CHN 57.99
	6. Nadheesha Dilhani Lekamge SRI 55.53
	7. Pin Hsun Chu TPE 54.60
	8. Nargizakhon Kuchkarova UZB 53.29
	9. Hui Jan Li TPE 51.66
	10. Jariya Wichaidit THA 51.60
	11. Gim Gyeongae KOR 48.94
	12. Park Ayeong KOR 48.25
<b>Hep</b>	1. Agasara Nandini IND 5941
	2. Liu Jingyi CHN 5869
	3. Chen Cai-Juan TPE 5608
	4. Ugiloy Norboeva UZB 5461
	5. Han Iseul KOR 5330
	6. Alina Chistyakova KAZ 5292
	7. Pei Hsuan Lin TPE 4747
	dnf. Fatemeh Mohitizade IRI --
<b>4x100m</b>	1. China 43.28
	2. India 43.86
	3. Thailand 44.26
	4. Korea 44.45
	5. Singapore 44.66
	6. Malaysia 44.75
	7. Hong Kong, China 44.88

<b>4x400m</b>	1. India 3:34.18
	2. Vietnam 3:34.77
	3. Sri Lanka 3:36.67
	4. Kazakhstan 3:40.71
	5. Uzbekistan 3:40.91
	6. Korea 3:42.61
	7. Hong Kong, China 3:47.80
<b>20kmW</b>	1. Hang Yin CHN 1:30:44
	2. Ma Li CHN 1:32:08
	3. Yasmina Toxanbayeva KAZ 1:32:22
	4. Ayane Yanai JPN 1:33:15
	5. Yukiko Umeno JPN 1:36:31
	6. Lee Seha KOR 1:37:03
	7. Lee Jeongeun KOR 1:40:09
	8. Violine Intan Puspita INA 1:47:24
	9. Zin May Htet MYA 1:53:35
	10. Halida Ulfah INA 1:55:52
	dq. Kim Minji KOR --
<b>Mixed 4x400m</b>	1. India 3:18.12
	2. China 3:20.52
	3. Sri Lanka 3:21.95
	4. Kazakhstan 3:22.70
	5. Korea 3:22.87
	6. United Arab Emirates 3:25.73
	7. Thailand 3:26.05
	8. Uzbekistan 3:28.67

**Medal Table leaders:** CHN 19G-9S-4B; IND 8-10-6; JPN 5-11-12; KAZ/QAT 3-1-2; KOR 2-1-1; IRI 2-1-0; KUW/PAK/PHI 1-0-0; (20 nations won medals)

### 6<sup>th</sup> Asian U18 Championships

Qatif, Saudi Arabia 15-18 Apr 2025



البطولة الآسيوية لألعاب القوى  
السادسة للناشئين والناشئات  
6th Asian U18 Athletics  
Championships  
SAUDI 2025

Hosts Saudi Arabia's hammer thrower, Mohamed Al-Zayer, and Emirati girl Mariam Kareem delivered outstanding performances in Qatif. Kareem also won a double by winning 200m and 400m hurdles.

Among the boys, Chinese thrower Han Qigeng made it a double by securing the gold in shot put and discus throw.

**BOYS:**

- 100m** 1. Sorato Shimizu JPN 10.38  
(2.3) 2. Dai Hongyu CHN 10.39  
3. Koo Cheuk Fung Jasper HKG 10.40
- 200m** 1. Koo Cheuk Fung Jasper HKG 20.95  
(1.5) 2. Jun Chaemin KOR 21.01  
3. Harry Curran SGP 21.24
- 400m** 1. Li Yongjie CHN 48.11  
2. Samir Moussa Hassan QAT 48.22  
3. Saleh Ahmat Haroun QAT 48.30
- 800m** 1. Zeng Xiang CHN 1:53.31  
2. Mohammed Abdullatef KUW 1:53.33  
3. Shavindu Awishka SRI 1:53.41
- 1500m** 1. Said Mubarak Abdi QAT 3:57.90  
2. Mahmoud Abou Zeid LBN 3:58.76  
3. Lahiru Achintha Gallage SRI 3:59.47
- 3000m** 1. Mohamed Saleh Kamareh IRI 8:37.55  
2. Timur Nasimov UZB 8:51.27  
3. Asilbek Tukhtamurodov UZB 9:01.95
- 2000mSt** 1. Hashem Ahmed Hakeem KSA 6:06.06  
2. Shokhjakhon Khayrullaev UZB 6:14.31  
3. Li Guanxi CHN 6:14.33
- 110mh** 1. Koki Takajo JPN 13.42  
(2.5) 2. Hassan Essa Haqawi KSA 13.49  
3. Chih Tsun Lee TPE 13.50
- 400mh** 1. Idriss Abdelraziq QAT 52.24  
2. Abakar Idriss Djibrine QAT 53.56  
3. Kirill Savchenko KAZ 53.63
- HJ** 1. Mohammed Al-Duaij KUW 2.05  
2. Devak Bhushan IND 2.03  
3. JHP Nethya Sampath SRI 2.03
- PV** 1. Khalel Bin Zaid SGP 4.20  
2. Abdulla Saad Al-Abdulla QAT 4.20  
3. Dmitriy Shkerdin KAZ 4.20
- LJ** 1. Zhou Chengyi CHN 7.73  
2. Omori Eito JPN 7.72w  
3. Liu Bingchen CHN 7.30w
- TJ** 1. Dong Zhiyuan CHN 15.53  
2. Janith Lakshan Jenkins SRI 15.10  
3. Ma Boyu CHN 14.97
- SP** 1. Han Qigeng CHN 20.23  
2. Nishchay IND 19.59  
3. Anson Loh SGP 18.59
- DT** 1. Han Qigeng CHN 63.33

2. Wan Zhixuan CHN 63.01

3. Nishchay IND 58.85

- HT** 1. Mohamed Al-Zayer KSA 79.11  
2. Wang Ankang CHN 74.81  
3. Amirreza Ahanin Maram IRI 70.83

**JT** 1. Himanshu IND 67.57

2. Lu Hao CHN 63.45

3. Ruslan Sadullaev UZB 61.96

- Dec** 1. Jakhongir Juraboev UZB 6645  
2. Askar Omirzak KAZ 6524  
3. Abbas Moneer Alabdulbaqi KSA 6229

**MedleyR:** 1. China 1:51.68

2. India 1:52.15

3. Saudi Arabia 1:52.36

**5000mW:** 1. Zhu Ninghao CHN 20:21.50

2. Nitin Gupta IND 20:21.51

3. Sheng Qin Lo TPE 21:37.88

**GIRLS:**

**100m** 1. Zhang Qian CHN 11.80

(1.4) 2. Dhananjana Liyanage SRI 11.92

3. Aarti IND 11.93

**200m** 1. Mariam Kareem UAE 23.99

(1.4) 2. Misato Shibata JPN 24.16

3. Aarti IND 24.31

**400m** 1. Saki Imamine JPN 57.27

2. Tannu IND 57.63

3. Deng Nanxi CHN 58.01

**800m** 1. Tharushi Abhisheka SRI 2:14.86

2. Ye Meiling CHN 2:15.92

3. Naomi Marjorie Cesar PHI 2:17.87

**1500m** 1. Zhang Yaxi CHN 4:58.35

2. Sama Moustafa LBN 4:58.82

3. Marjona Saydullaeva UZB 4:59.85

**3000m** 1. Anastasiya Silchenkova UZB 9:45.17

2. Suolang Zhuoma CHN 10:00.44

3. Samia Shah Pan IRI 10:09.07

**2000mSt** 1. Sadafonu Nusratilloeva UZB 6:44.99

2. Nasimakhon Mamirova UZB 6:55.20

3. Fu Wen CHN 7:09.11

**100mh** 1. Bao Yinyin CHN 13.71

(2.4) 2. He Yihui CHN 13.76

3. Shourya Ambure IND 13.80

**400mh** 1. Mariam Kareem UAE 59.55

2. Shodiyona Rahmonova UZB 1:01.40

3. Evelina Ryabkova KAZ 1:01.59

**HJ** 1. Dong Jialing CHN 1.73

2. Mai Ngoc Anh VIE 1.69

3. Yasmeen Roy KUW 1.65

<b>LJ</b>	1. Liang Morong CHN 6.26w
	2. Chloe Chee En-ya SGP 5.77
	3. Seo Yeji KOR 5.66w
<b>TJ</b>	1. Xie Yiqing CHN 13.39
	2. Bi Jiayu CHN 12.79
	3. Dilki Nehara SRI 12.35
<b>SP</b>	1. Chen Xinyao CHN 18.47
	2. Wan Yuxuan CHN 17.82
	3. Lee Yeram KOR 16.58
<b>DT</b>	1. Ma Chenyi CHN 53.81
	2. Zhao Anqi CHN 47.89
	3. Lakshita Mahlawat IND 41.30
<b>HT</b>	1. Chen Jiajun CHN 67.71
	2. Gao Yujia CHN 64.20
	3. Shakhribonu Zariyeva UZB 56.47
<b>JT</b>	1. Yan Yi Kwan HKG 54.04
	2. Ayuto Kurokawa JPN 49.92
	3. Ao Matsuyama JPN 49.76
<b>Hep</b>	1. Polina Kuzubova KAZ 5089
	2. Sofya Nikolaeva UZB 4904
	3. Assylzat Kydyrbay KAZ 4355
<b>MedleyR</b>	1. China 2:11.11
	2. Sri Lanka 2:14.25
	3. Thailand 2:15.00
<b>5000mW</b>	1. Wang Yaru CHN 23:34.80
	2. Xiere Zhuoma CHN 23:51.59
	3. Kwon Seorhin KOR 24:13.70

**Medal Table leaders:** CHN 19G-12S-5B; UZB 3-5-4; JPN 3-3-1; QAT 2-3-1; KSA 2-1-2; HKG 2-0-1; UAE 2-0-0; IND 1-5-5; SRI 1-3-4; KAZ 1-1-4;  
(19 nations won medals)



3rd Asian Youth Games  
Bahrain 2025

**BOYS:****100m:**

1. Lai Jianguang	CHN	10.56
2. Lin Xiaohai	CHN	10.73
3. Huang Guan Yao	TPE	10.82

**200m:**

1. Wangkay Pi Durden	PHI	21.76
2. Chu Chao-Feng	TPE	21.90

3. Kim Sunwoo	KOR	21.93
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**400m:**

1. Yang Jia	CHN	46.57
2. Shoaib Saeed	UAE	47.18
3. Shanuka Costa	SRI	47.72

**800m:**

1. Bashar Sharahili	KSA	1:57.04
2. Khalaf Albishi	KSA	1:57.73
3. Al Shamsi Al Yazan	OMA	1:58.79

**1500m:**

1. Achintha Lahiru	SRI	3:57.42
2. Sha Lihua	CHN	3:58.73
3. Au Ho Chun	HKG	4:05.09

**3000m:**

1. Wang Cheng-Yu	TPE	8:34.46
2. Li Zicheng	CHN	8:55.76
3. Murat Nurbolsyn	KAZ	9:07.81

**2000m Steeplechase:**

1. Xu Chengwei	CHN	5:52.99
2. Tu Bui Tuan	VIE	6:05.74
3. Mohd Alidoustishahraki	IRI	6:06.73

**110m Hurdles:**

1. Idriss Aboubakar	QAT	13.61
2. Tao Kaidi	CHN	14.11
3. Naif Alsmairi	KSA	14.12

**400m Hurdles:**

1. WU Mingwei	CHN	52.72
2. Lin Hong-Xiang	TPE	53.10
3. Lo Chin-Hsiang	TPE	53.55

**High Jump:**

1. Huang Kai-lun	TPE	2.05
2. Bi Zaoxin	CHN	2.03
3. Zubin Gohain	IND	2.03

**Pole Vault:**

1. Tanakorn Daengmanee	THA	5.00
2. Nigel Gerfan	MAS	4.50
3. Jiang Yunfan	SGP	4.40

**Long Jump:**

1. Yuan Lei	CHN	7.51
2. Wang Pengbo	CHN	7.37
3. Abdurakhmon Makhamadjonov	UZB	7.24

**Triple Jump:**

1. Li Aodi	CHN	15.15
2. Shakhzodbek Kholmurodov	UZB	14.80
3. Gleb Klepinin	KAZ	14.38

**Shot Put:**

1. Jiang Haozheng	CHN	18.36
2. Choi Jiho	KOR	17.13

3. Chaituch Sriwiya	THA	16.37	2. Nasimakhon Mamirova	UZB	6:52.41
<b>Discus Throw:</b>			3. Li Yecong	CHN	7:12.58
1. Maxim Sazhnev	KAZ	63.23	<b>100m Hurdles:</b>		
2. Jia Kunchuan	CHN	62.40	1. Zhang Keyi	CHN	13.51
3. Alireza Samimishalamzari	IRI	53.86	2. Shourya Avinash Ambure	IND	13.73
<b>Hammer Throw:</b>			3. Shodiyona Rahmonova	UZB	13.89
1. Wang Zihao	CHN	68.22	<b>400m Hurdles:</b>		
2. Muhammadaziz Nosirov	UZB	67.85	1. Lin Qiao-Ling	TPE	1:00.31
3. Mohammed Alali	UAE	62.03	2. Margarita Kossinova	KAZ	1:01.36
<b>Javelin Throw:</b>			3. Shodiyona Rahmonova	UZB	1:01.46
1. Wu Huaichu	CHN	68.38	<b>High Jump:</b>		
2. Qiu Bang-Xuan	TPE	64.91	1. Yasmeen Roy	KUW	1.73
3. Chathura Dulanjana Jayathissa	SRI	62.51	2. Chen Chiao-Ting	TPE	1.69
<b>5000m Walk:</b>			3= Olga Izyumnikova	KAZ	1.65
1. Zhang Haoze	CHN	21:43.82	3= Milena Merts	KAZ	1.65
2. Lu Yujie	CHN	22:28.64	<b>Long Jump:</b>		
3. Palash Mandal	IND	24:48.92	1. Zhou Ruhan	CHN	5.88
<b>Medley Relay:</b>			2. Ri Hyo Jong	PRK	5.74
1. China	CHN	1:52.80	3. Yekaterina Mikhailenko	KAZ	5.74
2. Sri Lanka	SRI	1:52.82	<b>Triple Jump:</b>		
3. Chinese Taipei	TPE	1:55.82	1. Xie Yiqing	CHN	13.28
<b>GIRLS:</b>			2. Zeng Zi-Yun	TPE	12.36
<b>100m:</b>			3. Dilni Nethsala Rajapaksh	SRI	12.31
1. Arwa Ashar	UAE	11.45	<b>Shot Put:</b>		
2. Dana Salem	QAT	11.60	1. Sun Mengyao	CHN	18.15
3. Yan Xinyi	CHN	11.79	2. Li Mengyao	CHN	16.93
<b>200m:</b>			3. Jasmine Kaur	IND	14.86
1. Chen Xinxuan	CHN	24.08	<b>Discus Throw:</b>		
2. Arwa Ashar	UAE	24.14	1. Wang Xinyi	CHN	55.38
3. Bhumika Sanjay Nehate	IND	24.43	2. Oshin	IND	43.38
<b>400m:</b>			3. Shih Yun-Jhen	TPE	43.00
1. Aisha Tariq	UAE	54.26	<b>Hammer Throw:</b>		
2. Edwina Jason	IND	55.43	1. Wang Yiru	CHN	68.59
3. Wu Chia-Ying	TPE	56.60	2. Gao Yujia	CHN	63.08
<b>800m:</b>			3. Veronika Yelisseyeva	KAZ	46.94
1. Song Jinping	CHN	2:07.84	<b>Javelin Throw:</b>		
2. Naomi Cesar	PHI	2:08.69	1. Parizoda Talabova	UZB	53.08
3. Gendis Aulia Syafitri	INA	2:14.98	2. Bai Xueting	CHN	51.77
<b>1500m:</b>			3. Yang Wenyue	CHN	50.40
1. Nazmina Rakhimjonova	UZB	4:51.20	<b>5000m Walk:</b>		
2. Viktoriya Melnikova	KAZ	4:51.61	1. Liu Shiyi	CHN	24:15.27
3. Saneepa Gimhani	SRI	4:52.32	2. Ranjana Yadav	IND	24:25.88
<b>3000m:</b>			3. Jeong Chaeyeon	KOR	25:26.93
1. Anastasiya Silchenkova	UZB	9:43.61	<b>Medley Relay:</b>		
2. Yu Xiaoxuan	CHN	10:21.85	1. United Arab Emirates	UAE	2:07.79
3. Aida Akylbekova	KAZ	10:45.21	2. India	IND	2:09.65
<b>2000m Steeplechase:</b>			3. China	CHN	2:10.14
1. Kang Ryon Hui	PRK	6:37.88			

## 2025 NATIONAL CHAMPIONS OF ASIA

*This section shows the National Champions from Asian countries in 2025. Some Asian countries did not conduct their Nationals during the year.*

### Dates & Venues of the National Championships:

**Bangladesh:** Dhaka (17-19 Feb), **China:** Quzhou (1-4 Aug), Relays: Shaoxing (8-10 Aug), **Hong Kong:** (10-11 May), **Indonesia:** Surakarta (29 Aug - Sep 4), **India:** Chennai (20-24 Aug), **Iran:** Rasht (8-9 May), **Iraq:** Sulaymaniyah (17-19 Apr), Multies/PV: Najaf (11-12 Apr), **Japan:** Tokyo (4-6 Jul), Multies/Relays-Gifu (12-13 Jul), 10000m-Kumamoto (12 Apr), Walks-Kobe (16 Feb), **Kazakhstan:** Almaty (10-12 Jul), **Korea:** Jeongseon (21-24 Jun), **Saudi Arabia:** Taif (16-17 May), **Kuwait:** (3-6 Mar), **Laos:** NatG-Vientiane (11-17 Nov), **Lebanon:** Beirut (10-14 Jul), **Malaysia:** Kangar (29-31 Aug), **Maldives:** Male (14-16 Aug), **Nepal:** Pokhara (11-12 Apr), NatG: (15-17 Oct), **Oman:** Muscat (21-22 Feb), Women: (11 Apr), **Pakistan:** Islamabad (29-31 Dec), **Philippines:** New Clark City (1-4 May), **Qatar:** Doha (22-23 Apr), **Singapore:** (24-25 Apr), **Sri Lanka:** Diyagama (2-3 Aug), **Thailand:** Pathum Thani (22-25 Jun), **Tadjikistan:** Dushanbe (7-8 May), **Turkmenistan:** Ashgabat (25-26 Apr), **Uzbekistan:** Tashkent (23-25 Apr), **Vietnam:** Danang (9-13 Aug)

#### MEN

##### 100m:

BAN	Mohd Ismail Hossain	10.61	
CHN	Deng Xinrui	10.06	
HKG	Yip King Wai	10.44	
INA	Bayu Kerta Negara	10.46	
IND	S. Tamilarasu	10.22	
IRI	Hassan Taftian	10.26	
IRQ	Saif Raad Abdel Wahed	10.20	w
JPN	Yoshihide Kiryu	10.23	
KAZ	Vitaliy Zems	10.82	
KOR	Daniel Kashama	10.38	
KSA	Abdulaziz Abdou Atafi	10.13	
KUW	Nawaf Hadi Hamasha	10.86	
LAO	Sorsy Phompakdi	10.8	
LBN	Tamer Saleh	10.60	
MAS	Danish Iftikhar Muhd Roslee	10.26	
MDV	Hassan Saaid	10.92	
NEP	Shiva Raj Pathak	10.6	
OMA	Mulhim Al-Balushi	10.39	
PAK	Samiullah Khan	10.3	
PHI	Anfernee Lopena	10.68	
SGP	Marc Brian Louis	10.49	
SRI	Chamod Yodasinghe	10.37	
THA	Natawat Emaudom	10.76	
TJK	Favoris Muzrapov	10.73	
TKM	Lukman Gurbandurdyev	10.3	
UZB	Umidjon Nabiyev	10.89	
VIE	Nguyen Van Quyet	10.58	

##### 200m:

CHN	Shi Junhao	20.56	
HKG	Magnus Johannsson	21.09	
INA	Izrak Udjulu	21.81	w
IND	Animesh Kujur	20.63	
IRI	Milad Naseh Jahani	21.04	w
IRQ	Saif Raad Abdel Wahed	20.72	
JPN	Towa Uzawa	20.12	

KAZ	Vitaliy Zems	21.2
KOR	Ko Seung-Hwan	20.73
KSA	Abdulaziz Abdou Atafi	20.14
KUW	Yaqoub Mohamed Al-Azmi	21.81
LAO	Sorsy Phompakdi	22.2
LBN	Tamer Saleh	21.31
MAS	Aidil Auf Hajam	21.42
MDV	Adam Riffath	22.20
NEP	Aadesh Kumar Yadav	22.1
OMA	Mohamed Obaid Hindi Al-Saadi	21.71
PAK	Shahid Shafiq	21.1
PHI	Neil Michael Catral	20.94
SGP	Ibrahim Molokwu	22.42
SRI	Rajamuni Indusara Vidushan	21.10
THA	Thawatchai Heem-Ead	21.22
TJK	Ildar Akhmadiyev	21.55
TKM	Lukman Gurbandurdyev	21.4
UZB	Umidjon Nabiyev	21.89
VIE	Ngan Ngoc Nghia	20.94

#### 400m:

CHN	Liu Kai	45.63
HKG	Chun Ho Chan	47.66
INA	Ismail Maulana	48.03
IND	T.K. Vishal	45.12
IRI	Alireza Jamshahi	47.32
IRQ	Taha Hussein Yaseen	48.00
JPN	Fuga Sato	45.28
KAZ	Mikhail Litvin	47.71
KOR	Shin Min-Kyu	45.75
KSA	Ismail Al-Sabani	47.26
KUW	Ahmed Mifreh Khudir	48.96
LAO	Dueanpheang Xayyaphet	50.8
LBN	Marc Anthony Ibrahim	47.29
MAS	Muhd Khalil Helmi	47.19
MDV	Hussain Zeek Suad	49.27
MGL	S. Batzorig	49.50
NEP	Som Bahadur Kumal	49.0
OMA	Mohd Saeed Amer Al-Mabsali	48.03
PAK	Muhammad Ismail	47.8
PHI	Frederick Ramirez	47.71
SGP	Reuben Lee Siong En	47.85
SRI	Aruna Darshana	45.91
THA	Sarawut Nuansri	46.46
TKM	Nurgeldiyev Abdirahman	50.0
UZB	Abbos Toshtemirov	48.60
VIE	Ta Ngoc Tuong	45.59

#### 800m:

CHN	Liu Dezhu	1:49.49
HKG	Khan Mohammad Kamran	1:53.40
INA	Bilal Bilano	1:57.08
IND	Krishan Kumar	1:48.41
IRI	Hamidi Arsalan	1:48.58
IRQ	Noureddine Adel Merzeh	1:50.92
JPN	Ko Ochiai	1:45.93
KAZ	Kirill Subbotin	1:52.68
KOR	Han Tae-Geon	1:53.90
KSA	Sami Massoud Al-Yami	1:49.62
KUW	Ibrahim Remaid Al-Zhufairi	1:49.57
LAO	Maikao Singhalath	2:04.6

LBN	Ali Mourtada	1:51.95	<b>10,000m:</b>		
MAS	Muhd Fazri Wan Zahary	1:53.17	CHN	Jiang Fakun	29:41.67
MDV	Hussain Riza	1:57.68	HKG	Yiu Leung Cheung	32:37.08
OMA	Mohd Hamdan Al-Sulaimani	1:53.61	INA	Rikki Martin Simbolon	30:45.91
PAK	Waqas Akbar	1:52.0	IND	Abhishek Pal	30:56.64
PHI	Hussein Lorana	1:51.86	IRI	Amirhossein Keivanlou	30:02.60
SGP	Thana Rajan Thiruben	1:51.28	IRQ	Ali Jassem Abbad Abdutredha	32:02.20
SRI	Sandaruan Karunarathna	1:49.44	JPN	Mebuki Suzuki	27:28.82
THA	Pitchaya Sunthorntuan	1:55.01	KAZ	Daniyar Ormangali	30:55.91
TJK	Khusan Kulov	1:57.43	KOR	Na Hyun-Young	30:44.83
TKM	Pena Babaniyazov	1:56.4	KUW	Faris Ali Mohamed	31:11.04
UZB	Khayotbek Akhmedov	1:53.07	LAO	Lamphone Xayyathsee	34:12.0
VIE	Van Doi Sam	1:53.10	LBN	Ali Al Ridha Kenaan	30:08.20
			MAS	Sanjay Manimaran	31:17.49
<b>1500m:</b>			NEP	Deepak Adhikari	30:10.3
BAN	Md Mosarof Hossain	4:05.5	OMA	Nader Ismail Daoud	31:05.54
CHN	Yang Guobin	3:59.20	PAK	Muhammad Akhtar	31:54.7
HKG	Wang Nok Wang	3:58.72	SRI	S. Roshan	30:55.61
INA	Wahyudi Putra	3:55.30	THA	Pongsacharn Suksawat	32:35.48
IND	Yoonus Shah	3:41.22	UZB	Andrey Petrov	30:20.83
IRI	Seyed Amir Zamanpour	3:42.26	VIE	Nguyen Trung Cuong	31:41.68
IRQ	Aqeel Mohamed Hameed	3:56.65			
JPN	Kazuto Iizawa	3:36.81	<b>3000m Steeplechase:</b>		
KAZ	Vadim Levchenkov	3:56.97	CHN	Chen Yongchao	8:47.03
KOR	Lee Jae-Ung	3:42.11	HKG	Jason Chun Ho Yeung	9:26.46
KSA	Raed Khairallah Al-Jadani	3:47.75	INA	Pandu Sukarya	8:59.97
KUW	Ibrahim Remaid Al-Zhufairi	3:53.46	IND	Balkishan	8:51.17
LAO	Maikeo Singhalath	4:17.9	IRI	Hossein Keihani	8:54.80
LBN	Zeid El Sayed	3:57.00	IRQ	Mohamed Abdullah Mahal	9:21.96
MAS	Anas Ariffin	3:57.68	JPN	Ryuma Aoki	8:26.62
NEP	Mukesh Bahadur Pal	3:51.6	KAZ	Rakymzhan Kelmanov	9:31.04
PAK	Waqas Akbar	3:55.1	KOR	Park Won-Bin	9:07.99
PHI	Alfrence Braza	3:57.38	KSA	Khalid Mohamed Hazazi	9:20.19
SGP	Oliver Lim	3:59.39	KUW	Khaled Mohamed Jamaan	9:39.71
SRI	Rusiru Chathuranga	3:56.95	LAO	Lamphone Xayyathsee	10:04.2
THA	Taness Somduan	4:05.83	LBN	Mahmoud Abou Zeid	9:23.16
TKM	Pena Babainyazov	4:05.0	MAS	Sanjay Manimaran	9:35.56
UZB	Begzod Boymatov	3:56.25	NEP	Durga Bahadur Budha	8:55.2
VIE	Luong Duc Phuoc	3:52.76	OMA	Ahmed Saeed Ali Al-Ameri	9:27.91
			PAK	Talha Saleem	9:21.4
<b>5000m:</b>			PHI	Junel Gobotia	9:12.11
BAN	Md Shuhanur Rahman	15:35.6	SGP	Jonathan Tan	10:13.91
CHN	Yang Kegou	13:59.03	SRI	Udaya Bandara Herath	9:04.32
HKG	Chong See Yeung	15:05.46	THA	Jatsada Somduan	9:37.99
INA	Rikki Martin Simbolon	14:34.17	UZB	Dierbek Akhmedov	9:26.79
IND	Abhishek Pal	15:00.83	VIE	Nguyen Trung Cuong	9:10.89
IRI	Amirhossein Keivanlou	14:32.62			
IRQ	Aqeel Mohamed Hameed	15:14.30	<b>110m Hurdles:</b>		
JPN	Ryuto Igawa	13:37.59	CHN	Chen Yuanjiang	13.18
KAZ	Aibol Omar	15:04.01	HKG	Liu Hiu Long	13.84
KOR	Kim Hak-Su	14:45.20	INA	Ayub Kabri	14.32
KSA	Ali Saeed Al-Shahrani	15:06.11	IND	Tejas Ashok Shirse	13.60
KUW	Faris Ali Mohamed	15:06.81	IRI	Masoud Kamran	13.84
LAO	Bounchanh Saengaloun	16:56.0	IRQ	Saleh Kadhim Nasser	13.65
LBN	Ali Al Ridha Kenaan	14:15.96	JPN	Shunsuke Izumiya	13.22
MAS	Farooq Zubair Kanan	15:34.71	KAZ	Yevgeniy Prokudin	13.74
MGL	Dorjpalam Batbajar	15:02.50	KOR	Kim Ju-Ho	13.84
NEP	Mukesh Bahadur Pal	14:28.2	KSA	Ali Baqer Al Jumah	13.78
PAK	Muhammad Akhtar	14:23.1	KUW	Yaqoub Mohamed Al-Yoha	14.18
PHI	Yacine Guermali	14:35.99	LAO	Sivone Phonemanyvong	15.3
SGP	Shaun Goh Boon Hee	15:05.32	LBN	Ammar Hammoud	15.25
SRI	Vicknaraja Vakson	14:40.51	MAS	Md. Armin Zahryl Abdul Latif	14.09
THA	Anucha Pada	15:19.28	NEP	Jeevan Chaudhari	15.1
UZB	Hasan Mirsoatov	14:12.79	OMA	Saleh Nasser Kadhem	14.08
VIE	Nguyen Trung Cuong	14:43.7	PAK	Muhammad Naeem	13.7
			PHI	John Cabang	13.98



SRI	Pasindu Maishan	16.13	KUW	Ali Mohamed Al-Zankawi	64.80
THA	Nattapong Srinonta	16.02	LAO	Bouaphan Soulinthone	45.24
TKM	Bahtiyar Roziyev	15.07	LBN	Majed Abou Omar	40.53
UZB	Ibrokhim Mahkamov	15.85	MAS	Sadat Marzuki Ajisan	55.06
VIE	Ho Trong Manh Hung	16.30	PAK	Muhammad Shariar Ahmad	63.10
<b>SHOT PUT:</b>			PHI	Ed Delina	49.53
BAN	Golam Sarowar	15.50	SRI	K.K.D.M. Dharmasena	48.29
CHN	Xing Jialiang	20.44	THA	Kittipong Boonmawan	64.68
HKG	Woi Lok Sit	14.09	TJK	Timur Diorditsa	51.28
INA	Alfiano Sumbogo Eka	14.69	TKM	Amanmurad Hommadov	65.15
IND	Samardeep Singh Gill	19.82	UZB	Sukhrob Khodyayev	70.54
IRI	Mohammad Reza Tayebi	19.24	VIE	Do Tan Truong	56.98
IRQ	Ibrahim Khalil Ibrahim	16.98	<b>JAVELIN THROW:</b>		
JPN	Daichi Morishita	18.19	CHN	Xu Junduan	77.03
KAZ	Ivan Ivanov	18.86	HKG	Ricky Hui Wai Hei	65.14
KOR	Shim Jun	18.75	INA	Ndiken Sifanus	72.26
KSA	Mohamed Daouda Tolo	18.65	IND	Rohit Yadav	83.65
KUW	Hassan Al-Nasser	17.11	IRI	Ali Fathi Ganji	71.22
LAO	Lilan Silisak	12.55	IRQ	Karar Raad Mohie	66.26
LBN	Ali Abbas	14.96	JPN	Yuta Sakiyama	87.16
MAS	Jonah Chang Anak Rigan	18.43	KAZ	Artur Gafner	73.05
NEP	B.K. Bahaur Tilak	12.77	KOR	Nam Tae-Poong	74.04
PAK	Jamshaid Ali	16.20	KSA	Ali Essa Abdelghani	71.81
PHI	Willie Morrison	18.81	KUW	Abdulrahman Fawaz Al-Azemi	69.85
SRI	Suseenthirakumar Mithunraj	16.02	LAO	Bouaphan Soulinthone	52.39
THA	Eakkarin Boonlap	16.53	LBN	Nabil Al Akoumi	62.42
TKM	Tejen Hommadov	15.12	MAS	Ahamd Zawawi Syed Abrar	61.31
UZB	Doston Razhabov	17.35	NEP	Rohit Chaudhary	57.74
VIE	Phan Thanh Binh	15.24	OMA	Humaid Hamoud Al-Mahrooqi	55.80
<b>DISCUS THROW:</b>			PAK	Muhammad Yasir	73.11
CHN	Tuergong Abuduaini	62.89	PHI	Melvin Calano	62.34
HKG	Kai Wing Siu	48.58	SGP	Lucas Wong Yijie	55.03
INA	Galih Yoga Widya	45.52	SRI	Rumesh Tharanga Pathirage	82.36
IND	Kirpal Singh Batth	55.00	THA	Wachirawit Sornwichai	68.61
IRI	Behnam Shiri	58.51	TKM	Nariman Charyyarov	55.23
IRQ	Mustapha Kadhim Dagher	56.18	UZB	Sarvar Ismaylov	70.61
JPN	Shinichi Yukinaga	59.11	VIE	Nguyen Hoai Van	67.52
KAZ	Yevgeniy Labutov	56.83	<b>DECATHLON:</b>		
KOR	Kim Il-Hyeon	54.81	CHN	Fei Xiang	7785
KSA	Aboubakr Mohamed Zakaria	52.50	HKG	Sze Kwan Tsang	5851
KUW	Abdullah Md Gharib Al-Zankawi	53.64	INA	Fauma Defril Jumra	6075
LAO	Vongphachan Chanthalar	38.53	IND	Stalin Joes	7052
LBN	Rami Mansour	43.02	IRI	Pouyan Shokri	6363
MAS	Jonah Chang Anak Rigan	48.29	IRQ	Haman Abdullah Makki Gharairi	7170
NEP	Chitra Bahadur Oli	38.48	JPN	Hiroyoshi Ushiro	7488
PAK	Abdullah Nawaz	49.00	KAZ	Mikhail Kotov	5988
PHI	Russet Ricaforte	47.17	KOR	Lee Yu-Seong	6823
SRI	Milantha Sampath Dissanayake	48.82	KSA	Ahmed Al-Yassin	6623
THA	Keatpradit Srisai	52.02	KUW	Sultan Khaled Salah	6055
TKM	Maksad Mamedov	49.45	MAS	Wilson Quak Zhe Han	6149
UZB	Rashidzhon Sodikov	55.69	PAK	Ahmad Nawaz	6288
VIE	Phan Thanh Binh	48.62	PHI	Ronel Juntilla	5356
<b>HAMMER THROW:</b>			SRI	Mohamed Asan	7019
CHN	Wang Qi	72.90	THA	Sutthisak Singkhon	6261
HKG	Tse Tat Man	48.50	VIE	Bui Van Su	6116
INA	Firdhan Akbar	54.15	<b>20 KM Race Walk: (t = track)</b>		
IND	Damneet Singh	69.25	HKG (10k)	Chin Man Kit	49:36.26
IRI	Mohammad Sistani	67.53	INA	Hendro	1:30:40
IRQ	Hussein Thamer Abd. Al-Bayati	62.76	IND t	Billin George	1:29:35.12
JPN	Shota Fukuda	74.57	IRI	Hamid Reza Zouravand	1:23:12
KAZ	Aldiyar Kayrollayev	47.62	IRQ (10k)	Bahaa Yahya Ahmed	45:23.0
KOR	Lee Yun-Chul	71.11	JPN	Toshikazu Yamanishi	1:16:10
KSA	Mohammed Al-Dubaisi	69.44	KAZ t	Egizbay Zharylkasyn	1:40:13.05

## Asian Athletics Annual 2026

## NATIONAL CHAMPIONS

KOR	Joo Hyun-Myong	1:27:12	IRQ	Maryam Ali Hussein	12.07	w
KSA (5k)	Mohammed Baranaoui	26:34.68	JPN	Abigail Fuka Ido	11.45	
LAO (10k)	Kingsak Paseutsak	52:15.0	KAZ	Viktoriya Zyabkina	12.43	
LBN (10k)	Wissam Al-Yazbek	1:07:36	KOR	Kim So-Eun	11.79	
MAS <sup>t</sup>	Jing Hong Khor	1:36:56.67	LAO	Silina Phaapay	11.9	
PAK	Qasim Fayyaz	1:39:59	LBN	Aziza Sbeity	12.04	
PHI <sup>(10k)</sup>	Carlos De Imus	46:11.11	MAS	Zaidatul Husniah Zulkifli	11.70	
THA <sup>(10k)</sup>	Athit Sriwichai	47:15.58	MDV	Ahnaa Nizaar	12.45	
UZB <sup>(10k)</sup>	Sherzod Zubayev	45:54.53	MGL	Munktumen Otgonpurev	12.25	
VIE	Nguyen Thanh Ngung	1:30:37	NEP	Reshma Subedi	12.2	
<b>4 x 100m Relay:</b>			OMA	Mazoon Khalfan Al-Ataoui	12.30	
CHN	Jiangsu Province	38.33	PAK	Faiq Riaz	11.7	
HKG	HKAT Team	39.81	PHI	Jessica Laurance	11.76	
INA	DKI Jakarta Team	40.12	SGP	Shanti Veronica Pereira	11.45	
IND	Odisha	39.52	SRI	Amasha de Silva	11.79	
IRI	Khorasan Razavi Team	42.31	THA	Supanich Poolkerd	11.94	
IRQ	Army Club Team	40.75	TKM	Valentina Meredova	11.7	
JPN	University of Tsukuba	38.72	UZB	Laylo Allaberganova	12.06	
KAZ	Karaganda Team	41.37	VIE	Ha Thi Thu	11.68	
KOR	Seoul	40.02	<b>200m:</b>			
KSA	Al-Hilal Team	40.76	CHN	Chen Yujie	23.21	
LAO	Defence Forces Team	43.6	HKG	Li Tsz To	25.21	
LBN	Inter-Lebanon Team	43.34	IND <sup>^</sup>	Shivani Saini	24.04	
MAS	KOM	39.68	IRI	Maryam Toosi	23.25	
MDV	Dhivehi Sifainge Club	44.44	IRQ	Maryam Ali Hussein	25.45	
NEP	TAC Team	43.3	JPN	Abigail Fuka Ido	23.18	
OMA	Al Suwaiq Team	41.39	KAZ	Alexandra Zalyubovskaya	24.43	
PAK	WAPDA Team	40.7	KOR	Kim So-Eun	23.93	
PHI	PATAFA "Select" Team	41.02	LAO	Silina Phaapay	25.3	
SGP	National Team	39.68	LBN	Aziza Sbeity	24.64	
THA	Air Force Thailand	39.98	MAS	Zaidatul Husniah Zulkifli	24.57	
UZB	Namangan Team	41.98	MDV	Ahnaa Nizaar	25.31	
VIE	Cong An Nhan Dan Team	40.15	MGL	Tsoodol Munkhherlen	24.72	
<b>4 x 400m Relay:</b>			NEP	Reshma Subedi	26.1	
CHN	Shandong Province	3:03.82	OMA	Azza Sultan Al-Ya'rubi	25.28	
HKG	HVAA Team	3:30.87	PAK	Khawla Omer Khan	24.9	
INA	Jawa Timur Team	3:17.57	PHI	Kristina Knott	24.12	
IND	Tamil Nadu	3:07.53	SGP	Shanti Veronica Pereira	23.11	
IRI	Tehran	3:17.52	SRI	Fathima Shafiya Yamick	24.08	
IRQ	Police Club Team	3:10.79	THA	Jirapat Khanonta	24.63	
JPN	Kinki University	3:05.23	TKM	Enejan Esedova	24.9	
KAZ	Pavlodar Team	3:10.72	UZB	Dhzonbibi Khukmova	24.01	
KOR	National Sports University	3:08.99	VIE	Ha Thi Thu	23.43	
KSA	Al-Hilal Team	3:14.28	<b>400m:</b>			
LAO	Defence Forces Team	3:29.6	BAN	Nusrat Jahan Rana	57.73	
LBN	Let's Run Team	3:22.06	CHN	Mo Jiadie	51.74	
MAS	KOM	3:11.84	HKG	Choi Season	56.82	
MDV	National T&F Assn Team	3:25.70	INA	Fanny Faustina	56.18	
PAK	Army Team	3:17.0	IND	Devyaniba Zala	53.37	
PHI	Santo Tomas Team	3:21.46	IRI	Kazhan Rostami	54.68	
SGP	National Team	3:14.66	IRQ	Sarah Fadel Abboud	59.59	
THA	Police Team	3:13.06	JPN	Aoi Teramoto	53.14	
UZB	Namangan Team	3:16.95	KAZ	Alexandra Zalyubovskaya	55.27	
VIE	Ha Tinh Team	3:06.72	KOR	Kim Seo-Yoon	54.80	
<b>WOMEN:</b>			LAO	Toly Pheangphalang	1:04.1	
<b>100m:</b>			LBN	Maria Nohra	57.81	
BAN	Shirin Akter	12.01	MAS	Zaimah Atifah Zainuddin	56.53	
CHN	Liang Xiaojing	11.19	MDV	Hawwa Muzna Faiz	59.58	
HKG	Chloe Chan Pui Kei	11.80	MGL	Munkhtumen Otgonpurev	56.24	
INA	Devi Aprilian	11.84	NEP	Kaleshee Chaudhary	1:01.1	
IND <sup>^</sup>	Abinaya Rajarajan	11.58	PAK	Khawla Omer Khan	58.1	
IRI	Maryam Toosi	11.48	PHI	Jerilyn Rodriguez	55.67	
			SGP	Benedette Leong	59.34	
			SRI	Nadeesha Ramanayake	52.86	

THA	Benny Nonthanam	53.15	SGP	Shing Ling Goh	18:33.52
TJK	Kristina Pronzhenko	58.16	SRI	Sadumika Herath	17:32.95
TKM	Olena Hudaybergenova	1:00.0	THA	Pareeya Sonsem	17:57.19
UZB	Dhzonbibi Khukmova	55.01	TKM (3k)	Tawus Gapurjanova	10:39.3
VIE	Hoang Thi Minh Hanh	52.55	UZB	Dilnoza Khoshimova	18:14.14
			VIE	Nguyen Thi Oanh	16:28.78
<b>800m:</b>			<b>10,000m:</b>		
CHN	Wu Hongjiao	2:01.56	CHN	Liang Tiantian	32:46.72
HKG	Hiu Tung Tsang	2:19.39	INA	Nefriana Ariance Daik	36:36.41
INA	Novia Nur Nirwani	2:10.41	IND	Ravina Gayakwad	35:09.57
IND	Pooja	2:02.27	IRI	Parisa Arab	34:10.61
IRI	Negin Azari Edalat	2:08.97	JPN	Ririka Hironaka	31:13.78
IRQ	Sarah Fadel Abboud	2:29.25	KAZ	Dana Gusarova	36:11.97
JPN	Rin Kubo	1:59.52	KOR	Choi Jeong-Hyun	35:15.24
KAZ	Victoriya Sukachyova	2:11.90	LAO	Phoutthalat Innut	43:43.4
KOR	Park Hae-Jin	2:10.38	LBN	Karine Shreim	40:27.39
LAO	Lodkeo Inthakoumman	2:22.6	MAS	Shayathiri Ratnam	42:16.73
LBN	Serena Hayek	2:25.66	NEP	Shantoshi Shrestha	36:12.4
MAS	Hizillawanty Jamain	2:16.48	PHI	Artjoy Torregosa	38:24.11
PHI	Susan Ramadan	2:15.12	SGP	Shing Ling Goh	39:21.58
SGP	Romaine Soh Rui Min	2:17.67	SRI	Rasara Wijesuriya	36:26.48
SRI	W.G.S. Lakshani	2:05.67	THA	Kotchaporng Tangsriwong	40:49.35
THA	Ruedee Netthai	2:15.19	UZB	Mohinabonu Komilova	40:22.49
UZB	Irina Levina	2:09.87	VIE	Nguyen Thi Oanh	33:56.11
VIE	Nguyen Thi Thu Ha	2:12.37			
<b>1500m:</b>			<b>3000m Steeplechase:</b>		
BAN	Priya Akter	4:50.8	CHN	Luo Xia	9:29.79
CHN	Wu Hongjiao	4:23.03	HKG	Hiu Tung Tsang	11:01.52
HKG	Ying Chu Lo	4:37.84	INA	Nefriana Ariance Daik	10:53.72
INA	Novia Nur Nirwani	4:26.99	IND	Ankita Dhiyani	9:44.83
IND	Pooja	4:10.68	IRI	Samira Khodatars	10:34.24
IRI	Parichehr Shahi	4:30.56	JPN	Manami Nishiyama	9:43.22
IRQ	Narjis Hussein Abboud	5:02.59	KAZ	Akbilek Kuralbai	11:08.88
JPN	Nozomi Tanaka	4:04.16	KOR	Choi Su-Ah	10:33.26
KAZ	Ayana Bolatbekkyzy	4:38.80	LAO (2k)	Souksavanh Malyvanh	8:22.3
KOR	Park Na-Yeon	4:20.97	LBN	Loaa Zaarour	12:01.92
LAO	Lodkeo Inthakoumman	4:48.4	MAS	Nura Fara Syuhada Razali	12:41.34
LBN	Serena Hayek	5:03.28	PHI	Jessa Mae Roda	11:09.37
MAS	Jerusha Olive	4:59.18	SGP	Vanessa Lee Ying Zhuang	11:32.85
NEP	Narayani Bhandari	4:54.5	SRI	Nimesha Nidarshani	11:29.61
PHI	Susan Ramadan	4:40.80	THA	Buarim Buekhuntod	12:36.82
SGP	Vanessa Lee Ying Zhuang	4:41.82	TJK	Marjona Mahkamova	13:22.11
SRI	W.K.L.A. Nimali	4:31.07	UZB	Sadafbonu Nusratilleva	10:23.27
THA	Ruedee Netthai	4:45.99	VIE	Nguyen Thi Oanh	10:14.22
UZB	Sadafbonu Nusratilleva	4:34.24			
VIE	Nguyen Thi Oanh	4:16.97	<b>100m Hurdles:</b>		
<b>5000m:</b>			CHN	Wu Yanni	13.15
BAN	Prity Akter	18:56.5	HKG	Tsz Yan Lau	14.07
CHN	Liang Tiantian	15:21.66	INA	Dina Aulia	13.55
HKG	Ying Chu Lo	16:57.50	IND	Moumita Mondal	13.22
INA	Nefriana Ariance Daik	17:44.05	IRI	Faezeh Ashourpour	14.28
IND	Seema	15:42.64	IRQ	Kurdistan Ba Mo Jamal	14.94 w
IRI	Hanieh Shahpari	17:24.42	JPN	Yumi Tanaka	12.86
IRQ	Diana Karim	20:12.01	KAZ	Yuliya Bashmanova	13.69
JPN	Nozomi Tanaka	14:59.02	KOR	Ryu Na-Hee	13.68
KAZ	Dana Gusarova	17:33.19	LAO	Khanmalaiphone Bounyaven	15.6
KOR	Jo Ha-Rim	16:23.50	LBN	Leen Ghazaoui	15.95
LAO	Phuthalat Innut	20:01.1	MAS	Lie Yee Teng	14.37
LBN	Nada Kurdi	18:40.35	PHI	Robyn Brown	13.85
MAS	Noor Amelia Musa	19:14.91	SGP	Kerstin Ong Jing Rong	14.17
MGL	Bayartsogt Munkhzaya	16:53.00	SRI	Lakshika Sugandhi	13.68
NEP	Purna Laxmi Neupane	17:30.1	THA	Arisa Weruwanarak	14.20
PHI	Joida Gagnao	17:53.60	UZB	Lydiya Podsepkina	13.56
			VIE	Huynh Thi My Tien	13.52

**400m Hurdles:**

BAN	Borsha Khatun	1:04.61
CHN	Lu Zhangwei	57.45
HKG	Ashleigh Ma Ying Wen	1:00.83
INA	Mayangsari	1:04.50
IND	Ramandeep Kaur	58.90
IRI	Kazhan Rostami	1:01.13
IRQ	Kurdistan Ba Mo Jamal	1:09.85
JPN	Satsuki Umehara	56.43
KAZ	Adelina Zems	57.51
KOR	Nho Ji-Hyeon	1:01.80
LAO	Toly Pheangphalang	1:07.4
LBN	Maria Nohra	1:03.17
MAS	Mandy Goh Li	1:01.35
NEP	Jaya Rani Tharu	1:04.2
PAK	Kinza Sarfraz	1:04.2
PHI	Robyn Brown	57.39
SGP	Audrey Koh Shun Yi	1:07.08
SRI	L.G.A. Sathsarani	59.26
THA	Arisa Weruwanarak	1:00.25
TJK	Kristina Pronzhenko	1:03.89
UZB	Nurkhon Ochilova	59.89
VIE	Quach Thi Lan	56.98

**HIGH JUMP:**

BAN	Most Ritu Akhtar	1.73
CHN	Shao Yuqi	1.90
HKG	Chung Wai Yan	1.79
INA	Nabila Fafrillani	1.65
IND	K. Gobika	1.80
IRI	Mahya Naeimi	1.65
IRQ	Raneen Ahmed Abdel Wahab	1.40
JPN	Shieriai Tsuda	1.84
KAZ	Nadezhda Dubovitskaya	1.80
KOR	Jang Seon-Yeong	1.76
LAO	Maneevan Chanthavong	1.45
LBN	Sama Mostafa	1.54
MAS	Yap Sean Yee	1.70
MDV	Aishath Shaim Azeez	1.48
NEP	Khagita Sinjali Magar	1.46
OMA	Aleya Faiq Al-Mughairi	1.71
PAK	Amtual Rehman	1.60
PHI	Mariel Abuan	1.69
SGP	Amelia Goh Yen Young	1.69
SRI	Renindi Pehansa	1.71
THA	Thanlada Thongchomphunut	1.70
UZB	Safina Sadullayeva	1.87
VIE	Duong Thi Thao	1.84

**POLE VAULT:**

CHN	Dai Yuge	4.40
HKG	Charlotte Lam	3.20
INA	Diva Renata Jayadi	4.15
IND	Baranica Elangovan	4.10
IRI	Kimia Farahani	3.30
IRQ	Nisreen Mohamed Hassoun	3.02
JPN	Mitsuki Kobayashi	4.31
KAZ	Anna Cherkashina	3.90
KOR	Lim Eun-Ji	3.60
MAS	Noor Shahreena Jamizan	3.45
PAK	Ammara Shaheen	2.80
PHI	Alyana Nicolas	4.00
SGP	Esther Tay Shee Wei	3.50
SRI	Nesara Daksitha	3.40
THA	Chonthicha Khabut	3.98
VIE	Nguyen Pham Hoai Yen	3.90

**LONG JUMP:**

CHN	Li Zhishuang	6.58
HKG	Tiffany Yue Nga Yan	6.36
INA	Maria Natalia Londa	5.87
IND	Moumita Mondal	6.27
IRI	Reihaneh Mobini Arani	6.47
IRQ	Nawroz Ahmed Qadir	5.52
JPN	Ayaka Kora	6.48
KAZ	Anastasiya Rypakova	6.25
KOR	Yu Jeong-Mi	6.02
LAO	Jenjila Khountlivong	5.00
LBN	Tamara Jreij	4.96
MAS	Alia Batrisya Nasaruddin	5.90
MDV	Aishath Shaim Azeez	5.24
MGL	Enkhat Oyndari	5.94
NEP	Sima Kumari Chaudhary	5.61
OMA	Aleya Faiq Al-Mughairi	5.20
PAK	Amtual Rehman	5.52
PHI	Rica Balderama	5.75
SGP	Tia Louise Rozario	5.95
SRI	Nethmi Madushani Herath	6.14
THA	Supawat Choothong	6.01
TKM	Aziza Baltayeva	5.10
UZB	Roksana Khudoyarova	6.01
VIE	Tran Thi Loan	6.40

**TRIPLE JUMP:**

CHN	Li Yi	13.93
HKG	Vera Chan Shannon	12.44
INA	Maria Natalia Londa	12.32
IND	Sandra Babu	13.20
IRI	Maryam Kazemi	12.82
IRQ	Nawroz Ahmed Qadir	11.94
JPN	Maoko Takashima	13.92
KAZ	Mariya Yefremova	13.42
KOR	Yu Jeong-Mi	12.78
LAO	Khanmalaihone Bounyaven	11.71
LBN	Nisrine Mouawad	10.50
MAS	Kirthana Ramasamy	12.85
MGL	Enkhat Oyundari	13.17
NEP	Sima Kumari Chaudhary	11.87
PAK	Amtual Rehman	11.82
PHI	Jeanne Arnibal	12.44
SGP	Tia Louise Rozario	12.43
SRI	Nethmi Madushani Herath	13.16
THA	Supawat Choothong	12.80 w
TKM	Aziza Baltayeva	10.53
UZB	Roksana Khudoyarova	13.80
VIE	Nguyen Thi Huong	13.73

**SHOT PUT:**

BAN	Zakia Akter	12.30
CHN	Gong Lijiao	19.79
HKG	Heidi Foo Hoi Yi	11.15
INA	Eki Febri Ekawati	14.90
IND	Kachnar Chaudhary	15.75
IRI	Elaheh Alizadeh	14.01
IRQ	Honya Bakhtiar Mahmoud	11.64
JPN	Chiharu Saka	15.76
KAZ	Karina Vasileva	12.18
KOR	Jung You-Sun	16.62
LAO	Phonexay Paosavanh	10.86
LBN	Mays Obeid	10.93
MAS	Nani Shahirah Maryata	14.78
MDV	Aishath Shaya Shafeeu	9.80

## Asian Athletics Annual 2026

## NATIONAL CHAMPIONS

NEP	Chandra Kala Lamgade	12.40	OMA	Hiba Hamood Al-Asmi	38.82
PHI	Jamela De Asis	12.94	PAK	Fatima Hussain	41.50
SGP	Melissa Yee Wei Teng	11.82	PHI	Ana Bhanca Espenilla	49.08
SRI	Ovini Chandrasekara	12.57	SRI	Dilhani Lekamge	58.05
THA	Areerat Intadit	15.25	THA	Jariya Wichaidet	54.84
UZB	Malika Nasreddinova	17.45	TKM	Jannet Mukhamova	42.30
VIE	Lieu Thi Hong Phuong	15.09	UZB	Nargiza Kuchkarova	54.81
			VIE	Bui Thi Xuan	51.29
<b>DISCUS THROW:</b>			<b>HEPTATHLON:</b>		
CHN	Jiang Zhichao	57.58	CHN	Liu Jingyi	5665
HKG	Ng Ka Lee	38.13	INA	Emilia Nova	5252
INA	Wahyu Nur Aini	45.23	IND	K.A. Anamika	5466
IND	Seema	57.18	IRI	Fatemeh Mohitizadeh	5452
IRI	Mahla Mahroogi	53.40	IRQ	Bahar Ahmed Qadir	3251
IRQ	Afak Faeq Hadi	39.05	JPN	Yuri Tanaka	5782
JPN	Nanaka Kori	56.42	KAZ	Irina Konichsheva	5556
KAZ	Karina Vasileva	45.02	KOR	Kim Soo-Ji	4715
KOR	Jung Ye-Lim	54.54	LBN	Zoulal Bezdjian	2906
LAO	Phonexay Paosavanh	36.66	MAS	Norliana Kamaruddin	4736
LBN	Mira Ibrahim	29.93	PAK	Amtual Rehman	4322
MAS	Queenie Ting Kung Ni	49.11	PHI	Sarah Dequinan	4441
NEP	Sangita Adhikari	35.10	SRI	Lakshika Sugandi	4464
PAK	Farual Farooq	40.36	UZB	Mohigul Arziyeva	4955
PHI	Daniela Daynata	43.03	VIE	Hoang Thanh Giang	5481
SGP	Emma Tam	37.07			
SRI	Vinodeni Lakmali	43.68	<b>20 KM Race Walk: (t = track)</b>		
THA	Subenrat Insaeng	59.10	HKG (10k)	Ng Sau Man	59:33.56
TJK	Mushtari Bobogutova	42.74	INA	Halida Ulfah	1:48.53
UZB	Yulianna Shukina	47.37	IND t	Ravina	1:35:13.49
VIE	Le Thi Cam Dung	47.98	IRI	Zeinab Ahadi	1:45:53
			IRQ (10k)	Adhraa Faisal Jassim	31:55.0
<b>HAMMER THROW:</b>			JPN	Nanako Fujii	1:26:33
CHN	Zhang Jiale	77.24	KAZ t	Elmira Kalimullina	1:49:09.37
HKG	Hui Ki Tam	49.23	KOR	Lee Se-Ha	1:40:43
INA	Natasha Mahdalita	50.48	LAO (5k)	Bang-on Keomany	31:43.0
IND	Tanya Chaudhary	63.91	MAS (10k)	Hui Ying Kok	55:50.77
IRI	Melika Norouzi	59.68	PHI (10k)	Juliana Talaro	55:57.21
IRQ	Heaven Fakhr Al Din	38.27	THA (10k)	Kotchaporntangsrirong	50:45.10
JPN	Raika Murakami	66.88	UZB (10k)	Diana Yafasova	49:50.85
KAZ	Anastasiya Koloshina	54.79	VIE	Nguyen Thi Thanh Phuc	1:39:40
KOR	Kim Tae-Hee	60.61			
LAO	Math Thinmanao	39.76	<b>4 x 100m Relay:</b>		
LBN	Mariem Youssef	40.44	CHN	Hubei Province	43.58
MAS	Grace Wong Xiu Mei	63.53	HKG	HKAT Team	46.21
PAK	Usma Azma	41.94	INA	DKI Jakarta Team	46.30
PHI	Joana Bandal	44.45	IND	Tamil Nadu	44.73
SGP	Melissa Yee Wei Teng	32.30	IRI	Alborz Team	48.49
SRI	Aruni Lakshika	42.86	IRQ	Peshmerga Club Team	51.70
THA	Sawitree Kaewsuksri	52.35	JPN	Fukuoka University	43.91
UZB	Elina Silamiyeva	60.10	KAZ	Karaganda Team	47.86
VIE	Nguyen Thi Yen Linh	48.89	KOR	Gapyeong	46.00
			LAO	Savannaset Province	54.1
<b>JAVELIN THROW:</b>			LBN	Jamhour Team	50.68
CHN	Yan Ziyi	65.89	MAS	KOM	45.58
HKG	Sarah Kwong Sze Oi	44.91	MDV	Customs Recreation Club	51.78
INA	Atinna Nurkamilla Intan	47.98	MGL	Uchinber Club Team	48.04
IND	Annu Rani	61.05	NEP	TAC Team	51.1
IRI	Zahra Najafi	46.45	OMA	Al Suwaiq Team	53.37
IRQ	Lujian Ahmed	30.82	PAK	WAPDA Team	49.3
JPN	Momone Ueda	59.88	PHI	Far Eastern University Team	47.09
KAZ	Varvara Nazarova	47.12	SGP	National Team	44.96
KOR	Kim Min-Ji	50.33	THA	Air Force Club	45.97
LAO	Mut Thinmanao	31.11	UZB	Samarkand Team	50.37
LBN	Zoulal Bezdjian	32.99	VIE	Quan Doi Team	45.07
MAS	Ng Jing Xuan	45.82			
NEP	Chandra Kala Lamgade	40.94			

**4 x 400m Relay:**

CHN	Guangdong Province	3:34.93
INA	Jawa Timur Team	4:00.13
IND	Karnataka	3:38.29
IRI	Khorasan Razavi Team	3:59.24
IRQ	Fatate Nineveh Club Team	4:14.54
JPN	Sonoda Gakuen University	3:36.16
KAZ	Pavlodar Team	3:46.23
KOR	Gimpo Team	3:51.83
LAO	Khammouan Province	4:23.4
LBN	Inter-Lebanon Team	4:06.27
MAS	KOM	3:46.94
MDV	Customs Recreation Club	4:10.72
MGL	Uchinber Club Team	3:51.50
PAK	HEC Team	4:09.0
PHI	Far Eastern University Team	4:08.63
THA	Royal Thai Police	3:48.51
UZB	Samarkand Team	4:03.28
VIE	Hanoi Team	3:38.87

**MIXED:****4 x 400m Relay:**

CHN	Guangdong Province	3:18.72
IND	Karnataka	3:21.49
KAZ	Pavlodar Team	3:32.72
KOR	Jincheon Team	3:30.30
LAO	Defence Forces Team	3:53.3
MGL	Aldar Club Team	3:38.25
PAK	HEC Team	3:41.5
PHI	National Team	3:29.86
SGP	Erovra Team	3:53.02
THA	Police Team	3:29.93
VIE	Hanoi Team	3:21.24

**15<sup>th</sup> National Games of China in Guangzhou,  
(Road events in Zhuhai) November 12-20, 2025****MEN:**

**100m:** 1. Li Zeyang 10.11, 2. Wang Shengjie 10.15, 3. Zeng Keli 10.16,  
**200m:** 1. Shi Junhao 20.30, 2. Lin Jianhao 20.57, 3. Guan Xin 20.63,  
**400m:** 1. Liu Kai 45.77, 2. Zhang Jingzong 46.12, 3. Zhang Qining 46.39,  
**800m:** 1. Xi Xiaoheng 1:45.48, 2. Liu Dezhou 1:45.84, 3. Ma Zhongqiang 1:47.28,  
**1500m:** 1. Liu Dezhou 3:42.25, 2. Tao Peilin 3:44.38, 3. Xi Xiaoheng 3:44.84,  
**5000m:** Yu Shuiqing 13:36.89, 2. Jiang Fakun 13:38.60, 3. Yang Kegou 13:44.26,  
**10,000m:** 1. Tang Haoran 28:54.24, 2. Yu Shuiqing 28:55.28, 3. Ma Wenliang 29:02.45,  
**Marathon:** 1. He Jie 2:12:07, 2. Gao Peng 2:12:14, 3. Wu Xiangdong 2:12:33,  
**3000m St:** 1. Yu Shuiqing 8:40.15, 2. Chen Yongchao 8:42.06, 3. Chen Wenjie 8:43.01,  
**110mh:** Xu Zhuoyi 13.12, 2. Liu Junxi 13.134, 3. Zhu Shenglong 13.41,  
**400mh:** 1. Gong Debin 48.68, 2. Xie Zhiyu 49.06, 3. Xu Xinfeng 49.08,  
**HJ:** 1. Li Jialun 2.24, 2. Wang Zhen 2.24, 3. Zhang Hao 2.24,  
**PV:** 1. Li Chenyang 5.70, 2. Huang Bokai 5.65, 3. Zhong Tao 5.60,  
**LJ:** 1. Shu Heng 8.17, 2. Zhang Mingkun 7.99w, 3. Gao Peiqi 7.95,

**TJ:** Wu Ruiting 16.81, Fang Yaoqing 16.65, 3. Zhou Rongjia 16.63,  
**SP:** 1. Chen Chengyu 20.37, 2. Zhang Haochen 20.30, 3. Chen Hongfei 20.12,  
**DT:** 1. Tuercong Abuduaini 64.40 (GR), Xing Jiadong 61.07, 3. Zhu Jiacheng 61.05,  
**HT:** 1. Wang Qi 73.28, 2. Li Zizu 71.15, 3. Jiang He 70.80,  
**JT:** 1. Hu Haoran 81.60, 2. Gao Longyu 80.71, 3. Xu Jiajie 80.53,  
**Dec:** 1. Hua Zihui 7855, 2. Zhang Wenxi 7760, 3. Fei Xiang 7738,  
**20kw:** 1. Zhang Jun 1:19:22, 2. Shi Shengji 1:19:23, 3. Qian Haifeng 1:19:58,  
**4x100m:** 1. Hubei 38.60, 2. Jiangxi 38.64, 3. Jiangsu 38.68,  
**4x400m:** 1. Sichuan 3:04.81, 2. Jiangsu 3:05.18, 3. Zhejiang 3:05.55,

**WOMEN:**

**100m:** 1. Chen Yujie 11.10, 2. Wei Yongli 11.37, 3. Shi Linqi 11.38,  
**200m:** 1. Chen Yujie 23.02, 2. Zhu Junying 23.12, 3. Cai Yanting 23.19,  
**400m:** 1. Liu Yinglan 51.75, 2. Mo Jiadie 51.87, 3. Li Fengdan 53.30,  
**800m:** 1. Wu Hongjiao 2:05.23, 2. Li Chunhui 2:05.75, 3. Rao Xinyu 2:06.75;  
**1500m:** 1. Li Chunhui 4:06.28, 2. Wu Hongjiao 4:11.86, 3. Chen Yuxuan 4:12.82,  
**5000m:** 1. Liang Tiantian 15:09.85, 2. Luo Xia 15:11.39, 3. He Wuga 15:11.80,  
**10,000m:** 1. Liang Tiantian 32:23.40, 2. Zhang Deshun 32:25.31, 3. Ciren Cuomu 32:25.63,  
**Marathon:** 1. Zhang Deshun 2:30:20, 2. Ciren Cuomu 2:30:25, 3. Lu Ying 2:30:44,  
**3000m St:** 1. Luo Xia 9:26.44, 2. Xu Shuangshuang 9:36.31, 3. Zhang Shanshan 9:51.30,  
**100mh:** 1. Liu Jingyang 12.81, 2. Wu Yanni 12.85, 3. Lin Yuwei 12.94,  
**400mh:** 1. Mo Jiadie 55.19, 2. Kong Yingying 56.10, 3. Ou Ying 57.29,  
**HJ:** 1. Shao Yiqi 1.90, 2. Lu Jiawen 1.87, 3. Hu Linpeng 1.84,  
**PV:** 1. Wei Lingxia 4.30, 2. Du Rui 4.30, 3. Zhang Zixuan 4.15,  
**LJ:** 1. Tan Mengyi 6.54, 2. Huang Yingying 6.54, 3. Chen Liwen 6.39,  
**TJ:** 1. Zhou Hui 14.06, 2. Li Yi 13.92, 3. Zeng Rui 13.91,  
**SP:** 1. Gong Lijiao 19.68, 2. Zhang Linru 19.47, 3. Ma Yue 19.33,  
**DT:** 1. Feng Bin 65.46, Wang Fang 62.30, 3. Jiang Zhichao 59.65,  
**HT:** 1. Zhao Jie 77.44 (GR), 2. Zhang Jiale 76.44, 3. Li Jiangyan 75.07,  
**JT:** 1. Su Lingdan 62.42, 2. Lu Huihui 60.67, 3. Dai Qianqian 60.11,  
**Hep:** 1. Zheng Ninali 5922, 2. Liu Jingyi 5842, 3. Xu Jiahuan 5625,  
**20kw:** 1. Yang Jiayu 1:27:34, 2. Jiang Yunyan 1:27:59, 3. Yang Xizhen 1:28:35,  
**4x100m:** 1. Hubei 43.86, 2. Shanghai 44.04, 3. Zhejiang 44.06,  
**4x400m:** 1. Guangdong 3:33.25, 2. Anhui 3:34.41, 3. Jiangsu 3:34.63,  
**MIXED:**  
**4x100m Mixed Relay:** 1. Fujian 40.37, 2. Sichuan 40.78, 3. Hubei 40.92,  
**4x400m Mixed Relay:** 1. Guangdong 3:17.54, 2. Sichuan 3:17.66, 3. Hebei 3:19.99,  
**Marathon Race Walk Mixed Relay:** 1. Beijing 2:58:01, 2. Shanxi 2:58:40, 3. Shandong 2:59:11

## LEGENDS OF ASIA

### Kinue Hitomi: The Forgotten Queen



Very few athletics fans in the current day knew or heard about this wonderful Japanese athlete who conquered the global track and field arena some 100 years ago!

Kinue Hitomi (Japan) was born on January 1, 1908, in Fukuhama-mura, Mitsu-gun, Okayama prefecture. The versatile athlete was a true all-rounder, competing in every aspect of track and field.

After her successful participation in the 1925 Nationals of Japan, when women's events have been included in the programme, Hitomi made it to the Japanese delegation for the World Women's Games held in the following year in Gothenburg, Sweden.

Those days there were two types of long jump, i.e., standing and running. Hitomi excelled in both by winning gold in 2.49 and 5.50m respectively. She also secured a silver medal in the discus throw and a bronze in the 100m at the same Games.

In 1930, Hitomi added 40 cm to retain her title in the (running) long jump and won a silver medal in the pentathlon. Besides this, she also garnered two bronze

medals through 60m and javelin throw in Prague, Czechoslovakia.

In between, the indomitable Japanese star also carved her place in Olympic history by collecting a silver medal in 800m (2:17.6) during 1928 at Amsterdam, where the women's events were first included in the world's biggest sporting extravaganza. However, she could not make it to the finals in the 100m and her favourite long jump was not included in the programme.

Her records included 100m (12.2 secs, 1928), straight track 200m (24.7s, 1929 – 25.4s in curved race), 400m (59.0s, 1928), Long Jump (5.98 mtrs, 1928). Her long jump WR was set in Osaka during the Japanese National championships and survived eleven years. Incidentally she was the first Asian woman athlete to set a world record and win an Olympic medal.

#### Triple Jump!

Several decades before the triple jump was officially included in the women's competitions, Hitomi tried her might with the Hop, Step and Jump by registering the World Bests in 1925 (11.45 and 11.52) and bettered it in 1926 (11.62m).

However, her glorious chapter ended tragically very soon as she died at a very young age after contracting pleurisy (tuberculosis) in Osaka on August 2, 1931.

The above is a replica of Hitomi's autograph in both Japanese and English.

Inputs from: Roberto Quercetani, Peter Matthews, Luciano Serra, Gerald Lawson and Richrd Hymans.  
Photos courtesy: Women's Track & Field World

## ASIAN GAMES 2026

The continental multi-sport Asian Games, on the lines of Olympic Gamers, was first held in 1951 in Delhi, India. Ten teams took part in the inaugural edition of the Games, which has been conducted once in four years since 1954. **The athletics competitions of the 2026 edition will be held in Aichi-Nagoya, Japan, from September 24 to 29.** Currently there are 45 teams taking part in these important Games. Israel was part of the Asian Games till 1978, before moving into Europe.

### Previous editions were held at:

1951	Delhi, IND	1990	Beijing, CHN
1954	Manila, PHI	1994	Hiroshima, JPN
1958	Tokyo, JPN	1998	Bangkok, THA
1962	Jakarta, INA	2002	Busan, KOR
1966	Bangkok, THA	2006	Doha, QAT
1970	Bangkok, THA	2010	Guangzhou, CHN
1974	Tehran, IRI	2014	Incheon, KOR
1978	Bangkok, THA	2018	Jakarta, INA
1982	New Delhi, IND	2023	Hangzhou, CHN
1986	Seoul, KOR		

### Games Records and Best Performances

#### Men

100m	9.92	Su Bingtian CHN	2018
200m	20.14	Femi Seun Ogunode QAT	2014
400m	44.46	Youssef Al-Masrahi KSA	2014
800m	1:45.45	Sajjad Moradi IRI	2010
1500m	3:36.49	Mohammed Shaween KSA	2010
5000m	13:17.40	Birhanu Balew BRN	2023
10000m	27:32.72	Bilisuma Shume BRN	2010
Mar	2:08:21	Takeyuki Nakayama JPN	1986
3000mSt	8:19.50	Avinash Sable IND	2023
110mh	13.09	Liu Xiang CHN	2010
400mh	47.66	Abderrahman Samba QAT	2018
HJ	2.35	Mutaz Essa Barshim QAT	2014
PV	5.90	Ernest John Obiena PHI	2023
LJ	8.24	Wang Jianan CHN	2018
TJ	17.31	Zou Sixin CHN	1990
SP	20.75	Tajnderpal Singh Toor IND	2018
DT	67.99	Ehsan Hadadi IRI	2010
HT	78.72	Koji Murofushi JPN	2002
JT	89.15	Zhao Qinggang CHN	2014
Dec	8384	Dmitriy Karpov KAZ	2006
4x100m	37.99	China	2014
4x400m	3:00.56	Qatar	2018
20kmW	1:19:45	Wang Zhen CHN	2014
35kmW	2:31:28	Wang Qin CHN	2023

#### Women

100m	11.15	Susanthika Jayasinghe SRI	2002
200m	22.48	Damayanthi Dharsha SRI	1998
400m	50.09	Salwa Eid Naser BRN	2018
800m	1:59.02	Margarita Mukasheva KAZ	2014
1500m	4:06.03	Sunita Rani IND	2002
3000m	8:52.97	Zhang Linli CHN	1994
5000m	14:40.41	Sun Yingjie CHN	2002
10000m	30:28.26	Sun Yingjie CHN	2002
Mar	2:21:47	Naoko Takahashi JPN	1998
3000mSt	9:18.28	Winfred Yavi BRN	2023
100mh	12.63	Olga Shishigina KAZ	1998
400mh	54.45	Kemi Adekoya BRN	2023
HJ	1.96	Svetlana Radzivil UZB	2018
PV	4.63	Li Ling CHN	2023
LJ	6.91	Yao Weili CHN	1994
TJ	14.78	Olga Rypakova KAZ	2010
SP	20.55	Sui Xinmei CHN	1990
DT	67.93	Feng Bin CHN	2023
HT	77.33	Zhang Wenxiu CHN	2014
JT	66.09	Liu Shiyong CHN	2018
Hept	6360	Ghada Shouaa SYR	1994
4x100m	42.73	Bahrain	2018
4x400m	3:27.65	Bahrain	2023
10kmW	43:57.20	Liu Hongyu CHN	1998
20kmW	1:29:15	Yang Jiayu CHN	2018
	1:29:15	Qieyang Shijie CHN	2018
35kmW	2:45:13	Qieyang Shijie CHN	2023
<b>Mixed</b>			
4x400m	3:11.89	Bahrain	2018

### Winners of the Most Medals

#### Men

(Gold, Silver, Bronze & Total)

Anat Ratanapol THA	6	1	1	8
Shigenobu Murofushi JPN	5	1	0	6
Mohammed Suleiman QAT	5	0	1	6
M Jegathesan MAS	4	2	1	7
Koji Ito JPN	4	1	0	5
Yoshitaka Muroya JPN	4	1	0	5
Susumu Takano JPN	4	0	1	5
Talal Mansour QAT	4	0	1	5

#### Women

Esther Rot ISR	5	1	0	6
Maryam Yusuf Jamal BRN	5	0	0	5
Toyoko Yoshino JPN	5	0	0	5
P T Usha IND	4	7	0	11
Hiromi Isozaki JPN	4	1	1	6
Olga Rypakova KAZ	4	1	1	6

## ASIAN ATHLETICS SERIES 2026

Feb	6-8	..	12 <sup>th</sup> Asian Indoor Athletics Championships	Tianjin, CHN
Feb	21	..	18 <sup>th</sup> Asian Cross-Country Championships	Fukuoka, JPN
Mar	15	..	Asian Half-Marathon Racewalking Championships	Nomi City, JPN
May	2-3	..	Asian Throwing Championships	Mokpo, KOR
May	19-20	..	1 <sup>st</sup> Asian Jumps Championships	Chongqing, CHN
May	28-31	..	22 <sup>nd</sup> Asian U20 Athletics Championships	Hong Kong, HKG
Jun	20-21	..	2 <sup>nd</sup> Asian Relays Championships	Shaoxing, CHN
Jul	9-12	..	1 <sup>st</sup> Asian U23 Athletics Championships	Ordos, CHN
Nov	8	..	Asian Half Marathon Championships	Macau, MAC

### **OTHER COMPETITIONS:**

Feb	14	..	Int'l Competition for the prizes of Olga Rypakova	Ust-Kamenogorsk, KAZ
Mar	20-22	..	World Indoor Championships	Torun, POL
Mar	29	..	4 <sup>th</sup> East Asia Half Marathon Championships	Yangzhou, CHN
Apr	2-5	..	3 <sup>rd</sup> West Asia Club Championships	Dhofar, OMA
Apr	16-19	..	6 <sup>th</sup> West Asian Athletics Championships	Manama, BRN
Apr	23-26	..	6 <sup>th</sup> Asian Beach Games (athletics)	Sanya, CHN
Apr	29	..	60 <sup>th</sup> Mikio Oda Memorial (CT Bronze)	Hiroshima, JPN
May	2	..	UAE Athletics Grand Prix (CT Bronze)	Dubai, UAE
May	2-3	..	World Athletics Relays	Gaborone, BOT
May	3	..	41 <sup>st</sup> Shizuoka International Athletics Meet (CT Bronze)	Fukuroi, JPN
May	3	..	UAE Athletics Women's Gala (CT Challenger)	Dubai, UAE
May	5	..	Oman Athletics Grand Prix (CT Challenger)	Muscat, OMA
May	8	..	Doha Meeting (Diamond League)	Doha, QAT
May	9-10	..	Central Asian U18 Open Championships	Tashkent, UZB
May	10	..	13 <sup>th</sup> Kinami Michitaka Memorial Athletics Meet (CT Bronze)	Osaka, JPN
May	15	..	Saudi Athletics Grand Prix (CT Bronze)	Riyadh, KSA
May	16	..	Wanda Diamond League Shanghai	Shanghai, CHN
May	16	..	Saudi Athletics Challenger (CT Challenger)	Riyadh, KSA
May	17	..	SEIKO Golden Grand Prix (CT Gold)	Tokyo, JPN
May	22-23	..	Busan International Pole Vault Meeting (CT Challenger)	Busan, KOR
May	23	..	Wanda Diamond League Xiamen	Xiamen, CHN
May	30	..	Twolaps Middle Distance Circuit (CT Bronze)	Tokyo, JPN
Jun	6-7	..	Taiwan Athletics Open (CT Silver)	Taipei, TPE
Jun	13-14	..	Int'l Competition for the prizes of Olympic Champions Andrey Abduvaliev and Dilshod Nazarov	Dushanbe, TJK
Jun	19-20	..	International Competition T. Kolpakova	Bishkek, KGZ
Jun	20-21	..	2026 Korea Athletics Open (CT Bronze)	Yecheon, KOR
Jul	4-5	..	G. Qosanov Memorial (CT Bronze)	Almaty, KAZ
Jul	5	..	Fuse Sprint (CT Bronze)	Tottori, JPN
Aug	4-9	..	World U20 Athletics Championships	Eugene, USA
Aug	22	..	World Athletics Silver Level <u>Continental Tour</u>	Bhubaneswar, IND
Aug	29-30	..	Central Asian Open Championships	Tashkent, UZB
Sep	4-5	..	Wanda Diamond League FINAL	Brussels, BEL
Sep	19-20	..	World Road Running Championships	Copenhagen, DEN
Sep	24-29	..	20 <sup>th</sup> ASIAN GAMES (athletics)	Aichi-Nagoya, JPN
Nov	8-10	..	4 <sup>th</sup> Youth Olympic Games (athletics)	Dakar, SEN

## Asian Records & Best Performances (as of 31 Dec 2025)

### Men's 100m

Senior	9.83	0.9	Su Bingtian	CHN	29.8.89	Tokyo	1 Aug 2021
U23	9.94	0.7	Puripol Boonson	THA	13.1.06	Bangkok	11 Dec 2025
U20	9.94	0.7	Puripol Boonson	THA	13.1.06	Bangkok	11 Dec 2025
U18	10.00	1.7	Sorato Shimizu	JPN	8.2.09	Hiroshima	26 Jul 2025

### Men's 200m

Senior	19.88	0.9	Xie Zhenye	CHN	17.8.93	London	21 Jul 2019
U23	20.07	0.2	Puripol Boonson	THA	13.1.06	Bangkok	13 Dec 2025
U20	20.07	0.2	Puripol Boonson	THA	13.1.06	Bangkok	13 Dec 2025
U18	20.19	1.7	Puripol Boonson	THA	13.1.06	Almaty	26 Jun 2022

### Men's 400m

Senior	43.93		Youssef Ahmed Al-Masrahi	KSA	31.12.87	Beijing	23 Aug 2015
U23	44.07		Abdelilah Haroun	QAT	1.1.97	London	21 Jul 2018
U20	44.27		Abdelilah Haroun	QAT	1.1.97	La Chaux-de-Fonds	5 Jul 2015
U18	45.58		Suleiman Abdulrahman	UAE	11.8.07	Duabi	3 May 2024

### Men's 800m

Senior	1:42.79		Youssef Saad Kamel	BRN	29.3.81	Monaco	29 Jul 2008
U23	1:43.11		Youssef Saad Kamel	BRN	29.3.81	Zurich	6 Aug 2004
U20	1:44.02		Bilal Mansour Ali	BRN	17.10.88	Rieti	9 Sep 2007
U18	1:44.34		Bilal Mansour Ali	BRN	17.10.88	Conegliano	17 Jun 2005

### Men's 1500m

Senior	3:29.14		Rashid Ramzi	BRN	17.7.80	Rome	14 Jul 2006
U23	3:31.49		Bilal Mansour Ali	BRN	17.10.88	Athens	2 Jul 2007
U20	3:31.49		Bilal Mansour Ali	BRN	17.10.88	Athens	2 Jul 2007
U18	3:33.86		Bilal Mansour Ali	BRN	17.10.88	Milan	1 Jun 2005

### Men's 3000m

Senior	7:30.76		Jamal Bilal Salem	QAT	12.9.78	Doha	13 May 2005
U23	7:34.26		Birhanu Balew	BRN	27.2.96	Rabat	13 Jul 2018
U20	7:47.65		Adam Ismail Khamis	BRN	12.2.89	Alger	27 Jun 2006
U18	7:47.65		Adam Ismail Khamis	BRN	12.2.89	Alger	27 Jun 2006

### Men's 5000m

Senior	12:48.67		Birhanu Balew	BRN	27.2.96	Paris	20 Jun 2025
U23	12:51.96		Albert Rop	BRN	17.7.92	Monaco	19 Jul 2013
U20	13:17.10		Essa Ismail Rasheed	QAT	14.12.86	Hengelo	29 May 2005
U18	13:34.74		Keita Sato	JPN	22.1.04	Kanagawa	3 Oct 2021

### Men's 10,000m

Senior	26:38.76		Abdullah Ahmad Hassan	QAT	29.7.81	Brussels	5 Sep 2003
U23	26:38.76		Abdullah Ahmad Hassan	QAT	29.7.81	Brussels	5 Sep 2003
U20	27:21.52		Kazuma Maeda	JPN	16.1.05	Fukuroi	3 May 2024
U18	28:02.08		Adam Ismail Khamis	BRN	12.2.89	Doha	9 Dec 2006

### Men's Marathon

Senior	2:04:43		El Hassan El Abbassi	BRN	13.4.84	Valencia	2 Dec 2018
U23	2:06:05		Asahi Kuroda	JPN	10.3.04	Osaka	24 Feb 2025
U20	2:10:46		Li Zhuhong	CHN	22.10.83	Beijing	14 Oct 2001
U18	2:11:43		Li He	CHN	3.3.84	Beijing	14 Oct 2001

### Men's 2000m Steeplechase

Senior	5:14.53		Saif Saeed Shaheen	QAT	15.10.82	Doha	13 May 2005
U20	5:30.9+		Ryuji Miura	JPN	11.2.02	Tokyo	30 Jul 2021
U18	5:32.13		Kamal Ali Thamer	QAT	12.11.88	Doha	13 May 2005

### Men's 3000m Steeplechase

Senior	7:53.63		Saif Saeed Shaheen	QAT	15.10.82	Brussels	5 Sep 2003
U23	7:53.63		Saif Saeed Shaheen	QAT	15.10.82	Brussels	5 Sep 2003
U20	8:07.18		Moussa Omar Obaid	QAT	18.4.85	Athens	24 Aug 2004
U18	8:32.72		Chen Ming	CHN	15.1.85	Tiantai	26 Oct 2002

**Men's 110m Hurdles**

Senior	12.88	1.1	Liu Xiang	CHN	13.7.83	Lausanne	11 Jul 2006
U23	12.91	0.3	Liu Xiang	CHN	13.7.83	Athens	27 Aug 2004
U20	13.12	1.6	Liu Xiang	CHN	13.7.83	Lausanne	2 Jul 2002
>> 99.1 cm	12.96	-0.3	Chen Yuanjiang	CHN	27.1.06	Taizhou	24 Jun 2025
U18	13.75	-0.3	Liu Xiang	CHN	13.7.83	Santiago de Chile	19 Oct 2000
>> 99.1 cm	13.31	1.5	Asahi Tawada	JPN	3.3.01	Fukui	7 Oct 2018
>> 91.4 cm	13.03	0.5	Liu Mingxuan	CHN	1.12.08	Shenyang	15 Aug 2025

**Men's 400m Hurdles**

Senior	46.98		Abderrahmane Samba	QAT	5.9.95	Paris	30 Jun 2018
U23	47.61		Ismail Doudai Abakar	QAT	1.1.04	Tokyo	17 Sep 2025
U20	48.59		Hayato Shimoda	JPN	17.4.05	Kawasaki	21 Sep 2024
U18	49.84		Taijyu Goto	JPN	5.5.09	Hiroshima	27 Jul 2025

**Men's HIGH JUMP**

Senior	2.43		Mutaz Essa Barshim	QAT	24.6.91	Brussels	5 Sep 2018
U23	2.40		Mutaz Essa Barshim	QAT	24.6.91	Eugene	01-Jun 2013
U20	2.33		Zhu Jianhua	CHN	29.5.63	New Delhi	1 Dec 1982
U18	2.27		Huang Haiqiang	CHN	8.2.88	Marrakech	16 Jul 2005

**Men's POLE VAULT**

Senior	6.00		Ernest John Obiena	PHI	17.11.95	Bergen	10 Jun 2023
U23	5.82		Li Chenyang	CHN	12.5.03	Thonon-les-Bains	12 Jul 2025
U20	5.65		Masaki Ejima	JPN	6.3.99	Bhubaneswar	6 Jul 2017
U18	5.46		Masaki Ejima	JPN	6.3.99	Kitakami	7 Oct 2016

**Men's LONG JUMP**

Senior	8.48	0.6	Mohd. Salman Al-Khuwailidi	KSA	19.6.81	Sotteville	2 Jul 2006
U23	8.47	0.7	Wang Jianan	CHN	27.8.96	Guiyang	17 Jun 2018
U20	8.31	0.8	Shi Yuhao	CHN	26.9.98	Beijing	25 Jun 2017
U18	8.17	0.5	Zhang Xiaoyi	CHN	25.5.89	Chongqing	23 Apr 2006

**Men's TRIPLE JUMP**

Senior	17.68	1.0	Wu Ruiting	CHN	29.11.95	Quzhou	4 Aug 2025
U23	17.35	0.3	Cao Shuo	CHN	8.10.91	Zhaoqing	14 Apr 2012
U20	17.23	0.0	Gu Junjie	CHN	5.5.85	Hefei	26 Sep 2004
U18	16.89	0.0	Gu Junjie	CHN	5.5.85	Guangzhou	24 Aug 2000

**Men's SHOT PUT**

Senior	21.80		Mohamed Daouda Tolo	KSA	30.3.01	Madrid	21 Jul 2024
U23	21.15		Abdelrahman Mahmoud	BRN	1.1.01	Rades	16 Jun 2021
U20	19.48		Xie Shengying	CHN	18.4.71	Shijiazhuang	25 Apr 1990
>> 6 kg	20.63		Li Meng	CHN	22.7.93	Nanchang	21 Oct 2011
U18	18.42		Wang Like	CHN	2.4.89	Shijiazhuang	4 Aug 2006
>> 6 kg	20.17		Wang Like	CHN	2.4.89	Macau	15 Jul 2006
>> 5 kg	22.10		Wang Like	CHN	2.4.89	Huizhou	22 Jul 2006

**Men's DISCUS THROW**

Senior	69.32		Ehsan Haddadi	IRI	20.1.85	Tallinn	3 Jun 2008
U23	67.95		Ehsan Haddadi	IRI	20.1.85	Stayki	9 Jun 2007
U20	62.36		Tulake Nuermaimaiti	CHN	8.3.82	Guangzhou	21 Nov 2001
>> 1.75 kg	66.47		Mouad Mohamed Ibrahim	QAT	8.2.99	Cape Town	3 Feb 2018
U18	58.34		Xu Yongyi	CHN	28.7.84	Baoding	16 Jun 2001
>> 1.75 kg	63.63		Mouad Mohamed Ibrahim	QAT	8.2.99	Bydgoszcz	24 Jul 2016
>> 1.50 kg	68.28		Li Zedong	CHN	89	Yantai	11 Oct 2006

**Men's HAMMER THROW**

Senior	84.86		Koji Murofushi	JPN	8.10.74	Prague	29 Jun 2003
U23	78.04		Ashraf Amjad Al-Saifi	QAT	20.2.95	Rhede	4 Jul 2015
U20	76.37		Ashraf Amjad Al-Saifi	QAT	20.2.95	Doha	10 Apr 2013
>> 6 kg	85.57		Ashraf Amjad Al-Saifi	QAT	20.2.95	Barcelona	14 Jul 2012
U18	67.95		Qi Dakai	CHN	23.5.87	Guilin	22 Apr 2004
>> 6 kg	81.84		Ashraf Amjad Al-Saifi	QAT	20.2.95	Barcelona	14 Jul 2012
>> 5 kg	85.26		Ashraf Amjad Al-Saifi	QAT	20.2.95	Rhede	20 Jul 2011

**Men's JAVELIN THROW**

Senior	92.97		Arshad Nadeem	PAK	2.1.97	Paris	8 Aug 2024
U23	88.06		Neeraj Chopra	IND	24.12.97	Jakarta	27 Aug 2018
U20	86.48		Neeraj Chopra	IND	24.12.97	Bydgoszcz	23 Jul 2016

U18	78.69	Cheng Chao-Tsun	TPE	17.10.93	Miaoli	15 Oct 2010
>> 700 g	82.34	Wang Qingbo	CHN	24.5.88	Ningbo	17 May 2005
<b>Men's DECATHLON</b>						
Senior	8725	Dmitriy Karpov	KAZ	23.7.81	Athens	24 Aug 2004
U23	8374	Dmitriy Karpov	KAZ	23.7.81	Paris	27 Aug 2003
U20	8041	Qi Haifeng	CHN	7.8.83	Busan	10 Oct 2002
U18 ( <i>yth impl</i> )	7479	Cao Wen	CHN	15.3.81	Shanghai	22 Oct 1997
<b>Men's 5000m Walk</b>						
Senior	18:16.97	Ryo Hamanishi	JPN	24.4.00	Kumagaya	18 May 2024
U23	18:20.14	Koki Ikeda	JPN	3.5.98	Sakura	25 Oct 2020
U20	19:24.48	Nitin Gupta	IND	1.1.08	Patna	10 Mar 2025
U18	19:24.48	Nitin Gupta	IND	1.1.08	Patna	10 Mar 2025
<b>Men's 10,000m Walk</b>						
Senior	37:25.21	Eiki Takahashi	JPN	19.11.92	Inzai	14 Nov 2020
U23	37:25.90	Koki Ikeda	JPN	3.5.98	Inzai	14 Nov 2020
U20	38:44.88	Sotaro Osaka	JPN	31.1.06	Hiratsuka	26 Apr 2025
U18	39:46.78	Nitin Gupta	IND	1.1.08	Prayagraj	23 Jun 2025
<b>Men's 20 KM Walk</b>						
Senior	1:16:10	Toshikazu Yamanishi	JPN	15.2.96	Kobe	16 Feb 2025
U23	1:17:24	Masatora Kawano	JPN	23.10.98	Nomi	17 Mar 2019
U20	1:18:07	Li Gaobo	CHN	4.5.89	Cixi	23 Apr 2005
U18	1:18:07	Li Gaobo	CHN	4.5.89	Cixi	23 Apr 2005
<b>Men's 35 KM Walk</b>						
Senior	2:21:47	Masatora Kawano	JPN	23.10.98	Takahata	27 Oct 2024
U23	2:29:25	Tang Yushuai	CHN	18.11.04	Hefei	29 Mar 2025
U20	2:31:26	Sotaro Osaka	JPN	31.1.06	Takahata	27 Oct 2024
<b>Men's 4 x 100m Relay</b>						
Senior	37.43	National Team <i>S.Tada, K.Shiraishi, Y.Kiryu, A.H.Sani Brown</i>	JPN		Doha	5 Oct 2019
U23	38.99	National Junior Team <i>Shimizu, Nishioka, Uematsu, Hama</i>	JPN		Hongkong	28 Sep 2025
U20	38.99	National Junior Team <i>Shimizu, Nishioka, Uematsu, Hama</i>	JPN		Hongkong	28 Sep 2025
U18	39.92	National Youth Team <i>Pruksorranan, Nuansi, Sukkasem, Daenkhanob</i>	THA		Kota Kinabalu	28 Nov 2024
<b>Men's 4 x 400m Relay</b>						
Senior	2:58.33	National Team <i>Y.J.Nakajima, K.Kawabata, F.Sato, K.Sato</i>	JPN		Paris	8 Aug 2024
U23	3:03.21	National Team <i>Omori, Inagaki, Y.Saito, Masayoshi Kan</i>	JPN		Buffalo	18 Jul 1993
U20	3:04.11	National Junior Team <i>Walsh, Yui, Kitagawa, Kato</i>	JPN		Eugene	27 Jul 2014
U18	3:14.67	Kyushu Sangyo High School <i>Arita, Watanabe, Keita, Araki</i>	JPN		Fukuoka	18 Jun 2023
<b>Women's 100m</b>						
Senior	10.79	0.0 Li Xuemei	CHN	5.1.77	Shanghai	18 Oct 1997
U23	10.79	0.0 Li Xuemei	CHN	5.1.77	Shanghai	18 Oct 1997
U20	11.10	0.7 Chen Yujie	CHN	29.12.08	Guangzhou	17 Nov 2025
U18	11.10	0.7 Chen Yujie	CHN	29.12.08	Guangzhou	17 Nov 2025
<b>Women's 200m</b>						
Senior	22.01	0.0 Li Xuemei	CHN	5.1.77	Shanghai	22 Oct 1997
U23	22.01	0.0 Li Xuemei	CHN	5.1.77	Shanghai	22 Oct 1997
U20	22.74	0.6 Edidiong Ofonime Odiong	BRN	13.3.97	Rio de Janeiro	15 Aug 2016
U18	22.97	0.3 Chen Yujie	CHN	29.12.08	Gumi	31 May 2025
<b>Women's 400m</b>						
Senior	48.14	Salwa Eid Nasser	BRN	23.5.98	Doha	3 Oct 2019
U23	48.14	Salwa Eid Nasser	BRN	23.5.98	Doha	3 Oct 2019
U20	49.88	Salwa Eid Nasser	BRN	23.5.98	Brussels	1 Sep 2017
U18	50.01	Li Jing	CHN	14.2.80	Shanghai	18 Oct 1997

**Women's 800m**

Senior	1:55.54	Liu Dong	CHN	24.12.73	Beijing	9 Sep 1993
U23	1:55.54	Liu Dong	CHN	24.12.73	Beijing	9 Sep 1993
U20	1:57.18	Wang Yuan	CHN	8.4.76	Beijing	8 Sep 1993
U18	1:57.18	Wang Yuan	CHN	8.4.76	Beijing	8 Sep 1993

**Women's 1500m**

Senior	3:50.46	Qu Yunxia	CHN	4.10.72	Beijing	11 Sep 1993
U23	3:50.46	Qu Yunxia	CHN	4.10.72	Beijing	11 Sep 1993
U20	3:51.34	Lang Yinglai	CHN	22.8.79	Shanghai	18 Oct 1997
U18	3:54.52	Zhang Ling	CHN	13.4.80	Shanghai	18 Oct 1997

**Women's 3000m**

Senior	8:06.11	Wang Junxia	CHN	9.1.73	Beijing	13 Sep 1993
U23	8:06.11	Wang Junxia	CHN	9.1.73	Beijing	13 Sep 1993
U20	8:36.45	Ma Ningning	CHN	20.9.76	Jinan	6 Jun 1993
U18	8:36.45	Ma Ningning	CHN	20.9.76	Jinan	6 Jun 1993

**Women's 5000m**

Senior	14:28.09	Jiang Bo	CHN	13.3.77	Shanghai	23 Oct 1997
U23	14:28.09	Jiang Bo	CHN	13.3.77	Shanghai	23 Oct 1997
U20	14:39.96	Yin Lili	CHN	11.11.79	Shanghai	23 Oct 1997
U18	14:45.71	Song Liqing	CHN	20.1.80	Shanghai	21 Oct 1997

**Women's 10,000m**

Senior	29:31.78	Wang Junxia	CHN	9.1.73	Beijing	8 Sep 1993
U23	29:31.78	Wang Junxia	CHN	9.1.73	Beijing	8 Sep 1993
U20	30:31.55	Xing Huina	CHN	25.2.84	Paris	23 Aug 2003
U18	31:11.26	Song Liqing	CHN	20.1.80	Shanghai	19 Oct 1997

**Women's Marathon**

Senior	2:18:59	Honami Maeda	JPN	17.7.96	Osaka	28 Jan 2024
U23	2:22:38	Zhang Yingying	CHN	4.1.90	Xiamen	5 Jan 2008
U20	2:22:38	Zhang Yingying	CHN	4.1.90	Xiamen	5 Jan 2008
U18	2:25:15	Sun Weiwei	CHN	13.1.85	Beijing	20 Oct 2002

**Women's 2000m Steeplechase**

Senior	5:54.16 +	Ruth Jebet	BRN	17.11.96	Paris	27 Aug 2016
U23	5:54.16 +	Ruth Jebet	BRN	17.11.96	Paris	27 Aug 2016
U20	6:14.34	Tigist Mekonen	BRN	7.7.97	Berlin	6 Sep 2015
U18	6:33.06	Maristela Parami Wasanthi	SRI	28.5.01	Buenos Aires	11 Oct 2018

**Women's 3000m Steeplechase**

Senior	8:44.39	Wifred Mutile Yavi	BRN	31.12.99	Rome	30 Aug 2024
U23	8:52.78	Ruth Jebet	BRN	17.11.96	Paris	27 Aug 2016
U20	9:10.74	Wifred Mutile Yavi	BRN	31.12.99	Monaco	20 Jul 2018
U18	9:57.34	Wang Huan	CHN	12.1.89	Shijiazhuang	6 Aug 2006

**Women's 100m Hurdles**

Senior	12.44	-0.8	Olga Shishigina	KAZ	23.12.68	Luzern	27 Jun 1995	
U23	12.64	0.1	Zhang Yu	CHN	8.4.71	Beijing	9 Sep 1993	
U20	12.92	0.0	Sun Hongwei	CHN	24.1.79	Shanghai	18 Oct 1997	
U18	13.19	-1.2	Hsu Le	TPE	17.5.03	Taipei	4 Dec 2020	
>>	76.2 cm	13.20	0.9	Wu Binbin	CHN	29.4.06	Tashkent	28 Apr 2023

**Women's 400m Hurdles**

Senior	53.09	Kemi Adekoya	BRN	16.1.93	Budapest	24 Aug 2023
U23	54.12	Kemi Adekoya	BRN	16.1.93	Paris	4 Jul 2015
U20	54.40	Wang Xing	CHN	30.11.86	Nanjing	21 Oct 2005
U18	55.30	Li Rui	CHN	22.11.79	Nanjing	26 Oct 1995

**Women's HIGH JUMP**

Senior	2.00	Nadezhda Dubovitskaya	KAZ	12.3.98	Almaty	8 Jun 2021
U23	1.97	Jin Ling	CHN	25.1.67	Hamamatsu	7 May 1989
	1.97 =	Tatyana Efimenko	KGZ	2.1.81	Rome	11 Jul 2003
U20	1.95	Tatyana Efimenko	KGZ	2.1.81	Bishkek	6 Oct 1999
U18	1.92	Zheng Xingjuan	CHN	20.3.89	Zhongshan	24 Apr 2005

**Women's POLE VAULT**

Senior	4.72	Li Ling	CHN	6.7.89	Shanghai	18 May 2019
U23	4.52	Gao Shuying	CHN	28.10.79	Beijing	29 Aug 2001

U20	4.45	Zhang Yingning	CHN	6.1.90	Changsha	29 Oct 2006
	4.45 =	Li Ling	CHN	6.7.89	Hangzhou	12 Apr 2008
U18	4.45	Zhang Yingning	CHN	6.1.90	Changsha	29 Oct 2006
<b>Women's LONG JUMP</b>						
Senior	7.01	1.4 Yao Weili	CHN	6.5.65	Jinan	5 Jun 1993
U23	6.91	-0.6 Guan Yingnan	CHN	25.4.77	Linz	5 Jul 1998
U20	6.80	0.2 Peng Fengmei	CHN	9.7.79	Chengdu	18 Apr 1998
U18	6.74	1.0 Lu Minjia	CHN	29.12.90	Jinan	23 Oct 2009
<b>Women's TRIPLE JUMP</b>						
Senior	15.25	1.7 Olga Rypakova	KAZ	30.11.84	Split	4 Sep 2010
U23	14.90	1.0 Xie Limei	CHN	27.6.86	Urumqi	20 Sep 2007
U20	14.57	0.2 Huang Qiuyan	CHN	25.1.80	Shanghai	19 Oct 1997
U18	14.57	0.2 Huang Qiuyan	CHN	25.1.80	Shanghai	19 Oct 1997
<b>Women's SHOT PUT</b>						
Senior	21.76	Li Meisu	CHN	17.4.59	Shijiazhuang	23 Apr 1988
U23	20.35	Gong Lijiao	CHN	24.1.89	Jinan	21 Oct 2009
U20	20.02	Cheng Xiaoyan	CHN	30.11.75	Beijing	5 Jun 1994
U18	18.70	Liu Yingfan	CHN	9.2.87	Hefei	26 Sep 2004
>>	3 kg	19.42 Chen Xinyao	CHN	14.3.08	Shenyang	14 Aug 2025
<b>Women's DISCUS THROW</b>						
Senior	71.68	Xiao Yanling	CHN	27.3.68	Beijing	14 Mar 1992
U23	67.86	Gu Siyu	CHN	11.2.93	Wiesbaden	19 May 2013
U20	66.08	Cao Qi	CHN	15.1.74	Beijing	12 Sep 1993
U18	60.50	Liang Yan	CHN	2.1.95	Kunshan	25 Sep 2012
<b>Women's HAMMER THROW</b>						
Senior	77.68	Wang Zheng	CHN	14.12.87	Chengdu	29 Mar 2014
U23	77.24	Zhang Jiale	CHN	22.10.06	Quzhou	2 Aug 2025
U20	77.24	Zhang Jiale	CHN	22.10.06	Quzhou	2 Aug 2025
U18	70.60	Zhang Wenxiu	CHN	22.3.86	Nanning	15 Apr 2003
>>	3 kg	70.58 Wang Yiru	CHN	2.10.09	Shenyang	10 Aug 2025
<b>Women's JAVELIN THROW</b>						
Senior	67.98	Lu Huihui	CHN	26.6.89	Shenyang	2 Aug 2019
U23	66.00	Haruka Kitaguchi	JPN	16.3.98	Kitakyushu	27 Oct 2019
U20	65.89	Yan Ziyi	CHN	22.5.08	Quzhou	3 Aug 2025
U18	64.83	Yan Ziyi	CHN	22.5.08	Chengdu	28 Mr 2025
>>	700 g	64.55 Yan Ziyi	CHN	22.5.08	Shenyang	13 Aug 2025
<b>Women's HEPTATHLON</b>						
Senior	6942	Ghada Shouaa	SYR	10.9.72	Gotzis	26 May 1996
U23	6361	Ghada Shouaa	SYR	10.9.72	Sankt Peterburg	26 Jul 1994
U20	6185	Shen Shengfei	CHN	21.1.81	Shanghai	18 Oct 1997
U18	6185	Shen Shengfei	CHN	21.1.81	Shanghai	18 Oct 1997
<b>Women's 5000m Walk</b>						
Senior	20:34.76	Liu Hong	CHN	12.5.87	Tianjin	16 Sep 2012
U23	20:37.7	Jin Bingjie	CHN	1.4.71	Hefei	3 Mar 1990
U20	20:37.7	Jin Bingjie	CHN	1.4.71	Hefei	3 Mar 1990
U18	21:13.16	Cui Yingxi	CHN	26.1.71	Jinan	30 Oct 1988
<b>Women's 10,000m Walk</b>						
Senior	41:37.9	Gao Hongmiao	CHN	17.3.74	Beijing	7 Apr 1994
U23	41:37.9	Gao Hongmiao	CHN	17.3.74	Beijing	7 Apr 1994
U20	42:49.7	Gao Hongmiao	CHN	17.3.74	Jinan	15 Mar 1992
U18	42:56.09	Gao Hongmiao	CHN	17.3.74	Tangshan	27 Sep 1991
<b>Women's 20 KM Walk</b>						
Senior	1:23:49	Yang Jiayu	CHN	18.2.96	Huangshan	20 Mar 2021
U23	1:25:12	Lu Xiuzhi	CHN	26.10.93	Beijing	20 Mar 2015
U20	1:27:01	Lu Xiuzhi	CHN	26.10.93	Taicang	30 Mar 2012
U18	1:30:35	Zhou Tongmei	CHN	4.4.88	Cixi	23 Apr 2005
<b>Women's 35 KM Walk</b>						
Senior	2:38:42	Liu Hong	CHN	12.5.87	Wajima	16 Apr 2023
U23	2:42:52	Yin Lamei	CHN	21.12.02	Huangshan	4 Mar 2023

**Women's 4 x 100m Relay**

Senior	42.23	Sichuan Team	JPN	Shanghai	23 Oct 1997
		<i>Xiao Lin, Li Yali, Liu Xiaomei, Li Xuemei</i>			
U23	44.44	Guangdong School Team	CHN	Taiyuan	16 Aug 2019
		<i>Chen Yiting, Jiang Yifan, Wang Yu, Ma Chengna</i>			
U20	44.44	Guangdong School Team	CHN	Taiyuan	16 Aug 2019
		<i>Chen Yiting, Jiang Yifan, Wang Yu, Ma Chengna</i>			
U18	44.84	National Youth Team	CHN	Weinan	19 Aug 2017
		<i>Gong Luying, Zhu Cuiwei, Tao Yanan, Feng Lulu</i>			

**Women's 4 x 400m Relay**

Senior	3:24.28	Hebei Team	CHN	Beijing	13 Sep 1993
		<i>An Xiaohong, Bai Xiaoyun, Cao Chunying, Ma Yuqin</i>			
U23	3:29.11	National Team	CHN	Hiroshima	16 Oct 1994
		<i>Xueyan, Hengyun, Chunying, Ma Yuqin</i>			
U20	3:32.59	National Junior Team	CHN	Beijing	20 Aug 2006
		<i>Chen Yumei, Wang Hui, Wen Xiuyun, Li Xueji</i>			
U18	3:44.27	Sunshine Youth Sports Club	CHN	Taiyuan	18 Aug 2019
		<i>Chen Leyi, He Xueying, Li Peijing, Yan Hailing</i>			

**MIXED 4 x 100m Relay**

Senior	40.37	Fujian Team	CHN	Guangzhou	15 Nov 2025
		<i>Lin Yuwei, Ge Manqi, Xiao Yuanpeng, He Jinxian</i>			

**MIXED 4 x 400m Relay**

Senior	3:11.82	National Team	BRN	Doha	29 Sep 2019
		<i>Musa Isah, Aminat J. Odeyemi, Salwa Eid Naser, Abbas Abubakar</i>			
U23	3:17.76	National Junior Team	IND	Cali	2 Aug 2022
		<i>B.Sridhar, Priya H Mohan, Kapil, Rupal Chaudhary</i>			
U20	3:17.76	National Junior Team	IND	Cali	2 Aug 2022
		<i>B.Sridhar, Priya H Mohan, Kapil, Rupal Chaudhary</i>			
U18	3:28.59	National Youth Team	THA	Semarang	20 Jul 2019
		<i>Weruwanarak, Pratchaya, Janmao, Onuorah</i>			

**Medley Relay**

Boys U18	1:50.52	National Youth Team	JPN	Donetsk	14 Jul 2013
		<i>Oda, Nagata, Yamaki, Yui</i>			
Girls U18	2:07.61	National Youth Team	JPN	Donetsk	14 Jul 2013
		<i>Nakamura, Fujimori, Aoyama, Matsumoto</i>			

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## Asian All-Time Top Lists

This list was principally drawn from the compilations of my long-time friends **Mirko Jalava & Heinrich Hubbeling**. We have thankfully acknowledged the support received through lists compiled by **Tatsumi Senda & Giuseppa Mappa** from time to time. Marks achieved by the athletes from Central Asian Republics, who took part in the former Soviet Union (URS) until 1991 and CIS in 1992, have been excluded from these lists, if achieved during the *Soviet Era*.

(as of 31 Dec 2025)

### NOTES

- *Championships events compiled.*
- *Restricted to the Top-10 performers.*
- *Indoor performances have been included only if they are better than the outdoors.*
- *Wind assisted performances are not considered.*
- *Hand-timed performances considered only for distances of 800m and above.*
- *Relays: only the best performance for each country (in fact it is almost a list of NRs).*
- *Competition abbreviations for global, area and national champs and games.*

### MEN

#### 100m

9.83	AR	0.9	Su Bingtian	CHN	29.8.89	1s3	OlyG	Tokyo	1 Aug 2021
9.91	NR	1.8	Femi Seun Ogunode	QAT	15.5.91	1	AsiCh	Wuhan	4 Jun 2015
9.94	AJR	0.7	Puripol Boonson	THA	13.1.06	1h1	SEAG	Bangkok	11 Dec 2025
9.95	NR	2.0	Ryota Yamagata	JPN	10.6.92	1		Tottori	6 Jun 2021
9.96	NR	1.6	Yupun Abeykoon	SRI	31.12.94	1	Resisprint	La Chaux-de-Fonds	3 Jul 2022
9.96		0.5	Abdul Hakim Sani Brown	JPN	6.3.99	4s3	OlyG	Paris	4 Aug 2024
9.97		0.9	Xie Zhenye	CHN	17.8.93	1		Montreuil	19 Jun 2018
9.97	NR	1.7	Barakat Mubarak Al-Harathi	OMA	15.6.88	1	WestAsiCh	Amman	9 Jul 2018
9.98		1.8	Yoshihide Kiryu	JPN	15.12.95	1		Fukui	9 Sep 2017
9.98		0.5	Yuki Koike	JPN	13.5.95	4	Muller	London	20 Jul 2019

#### 200m

19.88	AR	0.9	Xie Zhenye	CHN	17.8.93	1	Muller	London	21 Jul 2019
19.97	NR	-0.4	Femi Seun Ogunode	QAT	15.5.91	1	Van Damme	Brussels	11 Sep 2015
20.03	NR	0.6	Shingo Suetsugu	JPN	2.6.80	1	NC	Yokohama	7 Jun 2003
20.07	AJR	0.2	Puripol Boonson	THA	13.1.06	1	SEAG	Bangkok	13 Dec 2025
20.08		0.8	Abdul Hakim Sani Brown	JPN	6.3.99	3	NCAA	Austin	7 Jun 2019
20.11		1.8	Shota Iizuka	JPN	25.6.91	1	NC	Nagoya	26 Jun 2016
20.11		0.9	Towa Uzawa	JPN	25.11.02	1	ANG	Fukui	16 Aug 2025
20.13		0.6	Kenji Fujimitsu	JPN	1.5.86	3rB	Spitzen	Luzern	14 Jul 2015
20.14		1.0	Kei Takase	JPN	25.11.88	1		Kumagaya	17 May 2015
20.14		0.1	Soshi Mizukubo	JPN	1.3.99	1		Fujiyoshida	18 Aug 2024
20.14	NR	1.8	Abdulaziz Abdou Atafi	KSA	2.12.01	1	NC	Taif	17 May 2025

#### 400m

43.93	AR		Youssef Ahmed Al-Masrahi	KSA	31.12.87	1h2	WCh	Beijing	23 Aug 2015
44.07	NR		Abdalelah Haroun	QAT	97	1	Muller	London	21 Jul 2018
44.36	NR		Ali Khamis Abbas	BRN	30.6.95	6	OlyG	Rio de Janeiro	14 Aug 2016
44.44	NR		Yuki Joseph Nakajima	JPN	30.3.02	2h2	WCh	Tokyo	14 Sep 2025
44.56	NR		Mohamed Amer Al-Malky	OMA	1.12.62	1		Budapest	12 Aug 1988
44.60			Abderrahman Samba	QAT	5.9.95	1		Pretoria	9 Apr 2019
44.61	NR		R A Sugath Thilakarathne	SRI	30.7.73	1	AsiCh	Fukuoka	20 Jul 1998
44.63			Ammar Ismail Yahya Ibrahim	QAT	18.9.96	4h5	WCh	Tokyo	14 Sep 2025
44.64			Brandon Simpson	BRN	6.9.81	2		Rieti	27 Aug 2006
44.66			Ibrahim Ismail Muftah	QAT	10.5.72	1	AsiCh	Jakarta	30 Aug 2000
44.66			Hamdan Odha Al-Bishi	KSA	5.5.81	1	WJC	Santiago de Chili	20 Oct 2000

#### 800m

1:42.79	AR		Youssef Saad Kamel	BRN	29.3.83	2	Hercules	Monaco	29 Jul 2008
1:43.66	NR		Mohamed Obeid Al-Saihi	KSA	11.5.86	3	Super GP	Doha	8 May 2009
43.82	NR		Abdulrahman Musaeb Bala	QAT	19.3.89	3		Barcelona	8 Jul 2015
1:44.02	AJR		Bilal Mansour Ali	BRN	17.10.88	1rA		Rieti	9 Sep 2007
1:44.05			Rashid Ramzi	BRN	17.7.80	2rA		Madrid	17 Jul 2006
1:44.08			Ibrahim Abass Chuot	QAT	5.7.04	5	DL	Doha	16 May 2025
1:44.13	NR		Mohamed Mutlak Al-Azimi	KUW	16.6.82	5	Tsikliria	Athens	3 Jul 2006

1:44.14	NR	Lee Jin-Il	KOR	12.1.73	1	NC	Seoul	17 Jun 1994
1:44.27	NR	Majid Saeed Sultan	QAT	3.11.86	1	AsiCh	Incheon	4 Sep 2005
1:44.33		Abubaker Haydar Abdallah	QAT	28.8.96	1	AsiCh	Doha	22 Apr 2019
<b>1500m</b>								
3:29.14	AR	Rashid Ramzi	BRN	17.7.80	2rA	GGala	Rome	14 Jul 2006
3:31.04	NR	Dahame Najem Bashir	QAT	8.11.78	2	GP	Doha	13 May 2005
3:31.49	AJR	Bilal Mansour Ali	BRN	17.10.88	1	Tsiklitria	Athens	2 Jul 2007
3:31.56		Youssef Saad Kamel	BRN	29.3.83	4	Hercules	Monaco	28 Jul 2009
3:31.82	NR	Moh. Othman H. Shahween	KSA	15.2.86	1	FBK Games	Hengelo	29 May 2011
3:32.10		Mohamed Sulaiman	QAT	23.11.69	8rA	Weltklasse	Zurich	13 Aug 1997
3:32.41		Adam Ali Musaab	QAT	17.4.95	1		Doha	14 Feb 2021
3:33.04		Benson Seurei Kiplagat	BRN	27.3.84	5	DL	Doha	10 May 2013
3:33.51		Saif Saeed Shaheen	QAT	15.10.82	2	ISTAF	Berlin	3 Sep 2006
3:33.69		Hamza Driouch	QAT	16.11.94	9	DL	Doha	11 May 2012
<b>3000m</b>								
7:30.76	AR	Jamal Bilal Salem	QAT	12.9.78	4	GP	Doha	13 May 2005
7:32.02	NR	Albert Rop	BRN	17.7.92	5		Paris	27 Aug 2016
7:32.46		Saif Saeed Shaheen	QAT	15.10.82	4	Super GP	Doha	8 May 2009
7:33.05		Birhanu Balew Yemataw	BRN	27.2.96	4	BislettG	Oslo	1 Jul 2021
7:33.49	NR	Gulveer Singh	IND	1.6.98	5	Gyulai	Budapest	12 Aug 2025
7:34.70		Essa Ismail Rashed	QAT	14.12.86	10	DL	Doha	6 May 2011
7:35.81		Leonard Mucheru	BRN	13.6.78	4	Van Damme	Brussels	3 Sep 2004
7:37.52		James Kwalia	QAT	12.6.84	16	DL	Doha	6 May 2011
7:38.20		Mohamed Ahmed Suleiman	QAT	23.11.69	1		Berlin	27 Aug 1993
7:39.45		Dahame Najem Bashir	QAT	8.11.79	3	DNG	Stockholm	22 Jul 2008
<b>Better Indoor Marks</b>								
7:31.77	AIR	Birhanu Balew Yemataw	BRN	27.2.96	4		Lievin	17 Feb 2022
7:39.23	NIR	Mohamed Al-Garni	QAT	2.7.92	1	AsiCh	Doha	21 Feb 2016
<b>5000m</b>								
12:48.67	AR	Birhanu Balew Yemataw	BRN	27.2.96	2	DL	Paris	20 Jun 2025
12:51.96		Albert Rop	BRN	17.7.92	2	Hercules	Monaco	19 Jul 2013
12:51.98	NR	Saif Saeed Shaheen	QAT	15.10.82	2	Ggala	Rome	14 Jul 2006
12:58.58	NR	Moukhled Moh. Al-Outaibi	KSA	20.6.76	1rA	KBC	Heusden	23 Jul 2005
12:59.79		Leonard Mucheru	BRN	13.6.78	6	Gaz	Paris	1 Jul 2005
13:02.03		Abdullah Ahmad Hassan	QAT	29.7.81	2	DNG	Stockholm	27 Jul 2004
13:02.89		Mushir Salem Jawher	BRN	13.6.78	3		Rome	13 Jul 2007
13:04.70		James Kwalia Kurui	QAT	12.6.84	4rA	KBC	Heusden	20 Jul 2008
13:05.00		Yimer Aweke Ayalew	BRN	23.2.93	2	Mohd VI	Rabat	9 Jun 2013
13:06.73		Bilisuma Shugi Gelassa	BRN	19.7.89	3	CISM	Rio de Janeiro	23 Jul 2011
<b>Better Indoor Marks</b>								
12:59.77	AIR	Gulveer Singh	IND	1.6.98	4		Boston	21 Feb 2025
<b>10,000m</b>								
26:38.76	AR	Abdullah Ahmad Hassan	QAT	29.7.81	3	Van Damme	Brussels	5 Sep 2003
26:51.87		Nicholas Kemboi	QAT	25.11.83	4	Van Damme	Brussels	26 Aug 2005
27:00.22	NR	Gulveer Singh	IND	1.6.98	6	The Ten	San Juan Capistrano	29 Mar 2025
27:05.92	NR	Mebuki Suzuki	JPN	3.6.01	6	HLD	Hachioji	22 Nov 2025
27:07.49	NR	Birhanu Balew Yemataw	BRN	27.2.96	2	Gspike	Ostrava	19 May 2021
27:09.80		Kazuya Shiojiri	JPN	8.11.96	1	NC	Tokyo	10 Dec 2023
27:11.08		Abraham Cherobebn	BRN	11.10.92	12	WCh	London	4 Aug 2017
27:12.53		Tomoki Ota	JPN	17.10.97	2	NC	Tokyo	10 Dec 2023
27:13.04		Akira Aizawa	JPN	18.7.97	3	NC	Tokyo	10 Dec 2023
27:17.14	NR	Kieran Tuntivate	THA	16.2.97	5	The Ten	San Juan Capistrano	27 Jul 2004
<b>Marathon</b>								
2:04:43	AR	El Hassan El Abbassi	BRN	13.4.84	2		Valencia	2 Dec 2018
2:04:55	NR	Suguru Osako	JPN	23.5.91	4		Valencia	7 Dec 2025
2:04:56		Kengo Suzuki	JPN	11.6.95	1	Lake Biwa	Otsu	28 Feb 2021
2:05:06		Marius Kimutai	BRN	10.12.92	1		Barcelona	19 Mar 2023
2:05:12		Yohei Ikeda	JPN	22.6.98	6		Berlin	29 Sep 2024
2:05:16		Yuya Yoshida	JPN	23.4.97	1		Fukuoka	1 Dec 2024
2:05:39		Ryuta Kondo	JPN	5.10.99	2		Osaka	24 Feb 2025
2:05:51		Ichitaka Yamashita	JPN	29.7.97	7		Tokyo	5 Mar 2023
2:05:58		Kyohei Hosoya	JPN	31.8.95	4		Osaka	24 Feb 2025
2:05:59		Kenya Sonota	JPN	30.5.93	8		Tokyo	5 Mar 2023

**3000m Steeplechase**

7:53.63	AR	Saif Saeed Shaheen	QAT	15.10.82	1	Van Damme	Brussels	3 Sep 2004
8:03.43	NR	Ryuji Miura	JPN	11.2.02	2	Hercules	Monaco	11 Jul 2025
8:06.13	NR	Tarek Mubarak Taher	BRN	24.3.84	3	Tsikliritiria	Athens	13 Jul 2009
8:07.18	AJR	Moussa Omar Obaid	QAT	18.4.85	4	OlyG	Athens	24 Aug 2004
8:08.14	NR	Saad Shaddad Al-Asmari	KSA	24.9.68	4	DNG	Stockholm	16 Jul 2002
8:09.62		John Kibet Koech	BRN	23.8.95	4	DL	Doha	6 May 2016
8:09.91	NR	Avinash Sable	IND	13.9.94	6		Paris	7 Jul 2024
8:10.46	NR	Sun Ripeng	CHN	25.1.74	1	NatG	Shanghai	19 Oct 1997
8:11.67		Jamal Bilal Salem	QAT	12.9.78	3	FBK Games	Hengelo	29 May 2005
8:13.45		Khamis Abd, Seifeldin	QAT	1.12.76	5	Van Damme	Brussels	30 Aug 2002

**110m Hurdles**

12.88	AR	1.1	Liu Xiang	CHN	13.7.83	1rA	Athletissima	Lausanne	11 Jul 2006
12.92	NR	0.6	Rachid Muratake	JPN	6.2.02	1		Fukui	16 Aug 2025
13.04		-0.9	Shunsuke Izumiya	JPN	26.1.00	1	NC	Osaka	4 Jun 2023
13.10		0.6	Shunya Takayama	JPN	3.9.94	1		Hiratsuka	6 Aug 2022
13.12		0.6	Tatsuki Abe	JPN	3.8.03	2		Fukui	16 Aug 2025
13.12		1.7	Xu Zhuoyi	CHN	21.8.03	1	NatG	Guangzhou	19 Nov 2025
13.14		1.7	Liu Junxi	CHN	11.12.03	2	NatG	Guangzhou	19 Nov 2025
13.16		1.7	Taio Kanai	JPN	28.9.95	1	Mikio Oda	Hiroshima	29 Apr 2021
13.17		0.7	Xie Wenjun	CHN	11.7.90	2	DL	Shanghai	18 May 2019
13.18		0.2	Chen Yuanjiang	CHN	27.1.06	1	NC	Quzhou	4 Aug 2025

**400m Hurdles**

46.98	AR		Abderrahman Samba	QAT	5.9.95	1		Paris	30 Jun 2018
47.53	NR		Hadi Soua'an Al-Somaily	KSA	21.8.76	2	OlyG	Sydney	27 Sep 2000
47.61			Ismail Doudabi Abakar	QAT	1.1.04	2s2	WCh	Tokyo	17 Sep 2025
47.89	NR		Dai Tamesue	JPN	3.5.78	3	WCh	Edmonton	10 Aug 2001
47.93			Kenji Narisako	JPN	25.7.84	3	GP	Osaka	6 May 2006
47.99			Ken Toyoda	JPN	15.10.02	1	NC	Niigata	28 Jun 2024
48.17			Sultan Mubarak Al-Nubi	QAT	30.12.77	2	Wcup	Johannesburg	11 Sep 1998
48.26			Kazuhiko Yamazaki	JPN	10.5.71	3	GP	Osaka	8 May 1999
48.29			Bassem Awad Al-Hemeida	QAT	28.9.00	3s3	WCh	Tokyo	17 Sep 2025
48.34			Shunji Karube	JPN	8.5.69	1	NC	Tokyo	5 Oct 1997

**HIGH JUMP**

2.43	AR		Mutaz Essa Barshim	QAT	24.6.91	1	Van Damme	Brussels	5 Sep 2014
2.39	NR		Zhu Jianhua	CHN	29.5.63	1		Eberstadt	10 Jun 1984
2.38			Zhang Guowei	CHN	4.6.91	2	Pre Classic	Eugene	30 May 2015
2.36	NR		Majed El Dein Ghazal	SYR	21.4.87	1	World Chal	Beijing	18 May 2016
2.35	NR		Woo Sang-Hyeok	KOR	23.4.96	4	OlyG	Tokyo	1 Aug 2021
2.34			Lee Jin-Taek	KOR	13.4.72	1		Seoul	20 Jun 1997
2.33			Zhou Zhongge	CHN	15.2.67	1	NC	Beijing	27 Jun 1990
2.33	NR		Naoyuki Daigo	JPN	18.1.81	1	NC	Kobe	2 Jul 2006
2.33			Wang Yu	CHN	18.8.91	1	World Chal	Beijing	21 May 2013
2.33			Yuto Seko	JPN	16.3.98	1		Fukui	15 Aug 2025

**Better Indoor Marks**

2.36			Woo Sang-Hyeok	KOR	23.4.96	1		Hustopece	5 Feb 2022
2.35			Naoto Tobe	JPN	31.3.92	1		Karlsruhe	2 Feb 2019
2.34			Wang Yu	CHN	18.8.91	2	PSD Bank	Dusseldorf	20 Feb 2019

**POLE VAULT**

6.00	AR		Ernest John Obiena	PHI	17.11.95	1		Bergen	10 Jun 2023
5.90			Grigoriy Yegorov	KAZ	12.1.67	2	WCh	Stuttgart	19 Aug 1993
5.8	NR		Huang Bokai	CHN	26.9.96	1		Madrid	19 Jul 2025
5.83	NR		Daichi Sawano	JPN	16.9.80	1		Shizuoka	3 May 2005
5.82			Xue Changrui	CHN	31.5.91	4	WCh	London	8 Aug 2017
5.82			Yao Jie	CHN	21.9.90	1		Hangzhou	10 Jun 2023
5.82			Li Chenyang	CHN	12.5.03	1		Thonon-les-Bains	12 Jul 2025
5.80	NR		Jin Min-Sub	KOR	2.9.92	1		Sydney	1 Mar 2020
5.75			Yang Yancheng	CHN	5.1.88	1	NC	Jinan	6 Aug 2010
5.75			Seito Yamamoto	JPN	11.3.92	1		Hiratsuka	23 Jun 2013
5.75			Zhong Tao	CHN	12.8.02	1		Beijing	7 Sep 2025
5.75	NR		Abdesalam Seifeldin Heneida	QAT	28.3.05	11q	WCh	Tokyo	13 Sep 2025

**Better Indoor Marks**

5.92			Igor Potapovich	KAZ	6.9.67	1		Stockholm	19 Feb 1998
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5.85		Li Chenyang	CHN	12.5.03	1cB	Caen	1 Feb 2025
5.80		Aleksandr Korchagin	KAZ	25.1.72	1	Almaty	18 Feb 1994
5.80		Yang Yancheng	CHN	5.1.88	2	Dusseldorf	8 Feb 2013
5.77		Seito Yamamoto	JPN	11.3.92	2	Reno	15 Jan 2016
5.75		Zhong Tao	CHN	12.8.02	1	NIC Tianjin	29 Mar 2024

**LONG JUMP**

8.48 AR	0.6	Moh. Salman Al-Khuwalidi	KSA	19.6.81	1	Sotheville	2 Jul 2006
8.47 NR	0.0	Li Jinzhe	CHN	1.9.89	1	Bad Langensalza	28 Jun 2014
8.47 NR	0.7	Wang Jianan	CHN	27.8.96	1	NGPF Guiyang	16 Jun 2018
8.43	0.7	Shi Yuhao	CHN	26.9.98	2	DL Shanghai	12 May 2018
8.42 NR	1.8	J. Jeswin Aldrin	IND	24.12.01	1	Bellary	2 Mar 2023
8.41	1.5	Murali Sreeshankar	IND	27.3.99	1q	Bhubaneswar	18 Jun 2023
8.40	0.0	Lao Jianfeng	CHN	24.5.75	1	Zhaoqing	28 May 1997
8.40 NR	1.5	Shotaro Shiroyama	JPN	6.3.95	1	Fukui	17 Aug 2019
8.40 NR	0.3	Lin Yu-Tang	TPE	11.5.00	1	AsiCh Bangkok	15 Jul 2023
8.39	-0.4	Ahmed Fayez Marzouk	KSA	6.9.79	1	Lemgo	13 Aug 2006

**TRIPLE JUMP**

17.68 AR	1.0	Wu Ruiting	CHN	29.11.95	1	NC Quzhou	4 Aug 2025
17.59	0.0	Li Yanxi	CHN	26.6.84	1	NatG Jinan	26 Oct 2009
17.58	-0.2	Dong Bin	CHN	22.11.88	3	OlyG Rio de Janeiro	16 Aug 2016
17.57	1.7	Zhu Yaming	CHN	4.5.94	2	OlyG Tokyo	5 Aug 2021
17.41	-0.2	Zhu Shujing	CHN	24.5.85	2	NatG Jinan	26 Oct 2009
17.37 NR	-1.5	Praveen Chithravel	IND	5.6.01	1	La Habana	6 May 2023
17.35	0.3	Cao Shuo	CHN	8.10.91	2	NGP Zhaoqing	14 Apr 2012
17.34	0.3	Zou Zhenxian	CHN	10.11.55	2	Rome	5 Sep 1981
17.31	1.9	Zou Sixin	CHN	6.2.73	2	AsiG Beijing	3 Oct 1990
17.30	0.0	Zeng Lizhi	CHN	6.2.73	1	Changchun	7 Sep 1995
17.30	1.8	Renjith Maheswary	IND	30.1.86	1	Bengaluru	11 Jul 2016

**SHOT PUT**

21.80	AR	Mohamed Daouda Tolo	KSA	30.3.01	1	Madrid	21 Jun 2024
21.49	NR	Tajinderpal Singh Toor	IND	13.11.94	1	Bhubaneswar	19 Jun 2023
21.15	NR	Abdelrahman Mahmoud	BRN	2001	1	Rades	16 Jun 2021
21.13		Sultan Abdulmajid Al-Hebshi	KSA	23.2.83	3	Super GP Doha	8 May 2009
20.95	NR	Ivan Ivanov	KAZ	3.1.92	1	NC Almaty	26 Jul 2019
20.87	NR	Mohammad Reza Tayebi	IRI	30.3.98	1	Tehran	13 Mar 2025
20.69		Om Prakash Singh Karhana	IND	11.1.87	1	Szombathely	12 May 2012
20.66		Shahin Mehrdelan	IRI	21.6.95	1	Shahrekord	28 Jun 2021
20.65		Inderjeet Singh	IND	19.4.88	1	FedCup Mangaluru	2 May 2015
20.60		Shakti Singh	IND	14.5.62	1	NGP Bengaluru	5 Jul 2000

**Better Indoor Marks**

20.74		Shahin Mehrdelan	IRI	21.6.95	1	Tehran	9 Jan 2020
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**DISCUS THROW**

69.32	AR	Ehsan Hadadi	IRI	21.1.85	1	Tallinn	3 Jun 2008
67.29	NR	Tuergong Abuduaini	CHN	16.6.97	1	Neubrandenburg	11 Jun 2025
66.28	NR	Vikas Gowda	IND	5.7.83	1	Norman	12 Apr 2012
65.52	NR	Sultan Mubarak Al-Dawoodi	KSA	16.6.77	1	Biala Podlaska	18 Jun 2016
65.46		Mohammad Samimi	IRI	29.3.87	1	Szombathely	23 Jul 2014
65.16		Li Shaojie	CHN	26.11.75	1	NC Nanjing	7 May 1996
65.02		Yu Wenge	CHN	18.2.66	1	NC Nanjing	20 May 1992
65.00		Mahmoud Samimi	IRI	18.9.88	1	Szombathely	16 Apr 2016
64.98		Abbas Samimi	IRI	9.6.77	1	AsiGP Manila	1 Jul 2004
64.48	NR	Masateru Yugami	JPN	14.4.93	3	Ramona	26 Apr 2025

**HAMMER THROW**

84.86	AR	Koji Murofushi	JPN	8.10.74	1	Odlozila Prague	29 Jun 2003
82.66	NR	Andrey Abduvaliyev	TJK	30.6.66	1	Tula	9 Jul 1997
80.71		Dilshod Nazarov	TJK	6.5.82	1	Halle	25 May 2013
79.74	NR	Ali Mohamed Al-Zankawi	KUW	27.2.84	2	Celje	2 Sep 2009
78.22		Sukhrob Khodjayev	UZB	21.5.93	1	Almaty	25 Jul 2015
78.19	NR	Ashraf Amjad Al-Saifi	QAT	20.2.95	1	Doha	27 Mar 2016
77.90		Nikolay Davydov	KGZ	11.4.70	1	Moscow	22 Jul 1995
77.60	NR	Vladimir Lesovoy	KAZ	10.10.47	1	Almaty	27 Jun 1977
77.40	NR	Kaveh Mousavi	IRI	27.5.85	2	Tsikhan Zhirovichi	8 Jul 2016

77.18		Peyman Ghalelouei	IRI	29.1.92	3	Tsikhan	Zhirovichi	8 Jul 2016
<b>JAVELIN THROW</b>								
92.97	AR	Arshad Nadeem	PAK	2.1.97	1	OlyG	Paris	8 Aug 2024
91.36	NR	Cheng Chao-Tsun	TPE	17.10.93	1	WUG	Taipei	26 Aug 2017
90.23	NR	Neeraj Chopra	IND	24.12.97	2	DL	Doha	16 May 2025
89.15	NR	Zhao Qinggang	CHN	24.7.85	1	AsiG	Incheon	2 Oct 2014
87.60	NR	Kazuhiro Mizoguchi	JPN	18.3.62	1	Jenner	San Jose	27 May 1989
87.54		Kishore Kumar Jena	IND	9.6.95	2	AsiG	Hangzhou	4 Oct 2023
87.16		Yuta Sakiyama	JPN	5.4.96	1	NC	Tokyo	5 Jul 2025
86.83		Ryohei Arai	JPN	23.6.91	1	Kokutai	Isahaya	27 Oct 2014
86.64		Huang Shih-Feng	TPE	2.3.92	3	WUG	Taipei	26 Aug 2017
86.50	NR	Rumesh Tharanga Pathirage	SRI	21.3.03	1	WACT	Bhubaneswar	10 Aug 2025
<b>DECATHLON</b>								
8725	AR	Dmitriy Karpov	KAZ	23.7.81	3	OlyG	Athens	24 Aug 2004
8445	NR	Ramil Ganiyev	UZB	23.9.68	5	WCh	Athens	6 Aug 1997
8308	NR	Keisuke Ushiro	JPN	24.7.86	1	NC	Nagano	1 Jun 2014
8290	NR	Qi Haifeng	CHN	7.8.83	4	Hypo	Gotzis	29 May 2005
8278		Oleg Veretelnikov	UZB	22.1.72	1	AsiG	Bangkok	18 Dec 1998
8180		Akihiko Nakamura	JPN	23.10.90	1	NC	Nagano	12 Jun 2016
8054		Yuma Maruyama	JPN	3.6.98	1		Nagano	13 Oct 2025
8036		Pavel Andreyev	UZB	24.11.78	1	Uzb Cup	Tashkent	21 May 2004
8021		Vitaliy Smirnov	UZB	25.10.78	1	AsiCh	Manila	23 Sep 2003
8010	NR	Yang Chuan-Kwang	TPE	10.7.33	1		Walnut	28 Apr 1963
<b>20 KM Walk</b>								
1:16:10	WR	Toshikazu Yamanishi	JPN	15.2.96	1		Kobe	16 Feb 2025
1:16:36		Yusuke Suzuki	JPN	2.1.88	1	AsiRWch	Nomi	15 Mar 2015
1:16:51		Koki Ikeda	JPN	3.5.98	1	NC	Kobe	18 Feb 2024
1:16:54	NR	Wang Kaihua	CHN	16.2.94	1	NC	Huangshan	20 Mar 2021
1:17:24		Masatora Kawano	JPN	23.10.98	2	AsiRWch	Nomi	17 Mar 2019
1:17:24		Satoshi Maruo	JPN	28.11.91	2		Kobe	16 Feb 2025
1:17:26		Eiki Takahashi	JPN	19.11.92	1	NC	Kobe	18 Feb 2018
1:17:26		Zhang Jun	CHN	20.7.98	1	NGP	Taicang	3 Mar 2024
1:17:30		Wang Zhaozhao	CHN	1.9.99	1		Taicang	1 Mar 2025
1:17:33		Cui Lihong	CHN	13.5.99	2		Taicang	1 Mar 2025
<b>35 KM Walk</b>								
2:21:47	AR	Masatora Kawano	JPN	23.10.98	1	NC	Takahata	27 Oct 2024
2:22:55	NR	He Xianghong	CHN	1.7.98	1		Hangshan	4 Mar 2023
2:23:13		Tomohiro Noda	JPN	24.1.96	1	NC	Wajima	16 Apr 2023
2:24:24		Satoshi Maruo	JPN	28.11.91	2	NC	Takahata	27 Oct 2024
2:24:38		Hayato Katsuki	JPN	28.11.90	1		Nomi	16 Mar 2025
2:25:32		Wang Qin	CHN	8.5.94	1	NGP	Hefei	29 Mar 2025
2:25:45		Kazuki Takahashi	JPN	17.6.96	5		Nomi	16 Mar 2025
2:25:50		Subaru Ishida	JPN	4.6.99	6		Nomi	16 Mar 2025
2:25:54		Zhou Yingcheng	CHN	6.10.00	2	NGP	Hefei	29 Mar 2025
2:25:56		Zhang Jinrui	CHN	24.8.01	3	NGP	Hefei	29 Mar 2025
<b>4 x 100m Relay</b>								
37.43	AR	National Team	JPN		3	WCh	Doha	5 Oct 2019
37.79	NR	National Team	CHN		3h2	WCh	Doha	4 Oct 2019
38.28	NR	National Team	THA		1	SEAG	Bangkok	15 Dec 2025
38.47	NR	Hong Kong, China Team	HKG		1	TaiwanOpn	Taipei	26 May 2012
38.49	NR	National Team	KOR		1	AsiCh	Gumi	31 May 2025
38.69	NR	Reliance Team (India)	IND		1	IndOpnR	Chandigarh	30 Apr 2025
38.76	NR	National Team	TPE		1h2	TaiwanOpn	Taipei	25 May 2019
38.77	NR	National Team	INA		2	AsiG	Jakarta	30 Aug 2018
38.98	NR	National Team	KSA		1	Gulf Ch	Qatif	28 Mar 2002
39.01	NR	National Team	BRN		2	Solidarity	Konya	12 Aug 2022
<b>4 x 400m Relay</b>								
2:58.33	AR	National Team	JPN		6	OlyG	Paris	10 Aug 2024
2:59.05	NR	National Team	IND		2h1	WCh	Budapest	26 Aug 2023
3:00.15	NR	National Team	QAT		2h1	WCh	Tokyo	20 Sep 2025
3:00.77	NR	National Team	CHN		5h1	WCh	Tokyo	20 Sep 2025
3:01.56	NR	National Team	SRI		1	AsiCh	Bangkok	16 Jul 2023

3:02.30	NR	National Team	KSA		1	AsiG	Guangzhou	26 Nov 2010
3:03.07	NR	National Team	THA		1	SEAG	Bangkok	16 Dec 2025
3:03.85	NR	National Team	VIE		2	SEAG	Bangkok	16 Dec 2025
3:03.97	NR	National Team	BRN		5	AsiG	Jakarta	30 Aug 2018
3:04.03	NR	National Team	KOR		2	AsiG	Incheon	2 Oct 2014
3:04.82	NR	National Team	KUW		1	CISM	Beyrouth	4 Jul 2001

**WOMEN****100m**

10.79	AR	0.0	Li Xuemei	CHN	5.1.77	1	NatG	Shanghai	18 Oct 1997
10.89		0.0	Liu Xiaomei	CHN	11.1.72	2	NatG	Shanghai	18 Oct 1997
10.99		1.2	Wei Yongli	CHN	11.10.91	1h1	Resisprint	La Chaux-de-Fonds	1 Jul 2018
11.04	NR	2.0	Lyubov Perepelova	UZB	26.2.79	1h-		Bishkek	3 Jun 2000
11.04	NR	-0.3	Susanthika Jayasinghe	SRI	17.12.75	1	Super	Yokohama	9 Sep 2000
11.04		0.4	Ge Manqi	CHN	13.10.97	1rB	Athletissima	Lausanne	5 Jul 2019
11.05	NR	0.9	Ofonime Odiong	BRN	13.3.97	1		Durham	14 May 2022
11.06		-0.6	Tian Yumei	CHN	28.12.65	2s1	NatG	Shanghai	17 Oct 1997
11.09		0.0	Pei Fang	CHN	1.2.72	2s2	NatG	Shanghai	17 Oct 1997
11.09		0.8	Olga Safronova	KAZ	5.11.91	1	Kaz Cup	Almaty	24 May 2016

**200m**

22.01	AR	0.0	Li Xuemei	CHN	5.1.77	1	NatG	Shanghai	22 Oct 1997
22.28	NR	0.7	Susanthika Jayasinghe	SRI	17.12.75	2	OlyG	Sydney	28 Sep 2000
22.36		0.0	Liu Xiaomei	CHN	11.1.72	2	NatG	Shanghai	22 Oct 1997
22.43	NR	0.9	Ofonime Odiong	BRN	13.3.97	3s1	NCAA	Eugene	9 Jun 2022
22.45		0.0	Salwa Eid Naser	BRN	23.5.98	1		Bayaguana	29 Mar 2025
22.48		0.1	Damayanthi Dharsha	SRI	13.2.75	1	AsiG	Bangkok	18 Dec 1998
22.53		1.7	Du Xiujie	CHN	27.11.71	1	WUG	Fukuoka	30 Aug 1995
22.56	NR	-0.3	Wang Huei-Chen	TPE	21.2.70	1		Ilan	30 Oct 1992
22.56		-2.1	Chen Zhaojing	CHN	5.4.69	1	NatG	Beijing	13 Sep 1993
22.57	NR	-0.4	Shanti Veronica Perera	SGP	20.9.96	2h3	WCh	Budapest	23 Aug 2023

**400m**

48.14	AR		Salwa Eid Naser	BRN	23.5.98	1	WCh	Doha	3 Oct 2019
49.81	NR		Ma Yuqin	CHN	17.9.72	1	NatG	Beijing	11 Sep 1993
50.01	<b>WYB</b>		Li Jing	CHN	14.2.80	1	NatG	Shanghai	18 Oct 1997
50.39			Du Xiujie	CHN	27.11.71	1		Beijing	18 Aug 1995
50.53			Kemi Adekoya	BRN	16.1.93	1h2	AsiG	Hangzhou	29 Sep 2023
50.68	NR		Tatyana Khadjimuratova	KAZ	28.9.80	1	Qosanov	Almaty	5 Jun 2004
50.79	NR		Hima Das	IND	9.1.00	2	AsiG	Jakarta	26 Aug 2018
50.92			Kiran Pahal	IND	5.8.00	1s2	NC	Panchula	27 Jun 2024
51.05	NR		Damayanthi Dharsha	SRI	13.2.75	1	AsiCh	Jakarta	30 Aug 2000
51.05			Manjeet Kaur	IND	24.4.82	1		Chennai	16 Jun 2004

**800m**

1:55.54	AR		Liu Dong	CHN	24.12.73	1	NatG	Beijing	9 Sep 1993
1:56.24			Qu Yunxia	CHN	4.10.72	2	NatG	Beijing	9 Sep 1993
1:56.96			Liu Li	CHN	12.3.71	1h1	NatG	Beijing	8 Sep 1993
1:57.00			Wang Chunyu	CHN	17.1.95	5	OlyG	Tokyo	3 Aug 2021
1:57.18	<b>WYB</b>		Wang Yuan	CHN	8.4.76	2h1	NatG	Beijing	8 Sep 1993
1:57.62			Lang Yinglai	CHN	22.8.79	1	NatG	Shanghai	22 Oct 1997
1:57.69	NR		Nelly Jepkosgei	BRN	14.7.91	1		Trier	6 Sep 2024
1:57.77			Lu Yi	CHN	10.4.74	4	NatG	Beijing	9 Sep 1993
1:57.80			Maryam Jamal	BRN	16.9.84	2	Weltklasse	Zurich	29 Aug 2008
1:58.0	<i>m</i>		Shin Keum Dan	PRK	3.7.38	1		Pyongyang	5 Sep 1964

**1500m**

3:50.46	AR		Qu Yunxia	CHN	4.10.72	1	NatG	Beijing	11 Sep 1993
3:50.98			Jiang Bo	CHN	13.3.77	1	NatG	Shanghai	18 Oct 1997
3:51.34	<b>WJR</b>		Lang Yinglai	CHN	22.8.79	2	NatG	Shanghai	18 Oct 1997
3:51.92			Wang Junxia	CHN	9.1.73	2	NatG	Beijing	11 Sep 1993
3:53.91			Yin Lili	CHN	11.11.79	3	NatG	Shanghai	18 Oct 1997
3:53.97			Lan Lixin	CHN	14.2.79	4	NatG	Shanghai	18 Oct 1997
3:54.52	<b>WYB</b>		Zhang Ling	CHN	13.4.80	5	NatG	Shanghai	18 Oct 1997
3:55.07			Dong Yanmei	CHN	16.2.77	6	NatG	Shanghai	18 Oct 1997
3:56.18	NR		Maryam Jamal	BRN	16.9.84	1		Rieti	27 Aug 2006

3:56.31		Liu Dong	CHN	24.12.73	5h2	NatG	Shanghai	17 Oct 1997
<b>3000m</b>								
8:06.11	WR	Wang Junxia	CHN	9.1.73	1	NatG	Beijing	13 Sep 1993
8:12.18		Qu Yunxia	CHN	4.10.72	2	NatG	Beijing	13 Sep 1993
8:16.50		Zhang Linli	CHN	6.3.73	3	NatG	Beijing	13 Sep 1993
8:19.78		Ma Liyan	CHN	6.9.68	3h2	NatG	Beijing	12 Sep 1993
8:21.84		Zhang Lirong	CHN	3.3.73	5	NatG	Beijing	13 Sep 1993
8:28.87	NR	Maryam Jamal	BRN	16.9.84	1	BislettG	Oslo	29 Jul 2005
8:30.00		Mimi Belete	BRN	9.6.88	8	DL	Doha	9 May 2014
8:33.07		Dong Yanmei	CHN	16.2.77	1	Tsiklitiria	Athens	28 Jun 2000
8:34.09	NR	Nozomi Tanaka	JPN	4.9.99	10	BislettG	Oslo	30 May 2024
8:34.65		Kalkidan Gezahegne	BRN	8.5.91	4	Hanzekovic	Zagreb	4 Sep 2018
<b>5000m</b>								
14:28.09	AR	Jiang Bo	CHN	13.3.77	1	NatG	Shanghai	23 Oct 1997
14:29.18	NR	Nozomi Tanaka	JPN	4.9.99	3	Van Damme	Brussels	8 Sep 2023
14:29.82		Dong Yanmei	CHN	16.2.77	2	NatG	Shanghai	23 Oct 1997
14:32.33		Liu Shixiang	CHN	13.1.71	3h1	NatG	Shanghai	21 Oct 1997
14:39.96	AJR	Yin Lili	CHN	11.11.79	4	NatG	Shanghai	23 Oct 1997
14:40.41		Sun Yingjie	CHN	3.10.77	1	AsiG	Busan	12 Oct 2002
14:41.99	NR	Winfred Yavi	BRN	31.12.99	2		Liege	19 Jun 2024
14:43.64		Xing Huina	CHN	25.2.84	5	WCh	Helsinki	13 Aug 2005
14:45.33		Lan Lixin	CHN	14.2.79	2h2	NatG	Shanghai	21 Oct 1997
14:45.69	NR	Daisy Jepkemei	KAZ	13.2.96	1		Montreuil	2 Jun 2022
<b>10,000m</b>								
29:31.78	AR	Wang Junxia	CHN	9.1.73	1	NatG	Beijing	8 Sep 1993
29:50.77	NR	Kalkidan Gezahegne	BRN	8.5.91	2		Maia	8 May 2021
30:07.20		Sun Yingjie	CHN	3.10.77	3	WCh	Paris	23 Aug 2003
30:13.37		Zhong Huandi	CHN	17.1.68	2	NatG	Beijing	8 Sep 1993
30:17.64	NR	Caroline Kipkirui	KAZ	26.5.94	7	WCh	Eugene	16 Jul 2022
30:20.44	NR	Hitomi Niiya	JPN	26.2.88	1	NC	Osaka	4 Dec 2020
30:24.36		Xing Huina	CHN	25.2.84	1	OlyG	Athens	27 Aug 2004
30:38.09		Dong Yanmei	CHN	16.2.77	1	NatG	Shanghai	19 Oct 1997
30:39.41		Lan Lixin	CHN	14.2.79	2	NatG	Shanghai	19 Oct 1997
30:39.71		Ririka Hironaka	JPN	24.11.00	12	WCh	Eugene	16 Jul 2022
<b>Marathon</b>								
2:18:59	AR	Honami Maeda	JPN	17.7.96	2		Osaka	28 Jan 2024
2:19:12		Mizuki Noguchi	JPN	3.7.78	1	Real	Berlin	25 Sep 2005
2:19:24		Hitomi Niiya	JPN	26.2.88	1		Houston	15 Jan 2023
2:19:39	NR	Sun Yingjie	CHN	3.10.77	1		Beijing	19 Oct 2003
2:19:41		Yoko Shibui	JPN	14.3.79	1	Real	Berlin	26 Sep 2004
2:19:46		Naoko Takahashi	JPN	6.5.72	1		Berlin	30 Sep 2001
2:19:51		Zhou Chunxiu	CHN	15.11.78	1		Seoul	12 Mar 2006
2:20:02	NR	Eunice Chumba	BRN	23.5.93	3		Seoul	17 Apr 2022
2:20:07		Desi Jisa Mokonin	BRN	12.7.97	6		Tokyo	2 Mar 2025
2:20:29		Mao Ichiyama	JPN	29.5.97	1		Nagoya	8 Mar 2020
<b>3000m Steeplechase</b>								
8:44.39	AR	Winfred Yavi	BRN	31.12.99	1	Ggala	Rome	30 Aug 2024
8:52.78		Ruth Jebet	BRN	17.11.96	1		Paris	27 Aug 2016
8:53.02	NR	Norah Jeruto	KAZ	2.10.95	1	WCh	Eugene	20 Jul 2022
9:12.46	NR	Parul Chaudhary	IND	15.4.95	2	AsiCh	Gumi	30 May 2025
9:15.77		Daisy Jepkemei	KAZ	13.2.96	1	Bauhaus	Stockholm	30 Jun 2022
9:19.76		Lalita Babar	IND	2.6.89	4h2	OlyG	Rio de Janeiro	13 Aug 2016
9:20.32	NR	Zhang Xinyan	CHN	9.2.94	1		Shaoxing	8 Apr 2021
9:20.65		Tigist Mekonen	BRN	7.7.97	8	Hercules	Monaco	17 Jul 2015
9:24.72	NR	Miu Saitou	JPN	22.6.02	6h3	WCh	Tokyo	15 Sep 2025
9:26.25		Liu Nian	CHN	26.4.88	1	CityG	Wuhan	2 Nov 2007
<b>100m Hurdles</b>								
12.44	AR	-0.8 Olga Shishigina	KAZ	23.12.68	1		Luzern	27 Jun 1995
12.64	NR	0.1 Zhang Yu	CHN	8.4.71	1	NatG	Beijing	8 Sep 1993
12.68		0.9 Natalya Ivoninskaya	KAZ	22.2.85	1	NC	Almaty	19 Jun 2012
12.69		1.3 Anastasiya Vinogradova	KAZ	13.9.86	1	Kolpakova	Bishkek	9 Jun 2012
12.69	NR	1.2 Mako Fukube	JPN	28.10.95	1		Hiratsuka	20 Jul 2024
12.71		0.7 Hitomi Nakajima	JPN	13.7.95	1		Tampere	23 Jul 2025
12.72		0.0 Wu Shuijiao	CHN	19.6.91	1	AsiG	Incheon	1 Oct 2014

12.73	-0.8	Liu Huajin	CHN	7.2.60	1		Beijing	2 Oct 1990
12.73	NR	1.1 Trecia Roberts	THA	4.2.71	1r1		Flagstaff	13 Jul 1998
12.74	0.0	Zeng Yan	CHN	29.6.76	1	NatG	Shanghai	18 Oct 1997
12.74	0.0	Lin Yuwei	CHN	2.5.99	1	AsiG	Hangzhou	1 Oct 2023
12.74	0.2	Wu Yanni	CHN	28.7.97	1	NGP	Rizhao	30 Jun 2024
<b>400m Hurdles</b>								
53.09	AR	Kemi Adekoya	BRN	16.1.93	4	WCh	Budapest	24 Aug 2023
53.96	NR	Han Qing	CHN	4.3.70	1	NatG	Beijing	9 Sep 1993
53.96	NR	Song Yinglan	CHN	14.9.75	1	NatG	Guangzhou	22 Nov 2001
54.00		Huang Xiaoxiao	CHN	3.3.83	2s2	WCh	Osaka	28 Aug 2007
54.40	AJR	Wang Xing	CHN	30.11.86	2	NatG	Nanjing	21 Oct 2005
54.50		Natalya Alimzhanova	KAZ	4.10.68	1		Santo Antonio	27 May 2000
54.52		Leng Xueyan	CHN	11.1.72	3	NatG	Beijing	9 Sep 1993
54.63		Mo Jiadie	CHN	6.1.00	3h5	WCh	Tokyo	15 Sep 2025
54.78		Tatyana Azarova	KAZ	2.12.85	1		Almaty	11 May 2007
54.93		Li Rui	CHN	22.11.79	3	NatG	Shanghai	22 Oct 1997
<b>HIGH JUMP</b>								
2.00	AR	Nadezhda Dubovitskaya	KAZ	12.3.98	1	NC	Almaty	8 Jun 2021
1.99		Marina Aitova	KAZ	13.9.82	1	Tsiklitiria	Athens	13 Jul 2009
1.97	NR	Jin Ling	CHN	25.1.67	1		Hamamatsu	7 May 1989
1.97		Svetlana Zalevska	KAZ	14.6.73	1		Pierre-Benite	14 Jun 1996
1.97	NR	Tatyana Efimenko	KGZ	2.1.81	6	GGala	Rome	11 Jul 2003
1.97		Svetlana Radzivil	UZB	17.1.87	6	OlyG	London	11 Aug 2012
1.97		Safina Sadullayeva	UZB	4.3.98	1		Konya	11 Aug 2022
1.96		Yang Wenqin	CHN	30.4.60	1		Beijing	26 May 1985
1.96	NR	Miki Imai	JPN	30.5.75	2	Super	Yokohama	15 Sep 2001
1.96		Zheng Xingjuan	CHN	20.3.89	1	NC	Suzhou	12 Oct 2014
1.96		Kristina Ovchinnikova	KAZ	21.3.01	2	NC	Almaty	8 Jun 2021
<b>Better Indoor Marks</b>								
1.98	AIR	Svetlana Zalevska	KAZ	14.6.73	1		Samara	4 Mar 1996
1.96		Nadezhda Dusanova	UZB	17.11.87	1	NIC	Tashkent	20 Feb 2009
<b>POLEVAULT</b>								
4.72	AR	Li Ling	CHN	6.7.89	2	DL	Shanghai	18 May 2019
4.70		Xu Huiqin	CHN	4.9.93	3		Jockgrim	17 Jul 2019
4.65		Niu Chung	CHN	14.2.00	1		Nanjing	1 May 2025
4.64		Gao Shuying	CHN	28.10.79	2		Randalls Island	2 Jun 2007
4.55		Chen Qiaoling	CHN	22.11.99	3		Chongqing	25 Jun 2021
4.50		Li Caixia	CHN	23.8.87	4	Cont Cup	Split	4 Sep 2010
4.50		Ren Mengqian	CHN	4.10.93	1	NGP	Taiyuan	12 May 2015
4.50		Song Tingting	CHN	8.10.93	2		Shaoxing	9 Apr 2021
4.48	NR	Misaki Morota	JPN	6.10.98	2	AsiG	Hangzhou	2 Oct 2023
4.45	AJR	Zhang Yingning (also AYR)	CHN	6.1.90	1		Changsha	29 Oct 2006
4.45		Zhou Yang	CHN	16.5.88	1		Suzhou	28 Jun 2008
<b>Better Indoor Marks</b>								
4.46		Zhang Yingning	CHN	6.1.90	1	NGP	Shanghai	15 Mar 2007
4.45		Zhao Yingning	CHN	15.2.86	3		Madrid	24 Feb 2005
<b>LONG JUMP</b>								
7.01	AR	1.4 Yao Weili	CHN	6.5.65	1	NC	Jinan	4 Jun 1993
6.97		1.3 Ma Miaolan	CHN	18.1.70	-	NatG	Beijing	10 Sep 1993
6.97	NR	0.5 Sumire Hata	JPN	4.5.96	1	AsiCh	Bangkok	14 Jul 2023
6.95		1.7 Guan Yingnan	CHN	25.4.77	1	NGP	Tianjin	3 May 2000
6.92		1.7 Liu Shuzhen	CHN	7.5.66	1	NC	Beijing	24 Jun 1990
6.89		1.8 Wang Chunfang	CHN	17.3.70	1	NC	Beijing	2 Jun 1991
6.88		0.3 Xiong Qiyang	CHN	14.10.67	2		Tianjin	1 Sep 1988
6.86		1.6 Kumiko Imura	JPN	10.1.81	1	GP	Osaka	6 May 2006
6.85	-0.7	Olga Rypakova	KAZ	30.11.84	1	WUG	Bangkok	10 Aug 2007
6.84		Yang Juan	CHN	5.9.69	1		Beijing	18 Apr 1992
6.84	1.2	Konomi Kai	JPN	10.7.93	1		Konosu	24 Oct 2015
<b>TRIPLE JUMP</b>								
15.25	AR	1.7 Olga Rypakova	KAZ	30.11.84	1	Cont Cup	Split	4 Sep 2010
14.90	NR	1.0 Xie Limei	CHN	27.6.86	1		Urumqi	20 Sep 2007
14.72		1.8 Huang Qiuyan	CHN	25.1.80	1	NatG	Guangzhou	22 Nov 2001
14.66		1.9 Ren Ruiping	CHN	1.2.76	1	Mikio Oda	Hiroshima	29 Apr 1997

14.55		0.9	Li Huirong	CHN	14.4.65	1		Sapporo	19 Jul 1992
14.55	NR	1.8	Anastasiya Juravlyeva	UZB	9.10.81	1		Hania	6 Jun 2005
14.48		1.1	Irina Ektova	KAZ	8.1.87	2	NC	Almaty	27 Jul 2011
14.46		1.0	Peng Fengmei	CHN	9.7.79	1	NGP	Chengdu	18 Apr 1998
14.39		-0.5	Wu Lingmei	CHN	16.2.73	2		Beijing	6 Jun 1998
14.35		0.3	Li Yanmei	CHN	6.2.90	2	DL	Shanghai	15 May 2011
14.35		1.4	Aleksandra Kotlyarova	UZB	10.10.88	1	Uzb Cup	Tashkent	12 Jun 2011
<b>SHOT PUT</b>									
21.76	AR		Li Meisu	CHN	17.4.59	1		Shijiazhuang	23 Apr 1988
21.66			Sui Xinmei	CHN	29.1.65	1		Beijing	9 Jun 1990
21.52			Huang Zhihong	CHN	7.5.65	1		Beijing	27 Jun 1990
20.58			Gong Lijiao	CHN	24.1.89	1	OlyG	Tokyo	1 Aug 2021
20.54			Zhang Liuhong	CHN	16.1.69	1	NC	Beijing	5 Jun 1994
20.47			Cong Yuzhen	CHN	22.1.63	2		Tianjin	3 Sep 1988
20.40			Zhou Tianhua	CHN	10.4.66	1		Beijing	5 Sep 1991
20.38			Song Jiayuan	CHN	15.9.97	1		Shanghai	16 Jun 2022
20.06			Zhen Wenhua	CHN	18.3.67	2		Beijing	5 Sep 1991
20.02	AJR		Cheng Xiaoyan	CHN	30.11.75	3	NC	Beijing	5 Jun 1994
<b>Better Indoor Marks</b>									
20.08			Li Xiaoyun	CHN	11.7.71	1		Jinan	16 Jan 1993
<b>DISCUS THROW</b>									
71.68	AR		Xiao Yanling	CHN	27.3.68	1		Beijing	14 Mar 1992
69.12			Feng Bin	CHN	3.4.94	1	WCh	Eugene	20 Jul 2022
68.62			Yu Hourun	CHN	9.7.64	1		Beijing	6 May 1988
68.62			Hou Xuemei	CHN	27.2.62	1		Tianjin	4 Sep 1988
67.98			Li Yanfeng	CHN	15.5.79	1		Schonebeck	5 Jun 2011
67.86			Gu Siyu	CHN	11.2.93	1		Wiesbaden	19 May 2013
67.50			Li Qiumei	CHN	26.9.74	1		Beijing	10 May 1994
67.03			Chen Yang	CHN	10.7.91	1		Osterode	2 Jun 2018
66.76			Min Chunfeng	CHN	17.3.69	1		Dalian	7 May 1991
66.60			Qiu Qiaoping	CHN	31.10.71	1		Hiroshima	30 Apr 1994
<b>HAMMER THROW</b>									
77.68	AR		Wang Zheng	CHN	14.12.87	1		Chengdu	29 Mar 2014
77.60			Zhao Jie	CHN	13.10.02	2	WCh	Tokyo	15 Sep 2025
77.33			Zhang Wenxiu	CHN	22.3.86	1	AsiG	Incheon	28 Sep 2014
77.24	WJR		Zhang Jiale	CHN	22.10.06	1	NC	Quzhou	2 Aug 2025
75.07			Li Jiangyan	CHN	22.5.99	3	NatG	Guangzhou	20 Nov 2025
75.02			Luo Na	CHN	8.10.93	1		Halle	26 May 2018
74.65			Gao Jinyao	CHN	30.4.04	1		Yulin	13 Jul 2025
73.31			Ji Li	CHN	14.12.00	1		Kladno	13 Jun 2023
73.06			Liu Tingting	CHN	29.1.90	4		Halle	17 May 2014
72.51			Liu Yinghui	CHN	29.6.79	2	WUG	Izmir	16 Aug 2005
<b>JAVELIN THROW</b>									
67.98	AR		Lu Huihui	CHN	26.6.89	1		Shenyang	2 Aug 2019
67.38	NR		Haruka Kitaguchi	JPN	16.3.98	1	Van Damme	Brussels	8 Sep 2023
67.29			Liu Shiyang	CHN	24.9.93	1	NC	Shaoxing	15 Sep 2020
66.25			Li Lingwei	CHN	26.1.89	2	WCh	London	9 Aug 2017
65.89	WJR		Yan Ziyi	CHN	22.5.08	1	NC	Quzhou	3 Aug 2025
65.47			Zhang Li	CHN	17.1.89	1	AsiG	Incheon	1 Oct 2014
64.98			Yu Yuzhen	CHN	5.3.98	2		Xi'an	28 Apr 2021
64.38			Dai Qianqian	CHN	23.8.00	2		Shaoxing	3 May 2025
63.92			Wei Jianhua	CHN	23.3.79	1		Beijing	1 Sep 2000
63.82	NR		Annu Rani	IND	29.8.92	1		Jamshedpur	8 May 2022
<b>HEPTATHLON</b>									
6942	AR		Ghada Shouaa	SYR	10.9.72	1		Gotzis	26 May 1996
6750	NR		Ma Miaolan	CHN	18.1.70	1	NatG	Beijing	12 Sep 1993
6394			Zhu Yuqing	CHN	22.4.63	2	NatG	Beijing	12 Sep 1993
6358			Zheng Ninali	CHN	19.11.98	1		Arona	13 Jun 2021
6346	NR		Yekaterina Voronina	UZB	16.2.92	1	NC	Tashkent	29 May 2021
6263			Shen Shengfei	CHN	21.1.81	1	NatG	Guangzhou	18 Nov 2001
6262			Dong Yuping	CHN	1.3.63	2	NatG	Guangzhou	28 Nov 1987
6249			Wu Shuling	CHN	27.8.73	3	NatG	Beijing	12 Sep 1993
6228			Svetlana Kazanina	KAZ	31.10.71	1		Tashkent	10 Jun 1999

6211	NR	J.J. Shobha	IND	14.1.78	1		New Delhi	17 Mar 2004
<b>20 KM Walk</b>								
1:23:49	WR	Yang Jiayu	CHN	18.2.96	1	NC	Huangshan	20 Mar 2021
1:24:27		Liu Hong	CHN	12.5.87	2	NC	Huangshan	20 Mar 2021
1:24:45		Qieyang Shenjie	CHN	11.11.90	3	NC	Huangshan	20 Mar 2021
1:25:12		Lu Xiuzhi	CHN	26.10.93	1		Beijing	20 Mar 2015
1:25:59		Yang Liujing	CHN	22.8.98	5	NC	Huangshan	20 Mar 2021
1:26:07		Ma Zhenxia	CHN	1.8.98	1	NGP	Taicang	3 Mar 2024
1:26:18	NR	Nanako Fujii	JPN	7.5.99	3	WCh	Tokyo	20 Sep 2025
1:26:22		Wang Yan	CHN	3.5.71	1	NatG	Guangzhou	19 Nov 2001
1:26:23		Wang Liping	CHN	8.7.76	2	NatG	Guangzhou	19 Nov 2001
1:26:29		Wang Na	CHN	29.5.95	2	NGP	Huangshan	4 Mar 2017
<b>35 KM Walk</b>								
2:38:42	AR	Liu Hong	CHN	12.5.87	-	NC	Wajima	16 Apr 2023
2:40:37		Qieyang Shenjie	CHN	11.11.90	3	WCh	Eugene	22 Jul 2022
2:40:49		Ma Li	CHN	15.1.00	1	NGP	Hefei	29 Mar 2025
2:40:59		Bai Xueying	CHN	26.4.00	1		Huangshan	4 Mar 2023
2:42:34		Yin Hang	CHN	7.2.97	2	NGP	Hefei	29 Mar 2025
2:42:39		Li Maocuo	CHN	20.10.92	3		Huangshan	4 Mar 2023
2:42:52		Yin Lamei	CHN	21.12.02	4		Huangshan	4 Mar 2023
2:43:25		Wu Quanming	CHN	16.11.01	1		Nanjing	22 Jan 2022
2:43:29		Peng Li	CHN	27.8.02	4	WCh	Tokyo	13 Sep 2025
2:44:11	NR	Kumiko Okada (10)	JPN	17.10.91	1	NC	Wajima	16 Apr 2023
<b>4 x 100m Relay</b>								
42.23	AR	National Team	CHN		1	NatG	Shanghai	23 Oct 1997
42.73	NR	National Team	BRN		1	AsiG	Jakarta	30 Aug 2018
42.92	NR	National Team	KAZ		1		Almaty	4 Jul 2016
43.33	NR	National Team	JPN		7h1	WCh	Eugene	22 Jul 2022
43.37	NR	National Team	IND		1		Patiala	21 Jun 2021
43.38	NR	National Team	THA		2	AsiGP	Nakhon Ratchasima	26 Jun 2008
43.88	NR	National Team	VIE		1	SEAG	Kuala Lumpur	25 Aug 2017
43.89	NR	National Team	SRI		5h1	WCh	Edmonton	11 Aug 2001
43.97	NR	National Team	PHI		3	SEAG	Bangkok	15 Dec 2025
44.41	NR	National Team	SGP		4	SEAG	Bangkok	15 Dec 2025
<b>4 x 400m Relay</b>								
3:24.28	AR	National Team	CHN		1	NatG	Beijing	13 Sep 1993
3:26.89	NR	National Team	IND		3h2	OlyG	Athens	27 Aug 2004
3:27.65	NR	National Team	BRN		1	AsiG	Hangzhou	4 Oct 2023
3:28.91	NR	National Team	JPN		7h2	WCh	Beijing	29 Aug 2015
3:30.03	NR	National Team	KAZ		2	AsiG	Guangzhou	26 Nov 2010
3:30.81	NR	National Team	VIE		1	AsiRelays	Bangkok	21 May 2024
3:30.88	NR	National Team	SRI		3	AsiG	Hangzhou	4 Oct 2023
3:33.07	NR	National Team	UZB		1		Bangkok	18 May 2000
3:33.16	NR	National Team	THA		4	AsiG	Incheon	2 Oct 2014
3:35.10	NR	National Team	MYA		-		Rangoon	30 Aug 2005

**Heinrich Hubbeling** started compiling Asian athletics annual and all-time top lists when his predecessor, Rolf von der Laage, stopped doing it. Hubbeling is a retired banker in Germany and is publishing the Asian lists since 1989.

**Ramanujachari (Ram) Muralikrishnan** has started collecting athletics-related information during his school days in order to set a target for himself and his fellow students and clubmates to attain greater goals. The doyen of Indian athletics heritage, Jal D. Pardivala, spotted his interest and helped nurture it to recommend him to join the Association of Track and Field Statisticians (ATFS) in 1982. *Murali*, as he is popularly known in his circle of friends, has produced his first publication on the eve of the Asian Games that year. An avid reader and writer, Murali used to contribute stats and news to various publications and the official websites of the Indian, Asian and World Athletics federations.

## Asia 2025 Ranking Lists

This list was compiled primarily by **Heinrich Hubbeling**, with assistance from **Ram. Muralikrishnan**. There are two sections in the list. The main part covers the Top-30 athletes and Top-10 performances for each event. The second part of the list covers the top performances by athletes from countries not included in the main list. However, such athletes are restricted to a maximum of four per country. For the first time ever, the list includes some popular non-Olympic events, such as 300m and 3000m on the track, 10KM and Half-Marathon on the road, as well as the 10,000m racewalking. The Mixed 4 x 100m Relay is also making its debut in these ranking lists.

We wish to acknowledge the following for their contributions in compiling these lists:

**-for general cooperation and results from various Champs/Meetings to:**

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**NOTES:**

- **Indoor performances have been included only if they are better than the outdoors.**
- **Wind assisted performances are included separately, provided they are better than the performances appeared on the list of legal marks.**
- **Hand-timed marks included in the main lists only for distances of 800m and above. For other events, they appeared separately at the bottom of the table.**
- **Relays: only the best performance for each country/team have been listed.**
- **The following list shows:**

**Performance, Record, Wind, Athlete's Name, Country, Date of Birth, Order of Finish, Meet abbreviations, Venue & Date.**

### MEN

#### 100m

9.94 NR	0.7	Puripol Boonson ( <i>also AJR</i> )	THA	13.1.06	1h1	SEAG	Bangkok	11 Dec 2025
9.99	1.5	Yoshihide Kiryu	JPN	15.12.95	1h2		Fujiyoshida	3 Aug 2025
10.00 AYR	1.7	Sorato Shimizu ( <i>also WYR</i> )	JPN	8.2.09	1	NSG	Hiroshima	26 Jul 2025
10.00	1.3	Yuhi Mori	JPN	14.12.03	1h3		Fujiyoshida	3 Aug 2025
10.00	0.3	Hiroki Yanagita	JPN	25.7.03	1	ANG	Fukui	16 Aug 2025
10.00	-0.5	<i>Puripol Boonson</i>			1	SEAG	Bangkok	11 Dec 2025
10.06	1.1	<i>Hiroki Yanagita</i>			1	Seiko GP	Tokyo	18 May 2025
10.06	0.2	Deng Xinrui	CHN	20.12.03	1	NC	Quzhou	3 Aug 2025
10.07	0.4	<i>Yoshihide Kiryu</i>			1h2		Eisenstadt	23 Jul 2025
10.08	1.3	<i>Yoshihide Kiryu</i>			3		Eisenstadt	23 Jul 2025

**(Top-10 performances by 6 athletes)**

10.08	0.9	Ryota Yamagata	JPN	10.6.92	1h3	ANG	Fukui	16 Aug 2025
10.08	0.3	Yuki Koike	JPN	13.5.95	2	ANG	Fukui	16 Aug 2025
10.08	1.7	Li Zeyang	CHN	22.7.00	1h2	NatG	Guangzhou	16 Nov 2025
10.09	0.5	Ali Anwar Al-Balushi (10)	OMA	9.2.02	1	WACT	Beijing	7 Sep 2025
10.11	1.1	Ryota Suzuki	JPN	25.6.99	2h1	ANG	Fukui	16 Aug 2025
10.11	0.9	Shuheji Tada	JPN	24.6.96	2h3	ANG	Fukui	16 Aug 2025
10.12	0.4	Naoki Inoue	JPN	16.9.03	1	Oda	Hiroshima	29 Apr 2025
10.12	1.3	Rikuto Higuchi	JPN	19.8.99	2h3		Fujiyoshida	3 Aug 2025
10.13	0.9	Abdulaziz Abdou Atafi	KSA	2.12.01	1	NC	Taif	16 May 2025
10.13	1.7	He Jinxian	CHN	13.11.06	2h2	NatG	Guangzhou	16 Nov 2025
10.14	1.8	Rai Atago	JPN	17.8.03	2s3		Hiratsuka	25 Apr 2025
10.14	1.1	Bruno Chikwadoro Dede	JPN	7.10.99	3	Kinami	Osaka	11 May 2025
10.14	1.4	Tatsuro Miyagi	JPN	7.11.97	1	Fuse Sprint	Tottori	1 Jun 2025
10.14	1.5	Wang Shenjie (20)	CHN	31.3.00	1h1	NatG	Guangzhou	16 Nov 2025
10.16	0.4	Riku Oishi	JPN	15.8.04	1s2		Hiratsuka	25 Apr 2025
10.16	0.7	Chen Jiapeng	CHN	5.7.02	2	NGP	Yulin	12 Jul 2025
10.16	0.4	Zeng Keli	CHN	28.9.06	3	NatG	Guangzhou	17 Nov 2025
10.17	0.5	Yugo Haitamataira	JPN	29.6.02	1h2	Seiko GP	Tokyo	18 May 2025
10.17	1.4	Sota Miwa	JPN	26.9.02	3	Fuse Sprint	Tottori	1 Jun 2025
10.17	1.8	Kosuke Kawata	JPN	22.3.03	1		Nagoya	13 Jul 2025
10.17	1.6	Yupun Abeykoon K M	SRI	31.12.94	1h1		Sestriere	10 Aug 2025
10.17	0.9	Naoki Okami	JPN	17.1.00	3h3	ANG	Fukui	16 Aug 2025
10.17	0.3	Kaito Kuroki	JPN	9.8.05	1	NatG	Hikone	6 Oct 2025
10.18	1.4	Lu Weiyl (30)	CHN	4.5.00	1	NGP	Zhaoqing	12 Apr 2025
10.18	1.6	Hikaru Ito	JPN	7.6.99	1rB	Fuse Sprint	Tottori	1 Jun 2025
10.18 NR	0.5	Animesh Kujur	IND	2.6.03	1rB	Dromia	Vari	5 Jul 2025
10.18	0.7	Deng Zhijian	CHN	5.3.02	3	NGP	Yulin	12 Jul 2025
10.18	0.4	Danish Iftikhar Muh. Roslee (34)	MAS	25.3.07	1h2	SEAG	Bangkok	11 Dec 2025
<b>Additional Non-JPN/CHN marks: {restricted to FOUR athletes per nation}</b>								
10.19	-0.6	Manikanta Hoblidhar	IND	5.11.01	1	NC	Ranchi	28 Sep 2025
10.19	0.4	Lalu Muhammad Zohri	INA	1.7.00	2h2	SEAG	Bangkok	11 Dec 2025
10.20	1.8	Gurindervir Singh	IND	24.12.00	1	NGP	Bengaluru	28 Mar 2025
10.20	-0.8	Hassan Taftian	IRI	4.5.93	1	Imam Reza	Mashhad	25 Apr 2025
10.20	0.1	Muhd Azeem Fahmi	MAS	29.4.04	6q1	East NCAA	Jacksonville	30 May 2025
10.20	0.6	Kim Si-On	KOR	26.4.99	1	Wangdo	Iksan	6 Jul 2025
10.21	1.9	Ali Mohamed Haji	BRN	7.3.05	1	UAE Cup	Abu Dhabi	26 Apr 2025
10.22	1.5	Abdullah Abkar Mohammed	KSA	1.6.97	2rB	MSR	Walnut	19 Apr 2025
10.22 NR	1.4	Saif Raad Abdel Wahed	IRQ	11.2.02	1	WestAsiGP	Doha	16 May 2025
10.22	1.4	Mulhim Darwish Al-Balushi	OMA	2.9.00	2	WestAsiGP	Doha	16 May 2025
10.22	0.2	Tamilarasu S	IND	20.5.02	1	NC-1	Chennai	20 Aug 2025
10.24	2.0	Vitaliy Zems	KAZ	29.3.96	1h-		Almaty	26 Jun 2025
10.26	1.4	Joel-Jin Nwamadi	KOR	6.2.06	2h2	EastAsiJr	Hongkong	27 Sep 2025
10.26	-0.9	Chen Wen-Pu	TPE	25.12.98	1h6	NatG	Yunlin	19 Oct 2025
10.27	0.5	Chamod Yodasinghe Y M	SRI	28.1.00	1rB	NGP	Dubai	9 May 2025
10.27 NR	0.8	Yip King Wai	HKG	3.3.05	4h4	NatG	Guangzhou	16 Nov 2025
10.29	-0.3	Daniel Kashama	KOR	17.3.03	1		Yecheon	5 Jun 2025
10.31	1.1	Marc Brian Louis	SGP	7.8.02	1		Hikone	9 Aug 2025
10.33	0.6	Lee Yong-Mun	KOR	4.12.99	2	Wangdo	Iksan	6 Jul 2025
10.33	0.2	Lee Jae-Sung	KOR	18.6.01	1		Yecheon	3 Sep 2025
10.34	1.4	Murtadha Azhar Hamid	IRQ	4.12.00	3	WestAsiGP	Doha	16 May 2025
10.35	1.6	Mohammed Dawood Abdullah	KSA	4.5.97	1h2	NC	Taif	16 May 2025
10.35		Abdulaziz Rabie Al-Jadani	KSA	30.3.96	1h4	NC	Taif	16 May 2025
10.35	0.4	Thawatchai Heem-Ead	THA	21.1.04	3h2	SEAG	Bangkok	11 Dec 2025
10.36	1.4	Salah Yunis	QAT	10.1.06	3h3	AsiCh	Gumi	27 May 2025
10.37	-0.3	Kwok Chun Ting	HKG	17.10.07	1		Hongkong	12 Apr 2025

10.37	1.9	Mohamed Hassan Al-Noubi	UAE	2.8.91	2	UAE Cup	Abu Dhabi	26 Apr 2025
10.38	1.1	Chung Tsz Sing	HKG	23.4.05	1s1	NC	Hongkong	10 May 2025
10.39	-0.8	Salem Saeed Al-Khalidi	BRN	19.9.98	1h1		Doha	7 Apr 2025
10.39	0.5	Mohammed Al-Balushi	OMA	6.10.96	2rB	NGP	Dubai	9 May 2025
10.39	1.1	Chan Yat Lok	HKG	6.1.07	2s1	NC	Hongkong	10 May 2025
10.40	-0.2	Aiman Ikhwan Yahya	MAS	9.5.07	1	NSG	Kangar	19 Aug 2025
10.40	0.4	Jonathan Nyepa	MAS	26.3.96	2	NC	Kangar	29 Aug 2025

10.41	1.0	Harb Saeed Sultan	QAT	25.10.06	4		Doha	25 May 2025
10.41	-0.1	Wei Tai-Sheng	TPE	20.8.00	1h4	NatG	Yunlin	19 Oct 2025
10.41	0.2	Muhammad Akbar Jabalu	INA	2008	1h1	SEAythCh	Medan	16 Nov 2025
10.42	1.8	Tamer Saleh	LBN	8.8.03	1rD	Jones	Gainesville	19 Apr 2025
10.42	0.0	Jo Kum Ryong	PRK	31.5.99	3h2	TaiwanOpn	Taipei	7 Jun 2025
10.42	-1.9	Benyamin Yousefi	IRI	15.10.02	1		Tehran	15 Aug 2025
10.43	1.9	Abdullah Moshood	UAE	23.2.08	4	UAE Cup	Abu Dhabi	26 Apr 2025
10.43	-0.6	Lin Yu-Tang	TPE	11.5.00	-s-	Int-Univ	Tainan	30 Apr 2025
10.43	0.1	Brandon Boyd Martinez	PHI	24.5.06	1h1	Shikoku	Kochi	23 Aug 2025

**Wind-assisted marks:**

9.92	3.3	Hiroki Yanagita	JPN	25.7.03	1h2	ANG	Fukui	16 Aug 2025
9.95	2.7	Chen Wen-Pu	TPE	25.12.98	1		Yunlin	20 Oct 2025
9.97	3.9	Yuhi Mori	JPN	14.12.03	1 {dv2}	Int-Univ	Sagamihara	9 May 2025
10.01	4.7	Muhd Azeem Fahmi	MAS	29.4.04	1h2		Boone	18 May 2025
10.02	4.5	Yuta Sekiguchi	JPN	4.11.04	2 {dv1}	Int-Univ	Sagamihara	9 May 2025
10.03	3.3	Ali Anwar Al-Balushi	OMA	9.2.02	1		Doha	7 Apr 2025
10.03	4.7	Yupun Abeykoon	SRI	31.12.94	1		Heusden	19 Jul 2025
10.04	4.5	Riku Oishi	JPN	15.8.04	3	Int-Univ	Sagamihara	9 May 2025
10.06	2.4	Kai Sugano	JPN	12.7.08	1rC	NSG	Hiroshima	26 Jul 2025
10.08	3.3	Rai Atago	JPN	17.8.03	2h2	ANG	Fukui	16 Aug 2025
10.13	3.3	Salem Saeed Al-Khalidi	BRN	19.9.98	2		Doha	7 Apr 2025
10.14	2.1	Towa Uzawa	JPN	25.11.02	1		Miyazaki	22 Mar 2025
10.14	2.9	Hikaru Ito	JPN	7.6.99	1		Tendo	19 Jul 2025
10.14	2.3	Yoshiki Kinashi	JPN	28.9.01	1p2	ANG	Fukui	15 Aug 2025
10.14	3.3	Aoto Suzuki	JPN	30.5.01	3h2	ANG	Fukui	16 Aug 2025
10.15	2.3	Kendai Katsuse	JPN	25.6.97	2p2	ANG	Fukui	15 Aug 2025
10.16	2.4	Ryo Wada	JPN	18.5.00	3		Sydney	15 Mar 2025
10.16	2.6	Zhu Yakun	CHN	18.3.03	1s2	NGP	Zhaoqing	12 Apr 2025
10.17	2.8	Yang Chun-Han	TPE	1.1.97	3h3		Clermont	26 Apr 2025
10.17	2.3	Hayato Suzuki	JPN	30.5.01	1p5	ANG	Fukui	15 Aug 2025
10.18	3.3	Kosuke Kawata	JPN	22.3.03	4h2	ANG	Fukui	16 Aug 2025
10.19	6.2	Wei Tai-Sheng	TPE	20.8.00	1s2	NatG	Yunlin	20 Oct 2025
10.20	2.8	Saif Raad Adel Wahed	IRQ	11.2.02	1		Sulymaniyah	17 Apr 2025
10.23	2.2	Lai Po-Hsiang	TPE	20.1.98	1s1	NatG	Yunlin	20 Oct 2025
10.23	4.0	Lin Yu-Hsien	TPE	3.6.01	2s3	NatG	Yunlin	20 Oct 2025
10.26	5.5	Jun Chae-Min	KOR	11.5.08	1s2	AYC	Qatif	16 Apr 2025
10.28	2.8	Murtadha Azhar Hamid	IRQ	4.12.00	2		Sulymaniyah	17 Apr 2025
10.29	7.5	Kim Jeong-Yoon	KOR	23.11.05	1	Int-Univ	Gimhae	1 Apr 2025
10.30	2.8	Rashid Abdulraouf	BRN	25.2.01	2		Ruston	19 Apr 2025
10.32	2.4	Lee Chang-Soo	KOR	29.6.97	1h7		Yecheon	5 Jun 2025
10.33	2.8	Hussein Ali Al-Khafaji	IRQ	29.6.97	3		Sulymaniyah	17 Apr 2025
10.34	2.8	Muhammad Umaira Subri	MAS	2007	1	SEAJrCh	Medan	16 Nov 2025
10.38	3.9	Jasper Koo Cheuk Fung	HKG	12.5.08	2s1	AYC	Qatif	16 Apr 2025
10.38	3.2	Zaid Al Awamleh	JOR	17.8.02	2h3		Guelph	20 Jul 2025
10.39	2.3	Noureddine Hadid	LBN	28.1.93	1		Beirut	22 Mar 2025

**Hand Timings:**

10.3 HT		Sami Ullah	PAK	10.9.95	1		Lahore	15 Feb 2025
10.3 HT		Lukman Gurbandurdiyev	TKM	6.11.99	1	NC	Ashgabat	25 Apr 2025

**200m**

20.07	NR	0.2	Puripol Boonson	THA	13.1.06	1	SEAG	Bangkok	13 Dec 2025
20.11		0.9	Towa Uzawa	JPN	25.11.02	1	ANG	Fukui	16 Aug 2025
20.12		0.8	<i>Towa Uzawa</i>			1	AsiCh	Gumi	31 May 2025
20.12		0.0	<i>Towa Uzawa</i>			1	NC	Tokyo	6 Jul 2025
20.13		0.8	<i>Towa Uzawa</i>			1h1	Shizuoka	Fukuroi	3 May 2025
20.14	NR	1.8	Abdulaziz Abdou Atafi	KSA	2.12.01	1	NC	Taif	17 May 2025
20.23		-0.1	<i>Towa Uzawa</i>			6s1	WCh	Tokyo	18 Sep 2025
20.28		0.9	<i>Towa Uzawa</i>			1h1	NC	Tokyo	5 Jul 2025
20.30		1.7	Shi Junhao	CHN	27.10.05	1	NatG	Guangzhou	19 Nov 2025
20.31		0.8	<i>Abdulaziz Abdou Atafi</i>			2	AsiCh	Gumi	31 May 2025
<b>(Top-10 performances by 4 athletes)</b>									
20.32	NR	0.8	Animesh Kujur	IND	2.6.03	3	AsiCh	Gumi	31 May 2025
20.41		0.8	Yudai Nishi	JPN	2.7.00	2h1	Shizuoka	Fukuroi	3 May 2025
20.42		0.0	Liu Shuoyuan	CHN	18.6.02	1	NGP	Bengbu	15 Jun 2025
20.45		0.6	Ko Seung-Hwan	KOR	14.11.97	1s1	NC	Jeongseon	23 Jun 2025
20.45		1.2	Shota Iizuka	JPN	25.6.91	1		Fujiyoshida	3 Aug 2025
20.49		1.2	Aoto Suzuki	JPN	30.5.01	2		Fujiyoshida	3 Aug 2025
			(10)						
20.50		1.0	Kota Uematsu	JPN	10.2.06	1	EastAsiJrC	Hongkong	28 Sep 2025
20.51	NR	0.5	Ali Anwar Al-Balushi	OMA	9.2.02	2	Dromia	Vari	5 Jul 2025
20.51		-0.3	Soshi Mizukubo	JPN	1.3.99	7h3	WCh	Tokyo	17 Sep 2025
20.52		1.3	Aruna Darshana S P	SRI	19.1.99	1	MilitaryCh	Diyagama	19 Aug 2025
20.53		0.0	Sun Qingchi	CHN	22.2.00	2	NGP	Bengbu	15 Jun 2025
20.55		2.0	Haruto Nakamura	JPN	13.2.07	1	Int-Univ	Shimabara	18 Oct 2025
20.57		1.7	Lin Jianhao	CHN	27.1.05	2	NatG	Guangzhou	19 Nov 2025
20.58		0.4	Lee Jae-Sung	KOR	18.6.01	2	KoreaOpn	Yecheon	8 Jun 2025
20.58		0.0	Huang Youwen	CHN	21.6.05	3	NGP	Bengbu	15 Jun 2025
20.58		0.9	Mitsuhiro Numata	JPN	22.2.01	2h1	NC	Tokyo	5 Jul 2025
			(20)						
20.60		0.4	Seisho Sasaki	JPN	29.8.05	1	Int-Univ	Kitakami	18 May 2025
20.60		0.4	Chang Ji	CHN	6.3.03	1s1	NC	Quzhou	3 Aug 2025
20.61		0.1	Sota Miwa	JPN	26.9.02	1		Kumagaya	25 May 2025
20.63		1.7	Guan Xin	CHN	2.12.01	3	NatG	Guangzhou	19 Nov 2025
20.65		1.2	Genta Iki	JPN	24.11.03	1		Hiratsuka	27 Apr 2025
20.65		-0.4	Ke Wu Yen-Ming	TPE	10.12.99	1h2	TaiwanOpn	Taipei	7 Jun 2025
20.65		1.6	Hiroki Shigetani	JPN	1.9.02	1		Oita	24 Aug 2025
20.65		1.0	Ryoutaro Hama	JPN	30.6.06	2	EastAsiJrC	Hongkong	28 Sep 2025
20.66		0.0	Sora Yokoyama	JPN	4.3.04	1		Osaka	31 Aug 2025
20.66		-0.2	Ueshin Kai	JPN	26.12.03	1s3		Yokohama	3 Aug 2025
			(30)						
<b>Additional Non-JPN/CHN marks:</b>									
20.69		1.8	Anbar Jamaan Al-Zahrani	KSA	13.3.02	2	NC	Taif	17 May 2025
20.70		-0.5	Joel-Jin Nwamadi	KOR	6.2.06	1	NSF	Busan	20 Oct 2025
20.72	NR	0.1	Taha Hussein Yaseen	IRQ	1998	1	NC	Baghdad	25 Oct 2025
20.72	NR	0.2	Marc Brian Louis	SGP	7.8.02	2	SEAG	Bangkok	13 Dec 2025
20.73		1.8	Ali Ahmad Al Muwallad	KSA	22.10.05	3	NC	Taif	17 May 2025
20.73		0.2	Danish Iftikhar Muh. Roslee	MAS	25.3.07	3	SEAG	Bangkok	13 Dec 2025
20.77		1.7	Kalinga Kumarage H K	SRI	25.9.92	1		Diyagama	9 Mar 2025
20.77		0.0	Huang Tso-Chun	TPE	25.7.03	3	TaiwanOpn	Taipei	8 Jun 2025
20.77		0.2	Thawatchai Heem-Ead	THA	21.1.04	4	SEAG	Bangkok	13 Dec 2025
20.79			Muhd Azeem Fahmi	MAS	29.4.04	1rH	FloridaR	Gainesville	4 Apr 2025
20.80		1.4	Amlan Borgohain	IND	25.4.98	2	FedCup	Kochi	24 Apr 2025
20.84			Seo Min-Jun	KOR	15.1.04	1h2		Yecheon	4 Sep 2025
20.85		1.4	Ragul Kumar	IND	22.3.00	3	FedCup	Kochi	24 Apr 2025
20.86		-0.9	Benyamin Yousefi	IRI	15.10.02	1		Tehran	29 Sep 2025
20.88		1.3	Yang Chun-Han	TPE	1.1.97	6	Jones	Gainesville	18 Apr 2025
20.88		0.6	Vitaliy Zems	KAZ	29.3.96	1	Arzumanov	Tashkent	21 Jun 2025

20.88	0.7	Shashintha Silva J O	SRI	10.12.07	1	NSG	Diyagama	13 Oct 2025
20.90	0.3	Manikanta Hoblidhar	IND	5.11.01	1	MilitaryCh	Jalahalli	7 Sep 2025
20.91	1.3	Sadun Diyalawaththa	SRI	10.6.02	2		Diyagama	19 Aug 2025
20.91	NR	Wesley Leung Ching Hang	HKG	11.1.07	3	EastAsiJrC	Hongkong	28 Sep 2025
20.91	1.4	Neil Michael Catral	PHI	17.8.02	3h1	SEAG	Bangkok	13 Dec 2025
20.91	1.7	Ngan Ngoc Nghia	VIE	20.7.99	3h2	SEAG	Bangkok	13 Dec 2025
20.94	1.0	Abdulrahman Sulaiman	UAE	11.8.07	4h4	AsiCh	Gumi	30 May 2025
20.95	1.5	Jasper Koo Cheuk Fung	HKG	12.5.08	1	AYC	Qatif	18 Apr 2025
20.99		Ta Ngoc Tuong	VIE	31.3.05	2	NC	Danang	13 Aug 2025
21.01	1.4	Yusuf Ali Abbas	BRN	24.5.03	4h5	Big-12	Lawrence	15 May 2025
21.04	1.8	Ismail Mohamed Al-Sabyani	KSA	17.5.87	4	NC	Taif	16 May 2025
21.04	0.7	Chen Wen-Pu	TPE	25.12.98	2h1	TaiwanOpn	Taipei	7 Jun 2025
21.04	1.7	Yip King Wai	HKG	3.3.05	4h2	NatG	Guangzhou	18 Nov 2025
21.07	1.1	Salem Saeed Al-Khalidi	BRN	19.9.98	1h2		Doha	7 Apr 2025
21.07		Vu Ngoc Khanh	VIE	31.3.06	3	NC	Danang	13 Aug 2025
21.08	1.1	Mir Mohammad Taleei	IRI	19.11.02	1		Tehran	15 Aug 2025
21.09	0.5	Magnus Johannsson	HKG	16.12.06	1	NC	Hongkong	11 May 2025
21.13	0.4	Tamer Saleh	LBN	8.8.03	3rC	Crimson	Tuscaloosa	12 Apr 2025
21.13		Nguyen Van Quyet	VIE	18.9.03	4	NC	Danang	13 Aug 2025
21.15	0.4	Rashid Abdulraouf	BRN	25.2.01	4rE	FloridaR	Gainesville	4 Apr 2025
21.15	1.3	Sarawut Nuansri	THA	17.3.07	3	NC	New Clark City	1 May 2025
21.15	1.0	Shajar Abbas	PAK	19.5.00	5h4	AsiCh	Gumi	30 May 2025
21.19	-0.3	Noureddine Hadid	LBN	28.1.93	7	NGP	Dubai	9 May 2025
21.20	-1.4	Milad Naseh Jahani	IRI	16.11.00	2	Imam Reza	Mashhad	26 Apr 2025
21.20	0.6	Umar Osman	MAS	11.8.03	1		Kluang	27 Apr 2025
21.21	0.6	Aidil Auf Hajam	MAS	30.10.05	2		Kluang	27 Apr 2025
21.24	1.5	Harry Irfan Curran	SGP	31.1.08	3	AYC	Qatif	18 Apr 2025
21.24	0.5	Brandon Boyd Martinez	PHI	24.5.06	7h6	Int-Univ	Okayama	7 Jun 2025
21.26	-0.1	Soraoat Dabbang	THA	18.11.02	3	NC	Singapore	25 Apr 2025
21.28	-1.8	Damil Sutzhanov	KAZ	16.7.95	1		Almaty	27 Jun 2025
21.28	1.0	Haider Sattar Hussein	IRQ		2	NC	Baghdad	25 Oct 2025
21.29	0.5	Hamza Abdullah Al-Jabri	OMA	19.6.04	5h3	WUG	Bochum-Wattenscheid	23 Jul 2025
21.30	0.0	Neseib Salmein Al-Zaabi	UAE	17.7.88	2rB	NGP	Dubai	9 May 2025
21.30	1.0	Saif Raad Abdel Wahed	IRQ	11.2.02	3	NC	Baghdad	25 Oct 2025
<b>Wind-assisted marks:</b>								
20.05	2.1	Towa Uzawa	JPN	25.11.02	1	Shizuoka	Fukuroi	3 May 2025
20.22	4.5	Shi Junhao	CHN	27.10.05	1h3	NatG	Guangzhou	18 Nov 2025
20.27	2.3	Animesh Kujur	IND	2.6.03	5		Geneva	21 Jun 2025
20.39	2.7	Sorato Shimizu	JPN	8.2.09	1rC	NSG	Hiroshima	28 Jul 2025
20.41	2.1	Akira Kanamori	JPN	13.10.03	1	Tohoku	Rifu	24 Aug 2025
20.46	4.6	Chen Wen-Pu	TPE	25.12.98	1	NatG	Yunlin	22 Oct 2025
20.56	3.2	Kaisei Uchida	JPN	23.12.04	1	Int-Univ	Sagamihara	11 May 2025
20.57	3.2	Shunya Kimura	JPN	29.10.04	2	Int-Univ	Sagamihara	11 May 2025
20.59	4.5	Xie Zhenye	CHN	17.8.93	2h3	NatG	Guangzhou	18 Nov 2025
20.62	3.2	Shoki Kawatsu	JPN	11.1.05	3	Int-Univ	Sagamihara	11 May 2025
20.64	2.1	Keisyuu Saito	JPN	3.11.04	2	Tohoku	Rifu	24 Aug 2025
20.64	4.4	Kei Wakana	JPN	4.10.06	1		Sagamihara	28 Sep 2025
20.65	2.2	Hayate Watanabe	JPN	8.5.03	1 {Dv2}	Int-Univ	Sagamihara	11 May 2025
20.65	3.2	Haruki Niwayama	JPN	17.11.06	4	Int-Univ	Sagamihara	11 May 2025
20.65	4.4	Ryunosuke Mizuno	JPN	22.4.05	2		Sagamihara	28 Sep 2025
20.66	2.3	Keigo Yasuda	JPN	21.2.00	2h3	ANG	Fukui	15 Aug 2025
20.71	2.1	Yang Chun-Han	TPE	1.1.97	4	Shizuoka	Fukuroi	3 May 2025
20.86	3.2	Rashid Abdulraouf	BRN	25.2.01	1		Waco	22 Mar 2021
20.86	4.6	Lin Tsung-Han	TPE	9.5.02	4	NatG	Yunlin	22 Oct 2025
20.90	3.2	Yusuf Ali Abbas	BRN	24.5.03	3		Waco	22 Mar 2025
20.92	2.2	Yip King Wai	HKG	3.3.05	1		Hongkong	16 Feb 2025
21.02	4.5	Magnus Johannsson	HKG	16.12.06	6h3	NatG	Guangzhou	18 Nov 2025
21.03	2.9	Lai Po-Hsiang	TPE	20.1.98	1s3	NatG	Yunlin	21 Oct 2025
21.03	4.6	Yang Tsi-Ching	TPE	18.11.06	5	NatG	Yunlin	22 Oct 2025

21.04	3.5	Abdullah Abkar Mohammed	KSA	1.6.97	6		Miramar	5 Apr 2025
21.04	3.5	Milad Naseh Jahani	IRI	16.11.00	1	NC	Rasht	9 May 2025
21.06	3.5	Mir Mohammad Taleei	IRI	19.11.02	2	NC	Rasht	9 May 2025
21.08	3.5	Sina Najafi	IRI	22.12.04	3	NC	Rasht	9 May 2025
21.10	2.1	Muhd Sayyid Amin Bin Roslan	MAS	18.1.07	1		Kluang	29 Jun 2025
21.20	2.5	Russel Alex Nasir Taib	MAS	5.4.98	3		London	14 Sep 2025

**Hand Timings:**

21.1 HT		Shahid Shafiq	PAK		1	NC	Islamabad	31 Dec 2025
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**Better Indoor Marks**

21.00		Noureddine Hadid	LBN	28.1.93	1rB		Fayetteville	21 Feb 2025
21.07		Tamer Saleh	LBN	8.8.03	1		Indianapolis	31 Jan 2025

**300m**

32.61		Kenki Imaizumi	JPN	26.9.01	1	NatG	Hikone	4 Oct 2025
32.68		Akira Kanamori	JPN	13.10.03	1h2	NatG	Hikone	3 Oct 2025
32.72		Rui Yamasaki	JPN	24.8.04	1h5	NatG	Hikone	3 Oct 2025
32.76		Kenji Tojima	JPN	6.4.07	1 jr	NatG	Hikone	4 Oct 2025
32.77		Genta Iki	JPN	24.11.03	1r5		Okinawa	9 Mar 2025
32.80		Shinya Hayashi	JPN	15.4.04	3	NatG	Hikone	4 Oct 2025
32.86		Takuho Yoshizu	JPN	31.8.98	2h5	NatG	Hikone	3 Oct 2025
32.86		Raiya Hashimoto	JPN	30.5.07	2 jr	NatG	Hikone	4 Oct 2025
32.91		Kota Uematsu	JPN	10.2.06	3h5	NatG	Hikone	3 Oct 2025
32.94		Tkeru Shimizu	JPN	17.4.04	1		Tokyo	19 Jul 2025
32.94		Masato Mori	JPN	26.8.01	2h2	NatG	Hikone	3 Oct 2025

(10)

**Additional Non-JPN marks:**

33.28		Aruna Darshana S P	SRI	19.1.99	1		Diyagama	8 Feb 2025
33.36		Brandon Boyd Martinez	PHI	24.5.06	2h3		Hikone	3 Oct 2025

**400m**

44.44 NR		Yuki Joseph Nakajima	JPN	30.3.02	2h2	WCh	Tokyo	14 Sep 2025
44.53		<i>Yuki Joseph Nakajima</i>			2s3	WCh	Tokyo	16 Sep 2025
44.62		<i>Yuki Joseph Nakajima</i>			6	WCh	Tokyo	18 Sep 2025
44.63		Ammar Ismail Yahya Ibrahim	QAT	18.9.96	4h5	WCh	Tokyo	14 Sep 2025
44.74		<i>Ammar Ismail Yahya Ibrahim</i>			4s1	WCh	Tokyo	16 Sep 2025
44.84		<i>Yuki Joseph Nakajima</i>			1		Fujiyoshida	3 Aug 2025
44.90		<i>Ammar Ismail Yahya Ibrahim</i>			2	Voor Mon	Leuven	16 Aug 2025
45.06 NR		Liu Kai	CHN	10.5.06	1s3	NC	Quzhou	3 Aug 2025
45.10		<i>Yuki Joseph Nakajima</i>			1	TwilightG	Yokohama	20 Aug 2025
45.10		Fuga Sato	JPN	1.6.96	5h1	WCh	Tokyo	14 Sep 2025

**(Top-10 performances by 4 athletes)**

45.12 NR		Vishal TK	IND	17.12.03	1	NC-1	Chennai	21 Aug 2025
45.18		Abderrahmane Samba	QAT	5.9.95	5		Madrid	19 Jul 2025
45.28		Kira Hirakawa	JPN	25.8.05	1	Shizuoka	Fukuroi	3 May 2025
45.29		Kenki Imaizumi	JPN	26.9.01	2	NC	Tokyo	6 Jul 2025
45.33		Liang Baotang	CHN	18.11.03	1s2	NC	Quzhou	3 Aug 2025
45.34		Zhang Qining	CHN	23.2.03	1s1	NC	Quzhou	3 Aug 2025

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45.39		Sho Tanabe	JPN	30.9.05	3	NC	Tokyo	6 Jul 2025
45.40		Takuho Yoshizu	JPN	31.8.98	4	NC	Tokyo	6 Jul 2025
45.42 NR		Emmanuel Bamidele	UAE	6.7.99	4	DL	Bruxelles	22 Aug 2025
45.48		Zheng Chiyu	CHN	3.10.03	1	NGP	Bengbu	15 Jun 2025
45.50		Kentaro Sato	JPN	16.11.94	2	AsiCh	Gumi	28 May 2025
45.54		Shin Min-Kyu	KOR	9.3.00	1		Yecheon	3 Sep 2025
45.55		Kalinga Kumarage H K	SRI	25.9.92	3	AsiCh	Gumi	28 May 2025
45.59 NR		Ta Ngoc Tuong	VIE	31.3.05	1	NC	Danang	9 Aug 2025
45.61		Zhang Jingzong	CHN	15.1.97	1h2	NatG	Guangzhou	17 Nov 2025
45.65		Shinya Hayashi	JPN	15.4.04	1rB	Shizuoka	Fukuroi	3 May 2025

(20)

45.66	Abdulrahman Sulaiman	UAE	11.8.07	1	NGP	Dubai	9 May 2025
45.69	Ailixier Wumaier	CHN	25.5.06	1h1	NGP	Rizhao	26 Sep 2025
45.73	Gao Yi	CHN	24.12.07	2	NJC	Taizhou	23 Jun 2025
45.75	Rajesh Ramesh	IND	28.8.99	1	NC-2	Ranchi	28 Sep 2025
45.76	Rikuya Ito	JPN	10.11.98	1	Kinami	Osaka	11 May 2025
45.76	Ju Tianqi	CHN	27.3.02	3h2	NatG	Guangzhou	17 Nov 2025
45.77	Xiao Heng	CHN	14.7.05	3	NGP	Bengbu	15 Jun 2025
45.79	Aruna Darshana S P	SRI	19.1.99	1	MilitaryCh	Diyagama	20 Aug 2025
45.80	Zhang Hanbo	CHN	16.10.03	4	NGP	Bengbu	15 Jun 2025
45.83	Haruki Morita	JPN	15.10.04	2rB	Shizuoka	Fukuroi	3 May 2025

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**Additional Non-JPN/CHN marks:**

45.86	Amoj Jacob	IND	2.5.98	2	WACT	Bhubaneswar	10 Aug 2025
45.91	Ashraf Hussein Osman	QAT	2.12.01	7	AsiCh	Gumi	28 May 2025
46.05	Le Ngoc Phuc	VIE	21.6.02	2	NC	Danang	9 Aug 2025
46.05	Santhosh Kumar T	IND	1.1.98	2	NC-2	Ranchi	28 Sep 2025
46.09	Mazen Al-Yassin	KSA	8.7.96	1	ArabCh	Oran	1 May 2025
46.09	Joo Seung-Kyun	KOR	3.9.01	2		Yecheon	3 Sep 2025
46.14	Vu Ngoc Khanh	VIE	31.3.06	3	NC	Danang	9 Aug 2025
46.17	Shashintha Silva J O	SRI	10.12.07	1	NSG	Diyagama	11 Oct 2025
46.18	Tran Dinh Son	VIE	1.12.97	2	TaiwanOpn	Taipei	7 Jun 2025
46.25	Noureddine Adel Merzeh	IRQ	10.2.03	1	WestAsiGP	Doha	16 May 2025
46.25	Umar Osman	MAS	11.8.03	8	AsiCh	Gumi	28 May 2025
46.26	Kalhara Idupa Silva K	SRI	25.6.06	1s3	NC	Diyagama	2 Aug 2025
46.31 NR	Wu Cheng-Yen	TPE	6.3.03	3	TaiwanOpn	Taipei	7 Jun 2025
46.33	Taha Hussein Yaseen	IRQ	1998	1	NC	Baghdad	23 Oct 2025
46.38	Djibrine Youssef Abdelaziz	QAT	20.6.07	1rA		Stockholm	20 Jul 2025
46.46	Sarawut Nuansri	THA	17.3.07	1	NC	Pathum Thani	23 Jun 2025
46.53	Ke Wu Yen-Ming	TPE	10.12.99	1	NatG	Yunlin	20 Oct 2025
46.55	Kim Ui-Yeon	KOR	12.4.94	2	NC	Jeongseon	22 Jun 2025
46.72	Mo Il-Hwan	KOR	18.5.99	3	NSF	Busan	19 Oct 2025
46.77	Yusuf Ali Abbas	BRN	24.5.03	2rB		Orlando	26 Apr 2025
46.77	Moussa Ali Issa	BRN	26.8.00	5h3		Lexington	16 May 2025
46.80	Mir Mohammad Taleei	IRI	19.11.02	1		Tehran	28 Sep 2025
46.87	Joshua Atkinson	THA	25.5.03	1		Sydney	26 Jan 2025
46.87 NR	Marc Anthony Ibrahim	LBN	5.12.02	1		Beirut	1 Aug 2025
46.89	Alireza Jamshahi	IRI	21.10.03	1	Imam Reza	Mashhad	25 Apr 2025
46.93	Ibrahim Mohamed Futayni	KSA	19.6.99	1rE	NGP	Johannesburg	19 Mar 2025
46.94	Youssef Karam	KUW	15.7.93	4h2	AsiCh	Gumi	27 May 2025
46.99	Mikhail Litvin	KAZ	5.1.96	1		Almaty	26 Jun 2025
47.08	Ahmed Jamal Gomaa	IRQ	23.9.03	2	NC	Baghdad	23 Oct 2025
47.09 NR	Chan Chun Ho	HKG	25.6.03	6h2	NatG	Guangzhou	17 Nov 2025
47.12	Jalnoor Mukhitdinov	KAZ	21.1.93	2		Almaty	26 Jun 2025
47.13	Danial Bahadori	IRI	23.3.03	2	Imam Reza	Mashhad	25 Apr 2025
47.17	Shajar Abbas	PAK	19.5.00	5h2	AsiCh	Gumi	27 May 2025
47.18	Saeed Shoaib	UAE	9.9.09	2	AYG	Manama	24 Oct 2025
47.19	Chen Yi-Hua	TPE	28.12.07	1	NSG	Tainan	21 Apr 2025
47.19	Muhd Khalil Helmi	MAS	13.4.05	1	NC	Kangar	31 Aug 2025
47.20	Hasanbek Rustamjonov	UZB	7.7.07	1	UzbekCup	Tashkent	17 Sep 2025
47.24	Meshal Abdullah Hazazi	KSA	12.2.08	1	ArabYthCh	Rades	24 Aug 2025
47.26	Ismail Mohamed Al-Sabyani	KSA	17.5.87	1	NC	Taif	16 May 2025
47.29	Abbos Toshtemirov	UZB	16.9.03	1		Tashkent	15 May 2025
47.29	Alfred Talplacido	PHI	21.9.07	1		Pasig	30 Aug 2025
47.30	Milad Naseh Jahani	IRI	16.11.00	1		Busehr	12 Feb 2025
47.32	Tamer Saleh	LBN	8.8.03	2	NC	Beirut	11 Jul 2025
47.33	Kharis Lark Reil Pantonial	PHI	8.11.06	5	TaiwanOpn	Taipei	7 Jun 2025

**Hand Timing:**

46.9 HT	Mohd Lushad Islam	BAN		1	MilitaryCh	Dhaka	15 Oct 2025
47.2 HT	Nazimul Hossain Roni	BAN	12.10.98	2	MilitaryCh	Dhaka	15 Oct 2025

**Doubtful Timing:**

45.13	Joshua Atkinson	THA	25.5.03	1	SEAG	Bangkok	12 Dec 2025
45.53	Ta Ngoc Tuong	VIE	31.3.05	2	SEAG	Bangkok	12 Dec 2025
46.26	Sarawut Nuansri	THA	17.3.07	4	SEAG	Bangkok	12 Dec 2025

**800m**

1:44.08	Ibrahim Abass Chuot	QAT	5.7.04	5	DL	Doha	16 May 2025
1:44.59	Ibrahim Renoud Al-Zafairi	KUW	8.5.89	1	AsiCh	Gumi	31 May 2025
1:44.85	Abubaker Haydar Abdalla	QAT	28.8.96	1rB		Pfungstadt	20 Aug 2025
1:44.90	<i>Ibrahim Abass Chuot</i>			1		Sondershausen	15 Aug 2025
1:44.93	NR Mohammed Afsal P	IND	3.2.96	6	Czeslaw	Poznan	5 Jul 2025
1:44.95	<i>Ibrahim Abass Chuot</i>			8		Madrid	19 Jul 2025
1:44.97	Ali Amirian	IRI	17.9.03	2	AsiCh	Gumi	31 May 2025
1:45.04	<i>Ibrahim Abass Chuot</i>			3		Marseille	13 Jul 2025
1:45.10	<i>Ibrahim Renoud Al-Zafairi</i>			1		Doha	10 Apr 2025
1:45.16	Ko Ochiai	JPN	17.8.06	1rC	Shizuoka	Fukuroi	3 May 2025
1:45.16	<i>Ibrahim Abass Chuot</i>			4h1	WCh	Tokyo	16 Sep 2025

**(Top-11 performances by 6 athletes)**

1:45.36	Hatem Ait Oulghazi	QAT	23.2.06	2		Sondershausen	15 Aug 2025
1:45.48	NR Xi Xiaoheng	CHN	8.12.99	1	NatG	Guangzhou	16 Nov 2025
1:45.81	Liu Dezhu	CHN	16.9.00	3rC	Shizuoka	Fukuroi	3 May 2025
1:46.01	Mikuto Kaneko	JPN	6.11.01	2		Olsztyn	8 Aug 2025
1:46.15	Hinata Maeda	JPN	8.9.03	4rC	Shizuoka	Fukuroi	3 May 2025
1:46.17	Kazuto Iizawa	JPN	2.2.01	1		Hiratsuka	27 Sep 2025
1:46.25	Kairu Yamaga	JPN	27.9.06	1	Hokuren	Abashiri	19 Jul 2025
1:46.26	Ma Zhongqiang	CHN	26.5.00	5	WACT	Beijing	7 Sep 2025
1:46.29	Sota Okamura	JPN	18.2.05	5rC	Shizuoka	Fukuroi	3 May 2025
1:46.29	Li Junlin	CHN	6.8.98	6	WACT	Beijing	7 Sep 2025
1:46.30	Yugo Shikata	JPN	25.11.98	2	NC	Tokyo	5 Jul 2025
1:46.31	Allon Tatsunami Clay	JPN	25.3.02	5	TrackFest	Portland	15 Jun 2025
1:46.47	Hiroki Minamoto	JPN	24.11.99	3	NatG	Hikone	4 Oct 2025
1:46.51	Lee Jae-Ung	KOR	16.9.02	2	Hokuren	Abashiri	19 Jul 2025
1:46.60	Wang Wenhui	CHN	10.6.03	8	WACT	Beijing	7 Sep 2025
1:46.65	El Hafez Mahadi	QAT	17.10.02	5	Big-12	Lawrence	17 May 2025
1:46.71	Sho Kawamoto	JPN	1.3.93	1	Hokuren	Kitami	16 Jul 2025
1:46.72	Yukichi Ishii	JPN	11.6.02	3		Olsztyn	8 Aug 2025
1:46.77	Lu Zilong	CHN	2.12.05	9	WACT	Beijing	7 Sep 2025
1:46.82	Anu Kumar	IND	2.11.02	2h2	FedCup	Kochi	23 Apr 2025
1:46.83	Junki Ishimoto	JPN	9.5.02	2	Hokuren	Kitami	16 Jul 2025
1:47.09	Krishan Kumar	IND	12.10.97	1	NGP	Bengaluru	28 Mar 2025
1:47.13	Shuta Azuma	JPN	27.6.03	1		Tokyo	12 Jul 2025
1:47.14	Prakash Gadade	IND	31.7.02	2	WACT	Bhubaneswar	10 Aug 2025

**Additional Non-JPN/CHN/IND/QAT marks:**

1:47.64	Muhd Fazri Wan Zahary	MAS	4.10.01	4h3	AsiCh	Gumi	30 May 2025
1:47.88	Hussein Lorana	PHI	28.11.04	5h1	AsiCh	Gumi	30 May 2025
1:47.90	Amir Farzam Safari	IRI	30.1.02	2		Tehran	15 Aug 2025
1:47.95	Sami Massoud Al-Yami	KSA	4.5.99	6	NGP	Dubai	9 May 2025
1:48.41	Hamidi Arsalan	IRI	29.4.06	2	NGP	Tehran	12 Apr 2025
1:48.58	Faisal Maghrabi	KSA	11.4.99	6		Doha	10 Apr 2025
1:48.87	Sandaruan Karunarathne H	SRI	26.6.00	1	MilitaryCh	Diyagama	19 Aug 2025
1:48.93	Aththanayake A M S B	SRI	18.8.00	2	MilitaryCh	Diyagama	19 Aug 2025
1:49.04	Aravinthan C K	SRI	22.11.99	3	MilitaryCh	Diyagama	19 Aug 2025
1:49.10	Rusiru Chathuranga G	SRI	7.7.95	4	MilitaryCh	Diyagama	19 Aug 2025
1:49.24	Joshua Atkinson	THA	25.5.03	2	SEAG	Bangkok	15 Dec 2025
1:49.27	Amir Hossein Paapi	IRI	20.2.02	1		Tehran	9 Sep 2025
1:49.34	Mohammed Al-Suleimani	OMA	29.3.01	4h4	WUG	Bochum-Wattenscheid	25 Jul 2025

1:49.39		Noureddine Adel Merzeh	IRQ	10.2.03	4h2	AsiCh	Gumi	30 May 2025
1:49.44		Kang Dong-Hyung	KOR	3.9.97	4	Hokuren	Abashiri	19 Jul 2025
1:49.55		Sam Van Doi	VIE	14.7.99	6h1	AsiCh	Gumi	30 May 2025
1:49.58		Hein Htet Aung	MYA	25.3.06	7h1	AsiCh	Gumi	30 May 2025
1:49.59		Han Tae-Geon	KOR	3.3.05	1rB	Hokuren	Abashiri	19 Jul 2025
1:49.75		Kim Hong-Yu	KOR	15.4.07	8h1	AsiCh	Gumi	30 May 2025
1:49.94	NR	Thana Rajan Thiruben	SGP	28.10.00	5h2	AsiCh	Gumi	30 May 2025
1:49.97		Badr Mohamed Saad Al-Suweid	KUW	18.5.03	6h3	AsiCh	Gumi	30 May 2025
1:50.12	NR	Mohammad Kamran Khan	HKG	14.6.01	9h1	AsiCh	Gumi	30 May 2025
1:50.19		Umar Osman	MAS	11.8.03	4	SEAG	Bangkok	15 Dec 2025
1:50.42		David Paul Matibag	PHI	30.1.03	2	KoreaOpn	Yecheon	8 Jun 2025
1:50.90		Luong Doc Phuoc	VIE	28.5.02	7h3	AsiCh	Gumi	30 May 2025
1:50.93		Wahyudi Putra	INA	16.5.98	8h3	AsiCh	Gumi	30 May 2025
1:51.11		Li Anzhen	TPE	10.10.04	1	NatG	Yunlin	22 Oct 2025
1:51.14		Ali H Mourtada	LBN	14.8.99	1		Beirut	3 Aug 2025
1:51.16		Huang Chun-Hsiang	TPE	15.9.03	2	NC	Singapore	25 Apr 2025
1:51.23		Ibrahim Mohamed Hakami	KSA	30.7.00	3	NC	Taif	17 May 2025
1:51.33		Maheswaran Shanmugam	MAS	11.3.98	1h2	NC	Kangar	29 Aug 2025
1:51.42		Sami Hattab	JOR	12.4.05	1rB	Jim Green	Lexington	3 May 2025
1:51.5 m		Sami Ullah	PAK		2	NatG	Karachi	9 Dec 2025
1:51.58		Abdulatif Faisal Mohammed	KUW	21.12.08	2	GulfJrCh	Doha	4 May 2025
1:51.71		Mohamed Ahmed Al-Messabi	UAE	11.8.07	2		Abu Dhabi	1 Jun 2025
1:51.78		Mohamed Rahim Al-Bazaznah	IRQ	1.9.99	2		Sulaymaniyah	17 Apr 2025
1:51.98		Huang Guan-Yi	TPE	2.9.96	4	TaiwanOpn	Taipei	8 Jun 2025
1:52.0 m		Waqas Akbar	PAK	20.8.94	1	NC	Islamabad	31 Dec 2025
1:52.03		Som Bahadur Kumal	NEP	28.5.92	2	SAAC	Ranchi	26 Oct 2025
1:52.05		Alexander Zhigar	KAZ	21.11.06	1		Almaty	19 Jun 2025
1:52.14		Vadim Levchenkov	KAZ	30.3.99	1		Almaty	27 Jun 2025
1:52.18		Faraj Mubarak Al-Ajeel	KUW	21.10.05	3		Al-Kuwait	5 Mar 2025
1:52.22		Meshaal Yahya Al-Mahoutan	KSA	26.3.99	4	NC	Taif	17 May 2025
1:52.31		Suryaprakasam Aswin Kumar	SGP	2006	2	NC	Singapore	25 Apr 2025
1:52.36		Wang Nok Wang	HKG	30.3.08	3	HK Open	Hongkong	4 Oct 2025

**Better Indoor Marks**

1:46.41	NIR	Yukichi Ishii	JPN	11.6.02	1	PennState	State College	21 Feb 2025
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**1500m**

3:36.01	NR	Lee Jae-Ung	KOR	16.9.02	1	Hokuren	Kitami	16 Jul 2025
3:36.58		Gulveer Singh	IND	1.6.98	4rB		Eagle Rock	12 Jul 2025
3:36.58		Nanami Arai	JPN	26.12.94	2	Hokuren	Kitami	16 Jul 2025
3:36.81		Kazuto Iizawa	JPN	2.2.01	1	NC	Tokyo	6 Jul 2025
3:36.92	NR	Seyed Amir Zamanpour	IRI	28.8.00	3	NGP	Dubai	9 May 2025
3:37.16		<i>Kazuto Iizawa</i>			1	MotonetGP	Tampere	23 Jul 2025
3:37.37		Kieran Tuntivate	THA	16.2.97	2	Twilight	Eugene	9 May 2025
3:38.16		Tomonori Yamaguchi	JPN	13.4.03	2	NC	Tokyo	6 Jul 2025
3:38.35		Keisuke Morita	JPN	19.10.95	1	Kanakuri	Kumamoto	12 Apr 2025
3:38.55		<i>Lee Jae-Ung</i>			1	Hokuren	Shibetsu	14 Jun 2025
		<b>(Top-10 performances by 8 athletes)</b>						
3:38.61		Hinata Maeda	JPN	8.9.03	2	Kanakuri	Kumamoto	12 Apr 2025
3:38.91		Yusuke Takahashi	JPN	28.7.99	4	NC	Tokyo	6 Jul 2025
		(10)						
3:39.02		Takumi Nakagawa	JPN	30.1.05	1		Inzai	19 Apr 2025
3:39.12		Tomoki Nakano	JPN	16.10.02	1		Tokyo	12 Jul 2025
3:39.15		Hiroto Yoshioka	JPN	18.5.04	2		Inzai	19 Apr 2025
3:39.62		Juda Hyodo	JPN	5.8.03	5	NC	Tokyo	6 Jul 2025
3:39.70		Kazuki Kawamura	JPN	13.11.97	4	Kanakuri	Kumamoto	12 Apr 2025
3:39.95		Kiyoto Oono	JPN	31.8.04	5	Kanakuri	Kumamoto	12 Apr 2025
3:40.07		Takumi Shiobara	JPN	29.3.04	6	NC	Tokyo	6 Jul 2025

3:40.08	Syouta Nakano	JPN	12.6.01	3	Hokuren	Kitami	16 Jul 2025
3:40.18	Takayoshi Oba	JPN	17.5.05	7	NC	Tokyo	6 Jul 2025
3:40.20	Ryoji Tatezawa (20)	JPN	16.5.97	1	Douglas	Auckland	9 Feb 2025
3:40.39	Ryota Aoki	JPN	26.4.04	7	Kanakuri	Kumamoto	12 Apr 2025
3:40.45	Keito Suzuki	JPN	7.11.01	4	Hokuren	Kitami	16 Jul 2025
3:40.47	Park Jong-Hak	KOR	5.1.01	8	Kanakuri	Kumamoto	12 Apr 2025
3:40.63	Hyuga Endo	JPN	5.8.98	5	Hokuren	Kitami	16 Jul 2025
3:40.72	Mikuto Kaneko	JPN	6.11.01	9	Kanakuri	Kumamoto	12 Apr 2025
3:40.83	Haruki Niizuma	JPN	17.5.07	2	NSG	Hiroshima	25 Jul 2025
3:40.86	Nagiya Mori	JPN	3.7.99	2rB		Leuven	16 Aug 2025
3:40.93	Zakaria Al-Alhlami	QAT	7.7.04	1	Voor Mon	Huizingen	5 Jul 2025
3:40.97	Masato Saiki	JPN	9.1.95	10	Kanakuri	Kumamoto	12 Apr 2025
3:41.10	Rahul Harveer Singh (30)	IND	1.12.96	8	The Ten	San Juan Capistrano	29 Mar 2025
<b>Additional Non-JPN marks:</b>							
3:41.22	Yoonus Shah	IND	10.5.01	1	NC-1	Chennai	21 Aug 2025
3:41.55	Ajay Kumar Saroj	IND	1.5.97	2	NC-1	Chennai	21 Aug 2025
3:42.25	Liu Dezhu	CHN	16.9.00	1	NatG	Guangzhou	20 Nov 2025
3:42.77	Hamza Driouch	QAT	16.11.94	4rD		Eagle Rock	12 Jul 2025
3:43.18	Ali Amirian	IRI	17.9.03	4	AsiCh	Gumi	28 May 2025
3:43.43	Nursultan Keneshbekov	KGZ	25.3.00	1		Tashkent	17 Aug 2025
3:44.38	Tao Peilin	CHN	6.9.02	2	NatG	Guangzhou	20 Nov 2025
3:44.41	Yan Yiduo	CHN	1.7.04	1h2	NatG	Guangzhou	17 Nov 2025
3:44.84	Xi Xiaoheng	CHN	8.12.99	3	NatG	Guangzhou	20 Nov 2025
3:45.26	NR Chien Tzu-Chieh	TPE	5.4.07	8	NSG	Hiroshima	25 Jul 2025
3:45.53	Mustafa Abdel Qader	QAT		3		Doha	8 Apr 2025
3:45.59	Kim Yong-Soo	KOR	17.7.98	9	Hokuren	Kitami	16 Jul 2025
3:45.70	Amir Farzam Safari	IRI	30.1.02	1		Tehran	15 Aug 2025
3:45.77	Mubarik Abdi Said	QAT	2.5.08	2	RFFA	Rotterdam	26 Jul 2025
3:46.12	Raed Khairallah Al-Jadani	KSA	2.8.96	3	NGP	Johannesburg	19 Mar 2025
3:46.20	Hossein Nouri	IRI	1.12.03	2		Bushehr	12 Feb 2025
3:46.92	Nodirbek Mutalipov	UZB	27.7.01	2		Tashkent	17 Aug 2025
3:48.23	Han Tae-Geon	KOR	3.3.05	2	NSF	Busan	22 Oct 2025
3:48.36	Sami Hattab	JOR	12.4.05	8	Jones	Gainesville	18 Apr 2025
3:48.41	Vicknaraja Vakson	SRI	19.10.97	1		Diyagama	8 Mar 2025
3:48.62	Fayez Abdullah Al-Subaie	KSA	21.12.01	2		Johannesburg	5 Apr 2025
3:48.84	Ibrahim Renoud Al-Zafairi	KUW	8.5.89	4		Doha	8 Apr 2025
3:48.98	Mohammed Al-Suleimani	OMA	29.3.01	9h1	WUG	Bochum-Wattenscheid	22 Jul 2025
3:49.02	Rusiru Chathuranga G	SRI	7.7.95	2		Diyagama	8 Mar 2025
3:49.03	Wahyudi Putra	INA	16.5.98	2	SEAG	Bangkok	11 Dec 2025
3:49.05	Nifras R M	SRI	2.8.96	2	MilitaryCh	Diyagama	20 Aug 2025
3:49.93	Mohamed Othman Shahween	KSA	15.2.86	2rC		Heusden	19 Jul 2025
3:49.96	Mukesh Bahadur Pal	NEP	2.9.99	8h1	AsiCh	Gumi	27 May 2025
3:50.13	Luong Duc Phuoc	VIE	28.5.02	3	SEAG	Bangkok	11 Dec 2025
3:50.38	Badr Mohamed Saad Al-Suweid	KUW	18.5.03	7	Cezmi Or	Istanbul	12 Jul 2025

3:50.47		Eldor Botyrov	UZB	18.9.03	3		Tashkent	17 Aug 2025
3:50.52		Rukshan Habarakada H A	SRI	29.7.98	3	MilitaryCh	Diyagama	20 Aug 2025
3:50.60		Oh Chang-Ki	KOR	14.1.04	1rB	NC	Jeongseon	21 Jun 2025
3:50.69		Meshaal Yahya Al-Mahoutan	KSA	26.3.99	2		Taif	16 May 2025
3:50.69		Alfrence Braza	PHI	2.10.01	4	SEAG	Bangkok	11 Dec 2025
3:50.95		Mohamed Aqeel	IRQ	20.3.00	1		Baghdad	4 Jul 2025

**Additional National Records:**

3:52.67	NR	Mohammad Kamran Khan	HKG	14.6.01	9h2	NatG	Guangzhou	17 Nov 2025
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**Better Indoor Marks**

3:47.69		Maxim Frolovskiy	KAZ	4.7.02	9		Astana	25 Jan 2025
3:50.11		Vadim Levchenkov	KAZ	30.3.99	2	NC	Astana	14 Feb 2025

**Doubtful eligibility:**

3:44.31		Sulaiman Mohamed Kosji	(QAT)		2		Doha	8 Apr 2025
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**3000m**

7:34.49	NR	Gulveer Singh	IND	1.6.98	5	Gyulai	Budapest	12 Aug 2025
7:41.58		Nagiya Mori	JPN	3.7.99	4	Seiko GP	Tokyo	18 May 2025
7:43.75	NR	Kieran Tuntivate	THA	16.2.97	4	Seiko GP	Leuven	16 Aug 2025
7:44.75		Mebuki Suzuki	JPN	3.6.01	6	Seiko GP	Tokyo	18 May 2025
7:46.11		Kazuya Shiojiri	JPN	8.11.96	8	Seiko GP	Tokyo	18 May 2025
7:48.32		Hyuga Endo	JPN	5.8.98	9	Seiko GP	Tokyo	18 May 2025
7:48.36		Yamato Yoshii	JPN	14.2.02	1	Hokuren	Chitose	12 Jul 2025
7:48.59		Kotaro Shinohara	JPN	3.9.02	10	Seiko GP	Tokyo	18 May 2025
7:52.07		Keita Sato	JPN	22.1.04	11	Seiko GP	Tokyo	18 May 2025
7:53.79		Takuma Sunaoka (10)	JPN	23.3.00	12	Seiko GP	Tokyo	18 May 2025

**Better Indoor Marks**

7:48.37		Ryuma Aoki	JPN	16.6.97	1rB		Boston	14 Feb 2025
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**5000m**

12:48.67	NR	Birhanu Balew Yemataw	BRN	27.2.96	2	DL	Paris	20 Jun 2025
12:53.51		<i>Birhanu Balew Yemataw</i>			3	DL	Monaco	11 Jul 2025
12:56.45		<i>Birhanu Balew Yemataw</i>			12	BislettG	Oslo	12 Jun 2025
13:00.55		<i>Birhanu Balew Yemataw</i>			7	WCh	Tokyo	21 Sep 2025
13:13.59		Kazuya Shiojiri	JPN	8.11.96	7	GoldenG	Nobeoka	4 May 2025
13:14.58		Ryuto Igawa	JPN	5.9.00	6rB	IFAM	Oordegem	9 Aug 2025
13:15.07		Nagiya Mori	JPN	3.7.99	1	Kanakuri	Kumamoto	12 Apr 2025
13:16.29		Keita Sato	JPN	22.1.04	2	Kanakuri	Kumamoto	12 Apr 2025
13:16.43		Mebuki Suzuki	JPN	3.6.01	22	IFAM	Oordegem	9 Aug 2025
13:16.56		Tomonori Yamaguchi	JPN	13.4.03	1	Hokuren	Chitose	12 Jul 2025
		<b>(Top-10 performances by 7 athletes)</b>						
13:17.64		Masaya Turukawa	JPN	2.6.02	3	Kanakuri	Kumamoto	12 Apr 2025
13:18.00		Gulveer Singh	IND	1.6.98	9		Eagle Rock	12 Jul 2025
13:19.35		Kieran Tuntivate (10)	THA	16.2.97	4		Oslo	23 Aug 2025
13:23.64		Hiroki Matsueda	JPN	20.5.93	4	Nittaidai	Yokohama	1 Jun 2025
13:25.00		Tomoya Ogikubo	JPN	11.12.97	5	Nittaidai	Yokohama	1 Jun 2025
13:25.11		Itta Tameike	JPN	23.9.03	6	TrackNight	Vienna	14 Jun 2025
13:25.30		Kotaro Shinohara	JPN	3.9.02	4	Kanakuri	Kumamoto	12 Apr 2025
13:25.43		Hazuma Hattori	JPN	7.2.95	7	Nittaidai	Yokohama	1 Jun 2025
13:25.59		Rui Suzuki	JPN	19.4.06	6		Melbourne	29 Mar 2025
13:25.65		Taishi Ito	JPN	2.2.03	5	Kanakuri	Kumamoto	12 Apr 2025
13:25.97		Shunya Kikuchi	JPN	26.7.98	8	Nittaidai	Yokohama	1 Jun 2025
13:26.31		Shunsuke Yoshii	JPN	8.4.03	1	Oda	Hiroshima	29 Apr 2025
13:27.26		Youta Mashiko (20)	JPN	3.8.07	4	Nittaidai	Yokohama	16 Nov 2025
13:28.28		Ryuji Miura	JPN	11.2.02	2rB	Hokuren	Abashiri	19 Jul 2025

13:28.43	Yamato Yoshii	JPN	14.2.02	4	Hokuren	Fukagawa	11 Jun 2025
13:28.75	Hyuga Endo	JPN	5.8.98	3	Oda	Hiroshima	29 Apr 2025
13:29.19	Yuki Ishii	JPN	3.12.97	4	Oda	Hiroshima	29 Apr 2025
13:29.41	Ryo Goda	JPN	8.8.99	3	Nittaidai	Yokohama	30 Nov 2025
13:29.93	Yuya Yoshida	JPN	23.4.97	10	Nittaidai	Yokohama	1 Jun 2025
13:29.99	Keisuke Morita	JPN	19.10.95	6	Nittaidai	Yokohama	16 Nov 2025
13:30.42	Rui Aoki	JPN	31.3.04	2rB	Hokuren	Fukagawa	11 Jun 2025
13:31.32	Yuichiro Nishikawa (30)	JPN	10.10.97	1rB	GoldenG	Nobeoka	4 May 2025

**Additional Non-JPN marks:**

13:33.41	Albert Rop	BRN	17.7.92	5	AsiCh	Gumi	30 May 2025
13:33.51	Abhishek Pal	IND	15.7.97	6	AsiCh	Gumi	30 May 2025
13:35.93	Yu Shuiqing	CHN	1.10.06	7	AsiCh	Gumi	30 May 2025
13:36.92	Abdikani Mohamed Hamid	BRN	2.1.05	8	AsiCh	Gumi	30 May 2025
13:38.60	Jiang Fakun	CHN	16.8.99	2	NatG	Guangzhou	18 Nov 2025
13:41.58	Sawan Barwal	IND	18.2.98	2	FedCup	Kochi	24 Apr 2025
13:42.70	Nursultan Keneshbekov	KGZ	25.3.00	6	Znamensky	Moscow	8 Jun 2025
13:44.26	Yang Kegou	CHN	2.6.00	3	NatG	Guangzhou	18 Nov 2025
13:47.16	Kiran Matre	IND	5.8.01	3	FedCup	Kochi	24 Apr 2025
13:47.88	Tang Haoran	CHN	21.5.03	4	NatG	Guangzhou	18 Nov 2025
13:50.05	NR Yacine Guermali	PHI	26.7.99	13	WakeForest	Winston-Salem	17 Apr 2025
13:50.98	Abdinasir Elmi	BRN		8		London	4 Jul 2025
13:58.42	Park Jae-Woo	KOR	26.3.05	6rB	Hokuren	Kitami	16 Jul 2025
14:04.08	Maxim Frolovskiy	KAZ	4.7.02	10	AsiCh	Gumi	30 May 2025
14:07.01	Mustafa Abdel Qadar	QAT		4		Doha	10 Apr 2025
14:08.48	Chien Tzu-Chieh	TPE	5.4.07	9rB	Nittaidai	Yokohama	5 Oct 2025
14:12.05	Raed Khairallah Al-Jadani	KSA	2.8.96	7	Solidarity	Riyadh	20 Nov 2025
14:12.79	Khasan Mirsoyatov	UZB	9.4.99	1	NC	Tashkent	23 Apr 2025
14:13.71	Zaid Al Sayed	LBN	2001	9		Melbourne	20 Nov 2025
14:15.85	Kristian Tung	MAS	17.11.04	7		London	9 Aug 2025
14:15.96	Ali Alrida Kanaan	LBN	3.6.03	1	NC	Beirut	13 Jul 2025
14:19.65	Mukesh Bahadur Pal	NEP	2.9.99	13	AsiCh	Gumi	30 May 2025
14:21.21	Kim Tae-Hun	KOR	30.4.04	16rD	Hokuren	Fukagawa	11 Jun 2025
14:23.1	Muhammad Akhtar	PAK	27.4.00	1	NC	Islamabad	31 Dec 2025
14:23.21	Vicknaraja Vakson	SRI	19.10.97	2	SAAC	Ranchi	24 Oct 2025
14:24.65	Nodirbek Mutalipov	UZB	27.7.01	2	NC	Tashkent	23 Apr 2025
14:24.67	Tariq Ahmed Al-Amri	KSA	23.12.90	1	MilitaryCh	Qatif	26 May 2025
14:25.91	Begzod Boymatov	UZB	19.12.99	3	NC	Tashkent	23 Apr 2025
14:27.81	Baek Seung-Ho	KOR	16.12.90	1		Gimhae	3 Apr 2025
14:28.09	Zade Kayyali	JOR	17.10.05	4		College Station	11 Apr 2025
14:28.15	Ali Jassim Abdelreda	IRQ	28.4.94	1	NC	Baghdad	23 Oct 2025
14:29.13	Son Se-Jin	KOR	17.1.03	1	NSF	Busan	19 Oct 2025
14:32.62	Amirhossein Keivanlou	IRI	30.3.03	1	NC	Rasht	8 May 2025
14:32.82	Hemantha Kumara R A D	SRI	20.2.91	1		Diyagama	8 Feb 2025
14:34.17	Rikki Martin Simbolon	INA	25.3.95	1	NC	Surakarta	1 Sep 2025
14:34.39	Ali Abdulrahman	IRQ	14.11.96	11rC	TrackNight	Vienna	14 Jun 2025
14:34.46	Han Il Ryong	PRK	29.4.00	1	TaiwanOpn	Taipei	8 Jun 2025
14:34.98	Milad Rahimi	IRI		2	NC	Rasht	8 May 2025
14:37.99	Sulaiman Zhusup	KGZ	14.11.99	16	AsiCh	Gumi	30 May 2025
14:39.16	Mohammad Hossain Tayebi	IRI	17.1.02	3	NC	Rasht	8 May 2025
14:39.93	Daniel Simanjuntak	INA	2001	2	NC	Surakarta	1 Sep 2025
14:40.64	NR Gawa Zangpo	BHU	7.12.94	17	AsiCh	Gumi	30 May 2025
14:41.51	Pandu Sukarya	INA	11.10.98	3	NC	Surakarta	1 Sep 2025
14:42.67	Saman Kumara Fernando W	SRI	25.7.90	2	NC	Diyagama	2 Aug 2025
14:43.50	Yusef Azariyan	IRI	7.6.06	3	Imam Reza	Mashhad	26 Apr 2025
14:43.7	Nguyen Trung Cuong	VIE	27.5.00	1	NC	Danang	10 Aug 2025

**Better Indoor Marks**

12:59.77	AIR Gulveer Singh	IND	1.6.98	4	DMR	Boston	21 Feb 2025
13:18.88	Kieran Tuntivate	THA	16.2.97	9	DMR	Boston	21 Feb 2025

**10,000m**

27:00.22	NR	Gulveer Singh	IND	1.6.98	6	The Ten	San Juan Capistrano	29 Mar 2025
27:05.92	NR	Mebuki Suzuki	JPN	3.6.01	6	HLD	Hachioji	22 Nov 2025
27:21.45		Yamato Yoshii	JPN	14.2.02	8	HLD	Hachioji	22 Nov 2025
27:28.82		<i>Mebuki Suzuki</i>			1	NC	Kumamoto	12 Apr 2025
27:31.90		Ren Tazawa	JPN	11.11.90	13	HLD	Hachioji	22 Nov 2025
27:33.52		Jun Kasai	JPN	24.10.00	2	NC	Kumamoto	12 Apr 2025
27:33.84		Hayato Imae	JPN	26.1.98	1rB	HLD	Hachioji	22 Nov 2025
27:34.98		Tatsuhiko Ito	JPN	23.3.98	5	Nittaidai	Yokohama	26 Apr 2025
27:36.00		Ayumu Kobayashi	JPN	15.9.98	2rB	HLD	Hachioji	22 Nov 2025
27:36.33		<i>Yamato Yoshii</i>			3	NC	Kumamoto	12 Apr 2025
<b>(Top-10 performances by 8 athletes)</b>								
27:36.56		Kieran Tuntivate	THA	16.2.97	14	The Ten	San Juan Capistrano	29 Mar 2025
27:36.61		Yuma Nishizawa	JPN	19.9.00	3rB	HLD	Hachioji	22 Nov 2025
<b>(10)</b>								
27:36.64		Hiromichi Nonaka	JPN	16.2.05	1rC	HLD	Hachioji	22 Nov 2025
27:37.06		Kaisei Okada	JPN	30.8.05	4rB	HLD	Hachioji	22 Nov 2025
27:37.13		Kiyoto Hirabayashi	JPN	4.12.02	2rC	HLD	Hachioji	22 Nov 2025
27:37.62		Asahi Kuroda	JPN	10.3.04	1		Machida	22 Nov 2025
27:40.50		Daichi Fujita	JPN	12.7.04	2		Machida	22 Nov 2025
27:43.92		Sota Orita	JPN	18.9.05	3		Machida	22 Nov 2025
27:43.97		Takato Suzuki	JPN	23.7.97	8rB	HLD	Hachioji	22 Nov 2025
27:45.05		Hayate Honma	JPN	15.9.04	9rB	HLD	Hachioji	22 Nov 2025
27:45.72		Tatsuo Iyoda	JPN	18.7.00	5	Nittaidai	Yokohama	29 Nov 2025
27:46.88		Shoya Kawase	JPN	9.7.98	10rB	HLD	Hachioji	22 Nov 2025
<b>(20)</b>								
27:47.13		Kanta Shimizu	JPN	3.5.96	6	Nittaidai	Yokohama	29 Nov 2025
27:47.58		Kazuya Shiojiri	JPN	8.11.96	4	NC	Kumamoto	12 Apr 2025
27:47.89		Jin Yuasa	JPN	27.8.01	3rC	HLD	Hachioji	22 Nov 2025
27:48.22		Ryo Goda	JPN	8.8.99	11rB	HLD	Hachioji	22 Nov 2025
27:48.68	NR	Wang Wenjie	CHN	4.5.04	3	Nittaidai	Yokohama	31 May 2025
27:49.62		Neo Namiki	JPN	7.12.01	13rB	HLD	Hachioji	22 Nov 2025
27:49.75		Yusuke Tamura	JPN	23.12.98	14rB	HLD	Hachioji	22 Nov 2025
27:49.90		Shunya Udagawa	JPN	29.7.03	4		Machida	22 Nov 2025
27:50.12		Toru Kubota	JPN	12.5.01	10	Nittaidai	Yokohama	26 Apr 2025
27:50.62		Hiroki Yamanaka	JPN	5.4.02	4rC	HLD	Hachioji	22 Nov 2025
<b>(30)</b>								
<b>Additional Non-JPN marks:</b>								
28:46.82		Albert Rop	BRN	17.7.92	3	AsiCh	Gumi	27 May 2025
28:49.93		Sawan Barwal	IND	18.2.98	1	NatG	Dehradun	8 Feb 2025
28:54.24		Tang Haoran	CHN	21.5.03	1	NatG	Guangzhou	20 Nov 2025
28:55.28		Yu Shuiqing	CHN	1.10.06	2	NatG	Guangzhou	20 Nov 2025
29:02.45		Ma Wenliang	CHN	18.4.02	3	NatG	Guangzhou	20 Nov 2025
29:03.99		Abdinasir Elmi	BRN		7		Birmingham	14 Jun 2025
29:04.76		Kiran Matre	IND	5.8.01	2	NatG	Dehradun	8 Feb 2025
29:06.58		Birhanu Balew	BRN	27.2.96	1	Solidarity	Riyadh	18 Nov 2025
29:14.86		Abhishek Pal	IND	15.7.97	2	FedCup	Kochi	21 Apr 2025
29:15.83		Seyed Taha Ghafari	IRI	1.12.95	3		Glasgow	25 Apr 2025
29:17.35		Abdikani Mohamed Hamid	BRN	2.1.05	6	Solidarity	Riyadh	18 Nov 2025
29:42.05		Park Jae-Woo	KOR	26.3.05	7	AsiCh	Gumi	27 May 2025
29:43.94		Yacine Guermali	PHI	26.7.99	2	SEAG	Bangkok	16 Dec 2025
29:45.00		Nursultan Keneshbekov	KGZ	25.3.00	8	AsiCh	Gumi	27 May 2025
29:53.9		Rokaya Rajan	NEP	16.4.98	1	MilitaryCh	Kathmandu	30 Aug 2025
29:54.64		Rikki Martin Simbolon	INA	25.3.95	3	SEAG	Bangkok	16 Dec 2025
29:55.44		Kim Tae-Hun	KOR	30.4.04	2		Gumi	21 Apr 2025
29:58.35		Park Min-Ho	KOR	23.1.99	1		Yecheon	3 Sep 2025
30:02.60		Amirhossein Keivanlou	IRI	30.3.03	1	NC	Rasht	9 May 2025

30:07.48		Kim Ji-In	KOR	14.12.95	1		Naju	30 Apr 2025
30:08.20	NR	Ali Alrida Kanaan	LBN	3.6.03	1	NC	Beirut	10 Jul 2025
30:08.69		Gantulga Dambadarjaa	MGL	3.2.89	9	AsiCh	Gumi	27 May 2025
30:17.94		Robi Syianturi	INA	8.1.98	12	AsiCh	Gumi	27 May 2025
30:20.83		Andrey Petrov	UZB	13.10.86	1	NC	Tashkent	25 Apr 2025
30:24.30		Mohammad Hossain Tayebi	IRI	17.1.02	2	NC	Rasht	9 May 2025
30:29.4		Khadak Bahadur Khadka	NEP	17.4.84	2	MilitaryCh	Kathmandu	30 Aug 2025
30:33.29	NR	Soh Rui Yong	SGP	6.8.91			Yokohama	29 Nov 2025
30:35.18		Sonny Wagdos	PHI	3.7.93	4	SEAG	Bangkok	16 Dec 2025
30:40.65		Nofeldi Petingko	INA	9.11.98	5rB	Belt&Road	Chongqing	16 May 2025
30:52.14		Daniel Simanjuntak	INA	2001	2	NC	Surakarta	2 Sep 2025
30:52.23		Tse Chun Yin	HKG	11.4.01	22	NatG	Guangzhou	20 Nov 2025
30:53.54		Ali Abdulrahman	IRQ	14.11.96	6	NC	Espoo	1 Aug 2025
30:55.61		S Roshan	SRI	19.4.02	1	NC	Diyagama	3 Aug 2025
30:55.91		Daniyar Ormangali	KAZ	26.9.00	1	NC	Almaty	10 Jul 2025
30:56.41		H D S D Gunasekara	SRI	2.8.98	2	NC	Diyagama	3 Aug 2025
30:57.73		Morteza Beiramvand	IRI	21.9.87	1		Tehran	29 Sep 2025
30:58.90		A K Prasan	SRI	21.2.01	1	MilitaryCh	Diyagama	20 Aug 2025
31:02.40		Shaun Goh	SGP	12.1.97	5		Brisbane	9 Aug 2025
31:03.08		Fernando M S A	SRI	24.10.03	3	MilitaryCh	Diyagama	20 Aug 2025
31:05.54		Nader Ismail Daoud	OMA		1	NC	Muscat	21 Feb 2025

**Doping disqualification:**

28:11.34		Kartik Kumar	IND	12.5.99	(8rB)	The Ten	San Juan Capistrano	29 Mar 2025
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**10 KM**

26:54	AR	Birhanu Balew	BRN	27.2.96	1		Herzogenaurach	26 Apr 2025
28:07		Tariq Ahmed Al-Amri	KSA	23.12.90	4		Casablanca	28 Sep 2025
28:25		Kyosuke Hanao	JPN	20.12.01	18		Tokyo	3 May 2025
28:28		Keijiro Mogi	JPN	21.10.95	19		Tokyo	3 May 2025
28:28		Hassan Chani	JPN	8.10.91	8		Casablanca	28 Sep 2025
28:42		Nursultan Keneshbekov	KGZ	25.3.00	4		Moscow	20 Sep 2025
28:49	NR	Mao Jinhu	CHN	2.8.02	69		Valencia	12 Jan 2025
29:02		Kenya Sonota	JPN	30.5.93	7		Manchester	18 May 2025
29:04		Jiang Fakun	CHN	16.8.99	2		Meishan	28 Dec 2025
29:08		Taiyo Yasuhara (10)	JPN	23.4.01	1		Yamaguchi	9 Feb 2025

**Half-Marathon**

59:27	NR	Tomoki Ota	JPN	17.10.97	2		Marugame	2 Feb 2025
59:30		Kotaro Shinohara	JPN	3.9.02	4		Marugame	2 Feb 2025
60:06		Sinsaku Kudou	JPN	10.11.04	5		Marugame	2 Feb 2025
60:22		Tsubasa Ichiyama	JPN	8.4.96	1		Yamaguchi	9 Feb 2025
60:26		Kento Baba	JPN	11.11.03	6		Marugame	2 Feb 2025
60:27		Tatsuhiko Ito	JPN	23.3.98	2		Yamaguchi	9 Feb 2025
60:29		Yuma Nishizawa	JPN	19.9.00	3		Yamaguchi	9 Feb 2025
60:30		Ryuto Uehara	JPN	5.5.03	9		Marugame	2 Feb 2025
60:32		Yudai Kiyama	JPN	10.6.03	10		Marugame	2 Feb 2025
60:34		Reishi Yoshida (10)	JPN	19.6.02	11		Marugame	2 Feb 2025

**Additional Non-JPN marks:**

61:39	NR	Nursultan Keneshbekov	KGZ	25.3.00	2		Kazan	4 Oct 2025
61:40		Albert Rop	BRN	17.7.92	2		Granollers	2 Mar 2025

**Marathon**

2:04:55	NR	Suguru Osako	JPN	23.5.91	4		Valencia	7 Dec 2025
2:05:39		Ryuta Kondo	JPN	5.10.99	2		Osaka	24 Feb 2025
2:05:58		Kyohei Hosoya	JPN	31.8.95	4		Osaka	24 Feb 2025
2:06:00		Tsubasa Ichiyama	JPN	8.4.96	10		Tokyo	2 Mar 2025
2:06:05		Asahi Kuroda	JPN	10.3.04	6		Osaka	24 Feb 2025

2:06:06	Shunya Kikuchi	JPN	26.7.98	7		Osaka	24 Feb 2025
2:06:07	Hiroki Wakabayasi	JPN	3.9.02	2	Mainichi	Oita	2 Feb 2025
2:06:14	Hirohito Inoue	JPN	6.1.93	12		Tokyo	2 Mar 2025
2:06:15	Akira Akasaki	JPN	21.1.98	2		Berlin	21 Sep 2025
2:06:18	Kengo Suzuki (10)	JPN	11.6.95	8		Osaka	24 Feb 2025
2:06:23	Yuhei Urano	JPN	1.11.97	13		Tokyo	2 Mar 2025
2:06:28	Yugo Kashiwa	JPN	19.4.00	9		Osaka	24 Feb 2025
2:06:38	Shohei Otsuka	JPN	13.8.94	3	Mainichi	Oita	2 Feb 2025
2:06:48	Yohei Ikeda	JPN	22.6.98	14		Tokyo	2 Mar 2025
2:06:49	Shumi Dechasa	BRN	28.5.89	3	JTBC	Seoul	2 Nov 2025
2:07:06	Tatsuya Maruyama	JPN	29.7.94	15		Tokyo	2 Mar 2025
2:07:11	Atsumi Ashiwa	JPN	2.2.95	4	Mainichi	Oita	2 Feb 2025
2:07:20	He Jie	CHN	27.12.98	16		Tokyo	2 Mar 2025
2:07:29	Riki Nakanishi	JPN	20.12.95	11		Osaka	24 Feb 2025
2:07:33	Yuki Takei (20)	JPN	1.12.99	1		Gold Coast	6 Jul 2025
2:07:34	Toshiki Sadakata	JPN	4.3.92	12		Osaka	24 Feb 2025
2:07:39	Naoya Sakuda	JPN	17.12.94	8		Seoul	16 Mar 2025
2:07:42	Masato Arao	JPN	8.7.00	6		Sydney	31 Aug 2025
2:07:48	Shoma Hosoya	JPN	13.2.00	13		Osaka	24 Feb 2025
2:07:49	Kazuya Nishiyama	JPN	5.11.98	2		Hofu	7 Dec 2025
2:07:53	Kento Kikutani	JPN	8.5.94	14		Osaka	24 Feb 2025
2:07:56	Yusuke Nishiyama	JPN	7.11.94	2		Fukuoka	7 Dec 2025
2:07:57	Koki Takada	JPN	13.6.93	15		Osaka	24 Feb 2025
2:08:07	Yang Shaohui	CHN	9.7.92	9		Xiamen	5 Jan 2025
2:08:14	Kenya Sonota (30)	JPN	30.5.93	19		Tokyo	2 Mar 2025
<b>Additional Non-JPN marks:</b>							
2:08:34	Feng Peiyou	CHN	1.8.01	6		Shanghai	30 Nov 2025
2:09:33	Chen Tianyu	CHN	11.5.97	31		Osaka	24 Feb 2025
2:09:47	Han Il Ryong	PRK	29.4.00	3		Beijing	2 Nov 2025
2:11:21	NR Shadrack Kimutai	KAZ	28.12.99	10		Rabat	27 Apr 2025
2:11:58	Park Min-Ho	KOR	23.1.99	10		Incheon	23 Nov 2025
2:12:03	Abdi Ali Gelelchu	BRN	1.8.97	7		Taiyuan	21 Sep 2025
2:12:08	Pak Kum Dang	PRK	19.4.96	1		Pyongyang	6 Apr 2025
2:12:23	Gopi Thonakal	IND	24.5.88	46		Valencia	7 Dec 2025
2:12:29	Kim Hong-Rok	KOR	19.8.02	15		Seoul	16 Mar 2025
2:12:53	Yimer Aweke Ayalew	BRN	23.2.93	8		Dublin	26 Oct 2025
2:12:57	Jamsran Olonbayar	MGL	1.8.93	54		Osaka	24 Feb 2025
2:13:25	Man Singh	IND	20.6.89	58		Valencia	7 Dec 2025
2:13:29	Jon Kwang Myong	PRK		3		Pyongyang	6 Apr 2025
2:13:41	Lee Jung-Kook	KOR	18.12.95	19		Seoul	16 Mar 2025
2:13:59	Ser-Od Bat-Ochir	MGL	7.10.81	17		Xiamen	5 Jan 2025
2:14:07	Belliappa A B	IND	11.2.92	66		Valencia	7 Dec 2025
2:14:17	Zelalem Bacha	BRN	10.1.88	6		Dusseldorf	27 Apr 2025
2:14:26	Ho Jong Dae	PRK		6		Pyongyang	6 Apr 2025
2:14:32	Andrey Petrov	UZB	13.10.86	5	AsiMarCh	Jiaxing	30 Mar 2025
2:14:43	Kim Jong-Yun	KOR	12.1.00	20		Seoul	16 Mar 2025
2:14:50	Shokhrukh Davlyatov	UZB	7.3.96	1		Samarkand	8 Nov 2025
2:14:56	Gantulga Dambadarjaa	MGL	3.2.89	12		Incheon	23 Nov 2025
2:15:04	NR Robi Syianturi	INA	8.1.98	13		Gold Coast	6 Jul 2025
2:15:06	Khadak Bahadur Khadka	NEP	17.4.84	1		Nepalgunj	22 Nov 2025
2:15:29	Pradeep Singh	IND	6.6.98	2		New Delhi	23 Feb 2025
2:15:48	Rikki Martin Simbolon	INA	25.3.95	15		Gold Coast	6 Jul 2025
2:15:49	Bat-Erdene Gansukh	MGL	18.5.95	10		Gunsan	6 Apr 2025
2:16:40	Sushil Kumar Shahi	NEP		2		Nepalgunj	22 Nov 2025
2:17:11	NR Ali Saeed Al Shahrani	KSA	6.10.83	98		Valencia	7 Dec 2025
2:17:15	Vincent Leslie Lam	HKG	9.3.96	7	AsiMarCh	Jiaxing	30 Mar 2025

2:17:23		Anish Thapa Magar	NEP	23.4.90	1		Mumbai	19 Jan 2025
2:19:15		Gopi Chandra Parki	NEP	25.7.89	3		Nepalgunj	22 Nov 2025
2:19:19		Yerzhan Dzhanarstanov	KAZ	24.11.94	8	AsiMarCh	Jiaxing	30 Mar 2025
2:19:46	NR	Tony Hanna	LBN	12.1.85	42		Amsterdam	19 Oct 2025
2:19:58		Ilya Tyapkin	KGZ	2.8.91	9	AsiMarCh	Jiaxing	30 Mar 2025
2:20:28		Chang Chia-Che	TPE	22.4.83	91		Tokyo	2 Mar 2025
2:20:39		Cheng Yiu Leung	HKG	30.10.83	95		Tokyo	2 Mar 2025
2:21:04		Wong Wan Chun	HKG	13.2.96	12		Hongkong	9 Feb 2025
2:21:20		Chou Ting-Yin	TPE	7.7.91	10	AsiMarCh	Jiaxing	30 Mar 2025
2:21:39		Gi Ka Man	HKG	25.1.84	34		Fukuoka	7 Dec 2025
2:21:46		Islam Amangos	KAZ	11.1.96	11	AsiMarCh	Jiaxing	30 Mar 2025
2:21:54		Yevgeniy Fadeyev	UZB	3.10.95	3		Turkistan	26 Oct 2025

**3000m Steeplechase**

8:03.43	NR	Ryuji Miura	JPN	11.2.02	2	DL	Monaco	11 Jul 2025
8:10.11		<i>Ryuji Miura</i>			6	DL	Xiamen	26 Apr 2025
8:13.39		<i>Ryuji Miura</i>			13	DL	Rabat	25 May 2025
8:15.41		Zakaria Al-Alhlami	QAT	7.7.04	8	DL	Brussels	22 Aug 2025
8:15.82		<i>Zakaria Al-Alhlami</i>			13	IFAM	Oorddegem	9 Aug 2025
8:18.75		Ryoma Aoki	JPN	16.6.97	5		Eagle Rock	12 Jul 2025
8:18.96		<i>Ryuji Miura</i>			1	SeikoGP	Tokyo	18 May 2025
8:19.54		Yutaro Niinae	JPN	6.2.01	17	IFAM	Oorddegem	9 Aug 2025
8:20.92		Avinash Sable	IND	13.9.94	1	AsiCh	Gumi	29 May 2025
8:20.99		<i>Ryoma Aoki</i>			3	SeikoGP	Tokyo	18 May 2025
		<b>(Top-10 performances by 5 athletes)</b>						
8:22.64		Hibiki Obara	JPN	10.11.01	4	TrackFest	Portland	14 Jun 2025
8:27.35		Yasunari Kusu	JPN	21.8.93	1	NatG	Hikone	3 Oct 2025
8:29.05		Tetsu Sasaki	JPN	24.11.06	2	Kanakuri	Kumamoto	12 Apr 2025
8:29.11		Seiya Sunada	JPN	30.10.01	3	Kanakuri	Kumamoto	12 Apr 2025
8:29.35		Soma Nagahara (10)	JPN	12.10.05	5	Kanakuri	Kumamoto	12 Apr 2025
8:30.62		Daichi Shibata	JPN	2.11.04	8	SeikoGP	Tokyo	18 May 2025
8:32.54		Sanetada Ono	JPN	6.11.05	2	NatG	Hikone	3 Oct 2025
8:32.67		Tatsuhiko Taniguchi	JPN	16.9.00	3	NatG	Hikone	3 Oct 2025
8:35.54		Yu Shuiqing	CHN	1.10.06	1	NGP	Jiaxing	29 Apr 2025
8:35.55		Vikram Singh	IND	3.7.96	1	MilitaryCh	Jalahalli	7 Sep 2025
8:36.11		Rohit Verma	IND	20.10.98	2	MilitaryCh	Jalahalli	7 Sep 2025
8:36.60		Hayate Sato	JPN	28.2.01	5	Oda	Hiroshima	29 Apr 2025
8:37.53		Hinata Yuda	JPN	22.1.05	7	Kanakuri	Kumamoto	12 Apr 2025
8:38.19		Hinata Kuroki	JPN	6.6.03	2		Hiratsuka	27 Apr 2025
8:38.25	NR	Nguyen Trung Cuong (20)	VIE	27.5.00	5	AsiCh	Gumi	29 May 2025
8:38.35		Soma Hattori	JPN	17.2.03	1	Hokuren	Fukagawa	11 Jun 2025
8:39.0		Shubam Bhandare	IND	17.6.00	1		Pune	23 Jun 2025
8:39.42		Yuki Murao	JPN	20.4.03	8	NC	Tokyo	4 Jul 2025
8:40.06		Sunil Joliya Jinabhai	IND	26.12.02	1		Chennai	15 Apr 2025
8:40.24		Wang Shaojie	CHN	11.5.98	2	NGP	Rizhao	27 Sep 2025
8:41.17		Khalid Mohamed Hazazi	KSA	8.1.89	9rB	IFAM	Oorddegem	9 Aug 2025
8:42.06		Chen Yongchao	CHN	18.5.01	2	NatG	Guangzhou	16 Nov 2025
8:42.15		Atsushi Shobu	JPN	16.12.01	3	CorpCh	Yamaguchi	27 Sep 2025
8:43.01		Chen Wengjie	CHN	26.1.04	3	NatG	Guangzhou	16 Nov 2025
8:43.04		Kousuke Tsuii (30)	JPN	2.10.05	5	Int-Univ	Okayama	8 Jun 2025
		<b>Additional Non-JPN/CHN/IND marks:</b>						
8:46.91		Park Won-Bin	KOR	2.5.01	6	AsiCh	Gumi	29 May 2025
8:53.66		Abderrahmane Houam	QAT	25.4.07	11rB	IFAM	Oorddegem	9 Aug 2025
8:55.33		Yusef Azariyan	IRI	7.6.06	1	NC	Rasht	9 May 2025
8:55.93		Choi Jae-Kyung	KOR	27.4.98	2	NSF	Busan	21 Oct 2025

8:57.13	Pandu Sukarya	INA	11.10.98	2	SEAG	Bangkok	15 Dec 2025
8:58.34	Junel Gobotia	PHI	24.4.98	3	SEAG	Bangkok	15 Dec 2025
8:58.83	Park Jae-Young	KOR	30.1.98	3	NSF	Busan	21 Oct 2025
8:59.02	Mahmoud Abou Zeid	LBN	19.2.08	1	WestAsiJr	Beirut	4 Oct 2025
8:59.50	Le Tien Long	VIE	16.2.01	4	SEAG	Bangkok	15 Dec 2025
9:00.93	Hizam Mostafa Al-Khazaili	IRQ	26.3.06	2	WestAsiJr	Beirut	4 Oct 2025
9:02.52	Mohamed Maedh Al-Barakati	KSA	1994	2	MilitaryCh	Qatif	26 May 2025
9:03.23	Song Yun-Hwa	KOR	2.10.98	4	NSF	Busan	21 Oct 2025
9:04.32	Udaya Bandara Herath H M	SRI	30.8.95	1	NC	Diyagama	3 Aug 2025
9:09.00	Khalil Naseri	IRI	6.2.95	3	Imam Reza	Mashhad	25 Apr 2025
9:09.25	G T Bandarage Sanuka	SRI	3.1.06	2	MilitaryCh	Diyagama	19 Aug 2025
9:09.85	Chou Ting-Yin	TPE	7.7.91	1	NatG	Yunlin	21 Oct 2025
9:10.36	Chathuranga Gunarathne T M L	SRI	21.3.97	2	NC	Diyagama	3 Aug 2025
9:10.72	Haroun Issa Jama	KSA	1996	2		Qatif	20 Dec 2025
9:10.88	Matin Shahbazi	IRI	2.12.05	2	NC	Rasht	9 May 2025
9:10.98	Samir Eghbali	IRI	23.2.04	3	NC	Rasht	9 May 2025
9:10.99	Stephine Deilariarte	PHI	23.9.03	2		Pasig	4 Oct 2025
9:12.06	A B N Alwis	SRI	11.1.94	3		Diyagama	19 Aug 2025
9:12.36	Lin Che-Wei	TPE	20.3.05	1		Taipei	16 Feb 2025
9:12.99	Ritchie Estampador	PHI	10.4.01	2		Pasig	16 Aug 2025
9:14.5	John Koch	BRN	23.8.95	8		Kapsabet	15 Mar 2025
9:14.87	Tseng Ting-Wei	TPE	27.3.97	2	NatG	Yunlin	21 Oct 2025
9:15.44	Liao Hsuan-Hao	TPE	12.9.98	3	NatG	Yunlin	21 Oct 2025
9:15.97	Yasir Abkar	KSA	11.12.96	7		Izmir	22 Aug 2025
9:16.10	Abdulaziz Nour Al-Sanea	JOR	21.12.02	1		Amman	10 Oct 2025
9:16.40	Noli Torre	PHI	22.10.00	3		Pasig	16 Aug 2025
9:19.62	Shaker Fathi Aqli	QAT		6		Doha	9 Apr 2025
9:20.07	Diyorbek Akhmedov	UZB	27.4.04	1	Uzbek Cup	Tashkent	17 Sep 2025
9:21.4	Talha Saleem	PAK		1	NC	Islamabad	31 Dec 2025
9:21.73	Mohamed Abdullah Mahal	IRQ	28.3.91	2rB	Manioglu	Izmir	6 Jul 2025
9:21.90	Jason Chun Ho Yeung	HKG	30.5.05	4		Taipei	20 Sep 2025
9:22.46	Hatem Sayed Badr	IRQ		2		Sulaymaniyah	17 Apr 2025
9:23.23	Muhammadqodir Soatov	UZB	2001	2	Uzbek Cup	Tashkent	17 Sep 2025
9:24.1	Muhammad Bilal	PAK		2	NC	Islamabad	31 Dec 2025
9:24.13	Behruz Shavkatov	UZB	18.10.07	1	Arzumanov	Tashkent	21 Jun 2025
9:24.7	Muhammad Khabaib	PAK		3	NC	Islamabad	31 Dec 2025
9:25.00	Ibrahim Abdullah Yahya	IRQ	15.1.06	3	WestAsiJr	Beirut	4 Oct 2025

**Additional National Records:**

9:54.71	NR	Leong Chin Hei	MAC	2.12.00	1		Hongkong	29 Mar 2025
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**110m Hurdles**

12.92	NR	0.6	Rachid Muratake	JPN	6.2.02	1	ANG	Fukui	16 Aug 2025
13.08		1.4	<i>Rachid Muratake</i>			1h1	DL	Paris	20 Jun 2025
13.08		1.1	<i>Rachid Muratake</i>			4	DL	Paris	20 Jun 2025
13.10		0.6	<i>Rachid Muratake</i>			2	DL	Shaoxing	3 May 2025
13.12		0.6	Tatsuki Abe	JPN	3.8.03	2	ANG	Fukui	16 Aug 2025
13.12		1.7	Xu Zhuoyi	CHN	21.8.03	1	NatG	Guangzhou	19 Nov 2025
13.14		0.3	<i>Rachid Muratake</i>			2	DL	Xiamen	26 Apr 2025
13.14		1.7	Liu Junxi	CHN	11.12.03	2	NatG	Guangzhou	19 Nov 2025
13.16		-1.1	<i>Rachid Muratake</i>			1		Tokyo	18 May 2025
13.17		-0.9	<i>Rachid Muratake</i>			4	DL	Monaco	11 Jul 2025
13.17		-0.1	<i>Rachid Muratake</i>			2s3	WCh	Tokyo	16 Sep 2025
<b>(Top-11 performances by 4 athletes)</b>									
13.18		0.2	Chen Yuanjiang	CHN	27.1.06	1	NC	Quzhou	4 Aug 2025
13.19		0.6	Shunsuke Izumiya	JPN	26.1.00	1s2	NC	Tokyo	4 Jul 2025
13.21		0.6	Syuusei Nomoto	JPN	25.10.95	2s2	NC	Tokyo	4 Jul 2025
13.34		-0.2	Zhu Shenglong	CHN	25.1.00	1s2	NC	Quzhou	3 Aug 2025
13.36		1.0	Shunya Takayama	JPN	3.9.94	1		Hiratsuka	9 Aug 2025

13.37	NR	0.6	Oumar Doudai Abakar (10)	QAT	2005	3		Berlin	27 Jul 2025
13.38		0.1	Taiga Yokochi	JPN	1.10.00	3	Kinami	Osaka	11 May 2025
13.40		-0.6	Qin Weibo	CHN	29.12.02	2s3	NC	Quzhou	3 Aug 2025
13.42		1.3	Hayato Higuchi	JPN	30.7.03	2		Hiratsuka	26 Apr 2025
13.43		-0.1	Zhang Zijun	CHN	18.7.04	2s1	NC	Quzhou	3 Aug 2025
13.44		0.5	Shi Guoxing	CHN	6.10.00	2	NGP	Qingdao	20 Jun 2025
13.45		0.1	Jeremy Koga	JPN	21.5.07	1		Utsunomiya	16 Jun 2025
13.49		0.4	Shuheishi Ishikawa	JPN	29.5.95	1	CorpCh	Yamaguchi	28 Sep 2025
13.51		1.1	Tejas Ashok Shirse	IND	4.6.02	2	Voor Mon	Leuven	16 Aug 2025
13.52		0.6	Ryota Fujii	JPN	29.7.96	3s2	NC	Tokyo	4 Jul 2025
13.53		0.8	Tetsuro Nishi (20)	JPN	5.2.04	1s2		Hiratsuka	25 Apr 2025
13.55		0.9	Sun Zhenjiang	CHN	25.1.99	2h4	Belt&Road	Chongqing	15 May 2025
13.55		0.3	Yaqoub Al-Yoha	KUW	31.1.93	1		Al-Kuwait	1 Dec 2025
13.56		0.5	Yang Quanlei	CHN	26.10.99	4	NGP	Qingdao	20 Jun 2025
13.56		0.6	Rikuto Nitani	JPN	28.6.03	4s2	NC	Tokyo	4 Jul 2025
13.57		0.5	Ning Ruiyang	CHN	3.4.02	1h1	NGP	Zhaoqing	12 Apr 2025
13.58		1.2	Lin Yi-Kai	TPE	23.12.04	1h1		Taipei	15 Feb 2025
13.58		0.2	Xie Wenjun	CHN	11.7.90	3	NGP	Yulin	13 Jul 2025
13.58		-0.2	Ning Xiaohan	CHN	24.1.00	3h2	NC	Quzhou	3 Aug 2025
13.61		-0.2	Zeng Jianhang	CHN	17.9.98	6	NGP	Rizhao	28 Sep 2025
13.62		1.7	Liu Bowen	CHN	13.5.01	1	NC	Hongkong	11 May 2025
13.62		1.5	Masoud Kamran (31)	IRI	16.1.99	2h3	AsiCh	Gumi	28 May 2025
<b>Additional Non-JPN/CHN marks:</b>									
13.63		1.9	Hsieh Yuan-Kai	TPE	13.3.06	1s1	NatG	Yunlin	20 Oct 2025
13.69		0.7	David Yefremov	KAZ	15.1.99	5	AsiCh	Gumi	29 May 2025
13.69		0.8	Kim Kyung-Tae	KOR	20.3.97	1		Iksan	6 Jul 2025
13.69	NR	1.6	Cheung Wang Fung	HKG	21.1.97	3h1	NatG	Guangzhou	19 Nov 2025
13.70		1.6	Madhvendra Singh	IND	30.10.03	2		Long Beach	17 Apr 2025
13.71		0.4	Kim Ju-Ho	KOR	8.3.99	4h1	AsiCh	Gumi	28 May 2025
13.75		0.3	Liu Hiu Long	HKG	20.12.04	1h2		Hongkong	12 Apr 2025
13.75		1.5	Chen Kuei-Ru	TPE	22.9.93	3	TaiwanOpn	Taipei	7 Jun 2025
13.77	NR	1.5	Ang Chen Xiang	SGP	3.7.94	4	TaiwanOpn	Taipei	7 Jun 2025
13.78			Bakr Ali Al-Jouma	KSA	7.3.01	1	NC	Taif	16 May 2025
13.78		0.1	Manav Rajanarayanan	IND	7.6.00	1	SAAC	Ranchi	25 Oct 2025
13.81		0.8	Yevgeniy Prokudin	KAZ	22.9.00	1		Almaty	27 Jun 2025
13.84		2.0	Krishik M	IND	16.10.03	1	NC-U23	Hanumakonda	17 Oct 2025
13.85		1.5	Mohd Armin Zahryl Abdul Latif	MAS	11.2.05	3h3	AsiCh	Gumi	28 May 2025
13.85		1.0	Ergash Normurodov	UZB	17.9.95	1h1	Uzbek Cup	Tashkent	18 Sep 2025
13.87		1.1	Mohd Rizzua Haizad Muhamad	MAS	29.3.97	2		Kuala Lumpur	3 May 2025
13.89		1.5	Cheung Siu Hang	HKG	26.4.02	6	TaiwanOpn	Taipei	7 Jun 2025
13.90		1.7	Wu Yu-Ting	TPE	8.1.07	3	NC	Hongkong	11 May 2025
13.90		1.9	Saleh Kadhim Nasser	IRQ	1997	1		Baghdad	4 Jul 2025
13.90		0.1	Roshan Dhammika Ranathunga	SRI	10.5.98	2	SAAC	Ranchi	25 Oct 2025
13.98		0.1	John Cabang	PHI	27.8.01	1	NC	New Clark City	3 May 2025
14.00		-1.4	Clinton K Bautista	PHI	5.11.92	2	KoreaOpn	Yecheon	7 Jun 2025
14.02			Nathapol Dansoongnern	THA	16.9.97	1h1	Int-Univ	Bangkok	13 Jan 2025
14.02		0.6	Nadun Kaveesha Bandara D M	SRI	26.6.03	1h1		Diyagama	8 Feb 2025
14.05		0.9	Sin Ui-Jin	KOR	12.10.04	3		Gumi	22 Apr 2025
14.05		1.9	Ali Nasser Hussein	IRQ		2		Baghdad	4 Jul 2025
14.05		-0.2	Hwang Eui-Chan	KOR	11.3.05	2		Yecheon	4 Sep 2025
14.06		2.0	Ahmed Al-Moualed	KSA	16.2.88	1		Taif	4 Dec 2025
14.10		0.3	Mohammad Badr Al-Enezi	KUW	30.5.05	2		Al-Kuwait	1 Dec 2025
14.13		0.6	Sandun Kosala W P	SRI	5.3.05	2	MilitaryCh	Diyagama	20 Aug 2025
14.15		1.3	Addis Wong Lok Hei	HKG	9.6.01	4		Hongkong	29 Mar 2025
14.18			Abdullah Rizqallah Al-Melihi	KSA	10.7.94	2	NC	Taif	16 May 2025
14.21		1.9	Mohamed Najah Hadi	IRQ	26.4.03	3		Baghdad	4 Jul 2025

14.22	-2.1	Yasin Gol Mohammadi	IRI	12.12.06	1		Tehran	15 Aug 2025
14.22		Ali Hanoun Hussein	IRQ		2	NC	Baghdad	25 Oct 2025
14.24	-1.5	Janidu Induwara Lakvijaya	SRI	29.12.00	1h1		Diyagama	8 Mar 2025
14.24	0.8	Elvin Yap Zhi Xian	MAS	14.1.04	1		Serdang	15 Nov 2025
14.26	-0.1	Muhd. Hazriq Cik Mat Kilau	MAS	4.11.06	2	NC	Kangar	30 Aug 2025
14.27	0.5	Shaker Abdullah Al-Salim	KSA	5.2.89	1		Medina	7 Feb 2025
14.28	-2.1	Mehdi Pirjahan	IRI	23.9.99	2		Tehran	15 Aug 2025
14.32	1.8	Ayub Kabri	INA	5.11.03	1	NC	Surakarta	2 Sep 2025
14.33	-0.1	Ali Salamatian	IRI	29.9.00	2		Bushehr	12 Feb 2025
14.33		Nodir Norboyev	UZB	4.2.05	1	Int-Univ	Samarkand	8 May 2025

**Wind-assisted marks:**

13.18	2.2	Jeremy Koga	JPN	21.5.07	1rC	NSG	Hiroshima	29 Jul 2025
13.33	5.3	Hayato Higuchi	JPN	30.7.03	1	Int-Univ	Sagamihara	9 May 2025
13.39	5.3	Tetsuro Nishi	JPN	5.2.04	2	Int-Univ	Sagamihara	9 May 2025
13.52	5.3	Ryo Koike	JPN	27.6.03	3	Int-Univ	Sagamihara	9 May 2025
13.55	3.7	Sosi Gonda	JPN	11.12.08	1h4		Shizuoka	25 Oct 2025
13.56	5.3	Kaisei Uchida	JPN	23.12.04	4	Int-Univ	Sagamihara	9 May 2025
13.57	5.3	Nozomu Matsumoto	JPN	3.5.03	5	Int-Univ	Sagamihara	9 May 2025
13.65	5.6	Saleh Kadhim Nasser	IRQ	1997	1		Sulaymaniyah	17 Apr 2025
13.74	3.6	Yevgeniy Prokudin	KAZ	22.9.00	1	NC	Almaty	11 Jul 2025
13.77	2.5	Hsieh Chun-Yen	TPE	25.5.06	2	NatG	Yunlin	20 Oct 2025
13.78	2.5	Chen Yi-Syuan	TPE	12.10.07	3	NatG	Yunlin	20 Oct 2025
14.04	3.7	Kim Dae-Hee	KOR	25.4.00	2		Naju	2 May 2025
14.16	5.6	Mohammed Najah Hadi	IRQ		2		Sulaymaniyah	17 Apr 2025
14.21	5.6	Ali Hanoun Hussein	IRQ		3		Sulaymaniyah	17 Apr 2025

**Hand Timings:**

13.7 HT		Muhammad Naeem	PAK	10.9.95	1	NC	Islamabad	31 Dec 2025
14.1 HT		Tajamal Hussain	PAK		2	NC	Islamabad	31 Dec 2025
14.2 HT		Sultan Sanjid	BAN		1		Dhaka	15 Oct 2025

**Doubtful Timing:**

13.66		John Cabang	PHI	27.8.01	1	SEAG	Bangkok	12 Dec 2025
13.75		Ang Chen Xiang	SGP	3.7.94	2	SEAG	Bangkok	12 Dec 2025
14.03		Sutthathathai Phrmbut	THA	24.2.06	4	SEAG	Bangkok	12 Dec 2025

**400m Hurdles**

47.06		Abderrahmane Samba	QAT	5.9.95	3	WCh	Tokyo	19 Sep 2025
47.09		<i>Abderrahmane Samba</i>			2	DL	Paris	20 Jun 2025
47.34		<i>Abderrahmane Samba</i>			3	DL	Chorzow	16 Aug 2025
47.45		<i>Abderrahmane Samba</i>			2	DL	Zurich	28 Aug 2025
47.61		Ismail Doudai Abakar	QAT	2004	2s2	WCh	Tokyo	17 Sep 2025
47.63		<i>Abderrahmane Samba</i>			1s1	WCh	Tokyo	17 Sep 2025
48.00		<i>Abderrahmane Samba</i>			1	AsiCh	Gumi	31 May 2025
48.03		<i>Abderrahmane Samba</i>			1h1	WCh	Tokyo	15 Sep 2025
48.04		<i>Ismail Doudai Abakar</i>			1		Berlin	27 Jul 2025
48.29		Bassem Awad Al-Hemeida	QAT	28.9.00	3s3	WCh	Tokyo	17 Sep 2025
		<b>(Top-10 performances by 3 athletes)</b>						
48.55		Ken Toyoda	JPN	15.10.02	2		Tokyo	18 May 2025
48.61		Daiki Ogawa	JPN	17.4.03	1rC	Kinami	Osaka	11 May 2025
48.66		Kaito Tsutsue	JPN	2.7.98	1		Oita	23 Aug 2025
48.68 NR		Gong Debin	CHN	9.9.97	1	NatG	Guangzhou	17 Nov 2025
48.71		Kazuki Kurokawa	JPN	17.6.01	1	TwilightG	Yokohama	20 Aug 2025
48.79		Hiromu Yamauchi	JPN	24.8.99	1		Fujiyoshida	3 Aug 2025
48.83		Xie Zhiyu	CHN	24.3.00	1	NC	Quzhou	4 Aug 2025
		(10)						
48.95 NR		Marc Anthony Ibrahim	LBN	5.12.02	1rB	IFAM	Oordegem	9 Aug 2025
48.99		Shunta Inoue	JPN	4.7.02	3	NC	Tokyo	6 Jul 2025
49.00		Lin Chung-Wei	TPE	3.2.04	1	TaiwanOpn	Taipei	8 Jun 2025
49.06		Ryosuke Takahashi	JPN	20.6.03	1	Int-Univ	Sagamihara	11 May 2025

49.08	Xu Xinfeng	CHN	17.3.05	3	NatG	Guangzhou	17 Nov 2025
49.08	Ye Anan	CHN	17.2.04	4	NatG	Guangzhou	17 Nov 2025
49.09	Yusaku Kodama	JPN	16.12.00	3rC	Kinami	Osaka	11 May 2025
49.22	Yashas Palaksha	IND	8.12.01	2	TaiwanOpn	Taipei	8 Jun 2025
49.24	Syota Fuchigami	JPN	1.1.05	2	Int-Univ	Okayama	8 Jun 2025
49.24	Kunihiro Okamura (20)	JPN	25.6.00	1rB		Fujiyoshida	3 Aug 2025
49.25	Hayato Shimoda	JPN	17.4.05	5	NC	Tokyo	6 Jul 2025
49.32	Masaki Toyoda	JPN	17.1.98	6	NC	Tokyo	6 Jul 2025
49.33	Yuuki Morioka	JPN	16.12.03	2s1	Int-Univ	Okayama	7 Jun 2025
49.34	Song Jiahui	CHN	23.2.02	5	NatG	Guangzhou	17 Nov 2025
49.45	Sojiro Moritaka	JPN	21.1.03	1		Osaka	7 Jun 2025
49.56	Mehdi Pirjahan	IRI	23.9.99	1		Tehran	9 Sep 2025
49.62	Tatsuhiko Yamamoto	JPN	23.4.97	4rC		Osaka	11 May 2025
49.65	Yuma Takahashi	JPN	15.12.95	1		Osaka	31 Aug 2025
49.66	Shu Watanabe	JPN	15.10.03	2s3	Int-Univ	Okayama	7 Jun 2025
49.68	Kohei Kanno (30)	JPN	20.6.02	1		Tsukuba	18 May 2025
49.68	Kenji Yamamoto	JPN	28.8.97	2		Osaka	7 Jun 2025
49.68	Arjun Pradeep (32)	IND	22.6.05	1	RailwayCh	Kolkata	6 Sep 2025
<b>Additional Non-JPN/CHN marks:</b>							
49.75 NR	Calvin Quek Jun Jie	SGP	26.2.96	1rB	TwilightG	Yokohama	20 Aug 2025
49.76	Ruchit Mori	IND	24.8.01	1	NC-1	Chennai	23 Aug 2025
49.83	Chen Chien-Jung	TPE	16.4.03	1h4		New Taipei City	13 Mar 2025
49.90	Ayomal Akalanka K L	SRI	16.1.06	1	NSG	Diyagama	14 Oct 2025
50.11	Subhas Das	IND	23.1.02	2	FedCup	Kochi	23 Apr 2025
50.41	Mohamed Dahim Al Mouaoui	KSA	25.3.01	7	GoldenGP	Gaborone	12 Apr 2025
50.42	Nguyen Duc Son	VIE	11.3.99		NC	Danang	12 Aug 2025
50.46	Ahmed Jamal Gomaa	IRQ	23.9.03	1	NC	Baghdad	24 Oct 2025
50.54	Kim Ju-Ho	KOR	8.3.99	1	NC	Jeongseon	23 Jun 2025
50.55	Lim Chan-Ho	KOR	11.3.92	2	NC	Jeongseon	23 Jun 2025
50.56	Wu Yu-Ting	TPE	8.1.07	1		Tainan	24 Apr 2025
50.66	Le Quoc Huy	VIE	26.4.05	2	NC	Danang	12 Aug 2025
50.84 NR	Nazimul Hossain Roni	BAN	12.10.98	1	NC	Dhaka	18 Feb 2025
50.95	Abdullah Rizqallah Al-Melihi	KSA	10.7.94	2	NC	Taif	16 May 2025
51.04	Yasin Gol Mohammadi	IRI	12.12.06	2		Tehran	15 Aug 2025
51.09	Idris Ayil Al-Soufiani	KSA	13.3.95	3	NC	Taif	16 May 2025
51.15	Jung An-Sung	KOR	23.6.03	1	NSF-Univ	Busan	20 Oct 2025
51.17	Tochukwu Onoura Okolo	PHI	2.7.03	4	SEAG	Bangkok	15 Dec 2025
51.20	Cho Sang-Hyun	KOR	26.8.04	1	NSF	Busan	20 Oct 2025
51.27	Asitha Tharanga Rathnasena	SRI	6.6.95	5	SAAC	Ranchi	26 Oct 2025
51.39	Dhanuka Dharshana K M	SRI	13.11.03	6h4	Int-Univ	Okayama	6 Jun 2025
51.40	Naif Rashid Alsubaie	KSA	28.6.07	4	Solidarity	Riyadh	18 Nov 2025
51.45	Vyacheslav Zems	KAZ	2.5.98	1		Almaty	28 Jun 2025
51.50	Indrajith Asanka Rathnasena	SRI	20.9.92	2		Diyagama	9 Mar 2025
51.52	Ali Abbaspour	IRI	28.9.00	3		Tehran	15 Aug 2025
51.54	Tsai Hsin-You	TPE	19.12.09	1		Taipei	20 Sep 2025
51.54	Chen Yen-Chiang	TPE	29.9.01	3	NatG	Yunlin	22 Oct 2025
51.59	Adil Omarbekov	KAZ	8.5.04	2		Almaty	28 Jun 2025
51.72	Hasanbek Rustamjonov	UZB	7.7.07	1		Tashkent	17 Aug 2025
51.90	Dmitriy Koblov	KAZ	30.11.92	2	NC	Almaty	12 Jul 2025
51.91 NR	Cheong Chi Chong	MAC	5.10.04	8	TaiwanOpn	Taipei	8 Jun 2025
51.97	Muhd. Fakhrul Afizul Nasir	MAS	28.3.04	1		Kuala Lumpur	4 May 2025
51.98	Nguyen Trung Quoc	VIE	23.6.05	3	NC	Danang	12 Aug 2025
52.19	Mahamat Abaker Abdrahman	QAT	17.4.06	2	WestAsiGP	Doha	16 May 2025
52.21	Teuku Tegar Abadi	INA	13.12.98	1	NC	Surakarta	3 Sep 2025
52.32	Danh Thanh Toan	VIE	18.1.06	4	NC	Danang	12 Aug 2025
52.54	Abbas Jawad Mahdi Kadhem	IRQ		2		Sulaymaniyah	18 Apr 2025

52.55	Abbas Awadeh Mimr Al-Khawaf	IRQ	2.2.05	3		Sulaymaniyah	18 Apr 2025
52.56	Ayman Kobaidat	LBN	3.12.96	2		Beirut	31 Jul 2025
52.60	Edwin Binsar Holomuan	INA	20.12.00	2	NC	Surakarta	3 Sep 2025
<b>Hand Timings:</b>							
51.5 HT	Abid Razaq	PAK	16.2.00	1	NC	Islamabad	31 Dec 2025
52.4 HT	Ali Nawaz	PAK		2	NC	Islamabad	31 Dec 2025
<b>HIGH JUMP</b>							
2.34	Woo Sang-Hyeok	KOR	23.4.96	1	DL	Monaco	11 Jul 2025
2.34	<i>Woo Sang-Hyeok</i>			2	WCh	Tokyo	16 Sep 2025
2.33	NR Yuto Seko	JPN	16.3.98	1	ANG	Fukui	15 Aug 2025
2.32	<i>Woo Sang-Hyeok</i>			1	DL	Rome	6 Jun 2025
2.31 ind	<i>Woo Sang-Hyeok</i>			1		Hustopecce	8 Feb 2025
2.31 ind	<i>Woo Sang-Hyeok</i>			1	WIC	Nanjing	21 Mar 2025
2.30	<i>Woo Sang-Hyeok</i>			1		Gumi	22 Apr 2025
2.29	<i>Woo Sang-Hyeok</i>			1		Doha	9 May 2025
2.29	<i>Woo Sang-Hyeok</i>			1	AsiCh	Gumi	29 May 2025
2.29	Tomohiro Shinno	JPN	17.8.96	1	NC	Tokyo	4 Jul 2025
2.29	<i>Tomohiro Shinno</i>			1	NatG	Hikone	6 Oct 2025
<b>(Top-11 performances by 3 athletes)</b>							
2.29	Ryoichi Akamatsu	JPN	2.5.95	2	NatG	Hikone	6 Oct 2025
2.28	Sarvesh Anil Kushare	IND	17.6.95	6=	WCh	Tokyo	16 Sep 2025
2.27	Fu Chao-Hsuan	TPE	13.12.02	1		Taipei	16 Feb 2025
2.27	Duan Yuhang	CHN	16.11.00	1	NGP	Jiaxing	29 Apr 2025
2.27	Zha Yong	CHN	28.11.05	2	NGP	Jiaxing	29 Apr 2025
2.27	Takashi Eto	JPN	5.2.91	2	Shizuoka	Fukuroi	3 May 2025
2.27	Wang Zhen	CHN	7.10.01	1	Belt&Road	Chongqing	15 May 2025
	(10)						
2.27	Naoto Hasegawa	JPN	15.11.96	1		Nagaoka	21 Jul 2025
2.25	NR Kampton Kam	SGP	6.3.01	1		Tampa	11 Apr 2025
2.25	Souta Haraguchi	JPN	11.10.04	1		Hiratsuka	27 Apr 2025
2.24	Zhang Hao	CHN	26.3.99	3	NGP	Jiaxing	29 Apr 2025
2.24	Wu Guobiao	CHN	7.8.02	2	Belt&Road	Chongqing	15 May 2025
2.24	Li Lin	CHN	11.11.03	3	Belt&Road	Chongqing	15 May 2025
2.24	Li Jialun	CHN	16.4.95	1	NatG	Guangzhou	16 Nov 2025
2.23	Chang Teng-Jen	TPE	22.11.02	2		Tainan	30 Apr 2025
2.23	Tawan Kaeodem	THA	30.9.99	3	AsiCh	Gumi	29 May 2025
2.23	Sou Shibuya	JPN	30.6.98	1		Niigata	5 Oct 2025
	(20)						
2.22	Lesandu Arthavindu G	SRI	16.5.06	1		Diyagama	9 Mar 2025
2.21	Aadarsh Ram J	IND	27.9.97	2	NC-1	Chennai	23 Aug 2025
2.21	Tharindu Dasun S A	SRI	5.2.99	1	MilitaryCh	Diyagama	29 Sep 2025
2.20	Wang Rui	CHN	4.12.02	4	NGP	Jiaxing	29 Apr 2025
2.20	Kaisei Nakatani	JPN	8.10.06	5=	Shizuoka	Fukuroi	3 May 2025
2.20	Hirokazu Sakai	JPN	5.11.01	5=	Shizuoka	Fukuroi	3 May 2025
2.20	Wang Yu	CHN	18.8.91	5	Belt&Road	Chongqing	15 May 2025
2.20	Yeh Po-Ting	TPE	15.12.03	7	Seiko GP	Tokyo	18 May 2025
2.20	Kotaro Fujiwara	JPN	27.4.04	1	Nihon Univ	Tokyo	18 May 2025
2.20	Dong Ziang	CHN	3.1.05	1	NGP	Qingdao	19 Jun 2025
	(30)						
2.20	Zhou Houcheng	CHN	16.6.04	4	NGP	Qingdao	19 Jun 2025
2.20	Hu Chen	CHN	20.11.05	2	NGP	Yulin	12 Jul 2025
2.20	Shi Chuxuan	CHN	19.8.01	3	NGP	Yulin	12 Jul 2025
2.20	Ding Yi	CHN	7.10.02	3	NC	Quzhou	1 Aug 2025
2.20	Minato Fukushima	JPN	8.6.05	1		Sagamihara	26 Sep 2025
2.20	Takumi Sato	JPN	2.5.05	2		Sagamihara	26 Sep 2025
2.20	Ma Jia	CHN	17.2.02	4=	NGP	Rizhao	27 Sep 2025
	(37)						

**Additional Non-JPN/CHN marks:**

2.19		Tejaswin Shankar	IND	21.12.98	Dec	AsiCh	Gumi	27 May 2025
2.19	NR	Fathi Abdul Ghafoor	OMA	3.12.99	1		Tehran	9 Sep 2025
2.19		Leonard Grospe	PHI	2.7.01	3	SEAG	Bangkok	12 Dec 2025
2.18		Kim Jun-Un	KOR	14.7.00	1		Naju	30 Apr 2025
2.18		Swadhin Kumar Majhi	IND	4.10.00	3	NC-1	Chennai	23 Aug 2025
2.18		Rohit	IND	8.3.00	1	NC-2	Ranchi	29 Sep 2025
2.17		Nguyen Quoc Thinh	VIE	26.2.04	1	NC	Singapore	24 Apr 2025
2.17		Tsai Wei-Chih	TPE	23.1.01	4		Tainan	30 Apr 2025
2.17		Mohamed Asadh Rafeek	SRI	20.6.97	1		Bolzano	31 May 2025
2.16		Farrell Glenn Felix Jurus	MAS	22.3.02	1		Kluang	27 Apr 2025
2.16		Muhd. Eizlan Dahalan	MAS	5.9.99	1	NC	New Clark City	4 May 2025
2.15		Indika Udaya Kumara	SRI	28.5.92	3		Diyagama	9 Mar 2025
2.15		Choi Jin-Woo	KOR	18.1.05	1		Gimhae	3 Apr 2025
2.15		Kuan Jyh Yunn	MAS	2.9.03	1	NC	Kangar	31 Aug 2025
2.15		Amir Nagayev	UZB	28.12.04	1=	Solidarity	Riyadh	18 Nov 2025
2.14		Hamdi Mahamat Alamine Saleh	QAT	15.4.97	1	ArabCh	Oran	30 Apr 2025
2.14		Kent Brian Celeste	PHI	26.10.01	2	NC	New Clark City	4 May 2025
2.14		Vu Duc Anh	VIE	6.2.98	1	NC	Danang	9 Aug 2025
2.14		Kim Jun-Gi	KOR	26.7.07	1	EastAJC	Hongkong	28 Sep 2025
2.13		Mutaz Essa Barshim	QAT	24.6.91	2=		Doha	10 Apr 2025
2.13		Vadim Chikalov	UZB	26.11.03	1	NC	Tashkent	25 Apr 2025
2.12		Nguyen Xuan Truong	VIE	16.10.06	2	NC	Danang	9 Aug 2025
2.12		Mohamad Nawawi Mohamad	MAS	4.6.07	1	NSG	Kangar	23 Aug 2025
2.10		Parsa Shadnia	IRI	21.2.06	1		Bushehr	12 Feb 2025
2.10		Mahfuzur Rahman	BAN	15.10.00	1	NC	Dhaka	17 Feb 2025
2.10		Cheung Ming Hung	HKG	5.4.04	1		Hongkong	28 Jun 2025
2.10		Abderrahmane Omar Sabar	IRQ		1		Baghdad	4 Jul 2025
2.10		Rafael	INA	12.10.04	1		Semarang	5 Jul 2025
2.10		Tung Hon Andrew Pak	SGP	10.4.02	1		Singapore	2 Aug 2025
2.10		Swapon Biswas	BAN	1.3.97	1	MilitaryCh	Dhaka	13 Oct 2025
2.10		Hussein Falah Al-Ibrahimi	IRQ	28.6.98	2	NC	Baghdad	25 Oct 2025

**Additional National Records:**

1.88	NR	Yusuf Naik Vajeesh	MDV	28.5.08	1		Male	25 Apr 2025
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**Better Indoor Marks**

2.24		Zhang Guowei	CHN	4.6.91	1	NGP-i	Chengdu	10 Feb 2025
2.20		Zhou Houcheng	CHN	16.6.04	2	NGP-i	Xi'an	15 Feb 2025
2.20		Dong Ziang	CHN	3.1.05	3	NGP-i	Xi'an	15 Feb 2025
2.20		Zheng Oushen	CHN	2.3.01	4=	NGP-i	Xi'an	15 Feb 2025
2.20		Ding Yi	CHN	7.10.02	4=	NGP-i	Xi'an	15 Feb 2025
2.20		Wang Rui	CHN	4.12.02	1	NGP-i	Jinan	19 Feb 2025
2.15		Ushan Thiwanka Perera	SRI	22.1.98	1		Birmingham	2 Mar 2025
2.12		Igor Kosolapov	KAZ	31.5.03	1		Astana	17 Jan 2025

**POLE VAULT**

5.85	NR	Huang Bokai	CHN	26.9.96	1		Madrid	19 Jul 2025
5.82		Li Chenyang	CHN	12.5.03	1		Thonon-les-Bains	12 Jul 2025
5.80		Ernest John Obiena	PHI	17.11.95	1		Cavite	6 May 2025
5.80		<i>Ernest John Obiena</i>			2		Madrid	19 Jul 2025
5.80		<i>Ernest John Obiena</i>			1		Makati	21 Sep 2025
5.77		<i>Ernest John Obiena</i>			1	AsiCh	Gumi	31 May 2025
5.75		Zhong Tao	CHN	12.8.02	1	WACT	Beijing	7 Sep 2025
5.75	NR	Seifeldin Heneida Abdesalam	QAT	28.3.05	11q	WCh	Tokyo	13 Sep 2025
5.75		<i>Seifeldin H Abdesalam</i>			9	WCh	Tokyo	15 Sep 2025
5.73		<i>Huang Bokai</i>			7	Fly Athens	Athens	6 Jul 2025
<b>(Top-10 performances by 5 athletes)</b>								
5.72	NR	Hussain Asim Al-Hizam	KSA	4.1.98	2	EdMurphey	Memphis	12 Jul 2025
5.70		Masaki Ejima	JPN	6.3.99	1	NC	Tokyo	5 Jul 2025

5.70	NR	Phatsapong Amsam-Ang	THA	2.10.97	2	SEAG	Bangkok	16 Dec 2025	
5.63		Yao Jie	CHN	21.9.90	2		Hangzhou	24 May 2025	
5.60		Ding Bangchao	CHN	11.10.96	1	NGP	Qingdao	20 Jun 2025	
		(10)							
5.60		Koki Kuruma	JPN	25.3.96	2	NC	Tokyo	5 Jul 2025	
5.60		Chen Yang	CHN	10.5.01	1	NC	Quzhou	2 Aug 2025	
5.57		Atsushi Haraguchi	JPN	15.10.03	1		Nara	20 Apr 2025	
5.53		Liu Rui	CHN	31.10.04	3		Hangzhou	24 May 2025	
5.52		Fuga Matsui	JPN	5.6.03	1	Int-Univ	Sagamihara	8 May 2025	
5.51		Tomoya Karasawa	JPN	17.5.02	1		Tokyo	7 Sep 2025	
5.50		Shingo Sawa	JPN	28.9.96	3	NC	Tokyo	5 Jul 2025	
5.50		Chen Wenwen	CHN	8.6.97	2	NC	Quzhou	2 Aug 2025	
5.50		Chen Zhipeng	CHN	25.7.05	3	NC	Quzhou	2 Aug 2025	
5.45		Sota Ishimaru	JPN	11.9.98	1		Wakayama	26 Oct 2025	
		(20)							
5.43		Sun Ruiyang	CHN	5.2.04	6		Hangzhou	24 May 2025	
5.42		Seito Yamamoto	JPN	11.3.92	7	AsiCh	Gumi	31 May 2025	
5.41		Hiroto Shinotsuka	JPN	14.3.04	1		Maebashi	28 Jun 2025	
5.40		Kousei Takekawa	JPN	16.12.97	1		Tokyo	19 Apr 2025	
5.40		Takuma Ishikawa	JPN	7.11.97	1		Toyota	17 May 2025	
5.40		Lui Kitada	JPN	22.4.04	1	Int-Univ	Okayama	6 Jun 2025	
5.40		Elijah Cole	PHI	11.4.98	1		Naples	6 Jun 2025	
5.40		Han Du-Hyun	KOR	28.7.94	1		Seocheon	2 Jul 2025	
5.40		Amir Subeih Sehioud	IRQ	15.1.01	1		Al Najaf	2 Jul 2025	
5.40		Jin Min-Sub	KOR	2.9.92	1		Iksan	7 Jul 2025	
		(30)							
5.40	NR	Dev Kumar Meena	IND	7.5.05	6q	WUG	Bochum-Wattenscheid	25 Jul 2025	
5.40		Zeng Liang	CHN	16.1.07	4	NC	Quzhou	2 Aug 2025	
5.40		Ivan Tovchenik	KAZ	19.7.99	1	Qosanov	Almaty	2 Aug 2025	
5.40		Yuusei Suzuki	JPN	24.12.06	1	NJC	Shizuoka	27 Sep 2025	
		(34)							
<b>Additional Non-JPN/CHN marks:</b>									
5.32	NR	Idan Fauzan Richsan	INA	11.1.00	1	NC	Surakarta	1 Sep 2025	
5.30		Huang Cheng-Chi	TPE	15.9.03	2		Nantou	30 Mar 2025	
5.30		Wu Yen-Han	TPE	2.2.05	1	TaiwanOpn	Taipei	7 Jun 2025	
5.27		Lin Tsung-Hsien	TPE	26.10.03	2	NC	Pathum Thani	24 Jun 2025	
5.26		Lin Chih-Cheng	TPE	26.12.01	1		Taipei	13 Feb 2025	
5.20		Reegan Ganesan	IND	8.8.01	1		Bhubaneswar	30 Apr 2025	
5.20		Lakshay	IND	17.10.01	2		Bhubaneswar	30 Apr 2025	
5.20		Maxim Balabin	KAZ	8.6.06	3		Almaty	2 Aug 2025	
5.20		Gowtham M	IND	25.9.02	1=	NC-1	Chennai	20 Aug 2025	
5.20		Rambeer Singh Saini	IND	30.6.96	1	MilitaryCh	Jalahalli	5 Sep 2025	
5.18	NR	Arunthavarasa Puvitharan	SRI	13.8.00	1	MilitaryCh	Diyagama	19 Aug 2025	
5.15		Hokkett De Los Santos	PHI	28.10.02	9		Nantou	30 Mar 2025	
5.15		Mohd. Naufal Shahrul Afzan	MAS	10.1.02	4	NC	New Clark City	2 May 2025	
5.12		Panyasawat Kraiwat	THA	4.5.06	2	NC	Pathum Thani	24 Jun 2025	
5.05		Low Jun Yu	SGP	21.4.01	26q	WUG	Bochum-Wattenscheid	25 Jul 2025	
5.02		Younes Eid Al-Balushi	QAT	9.4.08	3		Budapest	11 Jul 2025	
5.01		Hossein Fallah	IRI	15.10.94	1		Tehran	9 Sep 2025	
5.00		Meivin Riswar Bisma	INA	14.5.05	1		Surabaya	9 May 2025	
5.00		Danil Polyanskiy	KAZ	17.12.91	2		Almaty	27 Jun 2025	
5.00		Tanakorn Daengmanee	THA	30.11.09	1	AYG	Manama	26 Oct 2025	
4.95		Ishara Sandaruwan	SRI	5.3.94	2	NC	Diyagama	3 Aug 2025	
4.95	NR	Muhammad Asif	PAK		1	NC	Islamabad	30 Dec 2025	
4.90		Zakaria Abdullah Ibrahim	QAT	5.2.07	1		Doha	4 May 2025	
4.90		Vladislav Garbuznyak	KAZ	22.8.03	2		Almaty	19 Jun 2025	
4.85		Cheung Pui Yin	HKG	11.3.93	9		Taipei	20 Sep 2025	
4.82		Koh Wei Shien	SGP	4.5.95	1		Singapore	2 Mar 2025	
4.80		Sachin Eranga Janith H	SRI	23.2.96	1		Diyagama	9 Feb 2025	

4.80		Park Jae-Yeon	KOR	16.4.07	1		Miryang	22 May 2025
4.80		Yun Dae-Wook	KOR	21.11.91	1		Yecheon	8 Jun 2025
4.80		Abdulla Saad Al-Abdulla	QAT	26.10.08	1		Szekefshervar	4 Jul 2025
4.80		Zakhriddin Shokirov	UZB	21.10.00	Dec		Tashkent	17 Aug 2025
4.80		Mohamed Reza Al Qudaihi	KSA	16.10.07	1		Qatif	11 Dec 2025
4.80		Kim Su-Bin	KOR	17.6.95	Dec	NSF	Busan	21 Oct 2025
4.75		Dewey Ng	SGP	10.12.96	1		Singapore	27 Jul 2025
4.72		Joseph Cheong Yin Yern	SGP	27.1.07	2		Singapore	2 Mar 2025
4.70		Omar Ali Shannan	IRQ	29.10.03	2		Doha	9 Apr 2025
4.70		Ali Hussein Al-Daraji	IRQ	20.1.04	2	NC	Najaf	11 Apr 2025
4.70		Ali Abdulkarim Al-Naciri	KSA	12.4.01	2	NC	Taif	16 May 2025
4.70		Nodir Norboyev	UZB	4.2.05	Dec	Arzumanov	Tashkent	22 Jun 2025
4.70		Thai Larochele Liem	VIE	1.3.04	1	NC	Danang	11 Aug 2025
4.70		Nguyen Van Hue	VIE	26.12.89	2	NC	Danang	11 Aug 2025
4.70		D H G S Jayantha	SRI	26.3.95	2	MilitaryCh	Diyagama	19 Aug 2025
4.70		Muhammad Hafidzul Ain	MAS	9.8.04	1		Johor Bahru	5 Sep 2025
4.70		Ali Ghassan Alqassab	KSA	5.5.05	1		Qatif	4 Dec 2025
4.70		Jaffar Ashraf	PAK	5.3.98	2	NC	Islamabad	30 Dec 2025

**Additional National Records:**

4.51	NR	Mohd Shorov Miah	BAN	25.9.02	1		Dhaka	24 Aug 2025
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**Better Indoor Marks**

5.85	NIR	Li Chenyang	CHN	12.5.03	1cB		Caen	1 Feb 2025
5.80		Ernest John Obiena	PHI	17.11.95	1	Copernicus	Torun	16 Feb 2025
5.60		Ding Bangchao	CHN	11.10.96	1	NIC	Jinan	8 Mar 2025
5.56		Song Haoyang	CHN	17.6.02	3		Bordeaux	18 Jan 2025
5.55		Seito Yamamoto	JPN	11.3.92	3cB		Caen	1 Feb 2025
5.50		Shingo Sawa	JPN	28.9.96	1		Takamatsu	9 Mar 2025
5.40		Lui Kitada	JPN	22.4.04	1	NIC	Osaka	2 Feb 2025
5.40		Yuusei Suzuki	JPN	24.12.06	1		Yoshioka	21 Sep 2025
5.00		Vladislav Garbuznyak	KAZ	22.8.03	2		Astana	18 Jan 2025
5.00		Danil Polyanskiy	KAZ	17.12.91	1	NC-U23	Ust-Kamenogorsk	21 Jan 2025
4.75		Omar Ali Shannan	IRQ	29.10.03	3=	NIC	Doha	22 Feb 2025

**LONG JUMP**

8.33	0.0	Shi Yuhao	CHN	26.9.98	3	WCh	Tokyo	17 Sep 2025
8.25	NR	Anvar Anvarov	UZB	22.10.00	1	MotonetGP	Joensuu	12 Jul 2025
8.23	1.3	<i>Anvar Anvarov</i>			1	Arzumanov	Tashkent	21 Jun 2025
8.23	-0.2	Gao Peiqi	CHN	19.8.04	1	NC	Quzhou	2 Aug 2025
8.22	-0.5	Shu Heng	CHN	22.5.04	1	AsiCh	Gumi	30 May 2025
8.21	0.2	<i>Shi Yuhao</i>			1	DL	Shaoxing	3 May 2025
8.20	0.4	Lin Yu-Tang	TPE	11.5.00	2	AsiCh	Gumi	30 May 2025
8.18	-0.5	Zhang Mingkun	CHN	20.10.00	1	DL	Xiamen	26 Apr 2025
8.18	0.4	<i>Shu Heng</i>			2	DL	Shaoxing	3 May 2025
8.18	-0.2	<i>Zhang Mingkun</i>			6	WCh	Tokyo	17 Sep 2025
<b>(Top-10 performances by 6 athletes)</b>								
8.16	1.7	Yuan Chenlong	CHN	4.1.02	1	NGP	Bengbu	15 Jun 2025
8.15	1.0	Hibiki Tsuha	JPN	21.1.98	2	SeikoGP	Tokyo	18 May 2025
8.14	0.3	Keito Yamaura	JPN	9.11.00	1	NC	Tokyo	6 Jul 2025
8.13	1.0	Murali Sreeshankar (10)	IND	27.3.99	1	WACT	Bhubaneswar	10 Aug 2025
8.12	0.6	Wei Xinyu	CHN	28.7.96	2	NGP	Jiaxing	28 Apr 2025
8.11	-0.3	Tao Junhui	CHN	26.4.99	2		Xi'an	17 May 2025
8.11	0.1	Riku Ito	JPN	16.1.01	2	NC	Tokyo	6 Jul 2025
8.10	1.7	Yuki Hashioka	JPN	23.1.99	1	HyogoR	Kobe	20 Apr 2025
8.09	1.2	Sung Jin-Suok	KOR	2.1.97	1		Gumi	21 Apr 2025
8.06	0.4	Shunsuke Izumiya	JPN	26.1.00	1	CorpCh	Yamaguchi	27 Sep 2025
8.06	1.7	Anurag C V	IND	23.1.04	1	NC-U23	Hanumakonda	17 Oct 2025
8.04	1.2	Tao Yege	CHN	23.6.00	2	NC	Quzhou	2 Aug 2025

8.04	0.0	Shahnavaz Khan	IND	2.2.08	2	WACT	Bhubaneswar	10 Aug 2025
8.03	1.1	Koki Fujiwara (20)	JPN	31.5.02	1	Belt&Road	Chongqing	14 May 2025
8.01	0.0	Zhang Yaoguang	CHN	21.6.93	4	NC	Quzhou	2 Aug 2025
7.99	0.8	Ryousei Matsushita	JPN	19.9.02	1		Shizuoka	12 Jul 2025
7.98	1.1	Zhang Qichen	CHN	24.6.00	2	Belt&Road	Chongqing	14 May 2025
7.97	0.2	Huang Changzhou	CHN	20.8.94	3		Xi'an	17 May 2025
7.96	0.2	Xu Weiqiang	CHN	14.7.02	-	NGP	Jiaxing	28-Apr 2025
7.95	1.5	Zhang Shengming	CHN	23.3.06	5	NGP	Jiaxing	28-Apr 2025
7.95	-0.1	Zhu Gexiangqin	CHN	24.10.97	2	NGP	Qingdao	18 Jun 2025
7.94	1.1	David P	IND	17.3.02	1	FedCup	Kochi	22 Apr 2025
7.93	-0.5	Wu Jian	CHN	8.6.04	4	NGP	Zhaoqing	11 Apr 2025
7.93	0.7	Muhammed Anees Yahya	IND	3.12.95	1		Bengaluru	28 Jun 2025
7.93	0.4	Zhou Chengyi (31)	CHN	19.2.08	1q	NJAG	Shenyang	10 Aug 2025

**Additional Non-JPN/CHN/IND marks:**

7.89	0.8	Shim Ji-Min	KOR	19.1.01	2		Gumi	21 Apr 2025
7.86	1.4	Wong Pak Hang	HKG	19.4.02	1	NC	Hongkong	11 May 2025
7.82	0.3	Parth Singh	TPE	11.2.07	1	NJC	Bhubaneswar	11 Oct 2025
7.81	0.7	Lin Chia-Hsing	TPE	13.7.99	1		Taipei	17 Feb 2025
7.81	1.6	Jo Hong-Jo	KOR	18.5.01	3		Gumi	21 Apr 2025
7.77	0.5	Sandaruwan Piyarathne G K D	SRI	15.4.94	1	Triton	La Jolla	5 Apr 2025
7.77	1.9	Pham Van Nghia	VIE	29.11.01	1	NC	Pathum Thani	23 Jun 2025
7.76	1.5	U D Y Wishmitha Kumara	SRI	11.12.03	1	NC	Diyagama	2 Aug 2025
7.76		Pham Xuan Tien	VIE	2.1.06	1	NC	Danang	10 Aug 2025
7.75	1.6	Lee Hyu-Woo	KOR	7.2.03	1		Naju	30 Apr 2025
7.75	0.6	Kim Min-Su	KOR	1.2.00	1		Iksan	6 Jul 2025
7.73	0.5	Sampath Miranda	SRI	16.6.03	1	MilitaryCh	Diyagama	20 Aug 2025
7.72	0.9	Andre Anura Anuar	MAS	12.6.99	-	NC	Kangar	31 Aug 2025
7.70	1.3	Timur Isakov	KGZ	13.1.00	2	Arzumanov	Tashkent	21 Jun 2025
7.70	1.8	He Kuei-Lin	TPE	15.11.02	2	NatG	Yunlin	19 Oct 2025
7.68		Ansar Abbas	PAK		1	NatG	Lahore	11 Dec 2025
7.67	1.2	Chan Ming Tai	HKG	30.1.95	2	NC	Hongkong	11 May 2025
7.67	-0.6	Abdul Latif Romly *	MAS	31.3.97	1	Para WCh	New Delhi	28 Sep 2025
7.66	0.2	Janry Ubas	PHI	2.1.94	1		Pasig	4 Oct 2025
7.63	-1.8	Ildar Akhmadiyev	TJK	1.3.00	1	NC	Dushanbe	7 May 2025
7.63		Nguyen Tien Trong	VIE	9.3.97	3	NC	Danang	10 Aug 2025
7.62	0.8	Sapwaturahman	INA	13.5.94	1		Surabaya	10 May 2025
7.62	1.7	Tang Zhi Hang	MAS	16.2.05	2	NC	Pathum Thani	23 Jun 2025
7.61		Salem Saleh Al-Yarabi	OMA	15.1.94	2	NGP	Dubai	9 May 2025
7.55	1.0	Inura Kavishan Piyasiri	SRI	27.3.01	16q	WUG	Bochum-Wattenscheid	23 Jul 2025
7.55	0.9	Chi Keung Chan	HKG	18.2.03	1		Hongkong	14 Dec 2025
7.54	1.9	Andrew George Medina	SGP	22.3.02	4	NC	Pathum Thani	23 Jun 2025
7.54	0.0	Mohamed Aly Noufal	QAT	14.8.05	2		Budapest	11 Jul 2025
7.52	0.0	Aleksandr Stepanov	UZB	16.4.99	2	NC	Tashkent	23 Apr 2025
7.50	1.7	Nodir Norboyev	UZB	4.2.05	Dec	Solidarity	Riyadh	17 Nov 2025
7.49		Abdullah Jalel Gamar	IRQ		1		Sulaymaniyah	18 Apr 2025
7.49	0.3	Law Ngai-Him	HKG	5.2.04	16q	NatG	Guangzhou	17 Nov 2025
7.49	1.4	Tran Van Dien	VIE	27.1.98	4	SEAG	Bangkok	15 Dec 2025
7.47	-0.2	Mojtaba Zahedi	IRI	30.1.98	1	Imam Reza	Mashhad	26 Apr 2025
7.47	0.9	Marlson Astrero	PHI	5.9.06	1		Pasig	4 Oct 2025
7.46	1.7	Han Lin Feng	SGP	8.3.04	1q	NC	Pathum Thani	22 Jun 2025
7.45	0.5	Sarvar Meyliyev	UZB	13.4.07	5	Arzumanov	Tashkent	21 Jun 2025
7.45	-0.1	Mehdi Tamari	IRI	12.5.90	1		Tehran	9 Sep 2025
7.45		Muhammad Mushal Daiful	INA	2006	1	Pomnas	Semarang	22 Sep 2025
7.44		Hamoud Al-Wani	KSA	28.7.94	1	NC	Taif	16 May 2025
7.44	-0.7	Joshua Patorara	PHI	2.11.05	1		New Clark City	7 Nov 2025

**Additional National Records:**

7.32 NR	-0.9	Salim Dewan	NEP	15.1.03	7	WACT	Bhubaneswar	10 Aug 2025
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**Wind-assisted marks:**

8.19	2.2	Yuki Hashioka	JPN	23.1.99	1	Kinami	Osaka	11 May 2025
8.14	2.8	Lokesh Sathyanathan	IND	21.12.99	1	Johnson	Waco	18 Apr 2025
8.05	5.1	Shoutarou Shiroyama	JPN	6.3.95	2		Miramar	5 Apr 2025
8.00	2.3	Xu Weiqiang	CHN	14.7.02	4	NGP	Jiaxing	28 Apr 2025
7.78	2.2	Andre Anura Anuar	MAS	12.6.99	1	NC	Kangar	31 Aug 2025
7.67	2.4	Janry Ubas	PHI	2.1.94	Dec	SEAG	Bangkok	11 Dec 2025
7.61	2.9	Pasindu Malshan K A	SRI	15.2.03	2	MilitaryCh	Diyagama	20 Aug 2025
7.55	2.1	Nattapong Srinonta	THA	8.12.00	1	NC	Pathum Thani	23 Jun 2025
7.53	5.3	Vladim Karnaukhov	KAZ	3.5.06	1	NC	Almaty	10 Jul 2024
7.50	2.2	Law Ngai-Him	HKG	5.2.04	3	NC	Hongkong	11 May 2025

**Better Indoor Marks**

8.24		Zhang Mingkun	CHN	20.10.00	1cB	NIC	Pombal	22 Feb 2025
8.21	NIR	Shunsuke Izumiya	JPN	26.1.00	4	WCh	Nanjing	23 Mar 2025
8.13		Wei Xinyu	CHN	28.7.96	1	NGP-i	Chengdu	10 Feb 2025
8.01		Zhang Qichen	CHN	24.6.00	2	NGP-i	Chengdu	10 Feb 2025
8.01		Xu Weiqiang	CHN	14.7.02	1	NGP-i	Xi'an	14 Feb 2025
7.97		Huang Changzhou	CHN	20.8.94	3	NGP-i	Chengdu	10 Feb 2025

**TRIPLE JUMP**

17.68	AR	1.0	Wu Ruiting	CHN	29.11.95	1	NC	Quzhou	4 Aug 2025
17.37	NR=	0.6	Praveen Chithravel	IND	5.6.01	1	FedCup	Kochi	24 Apr 2025
17.37		1.4	Zhu Yaming	CHN	4.5.94	2	NC	Quzhou	4 Aug 2025
17.33	ind		<i>Zhu Yaming</i>			2	WIC	Nanjing	21 Mar 2025
17.31	ind		<i>Zhu Yaming</i>			1	NGP	Jinan	19 Feb 2025
17.19		1.7	Abdulla Aboobacker	IND	17.1.96	1		Bengaluru	22 Mar 2025
17.13		1.1	<i>Praveen Chithravel</i>			2		Bengaluru	22 Mar 2025
17.13	NR	1.2	Kim Jang-Woo	KOR	20.8.99	1	NC	Jeongseon	23 Jun 2025
17.06		1.4	<i>Zhu Yaming</i>			1	AsiCh	Gumi	28 May 2025
17.03		1.3	<i>Zhu Yaming</i>			2	DL	Xiamen	26 Apr 2025

**(Top-10 performances by 5 athletes)**

16.98		1.8	Sami Moussa Bakheet	KSA	6.12.05	1	NC	Taif	17 May 2025
16.90		0.4	Su Wen	CHN	10.2.99	9q	WCh	Tokyo	17 Sep 2025
16.74		-0.3	Fang Yaoqing	CHN	20.4.96	2	NGP	Bengbu	13 Jun 2025
16.74		0.5	Ibrokhim Mahkamov	UZB	12.11.04	1	Solidarity	Riyadh	18 Nov 2025
16.71		1.4	Jiao Xinping	CHN	18.3.02	1		Pierre-Benite	15 Jun 2025
			(10)						
16.70		2.0	Yu Kyu-Min	KOR	22.4.01	2	NC	Jeongseon	23 Jun 2025
16.70		0.0	Taiga Oda	JPN	31.3.99	1		Tokyo	20 Jul 2025
16.67		0.4	Kohei Yamashita	JPN	6.9.94	1	NC	Tokyo	5 Jul 2025
16.66		0.8	Xu Hetong	CHN	23.1.05	2	Belt&Road	Chongqing	16 May 2025
16.64		0.3	Li Pangshuai	CHN	9.4.92	3	Belt&Road	Chongqing	16 May 2025
16.63		-0.7	Zhou Rongjia	CHN	12.2.06	3	NatG	Guangzhou	20 Nov 2025
16.62			Nattapong Srinonta	THA	8.12.00	1	Int-Univ	Bangkok	13 Jan 2025
16.57		1.4	Yuto Adachi	JPN	16.12.00	1	Int-Univ	Okayama	7 Jun 2025
16.54		0.9	Huang Huafeng	CHN	27.12.01	5	NC	Quzhou	4 Aug 2025
16.49		2.0	Selva Prabhu Thirumaran	IND	28.12.04	2q	West NCAA	College Station	30 May 2025
			(20)						
16.49		0.4	Luo Jiajun	CHN	28.11.02	6	NatG	Guangzhou	20 Nov 2025
16.46		2.0	Wang Zhuoyue	CHN	12.1.07	6	NC	Quzhou	4 Aug 2025
16.44		0.5	Ma Yinglong	CHN	11.5.05	-	NC	Quzhou	4 Aug 2025
16.44		0.0	Karthik Unnikrishnan	IND	3.6.93	1	NC-1	Chennai	22 Aug 2025
16.40		-1.6	Wu Yunfei	CHN	3.7.01	7	NC	Quzhou	4 Aug 2025
16.37		1.2	Pasindu Malshan K A	SRI	15.2.03	1	MilitaryCh	Diyagama	19 Aug 2025
16.37		-0.1	Sebastian V S	IND	4.10.03	1	MilitaryCh	Jalahalli	7 Sep 2025
16.35		-1.4	Safree Ahamad M N	SRI	7.6.97	1		Diyagama	9 Mar 2025
16.33		0.6	Trong Manh Hung Ho	VIE	18.12.04	1	SEAG	Bangkok	11 Dec 2025
16.29		0.7	Andre Anura Anuar	MAS	12.6.99	2	SEAG	Bangkok	11 Dec 2025

**Additional Non-CHN/IND marks:**

16.28	1.4	Malith Yasiru K V	SRI	4.6.04	1		Diyagama	9 Feb 2025
16.28	-0.5	Li Yun-Chen	TPE	2.10.01	4	WUG	Bochum-Wattenscheid	26 Jul 2025
16.26	1.4	Kashmika Migampola W H V	SRI	5.1.04	2		Diyagama	9 Feb 2025
16.25	1.6	Yutaro Matsushita	JPN	26.9.00	1		Kagoshima	13 Jul 2025
16.21	2.0	Zelimkhan Nassyrov	KAZ	16.3.03	6	AsiCh	Gumi	28 May 2025
16.19		Phumiphat Khunmangkom	THA	19.1.04	2	Int-Univ	Bangkok	13 Jan 2025
16.17	0.5	Kim Dong-Hyeak	KOR	21.3.04	1		Miryang	23 May 2025
16.14	0.0	Hassan Nasser Darweesh	KSA	6.6.91	1	MilitaryCh	Qatif	26 May 2025
16.10		Mohamed Aly Noufal	QAT	14.8.05	4		Doha	9 Apr 2025
16.09 NR	0.1	Gabriel Lee Jin Yi	SGP	23.2.03	3	SEAG	Bangkok	11 Dec 2025
16.02	0.2	Jo Hong-Jo	KOR	18.5.01	1		Yecheon	9 Jun 2025
16.02		Tran Van Dien	VIE	27.1.98	2	NC	Danang	13 Aug 2025
15.97	0.5	Mojtaba Zahedi	IRI	30.1.98	1	Imam Reza	Mashhad	25 Apr 2025
15.92	0.0	Ikhtiyor Ahmadjanov	UZB	25.3.05	2	Uzbek Cup	Tashkent	17 Sep 2025
15.80	0.3	Li Kuei-Lung	TPE	16.9.92	2	NatG	Yunlin	20 Oct 2025
15.77	0.3	Ronnie Malipay	PHI	29.8.93	1	NC	New Clark City	2 May 2025
15.64	1.4	Fadeel Anas Merghani	QAT	21.1.04	-	NCAA-II	Pueblo	23 May 2025
15.63		Hussein Abbas Jasim Al-Behadili	IRQ	1998	1		Sulaymaniyah	19 Apr 2025
15.61	1.7	Brendon Ting Li King	MAS	9.1.02	2q	NC	Pathum Thani	23 Jun 2025
15.59	0.3	Chou Cheng-Chia	TPE	29.12.02	3	TaiwanOpn	Taipei	7 Jun 2025
15.58	0.0	Chen Jun-Lin	TPE	19.6.00	4	TaiwanOpn	Taipei	7 Jun 2025
15.54	0.4	Muhammad Izzul Haniff Raffi	MAS	20.12.03	2	NC	New Clark City	2 May 2025
15.54		Ansar Abbas	PAK		1	NC	Islamabad	31 Dec 2025
15.52	1.4	Yahya Nasser Mujadil	KSA	29.1.04	3	NC	Taif	17 May 2025
15.52		Hafiz Rizwan Uddin	PAK		2	NC	Islamabad	31 Dec 2025
15.50		Zine El Abidin Subeih Nasser	IRQ		1		Baghdad	24 Oct 2025
15.48	0.8	Sapwaturrahman	INA	13.5.94	7	SEAG	Bangkok	11 Dec 2025
15.46	-1.9	Khaled Salem Al-Rawahi	OMA	12.2.93	1		Muscat	9 Apr 2025
15.45	1.6	Mark Harry Diones	PHI	3.1.93	5q	NC	Pathum Thani	23 Jun 2025
15.43	1.1	Ivan Denisov	UZB	22.1.96	2		Prague	18 May 2025
15.42	-0.4	Rainer Sobrepena	PHI	3.3.06	1		New Clark City	8 Nov 2025
15.39		Mohd. Shah Sholikin Azhar	MAS	9.1.03	1		Sintok	16 Aug 2025
15.36	-1.5	Salem Saleh Al-Yarabi	OMA	15.1.94	2		Muscat	9 Apr 2025
15.34	0.0	Mohammad Ghalash	IRI	10.3.08	1		Shiraz	14 Jul 2025
15.33	0.0	Pouya Aryafar	IRI	14.7.07	2		Shiraz	14 Jul 2025
15.33	0.0	Yevgeniy Kiselyev	KAZ	27.1.99	4		Tashkent	17 Aug 2025
15.26	0.7	Wong Chun Wing	HKG	21.7.94	1		Hongkong	28 Jun 2025
15.23	0.8	Cheong Lok Wai	HKG	10.5.08	1	EastAsiJr	Hongkong	28 Sep 2025
15.22	-0.1	Ali Seyedi	IRI	13.12.00	2		Tehran	28 Sep 2025
15.17		Pham Ngoc Duy	VIE	28.6.05	3	NC	Danang	13 Aug 2025
15.16	1.2	Radmir Zaripov	UZB	13.9.08	5		Tashkent	17 Aug 2025
15.13		Amir Gailan Awad	IRQ	10.9.01	3		Sulaymaniyah	19 Apr 2025
15.13	0.5	Joshua Patorara	PHI	2.11.05	3	NC	New Clark City	2 May 2025
15.08	0.0	Georgiy Li	KAZ	12.12.05	2		Almaty	20 Jun 2025
15.07		Bahtiyar Roziyev	TKM	25.4.96	1	NC	Ashgabat	25 Apr 2025

**Wind-assisted marks:**

16.82	2.1	Yu Kyu-Min	KOR	22.4.01	3	AsiCh	Gumi	28 May 2025
16.77	2.4	Ma Yinglong	CHN	11.5.05	3	NC	Quzhou	4 Aug 2025
16.28	2.3	Mohammed Muhassin	IND	6.8.05	3	FedCup	Kochi	24 Apr 2025
15.83	2.7	Yevgeniy Kiselyev	KAZ	27.1.99	1	NC	Almaty	11 Jul 2025
15.73	2.3	Fadeel Anas Merghani	QAT	21.1.04	9		Pueblo	23 May 2025

**Better Indoor Marks**

17.09		Su Wen	CHN	10.2.99	5	WIC	Nanjing	21 Mar 2025
16.04		Ivan Denisov	UZB	22.1.96	2		Baku	22 Feb 2025
15.51		Mohammad Amin Alsalamy	SYR	25.7.94	1		Potsdam	1 Feb 2025
15.48		Salem Saleh Al-Yarabi	OMA	15.1.94	5		Ust-Kamenogorsk	1 Mar 2025
15.43		Yevgeniy Kiselyev	KAZ	27.1.99	1	NC	Astana	16 Feb 2025

15.38		Takhirzhan Kadyrkulov	KAZ	18.11.94	2	NC	Astana	16 Feb 2025
15.25		Vadim Novachenko	KAZ	18.2.02	10		Sankt Peterburg	18 Feb 2025
<b>SHOT PUT</b>								
20.87	NR	Mohammad Reza Tayebi	IRI	30.3.98	1		Tehran	13 Mar 2025
20.44	NR	Xing Jialiang	CHN	26.5.01	1	NC	Quzhou	4 Aug 2025
20.40		<i>Xing Jialiang</i>			1		Schonebeck	21 Jun 2025
20.37		Chen Chengyu	CHN	25.10.02	1	NatG	Guangzhou	20 Nov 2025
20.32		<i>Mohammad Reza Tayebi</i>			1	AsiCh	Gumi	29 May 2025
20.30		Zhang Haochen	CHN	7.10.02	2	NatG	Guangzhou	20 Nov 2025
20.12		<i>Xing Jialiang</i>			1	Int-Univ	Huangshi	15 Aug 2025
20.12		Chen Hongfei	CHN	23.7.02	3	NatG	Guangzhou	20 Nov 2025
20.08		<i>Xing Jialiang</i>			1	NGP	Jiaxing	30 Apr 2025
20.08		<i>Xing Jialiang</i>			2	WUG	Bochum-Wattenscheid	24 Jul 2025
<b>(Top-10 performances by 5 athletes)</b>								
20.06		Hassan Ajami	IRI	24.7.01	2		Tehran	13 Mar 2025
19.92		Mohamed Daouda Tolo	KSA	30.3.01	3	AsiCh	Gumi	29 May 2025
19.92		Abdelrahman Mahmoud	BRN	2001	4	AsiCh	Gumi	29 May 2025
19.82		Samardeep Singh Gill	IND	3.1.01	1	NC-1	Chennai	23 Aug 2025
19.80		Tian Zhizhong	CHN	15.12.92	3	NC	Quzhou	4 Aug 2025
(10)								
19.74		Tajinderpal Singh Toor	IND	13.11.94	1	NatG	Dehradun	10 Feb 2025
19.60		Dai Chen	CHN	21.8.00	5	NatG	Dehradun	10 Feb 2025
19.42		Ma Hao-Wei	TPE	3.2.99	1		Kaohsiung	23 Mar 2025
19.36		Sanyam Sanjay	IND	5.10.03	2		Sangrur	28 Jul 2025
19.14		Ivan Ivanov	KAZ	3.1.92	1		Almaty	26 Jun 2025
19.08		Hitoshi Okumura	JPN	15.5.00	1	HyogoR	Kobe	20 Apr 2025
19.04		Prabhkirpal Singh	IND	12.7.97	3	NatG	Dehradun	10 Feb 2025
19.04		Chen Xiaodong	CHN	29.9.97	1		Chengdu	1 Apr 2025
19.02		Morteza Nazemi	IRI	24.12.97	3		Tehran	13 Mar 2025
19.01		Xia Guoyuan	CHN	8.9.05	1		Ji'an	2 Sep 2025
(20)								
18.97		Liu Mingyu	CHN	11.11.01	7	NatG	Guangzhou	20 Nov 2025
18.96		Ruan Chenhang	CHN	3.1.03	3	NGP	Qingdao	20 Jun 2025
18.86		Feng Jie	CHN	18.1.86	1	NGP	Zhaoqing	13 Apr 2025
18.84		Chen Jian	CHN	20.4.91	1		Xi'an	30 May 2025
18.81		Willie Morrison	PHI	23.11.96	1	NC	New Clark City	2 May 2025
18.78	NR	Jonah Chang Anak Rigan	MAS	25.3.03	1	SEAG	Bangkok	13 Dec 2025
18.76		Liu Yang	CHN	29.10.86	4	NGP	Qingdao	20 Jun 2025
18.75		Shim Jun	KOR	31.3.97	1	NC	Jeongseon	23 Jun 2025
18.71		Zhang Zhenyu	CHN	8.3.06	5	NGP	Qingdao	20 Jun 2025
18.63		Ge Tingshuo	CHN	27.11.05	4	NGP	Rizhao	28 Sep 2025
(30)								
<b>Additional Non-CHN/IND marks:</b>								
18.51		Jibreen Adam-Ahmed	QAT	15.4.05	4	Solidarity	Riyadh	18 Nov 2025
18.39		Jason Atuobeng	JPN	12.4.02	1		Hiratsuka	25 Apr 2025
18.33		Daichi Morishita	JPN	9.7.94	1	ANG	Fukui	16 Aug 2025
18.31		Park Si-Hoon	KOR	20.2.07	6	AsiThrows	Mokpo	21 Aug 2025
18.29		Chen Yi-Chu	TPE	31.10.02	1	NC	Hongkong	10 May 2025
18.07		Hayate Inafuki	JPN	24.11.00	3	NC	Tokyo	6 Jul 2025
18.05		Ahmed Hameed Khudair	IRQ	2.2.98	1	NC	Baghdad	24 Oct 2025
18.04		Mehran Khorand	IRI	30.4.94	5	Imam Reza	Mashhad	25 Apr 2025
18.02		Doston Razhabov	UZB	24.3.94	1	Uzbek Cup	Tashkent	18 Sep 2025
18.01		Jang Jong-Hyuk	KOR	28.2.00	2		Yecheon	8 Jun 2025
18.00		Jin Myung-Woo	KOR	9.9.97	1		Yecheon	3 Sep 2025
17.84		Hsieh Mao-Hung	TPE	6.8.01	2	NatG	Yunlin	19 Oct 2025
17.56		Mohd. Baqir Al-Hamidawi	IRQ	4.2.00	9	AsiThrows	Mokpo	21 Aug 2025
17.48		Hussein Nasser Al-Qattan	KUW	16.3.05	1		Al-Kuwait	2 Dec 2025

17.38		Ibrahim Juma Al-Fadli	KUW	19.1.96	2		Al-Kuwait	2 Dec 2025
17.28		Muhammad Ziyad Zolkelfi	MAS	15.3.90			Paris	3 Jun 2025
17.19		Mohamed Adel Mezher	IRQ		2	NC	Baghdad	24 Oct 2025
16.91		Samith Madusanka Fernando	SRI	9.4.98	2	FrenchOpn	Thonon-les-Bains	27 Jul 2025
16.80		Thongchai Silamool	THA	23.12.99	2	SEAG	Bangkok	13 Dec 2025
16.68		Lo Tang-Hui	TPE	10.3.04	4	NatG	Yunlin	19 Oct 2025
16.53		Eakkarin Boonlap	THA	22.7.04	1	NC	Pathum Thani	22 Jun 2025
16.41		Hamza Souissi	QAT	28.4.02	5		Doha	7 Apr 2025
16.25		Gurbannazar Kakajayev	TKM	12.4.97	1		Ashgabat	10 Oct 2025
16.20		Muhammad Jamshaid Ali	PAK	25.5.93	1	NC	Islamabad	31 Dec 2025
16.13		Kamal Farhan Abd. Rahman	MAS	6.1.01	2		Kluang	27 Apr 2025
16.10		Meshari Suroor Saad	KUW	2.7.87	3		Al-Kuwait	17 Apr 2025
16.06		Htet Wai Yan	MYA	18.6.01	5	SEAG	Bangkok	13 Dec 2025
16.02		Suseenthirakumar Mithunraj	SRI	13.4.03	1	NC	Diyagama	2 Aug 2025
15.97		Hussein Al-Wazan	KUW	27.3.00	6		Doha	7 Apr 2025
15.97	NR	Golam Sarwar	BAN		1	MilitaryCh	Dhaka	15 Oct 2025
15.77		Muhammad Nowsherman	PAK		2	NC	Islamabad	31 Dec 2025
15.56		Badri Obeid	LBN	1.1.79	1		Beyrouth	27 Jun 2025
15.50		Hussein Ali Hassan	IRQ		4		Baghdad	3 Jul 2025
15.37		Rashidzhon Sodikov	UZB	13.8.01	1		Chirchik	22 Jan 2025
15.27		Abdulazim Rakhmatulloev	UZB	22.4.07	2	Uzbek Cup	Tashkent	18 Sep 2025
15.24		Phan Thanh Binh	VIE	5.4.95	1	NC	Danang	9 Aug 2025
15.22		Kha Trung Tin	VIE	4.9.05	2	NC	Danang	9 Aug 2025
15.20		Konstantin Uteshev	KAZ	8.2.07	2	NC	Almaty	12 Jul 2025
15.17		Jayavi Ranhida Alwis W	SRI	20.6.05	2		Diyagama	20 Aug 2025
15.12		Tejen Hommadov	TKM	8.10.84	1	NC	Ashgabat	25 Apr 2025
15.06		Daniil Plotnikov	KAZ	14.2.01	3	NC	Almaty	12 Jul 2025
15.06		Shahzada Kashif	PAK		3	NC	Islamabad	31 Dec 2025
15.04		Aboubakr Mohamed Zakaria	KSA	15.11.97	1		Qatif	25 Jan 2025
15.04		Samitha Jayawardana R	SRI	10.9.94	2		Diyagama	9 Mar 2025
<b>Better Indoor Marks</b>								
20.28	NR	Mohamed Daouda Tolo	KSA	30.3.01	7		Nehvizdy	19 Feb 2025
19.42		Ruan Chenhang	CHN	3.1.03	1	NGP-i	Nanjing	22 Feb 2025
18.77		Liu Yang	CHN	29.10.86	1		Staten Island	28 Feb 2025
17.29		Samith Madusanka Fernando	SRI	9.4.98	2	NC-w	Salon-de-Provence	28 Feb 2025

**DISCUS THROW**

67.29	NR	Tuergong Abuduaini	CHN	16.6.97	1		Neubrandenburg	11 Jun 2025
65.35		<i>Tuergong Abuduaini</i>			1		Chengdu	2 Apr 2025
64.48	NR	Masateru Yugami	JPN	14.4.93	3		Ramona	26 Apr 2025
64.40		<i>Tuergong Abuduaini</i>			1	NatG	Guangzhou	20 Nov 2025
64.36		<i>Tuergong Abuduaini</i>			1		Chengdu	29 Mar 2025
63.61		<i>Tuergong Abuduaini</i>			1	Belt&Road	Chongqing	15 May 2025
63.47		<i>Tuergong Abuduaini</i>			1	AsiCh	Gumi	30 May 2025
63.36		<i>Masateru Yugami</i>			3		Ramona	16 Aug 2025
63.34		<i>Tuergong Abuduaini</i>			16q	WCh	Tokyo	20 Sep 2025
63.34		Wu Nanjun	CHN	25.9.00	1	NGP	Rizhao	27 Sep 2025
<b>(Top-10 performances by 3 athletes)</b>								
61.76		Yuji Tsutsumi	JPN	22.12.89	1		Christchurch	22 Feb 2025
61.07		Xing Jiadong	CHN	26.5.01	2	NatG	Guangzhou	20 Nov 2025
61.05		Zhu Jiacheng	CHN	27.3.00	3	NatG	Guangzhou	20 Nov 2025
60.68		Koshiro Fujiwara	JPN	1.8.01	1		Kitakyushu	1 Nov 2025
60.34		Sun Shichen	CHN	23.7.97	5	NatG	Guangzhou	20 Nov 2025
60.23		Mohd. Irfan Shamsuddin	MAS	16.8.95	1	SEAG	Bangkok	16 Dec 2025
60.16		Shin-ichi Yukinaga	JPN	10.4.97	1		Naruto	4 May 2025
<b>(10)</b>								
59.90		Li Zhixin	CHN	22.8.05	3	NC	Quzhou	4 Aug 2025

59.75		Essa Mohamed Al-Zankawi	KUW	17.10.92	1		Doha	8 Apr 2025
58.96	NR	Li Tzu-Yun	TPE	24.11.94	1		Taipei	28 Mar 2025
58.93		Jiang Zehao	CHN	22.11.06	1	NGP	Zhaoqing	12 Apr 2025
58.79		Behnam Shiri	IRI	21.3.93	1		Busehr	12 Feb 2025
58.72		Wang Yuhan	CHN	15.5.99	4		Chengdu	2 Apr 2025
58.70		Yevgeniy Labutov	KAZ	17.11.84	1		Almaty	28 Jun 2025
58.67		Mouad Mohamed Ibrahim	QAT	8.2.99	2	ArabCh	Oran	1 May 2025
58.13		Nirbhay Singh	IND	20.11.96	1	FedCup	Kochi	22 Apr 2025
58.07		Wei Zidong	CHN	18.2.95	6	NatG	Guangzhou	20 Nov 2025
		(20)						
58.00		Hossein Rasouli	IRI	22.12.99	2	NC	Rasht	9 May 2025
57.85		Hiroki Kitahara	JPN	20.11.02	1		Nagaoka	19 Jul 2025
57.82		Ma Shitu	CHN	14.1.94	7	NatG	Guangzhou	20 Nov 2025
57.25		Sadegh Samimi	IRI	10.12.02	2		Tehran	13 Mar 2025
57.19		Mustapha Kadhim Dagher	IRQ	29.11.95	5	AsiThrows	Mokpo	21 Aug 2025
57.15		Kosei Yamashita	JPN	22.11.00	4	NatG	Hikone	6 Oct 2025
57.13		Abdullah Mohd. Al-Zankawi	KUW	12.3.02	2	FedCup	Al-Kuwait	17 Apr 2025
56.67		Masumi Nakamachi	JPN	18.1.02	5	NC	Tokyo	4 Jul 2025
56.48		Dunyo zod Sayfullayev	UZB	15.6.04	1	Uzbek Cup	Tashkent	17 Sep 2025
56.33		Kirpal Singh Batth	IND	16.5.92	1	NC-2	Ranchi	28 Sep 2025
		(30)						
56.33		Zhang Zhiqin	CHN	7.5.02	8	NatG	Guangzhou	20 Nov 2025
56,33		Yang Junshan	CHN	9.8.92	9	NatG	Guangzhou	20 Nov 2025
		(32)						
<b>Additional Non-JPN/CHN marks:</b>								
56.11		Yevgeniy Milovatskiy	KAZ	23.3.94	3	National Cup	Zhukovskiy	22 Jun 2025
56.01		Kim Il-Hyeon	KOR	9.3.94	9	AsiCh	Gumi	30 May 2025
55.69		Rashidzhon Sodikov	UZB	13.8.01	1	NC	Tashkent	25 Apr 2025
55.67		Dharamraj Yadav	IND	26.1.91	1	MilitaryCh	Jalahalli	5 Sep 2025
55.11		Abhimanyu	IND	18.12.01	2	FedCup	Kochi	22 Apr 2025
55.04		Kim Dong-Hyuk	KOR	16.10.95	1	NSF	Busan	20 Oct 2025
54.56		Wang Yao-Huei	TPE	5.6.86	2		Taipei	20 Sep 2025
54.51		Hossein Rouzegar	IRI	23.6.95	5	Imam Reza	Mashhad	26 Apr 2025
54.49		Li Chen-Yu	TPE	21.11.03	2	NatG	Yunlin	22 Oct 2025
54.46		Aziz Nurillayev	UZB	20.9.02	2	Uzbek Cup	Tashkent	17 Sep 2025
54.24		Keatpradit Srisai	THA	9.12.02	1	Int-Univ	Bangkok	14 Jan 2025
54.14	NR	Russel Ricaforte	PHI	21.12.00	1		Pasig	2 Aug 2025
54.14		Kim Seong-Woo	KOR	8.8.04	2	NSF	Busan	20 Oct 2025
53.96		Aboubakr Mohamed Zakaria	KSA	15.11.97	4		Doha	8 Apr 2025
53,43		Ivan Ivanov	KAZ	3.1.92	2		Almaty	28 Jun 2025
52.91		Mohd. Baqir Al-Hamidawi	IRQ	4.2.00	2		Sulaymaniyah	17 Apr 2025
52.77		Jibreen Adam-Ahmed	QAT	15.4.05	5		Doha	8 Apr 2025
52.53		Aleksandr Mamontov	KAZ	23.6.91	3		Almaty	28 Jun 2025
52.19		Cheng Yao-Kuan	TPE	3.9.07	3	NatG	Yunlin	22 Oct 2025
51.70		Jang Mi-Soo	KOR	15.4.00	3		Miryang	21 May 2025
51.49		Hummam Fadel Kordy	IRQ		2	NC	Baghdad	25 Oct 2025
51.26		Oussama Hassan Al-Aqili	KSA	14.11.93	1	MilitaryCh	Qatif	26 May 2025
50.79		Bandit Singhatongkul	THA	2.1.02	2	Int-Univ	Bangkok	14 Jan 2025
50.63		Jonah Chang Anak Rigan	MAS	25.3.03	4	SEAG	Bangkok	16 Dec 2025
50.32		Mustafa Hassan Abu Shaheen	KSA	29.7.99	3	NC	Taif	16 May 2025
49.87		Mohamed Ahmed Qassem	IRQ	4.12.04	4		Sulaymaniyah	17 Apr 2025
49.74		Thongchai Silamool	THA	23.12.99	2	NC	Pathum Thani	24 Jun 2025
49.72		Nur Muhamad Rifki	INA	2001	1		Semarang	24 Sep 2025
49.54		Milantha Sampanth Bandara D	SRI	11.8.91	1	MilitaryCh	Diyagama	19 Aug 2025
49.45		Maksad Mamedov	TKM	9.4.90	1	NC	Ashgabat	26 Apr 2025
49.03		Eric Yee Chun Wei	SGP	1.3.99	6	SEAG	Bangkok	16 Dec 2025
49.00		Abdullah Nawaz	PAK		1	NC	Islamabad	31 Dec 2025
48.79	NR	Htet Wai Yan	MYA	18.6.01	1		Yangon	3 Aug 2025
48.63		William Ling Eng Men	MAS	21.12.07	1	NC	Hongkong	10 May 2025

48.62		Phan Thanh Binh	VIE	5.4.95	1	NC	Danang	13 Aug 2025
48.59		Ed Delina	PHI	15.3.00	2		Pasig	2 Aug 2025
48.58	NR	Siu Kai Wing	HKG	6.3.01	1	NC	Hongkong	10 May 2025
48.37		Muhammad Shah Nawaz	PAK	23.3.98	2	NC	Islamabad	31 Dec 2025
48.34		Abdulazim Rakhmatulloyev	UZB	22.4.07	6	Arzumanov	Tashkent	21 Jun 2025

**Additional National Records:**

46.94	NR	Abdul Alim	BAN	10.5.90	1		Dhaka	22 Aug 2025
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**HAMMER THROW**

75.40	NR	Mergen Mammedov	TKM	24.12.90	1	NC	Ashgabat	10 Oct 2025
74.57		Shota Fukuda	JPN	28.11.00	1	NC	Tokyo	5 Jul 2025
74.50		Wang Qi	CHN	10.2.01	1	AsiCh	Gumi	28 May 2025
74.44			<i>Wang Qi</i>		1	NGP	Jiaxing	29 Apr 2025
74.44		Sukhrob Khodjayev	UZB	21.5.93	2	Solidarity	Riyadh	17 Nov 2025
74.12		Ayubkhon Fayezov	UZB	7.3.04	3	Solidarity	Riyadh	17 Nov 2025
73.28			<i>Wang Qi</i>		1	NatG	Guangzhou	18 Nov 2025
73.14			<i>Shota Fukuda</i>		1	Qosanov	Almaty	3 Aug 2025
73.03			<i>Sukhrob Khodjayev</i>		1	Arzumanov	Tashkent	21 Jun 2025
72.98		Ashraf Amjad Al-Saifi	QAT	20.2.95	1	ArabCh	Oran	4 May 2025

**(Top-10 performances by 6 athletes)**

72.81		Jiang He	CHN	20.7.98	7		Frankisch-Crumbach	8 Jun 2025
72.32		Tatsuto Nakagawa	JPN	17.10.98	1	Tajima	Yamaguchi	8 Jun 2025
71.46		Ryota Kashimura	JPN	13.8.91	2	Shizuoka	Fukuroi	3 May 2025
71.20		Wang Shizhu	CHN	20.2.89	2		Chengdu	29 Mar 2025

(10)

71.15		Li Zixu	CHN	11.6.05	1	NGP	Rizhao	26 Sep 2025
71.11		Lee Yun-Chul	KOR	28.3.82	1	NC	Jeongseon	21 Jun 2025
70.77		Mohammed Al-Dubaisi	KSA	1.7.92	1	MilitaryCh	Qatif	26 May 2025
70.65		Li Peixun	CHN	20.3.00	4		Chengdu	29 Mar 2025
70.65		Takahiro Kobata	JPN	9.3.97	3	NC	Tokyo	5 Jul 2025
69.87		Damneet Singh	IND	10.3.00	1		Sangrur	28 Jul 2025
69.53		Chen Boxue	CHN	8.10.01	5		Chengdu	29 Mar 2025
69.45		Liu Yuxuan	CHN	28.8.00	1	NGP	Yulin	12 Jul 2025
68.83		Cheng Defeng	CHN	8.1.00	3	NC	Quzhou	2 Aug 2025
68.81		Yudai Kimura	JPN	19.10.96	1		Niigata	6 Apr 2025

(20)

68.78		Zhang Zilong	CHN	4.8.00	6		Chengdu	29 Mar 2025
68.70		Taranveer Singh	IND	1.10.96	1	MilitaryCh	Jalahalli	6 Sep 2025
68.61		Ding Yuanbo	CHN	2.6.95	4	NatG	Guangzhou	18 Nov 2025
68.54		Li Ju	CHN	29.6.99	6		Chengdu	2 Apr 2025
68.35		Yuji Tarui	JPN	16.9.02	1	Int-Univ	Okayama	6 Jun 2025
68.18		Mohamed Ali Al-Zankawi	KUW	27.2.84	1		Al-Kuwait	20 Sep 2025
68.10		Koshin Yamakawa	JPN	13.4.01	4	NC	Tokyo	5 Jul 2025
67.95		Su Zhengzheng	CHN	28.6.02	5	NatG	Guangzhou	18 Nov 2025
67.76		Mehdi Mohammadi	IRI	2.7.94	1		Tehran	9 Sep 2025
67.65		Xu Zheng	CHN	2.12.06	7	NatG	Guangzhou	18 Nov 2025

(30)

**Additional Non-JPN/CHN marks:**

67.63		Gaurav Kumar	IND	12.2.96	2		Sangrur	28 Jul 2025
67.53		Mohammad Sistani	IRI	17.2.00	1	NC	Rasht	9 May 2025
67.47		Ahmed Amgad Al-Saifi	QAT	1.10.96	5	ArabCh	Oran	4 May 2025
67.35		Nitin Malik	IND	9.1.00	1		Karnal	16 Jul 2025
65.96		Khalil Bedoui	QAT	3.6.00	2		Canyon	11 May 2025
65.74		Mahdi Haft Cheshmeh	IRI	27.3.06	1		Tehran	13 Mar 2025
65.19		Kittipong Boonmawan	THA	16.5.96	1	NC	New Clark City	4 May 2025
65.15		Amanmurat Hommadov	TKM	28.1.89	1	NC	Ashgabat	25 Apr 2025
64.57		Yousef Ben Rajab	KUW	2.2.99	2		Al-Kuwait	5 Mar 2025
64.05		Mubeen Al-Kindi	OMA	26.4.03	1		Muscat	24 Jan 2025

63.92	Hussein Thamir Abdelwahed	IRQ	24.2.97	8	AsiThrows	Mokpo	21 Aug 2025
63.78	Kang Min-Seung	KOR	27.1.02	7	Int-Univ	Okayama	6 Jun 2025
63.55	Mirei Ha-Wang	KOR	9.2.00	3		Yecheon	5 Jun 2025
63.35	Awad Bassam Al-Aithan	KSA	5.4.00	7	ArabCh	Oran	4 May 2025
63.10	Sharyar Ahmad	PAK		1	NC	Islamabad	31 Dec 2025
63.07	Shen Chih-Sheng	TPE	5.9.02	1		Tainan	1 May 2025
62.69	Ali Razzaq Hamdan	IRQ	7.3.03	2	NC	Baghdad	23 Oct 2025
61.93	Talal Badr Al-Rushoud	KUW	10.5.05	1		Eskisehir	26 Jul 2025
61.87	Shakeel Ahmad	PAK	5.2.90	2	NC	Islamabad	31 Dec 2025
61.63	Jackie Wong Siew Cheer	MAS	7.4.92	1	BorneoG	Kuching	27 Sep 2025
61.31	Mohamad Abdallah Al-Zayr	KSA	17.3.02	3	NC	Taif	17 May 2025
60.39	Shen Yu-Hao	TPE	16.10.01	2		Taipei	16 Feb 2025
60.15	Sadat Marzuki Ajisan	MAS	23.1.01	2	SEAG	Bangkok	11 Dec 2025
60.11	Ibrahim Abdelrahman	QAT	8.4.07	8		Doha	9 Apr 2025
59.96	Mohamed Adel Khan	KUW	7.1.04	3		Al-Kuwait	5 Mar 2025
59.91	Muhammadali Sodiqov	UZB	24.2.07	6	Arzumanov	Tashkent	21 Jun 2025
59.90	Saleh Khali Al-Saad	KSA	17.7.04	2		Medina	8 Feb 2025
59.30	Hu Hsiao-Chieh	TPE	15.10.96	2	NatG	Yunlin	19 Oct 2025
58.79	Kim Jin	KOR	29.6.00	3	NC	Jeongseon	21 Jun 2025
58.46	Lu Pin-Chun	TPE	23.4.07	4	NatG	Yunlin	19 Oct 2025
58.26	Arsalan Ghashghaei	IRI	28.12.03	3	NC	Rasht	9 May 2025
58.00	Muhammad Zohaib	PAK		3	NC	Islamabad	31 Dec 2025
57.46	Thongchai Silamool	THA	23.12.99	4	SEAG	Bangkok	11 Dec 2025
56.98	Do Tan Truong	VIE	1.1.93	1	NC	Danang	11 Aug 2025
56.84	Javokhir Aliyev	UZB	23.3.04	8		Tashkent	15 May 2025
55.47	Timur Diorditsa	TJK	13.2.07	7		Tashkent	16 Aug 2025
55.25	Dinh Thanh Nhan	VIE	16.5.06	2	NC	Danang	11 Aug 2025

**Additional National Records:**

45.24	Bouaphan Soulinthone	LAO		1	NatG	Vientiane	12 Nov 2025
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**JAVELIN THROW**

90.23	NR	Neeraj Chopra	IND	24.12.97	2	DL	Doha	16 May 2025
88.16		<i>Neeraj Chopra</i>			1	DL	Paris	20 Jun 2025
87.16		Yuta Sakiyama	JPN	5.4.96	1	NC	Tokyo	5 Jul 2025
86.50	NR	Rumesh Tharanga Pathirage	SRI	21.3.03	1	WACT	Bhubaneswar	10 Aug 2025
86.40		Arshad Nadeem	PAK	2.1.97	1	AsiCh	Gumi	31 May 2025
86.34		<i>Arshad Nadeem</i>			1q	AsiCh	Gumi	30 May 2025
86.27		Sachin Yadav	IND	25.10.99	4	WCh	Tokyo	18 Sep 2025
86.18		<i>Neeraj Chopra</i>			1	NC Classic	Bengaluru	5 Jul 2025
85.78		Sumedha Ranasinghe R M	SRI	10.2.91	1		Diyagama	9 Mar 2025
85.52		<i>Rumesh Tharanga</i>			1	MilitaryCh	Diyagama	29 Sep 2025

**(Top-10 performances by 6 athletes)**

84.66		Genki Dean	JPN	30.12.91	2	NC	Tokyo	5 Jul 2025
84.31		Shivam Lohakare	IND	14.9.04	1	Int-Ser	Jalahalli	7 Sep 2025
83.65		Rohit Yadav	IND	6.6.01	1	NC-1	Chennai	24 Aug 2025
82.57		Yashvir Singh	IND	22.10.01	5	AsiCh	Gumi	31 May 2025
		(10)						
81.60		Hu Haoran	CHN	28.9.98	1	NatG	Guangzhou	18 Nov 2025
81.54		Taisei Aibara	JPN	18.8.95	1	ANG	Fukui	15 Aug 2025
81.23		Rin Suzuki	JPN	13.12.02	2		Perth	1 Mar 2025
80.71		Gao Longyu	CHN	29.1.00	2	NatG	Guangzhou	18 Nov 2025
80.69		Kenji Ogura	JPN	8.6.95	2	Oda	Hiroshima	29 Apr 2025
80.58		Gen Naganuma	JPN	31.3.98	3	Oda	Hiroshima	29 Apr 2025
80.53		Xu Jiajie	CHN	8.10.97	3	NatG	Guangzhou	18 Nov 2025
80.28		Anand Singh	IND	3.3.04	2	Int-Ser	Jalahalli	7 Sep 2025
80.23		Shashank Patil	IND	10.10.04	1		Bhubaneswar	30 Apr 2025
80.12		Rishabh Nehra	IND	10.12.99	1	NC-2	Ranchi	30 Sep 2025
		(20)						

79.78		Yusaku Iwao	JPN	12.4.02	4	NC	Tokyo	5 Jul 2025
79.58		Wang Xiaobo	CHN	18.2.05	1	NGP	Zhaoqing	11 Apr 2025
79.33		Vikash Sharma	IND	23.4.03	3	NatG	Dehradun	12 Feb 2025
79.23		Xu Junduan	CHN	28.7.02	1	NGP	Rizhao	28 Sep 2025
78.92		Zhao Jie	CHN	6.2.03	4	NatG	Guangzhou	18 Nov 2025
78.86		Sagar Nishan	IND	1.6.02	2		Bhubaneswar	30 Apr 2025
78.60		Kishore Kumar Jena	IND	9.6.95	8	DL	Doha	16 May 2025
78.60		Uttam Patil	IND	1.11.94	3	Int-Ser	Jalahalli	7 Sep 2025
78.57		Haruka Higa	JPN	31.8.98	1		Kitakyushu	12 Apr 2025
78.35		Hayato Yamada (30)	JPN	5.12.02	1	HyogoR	Kobe	20 Apr 2025
<b>Additional Non-IND/JPN/CHN marks:</b>								
78.09		Cheng Chao-Tsun	TPE	17.10.93	1	NatG	Yunlin	21 Oct 2025
77.97		Bae Yu-Il	KOR	16.6.94	1		Yecheon	5 Jun 2025
77.60	NR	Ali Fathi Ganji	IRI	21.4.01	1		Tehran	9 Sep 2025
77.43		Muhammad Yasir Sultan	PAK	1.5.98	3	AsiThrows	Mokpo	22 Aug 2025
76.26		Nam Tae-Poong	KOR	11.9.97	5qA	AsiCh	Gumi	30 May 2025
75.89		Ravi Rathusan	SRI	14.3.99	2	MilitaryCh	Diyagama	18 Aug 2025
75.62		Artur Gafner	KAZ	13.7.98	6	AsiThrows	Mokpo	22 Aug 2025
74.79		Tharuka Nawan Dhananjaya	SRI	30.10.03	5q	WUG	Bochum-Wattenscheid	24 Jul 2025
74.47		Wu Ping-Shen	TPE	12.10.04	1		Taipei	17 Sep 2025
74.24		Sarvar Ismaylov	UZB	21.4.99	1	Qosanov	Almaty	3 Aug 2025
74.16		Sadegh Kademi	IRI	1.10.91	1		Busehr	12 Feb 2025
74.04		Huang Shih-Feng	TPE	2.3.92	2	TaiwanOpn	Taipei	8 Jun 2025
73.87	NR	Abdulrahman Fawaz Al-Azemi	KUW	3.11.01	10	AsiCh	Gumi	31 May 2025
73.69		Park Min-Jae	KOR	14.1.05	1	NSF	Busan	21 Oct 2025
73.63		Asadbek Murodov	UZB	9.11.04	2		Tashkent	17 Aug 2025
73.56		Lee Seo-Jun	KOR	7.3.06	2	NSF	Busan	21 Oct 2025
73.07		Hsiao Huan-Lin	TPE	2.3.01	1		Taipei	29 Mar 2025
72.82		Abdul Hafiz	INA	1.9.95	1	SEAG	Bangkok	15 Dec 2025
72.26		Silfanus Ndiken	INA	21.3.99	1	NC	Surakarta	2 Sep 2025
71.81		Ali Essa Abdelghani	KSA	6.5.95	1	NC	Taif	16 May 2025
71.01		Younes Yousefvand	IRI	21.4.87	1		Tehran	28 Sep 2025
70.51		Ricky Hui Wai Hei	HKG	26.3.92	1		Hongkong	13 Apr 2025
70.33		Muhammad Ibrar	PAK		3	NC	Islamabad	31 Dec 2025
70.30	NR	Nan Htet Maung	MYA	9.11.01	1		Yangon	3 Aug 2025
69.62		Wachirawit Sornwichai	THA	15.9.02	3	SEAG	Bangkok	15 Dec 2025
69.79		Muhammad Imad	PAK		4	NC	Islamabad	31 Dec 2025
69.31		Ruslan Sadullayev	UZB	12.8.08	2	Uzbek Cup	Tashkent	17 Sep 2025
68.93		Alexey Khlystov	KAZ	28.7.03	4	Qosanov	Almaty	3 Aug 2025
68.66		Mostafa Nik Khah	IRI	8.11.90	2		Tehran	9 Sep 2025
68.23		Saqer Rabeh Ali Abdulghani	KSA	13.8.98	7	Solidarity	Riyadh	19 Nov 2025
67.53		Karar Raid Mehdi	IRQ	26.4.92	1	NC	Baghdad	24 Oct 2025
67.52		Nguyen Hoai Van	VIE	23.9.93	1	NC	Danang	10 Aug 2025
67.41		Kamal Al-Tayeb Jamal	QAT	2007	3		Doha	10 Apr 2025
66.72		Nguyen Huu Toan	VIE	21.3.01	4	NC	Pathum Thani	23 Jun 2025
66.45		Elrick Roslee	MAS	25.4.02	4	SEAG	Bangkok	15 Dec 2025
65.66	NR	Nabil Al-Akoumi	LBN	11.10.96	1		Jamhour	5 Jul 2025
65.42		Ulugbek Egamberdyev	UZB	20.9.95	3	NC	Tashkent	24 Apr 2025
65.35		Dmitrii Fedorenkov	KAZ	17.2.04	2		Almaty	21 Jun 2025
65.30		Thanavat Bamrungwet	THA		5	NC	Pathum Thani	23 Jun 2025
64.94	NR	Mohamed Shariar Ashraful	BAN		1	MilitaryCh	Dhaka	14 Oct 2025
64.86		Abdulaziz Al-Hemdan	KUW	14.7.01	2	FedCup	Al-Kuwait	17 Apr 2025
64.71		Kittipong Janduang	THA	4.2.05	6	SEAG	Bangkok	15 Dec 2025
64.35		Mohd Mehdi Hassan	BAN		2	MilitaryCh	Dhaka	14 Oct 2025
63.88		Meirzhan Khojimurat	KAZ	3.6.04	3		Almaty	21 Jun 2025
63.39		Walter Yip Tin Ching	HKG	28.1.08	2		Taichung	25 Aug 2025
<b>Additional National Records:</b>								
61.09	NR	Ma Weng Chon	MAC	1.5.96	2		Hongkong	16 Feb 2025

**DECATHLON**

<b>8054</b>	<b>Yuma Maruyama</b>	<b>JPN</b>	<b>3.6.98</b>	<b>1</b>	<b>Nagano</b>	<b>13 Oct 2025</b>
	10.83 - 7.23 - 14.26 - 1.91 - 48.89 / 14.09 - 42.26 - 5.00 - 57.48 - 4:41.73					
<b>7855</b>	<b>Hua Zihui</b>	<b>CHN</b>	<b>10.8.00</b>	<b>1</b>	<b>NatG Guangzhou</b>	<b>16 Nov 2025</b>
	10.83 - 7.34 - 14.28 - 1.98 - 49.46 / 14.49 - 41.39 - 4.70 - 52.66 - 4:46.77					
<b>7826</b>	<b>NR Tejaswin Shankar</b>	<b>IND</b>	<b>21.12.98</b>	<b>4</b>	<b>Czapiewski Naklo Nad Notecia</b>	<b>27 Jul 2025</b>
	11.02 - 7.57 - 12.62 - 2.18 - 48.87 / 14.63 - 38.28 - 4.10 - 52.89 - 4:31.80					
<b>7785</b>	<b>Fei Xiang</b>	<b>CHN</b>	<b>9.9.98</b>	<b>1</b>	<b>NC Quzhou</b>	<b>4 Aug 2025</b>
	11.20 - 7.45 - 14.16 - 1.98 - 49.09 / 14.69 - 41.84 - 4.70 - 54.23 - 4:51.86					
<b>7768</b>	<b>Chen Xinghua</b>	<b>CHN</b>	<b>5.5.02</b>	<b>2</b>	<b>NC Quzhou</b>	<b>4 Aug 2025</b>
	10.95 - 7.29 - 12.59 - 1.95 - 48.05 / 14.29 - 39.90 - 4.80 - 53.63 - 4:50.57					
<b>7760</b>	<b>Zhang Wenxi</b>	<b>CHN</b>	<b>30.7.05</b>	<b>2</b>	<b>NatG Guangzhou</b>	<b>16 Nov 2025</b>
	10.66 - 7.52 - 13.33 - 1.95 - 48.98 / 14.81 - 39.45 - 4.70 - 46.97 - 4:39.06					
<b>7738</b>	<b>Fei Xiang</b>			<b>3</b>	<b>NatG Guangzhou</b>	<b>16 Nov 2025</b>
	11.07 - 7.16 - 13.55 - 1.98 - 49.30 / 14.69 - 43.70 - 4.90 - 45.48 - 4:40.21					
<b>7723</b>	<b>Yu Shaohong</b>	<b>CHN</b>	<b>11.9.02</b>	<b>4</b>	<b>NatG Guangzhou</b>	<b>16 Nov 2025</b>
	11.05w - 7.11 - 12.52 - 1.95 - 49.22 / 14.26 - 36.05 - 4.60 - 60.96 - 4:34.10					
<b>7639</b>	<b>Wang Jiawei</b>	<b>CHN</b>	<b>17.9.04</b>	<b>1</b>	<b>NGP Zhaoqing</b>	<b>12 Apr 2025</b>
	11.57 - 7.28 - 12.26 - 2.03 - 50.90 / 14.35 - 43.47 - 4.70 - 58.89 - 4:55.19					
<b>7634</b>	<b>Fei Xiang</b>			<b>1</b>	<b>AsiCh Gumi</b>	<b>28 May 2025</b>
	11.49 - 7.06 - 13.25 - 2.01 - 50.39 / 14.61 - 41.60 - 4.80 - 55.09 - 4:44.50					
	<i>(Top-10 performances by 8 athletes)</i>					
<b>7633</b>	<b>Nodir Norboyev</b>	<b>UZB</b>	<b>4.2.05</b>	<b>1</b>	<b>Solidarity Riyadh</b>	<b>18 Nov 2025</b>
	11.34 - 7.50 - 12.71 - 2.02 - 50.97 / 14.72 - 42.43 - 4.70 - 59.48 - 5:06.50					
<b>7630</b>	<b>Wang Zhipeng</b>	<b>CHN</b>	<b>8.5.01</b>	<b>2</b>	<b>NGP Zhaoqing</b>	<b>12 Apr 2025</b>
	11.12 - 6.80 - 13.46 - 1.91 - 50.88 / 14.65 - 41.18 - 4.40 - 62.20 - 4:28.51					
	<b>(10)</b>					
7602	Keisuke Okuda	JPN	23.10.96	3	AsiCh Gumi	28 May 2025
	11.05 - 6.73 - 12.88 - 1.74 - 48.50 / 14.91 - 42.69 - 4.70 - 64.24 - 4:40.04					
7600	Sun Qihao	CHN	18.2.00	1	Belt&Road Chongqing	15 May 2025
	11.45 - 7.14 - 15.30 - 1.98 - 52.01 / 15.03 - 41.18 - 5.20 - 56.90 - 5:15.36					
7546	Wang Chen-Yu	TPE	12.12.99	4	AsiCh Gumi	28 May 2025
	11.34 - 7.03 - 13.86 - 1.95 - 50.66 / 14.56 - 39.62 - 4.30 - 64.16 - 4:50.75					
7516	Chen Junyi	CHN	31.3.99	5	NatG Guangzhou	16 Nov 2025
	10.85 - 7.22 - 12.63 - 2.01 - 48.77 / 15.39 - 42.41 - 4.10 - 46.79 - 4:33.28					
7513	Zakhriddin Shokirov	UZB	21.10.00	2	Tashkent	17 Aug 2025
	11.19 - 7.09 - 14.10 - 1.92 - 52.02 / 15.40 - 46.23 - 4.80 - 50.02 - 4:44.40					
7508	Rei Matsushita	JPN	27.8.04	1	Int-Univ Okayama	7 Jun 2025
	10.83 - 7.16 - 12.07 - 1.83 - 47.27 / 14.41 - 37.58 - 4.30 - 53.11 - 4:41.24					
7503	Liu Yichuan	CHN	30.3.04	6	NatG Guangzhou	16 Nov 2025
	11.15w - 7.13 - 12.31 - 2.04 - 50.42 / 14.62 - 38.64 - 4.70 - 56.06 - 5:03.53					
7488	Hiroyoshi Ushiro	JPN	25.10.94	1	NC Gifu	13 Jul 2025
	11.34 - 6.86 - 12.35 - 1.93 - 49.91 / 14.80 - 39.40 - 4.60 - 57.33 - 4:33.82					
7423	Ryoya Moriguchi	JPN	20.5.98	1	Tokyo	26 Apr 2025
	10.84 - 6.70 - 13.33 - 1.85 - 49.32 / 14.37 - 38.49 - 4.20 - 57.29 - 4:44.95					
7400	Seigi Sata	JPN	11.8.00	3	NC Gifu	13 Jul 2025
	11.13 - 7.08 - 12.03 - 1.99 - 49.71 / 14.55 - 35.21 - 4.30 - 51.22 - 4:33.27					
	<b>(20)</b>					
7337	Masayuki Maegawa	JPN	5.8.99	4	NC Gifu	13 Jul 2025
	11.18 - 6.78 - 12.67 - 1.90 - 50.45 / 15.11 - 35.49 - 4.40 - 61.79 - 4:37.99					
7325	Wen Shilong	CHN	13.7.99	7	NatG Guangzhou	16 Nov 2025
	10.69w - 7.04 - 12.79 - 1.92 - 48.96 / 15.00 - 35.65 - 4.30 - 52.88 - 4:59.51					
7322	Usaid Khan	IND	19.8.02	1	MilitaryCh Jalahalli	6 Sep 2025
	10.85 - 6.76 - 12.33 - 1.93 - 48.57 / 14.50 - 37.79 - 4.20 - 50.73 - 4:49.86					
7319	Yuto Yamamoto	JPN	27.8.04	2	Int-Univ Okayama	7 Jun 2025
	10.89 - 7.44w - 9.51 - 1.89 - 49.14 / 14.86 - 30.82 - 4.90 - 49.29 - 4:38.21					

7275	Cho Chia-Hsuan	TPE	20.6.02	5	AsiCh	Gumi	28 May 2025
	11.27 - 7.03 - 12.24 - 1.92 - 50.96 / 14.67 - 36.21 - 4.30 - 58.11 - 4:46.35						
7265	Yosuke Tanaka	JPN	14.7.01	3	Int-Univ	Okayama	7 Jun 2025
	11.02 - 6.69 - 11.64 - 1.83 - 49.41 / 14.96 - 34.56 - 4.50 - 57.83 - 4:34.70						
7264	Shutaro Hashimoto	JPN	16.3.03	1		Hiratsuka	26 Apr 2025
	11.04 - 6.68 - 11.53 - 1.90 - 49.42 / 15.12 - 38.49 - 4.40 - 56.23 - 4:43.51						
7234	Keisuke Ushiro	JPN	24.7.86	5	NC	Gifu	13 Jul 2025
	11.75 - 6.59 - 14.69 - 1.84 - 53.64 / 16.09 - 47.30 - 4.70 - 62.62 - 4:53.90						
7233	Rohit Roman Sachin	IND	5.7.99	2	MilitaryCh	Jalahalli	6 Sep 2025
	11.17 - 6.72 - 11.72 - 1.87 - 50.14 / 14.66 - 37.58 - 4.40 - 56.28 - 4:43.64						
7226	Yaman Deep Sharma	IND	3.10.99	2	FedCup	Kochi	24 Apr 2025
	11.31 - 6.84 - 10.72 - 1.94 - 49.39 / 15.16 - 36.98 - 4.50 - 53.16 - 4:35.61						
	<b>(30)</b>						
	<b>Additional Non-IND/JPN/CHN marks:</b>						
7170	Haman Ghrairi	IRQ	2.10.00	1	NC	Najaf	11 Apr 2025
	11.0h - 6.99 - 12.93 - 1.83 - 48.7h / 14.8h - 38.65 - 3.70 - 51.09 - 4:30.1h						
7163	Mohamed Rashid Al-Subaie	KSA	11.8.04	2		Prague	3 Aug 2025
	11.26 - 7.23 - 12.45 - 1.63 - 49.51 / 15.29 - 39.16 - 4.33 - 55.69 - 4:39.40						
7109	Abdul Sajjad Saadoun Nasser	IRQ	19.5.95	2	NC	Najaf	11 Apr 2025
	11.10 - 7.03 - 11.95 - 1.96 - 50.70 / 14.90 - 38.07 - 3.90 - 43.68 - 4:20.1h						
7076	Lee Yu-Seong	KOR	13.9.04	1	NSF	Busan	21 Oct 2025
	10.62 - 7.12 - 11.23 - 1.88 - 48.47 / 15.35 - 31.42 - 4.50 - 45.51 - 4:59.43						
7053	Park Jun-Young	KOR	2.4.02	6	AsiCh	Gumi	28 May 2025
	11.38 - 6.74 - 11.76 - 1.95 - 50.47 / 15.41 - 31.82 - 4.60 - 50.90 - 4:40.86						
7044	Mohamed Asan M I	SRI	20.6.97	1	MilitaryCh	Diyagama	19 Aug 2025
7020	M M Ravindra Lakmal	SRI	13.10.94	2	MilitaryCh	Diyagama	19 Aug 2025
6937	Mohsen Hassan Dabbous	KSA	25.7.00	2	ArabCh	Oran	4 May 2025
	10.89 - 6.64 - 11.52 - 1.67 - 49.83 / 14.93 - 35.96 - 4.60 - 47.12 - 4:48.63						
6922	Kim Su-Bin	KOR	17.6.95	3	NSF	Busan	21 Oct 2025
	11.52 - 6.87 - 13.20 - 1.88 - 53.31 / 15.03 - 35.52 - 4.80 - 48.38 - 5:08.06						
6904	Saeed Abdullah Mobarak	KSA	15.1.01	3	ArabCh	Oran	4 May 2025
	11.18 - 6.56 - 12.48 - 1.82 - 50.20 / 15.33 - 33.87 - 4.30 - 48.12 - 4:41.18						
6883	<i>Choe Dong-Hwi</i>	KOR	15.12.98	4	NSF	Busan	21 Oct 2025
	11.46 - 6.89 - 13.27 - 1.79 - 53.45 / 14.57 - 36.03 - 4.70 - 47.28 - 5:07.95						
6848	<i>Hokkett De Los Santos</i>	PHI	28.10.02	8	AsiCh	Gumi	28 May 2025
	11.55 - 6.09 - 10.92 - 1.77 - 49.17 / 15.33 - 33.57 - 4.90 - 49.26 - 4:36.78						
6747	<i>Ajith Kumara Karunathilake</i>	SRI	27.10.93	3	NC	Diyagama	3 Aug 2025
6644	Chi Hsiang	TPE	19.9.04	3=	NatG	Yunlin	20 Oct 2025
	11.64 - 7.04 - 11.00 - 1.84 - 51.07 / 15.66 - 36.91 - 3.60 - 51.05 - 4:46.88						
6644	<i>Chen Yu-Ang</i>	TPE	3.1.04	3=	NatG	Yunlin	20 Oct 2025
	11.39 - 6.56 - 11.40 - 1.97 - 51.23 / 15.68 - 34.23 - 3.90 - 44.71 - 4:47.49						
6623	Ahmed Al-Yassin	KSA	19.8.99	1	NC	Taif	17 May 2025
	11.20w - 6.74 - 11.09 - 1.77 - 50.30 / 15.46 - 35.58 - 4.10 - 55.30 - 5:26.40						
6606	Ivan Sening	KAZ	20.6.06	1		Almaty	20 Jun 2025
	11.26 - 6.50w - 13.23 - 1.90 - 52.33 / 15.57 - 33.95 - 4.00 - 53.12 - 5:25.34						
6592	Amir Hossein Ebrahimi	IRI	8.1.98	1		Tehran	29 Sep 2025
6417	W K D S Perera	SRI	3.4.89	4	NC	Diyagama	3 Aug 2025
	<b>Unknown irregularity in 2nd day's timing system:</b>						
6917	Hokkett De Los Santos	PHI	28.10.02	1	SEAG	Bangkok	12 Dec 2025
	11.32 - 6.24 - 11.32 - 1.78 - 49.44 / 15.01 - 34.54 - 4.80 - 51.77 - 4:52.22						
6649	Sutthisak Singkhon	THA	5.10.96	2	SEAG	Bangkok	12 Dec 2025
	11.25 - 6.60 - 14.15 - 1.93 - 51.17 / 15.55 - 34.70 - 3.80 - 51.30 - 5:35.57						
6582	Idan Fauzan Richsan	INA	11.1.00	3	SEAG	Bangkok	12 Dec 2025
	11.62 - 6.37 - 10.51 - 1.78 - 53.34 / 15.09 - 31.99 - 5.30 - 43.46 - 5:01.07						
6573	Janry Ubas	PHI	2.1.94	4	SEAG	Bangkok	12 Dec 2025
	10.99 - 7.67w - 10.55 - 1.93 - 53.23 / 15.49 - 32.11 - 4.00 - 47.16 - 5:42.31						

**10,000m Walk**

38:38.23	Keisuka Hara	JPN	4.3.02	1		Osaka	6 May 2025
38:44.88	Sotaro Osaka	JPN	31.1.06	1		Hiratsuka	26 Apr 2025
38:49.16	Ryo Hamanishi	JPN	24.4.00	1	Corp Ch	Yamaguchi	27 Sep 2025
38:52.06	Hayato Katsuki	JPN	28.11.90	2	Corp Ch	Yamaguchi	27 Sep 2025
38:54.08	Taisei Yoshizako	JPN	15.1.05	2		Hiratsuka	26 Apr 2025
38:58.19	Motofumi Suwa	JPN	22.10.99	3	Corp Ch	Yamaguchi	27 Sep 2025
39:12.59	Atsuki Tsuchiya	JPN	6.8.03	2		Osaka	6 May 2025
39:22.02	Riku Kaneko	JPN	15.3.05	3		Hiratsuka	26 Apr 2025
39:23.50	Yutaro Murayama	JPN	29.9.98	4	Corp Ch	Yamaguchi	27 Sep 2025
39:25.15	Yushi Nakajima	JPN	29.1.05	4		Hiratsuka	26 Apr 2025

(10)

**Additional Non-JPN marks:**

39:46.78	Nitin Gupta	IND	1.1.2008	1	Jr FedCup	Prayagraj	23 Jun 2025
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**20 KM Walk**

1:16:10	WR	Toshikazu Yamanishi	JPN	15.2.96	1	NC-RW	Kobe	16 Feb 2025
1:17:24		Satoshi Maruo	JPN	28.11.91	2	NC-RW	Kobe	16 Feb 2025
1:17:30		Wang Zhaozhao	CHN	1.9.99	1	NGP	Taicang	1 Mar 2025
1:17:33		Cui Lihong	CHN	13.5.99	2	NGP	Taicang	1 Mar 2025
1:17:38		Kento Yoshikawa	JPN	9.8.01	3	NC-RW	Kobe	16 Feb 2025
1:17:53		Ryo Hamanishi	JPN	24.4.00	4	NC-RW	Kobe	16 Feb 2025
1:17:58		Qian Haifeng	CHN	8.7.00	3	NGP	Taicang	1 Mar 2025
1:18:04		Li Chenjie	CHN	5.5.05	4	NGP	Taicang	1 Mar 2025
1:18:09		Zhang Jun	CHN	20.7.98	5	NGP	Taicang	1 Mar 2025
1:18:15		<i>Toshikazu Yamanishi</i>			1		La Coruna	7 Jun 2025

**(Top-10 performances by 9 athletes)**

1:18:19		Masatora Kawano	JPN	23.10.98	2		La Coruna	7 Jun 2025
		(10)						
1:18:23		Kazuki Takahashi	JPN	17.6.96	5	NC-RW	Kobe	16 Feb 2025
1:18:26		Yuta Koga	JPN	15.7.99	6	NC-RW	Kobe	16 Feb 2025
1:18:32		Zhang Jinrui	CHN	24.8.01	8	NGP	Taicang	1 Mar 2025
1:18:42		Motofumi Suwa	JPN	22.10.99	7	NC-RW	Kobe	16 Feb 2025
1:18:49		Huang Peiyang	CHN	10.6.03	12	NGP	Taicang	1 Mar 2025
1:18:51		Hu Xuanfei	CHN	17.10.03	13	NGP	Taicang	1 Mar 2025
1:18:52		Atsuki Tsuchiya	JPN	6.8.03	8	NC-RW	Kobe	16 Feb 2025
1:19:01		Zhou Yingcheng	CHN	6.10.00	14	NGP	Taicang	1 Mar 2025
1:19:03		Li Lin	CHN	13.6.01	15	NGP	Taicang	1 Mar 2025
1:19:04		Yutaro Murayama	JPN	29.9.98	9	NC-RW	Kobe	16 Feb 2025
		(20)						
1:19:05		Zhao Xiangfei	CHN	27.9.02	16	NGP	Taicang	1 Mar 2025
1:19:05		Ding Chang	CHN	21.12.02	17	NGP	Taicang	1 Mar 2025
1:19:07		Hiroto Jusho	JPN	11.1.00	2	NC-RW	Nomi	16 Mar 2025
1:19:16		Wang Yifeng	CHN	29.12.03	18	NGP	Taicang	1 Mar 2025
1:19:17		Ding Shuo	CHN	21.12.02	19	NGP	Taicang	1 Mar 2025
1:19:23		Shi Shengji	CHN	19.1.07	2	NatG	Zhuhai	12 Nov 2025
1:19:34		Hayato Katsuki	JPN	28.11.90	15		La Coruna	7 Jun 2025
1:19:40		Keisuke Hara	JPN	4.3.02	3	NC-RW	Nomi	16 Mar 2025
1:19:48		Rihito Ishida	JPN	19.12.01	10	NC-RW	Kobe	16 Feb 2025
1:19:51		Hayato Yanagihara	JPN	28.3.00	4	NC-RW	Nomi	16 Mar 2025
		(30)						

**Additional Non-JPN/CHN marks:**

1:20:42		Choe Byeong-Kwang	KOR	7.4.91	1	NSF	Busan	21 Oct 2025
1:21:14		Servin Sebastian	IND	26.12.99	3	AsiCh	Gumi	27 May 2025
1:21:34		Suraj Panwar	IND	2.4.01	2	NatG	Dehradun	11 Feb 2025
1:21:42		Amanjot Singh	IND	19.3.99	3	NatG	Dehradun	11 Feb 2025
1:21:52		Amit	IND	25.12.03	2	NC-RW	Chandigarh	19 Apr 2025

1:21:57		Lee Seong-Yoon	KOR	18.1.02	2	NSF	Busan	21 Oct 2025
1:22:14		Joo Hyun-Myong	KOR	31.5.97	3	NSF	Busan	21 Oct 2025
1:22:52		Kim Min-Kue	KOR	28.2.99	4	NSF	Busan	21 Oct 2025
1:23:07		Georgiy Sheiko	KAZ	24.8.89	2	AsiRWch	Nomi	16 Mar 2025
1:23:12		Hamid Reza Zouravand	IRI	13.1.90	1	NC	Rasht	8 May 2025
1:23:17	NR	Rasulbek Dilmurodov	UZB	22.9.00	3	AsiRWch	Nomi	16 Mar 2025
1:23:43	NR	Hsu Chia-Wei	TPE	12.9.00	81	NGP	Taicang	1 Mar 2025
1:25:42		Chan Yung-Kuei	TPE	14.12.02	10		Tokyo	1 Jan 2025
1:27:15		Lin Chia-Hung	TPE	14.12.05	15		Tokyo	1 Jan 2025
1:27:18		Armin Shahmaleki	IRI	12.8.00	2	NC	Rasht	8 May 2025
1:28:50		Chin Man Kit	HKG	20.7.91	6	AsiRWch	Nomi	16 Mar 2025
1:29:50		Hendro	INA	25.1.90	11	AsiCh	Gumi	27 May 2025
1:30:03	NR	Carlos De Imus	PHI	1.11.00	7	AsiRWch	Nomi	16 Mar 2025
1:30:04		Angga Septyan	INA	2000	34		Nomi	16 Mar 2025
1:30:06		Bayu Prasetyo	INA	3.1.98	8	AsiRWch	Nomi	16 Mar 2025
1:30:34		Chen Yu-Hsin	TPE	23.6.07	2	NatG	Yunlin	23 Oct 2025
1:30:37		Nguyen Thanh Ngung	VIE	8.4.92	1	NC	Danang	11 Aug 2025
1:31:00		Jing Hong Khor	MAS	8.2.05	9	AsiRWch	Nomi	16 Mar 2025
1:33:05		Darkhan Asetkhanuly	KAZ	19.8.04	7		Antalya	22 Feb 2025
1:34:09	NR	Abood Khaled Joudah	JOR	21.11.01	4	ArabCh	Oran	30 Apr 2025
1:34:18		Mohammad Hassan Alast	IRI	2005	3	NC	Rasht	8 May 2025
1:34:19		Amir Zareian	IRI		4	NC	Rasht	8 May 2025
1:34:28		Vo Xuan Vinh	VIE	10.5.91	2	NC	Danang	11 Aug 2025

**35 KM Walk**

2:24:38		Hayato Katsuki	JPN	28.11.90	1	NC-RW	Nomi	16 Mar 2025
2:25:19		Satoshi Maruo	JPN	28.11.91	3	NC-RW	Nomi	16 Mar 2025
2:25:32		Wang Qin	CHN	8.5.94	1	NGP	Hefei	29 Mar 2025
2:25:45		Kazuki Takahashi	JPN	17.6.96	5	NC-RW	Nomi	16 Mar 2025
2:25:50		Subaru Ishida	JPN	4.6.99	6	NC-RW	Nomi	16 Mar 2025
2:25:54		Zou Yingcheng	CHN	6.10.00	2	NGP	Hefei	29 Mar 2025
2:25:56		Zhang Jinrui	CHN	24.8.01	3	NGP	Hefei	29 Mar 2025
2:28:56		Motofumi Suwa	JPN	22.10.99	10	NC-RW	Nomi	16 Mar 2025
2:29:16		<i>Hayato Katsuki</i>			3	WCh	Tokyo	13 Sep 2025
2:29:25		Tang Yushuai	CHN	18.11.04	4	NGP	Hefei	29 Mar 2025
		<b>(Top-10 performances by 9 athletes)</b>						
2:30:16		Kento Yoshikawa	JPN	9.8.01	11	NC-RW	Nomi	16 Mar 2025
		(10)						
2:32:54		Ram Baboo	IND	20.3.99	1	NC-RW	Chandigarh	19 Apr 2025
2:33:16		Wang Xin	CHN	17.10.01	5	NGP	Hefei	29 Mar 2025
2:33:20		Niu Wenchao	CHN	20.4.98	6	NGP	Hefei	29 Mar 2025
2:33:38		Zhang Jiaxu	CHN	4.1.00	7	NGP	Hefei	29 Mar 2025
2:33:42	NR	Choe Byeong-Kwang	KOR	7.4.91	12	NC-RW	Nomi	16 Mar 2025
2:34:21		Kim Min-Kue	KOR	28.2.99	1		Gumi	22 Apr 2025
2:34:45		Wang Jinxi	CHN	30.11.04	8	NGP	Hefei	29 Mar 2025
2:35:06		Sandeep Kumar Sangwan	IND	1.5.86	2	NC-RW	Chandigarh	19 Apr 2025
2:35:29		Zhang Chengyuan	CHN	16.3.00	9	NGP	Hefei	29 Mar 2025
2:36:48		Qiu Jiahua	CHN	2.9.03	10	NGP	Hefei	29 Mar 2025
		(20)						
2:37:15		Masatora Kawano	JPN	23.10.98	18	WCh	Tokyo	13 Sep 2025
2:37:38		Luo Yilong	CHN	19.2.02	11	NGP	Hefei	29 Mar 2025
2:38:26		Lim Dong-Min	KOR	22.7.00	14	NC-RW	Nomi	16 Mar 2025
2:39:29		Liu Jiashun	CHN	10.11.03	12	NGP	Hefei	29 Mar 2025
2:40:22		Georgiy Sheiko	KAZ	24.8.89	1	Mt.Stromlo	Canberra	8 Jun 2025
2:40:57		Yuki Ito	JPN	12.4.92	15	NC-RW	Nomi	16 Mar 2025
2:41:13		Wang Zhenhao	CHN	12.9.01	13	NGP	Hefei	29 Mar 2025
2:41:42		Vijay Vishwakarma	IND	11.10.99	3	NC-RW	Chandigarh	19 Apr 2025
2:42:17		Resham Midhun	IND	6.12.87	4	NC-RW	Chandigarh	19 Apr 2025

2:43:05		Pu Shicheng (30)	CHN	9.5.04	14	NGP	Hefei	29 Mar 2025
<b>Additional Non-IND/JPN/CHN marks:</b>								
2:49:37	NR	Hendro	INA	25.1.90	16	NC-RW	Nomi	16 Mar 2025
3:00:25		Byun Young-Jun	KOR	20.3.84	2		Gumi	22 Apr 2025
<b>4 x 100m Relay</b>								
37.84		Japan National Team <i>A.H. Sani Brown - Rai Atago - Towa Uzawa - Naoki Inoue</i>	JPN		1h3	WorldR	Guangzhou	10 May 2025
38.03		China National Team <i>Shi Junhao - Zeng Keli - Wang Shengjie - He Jinxian</i>	CHN		1s3	WorldR	Guangzhou	11 May 2025
38.28	NR	Thailand National Team <i>T. Heem-Ead - P. Boonson - C. Khongprasit - S. Dapbang</i>	THA		1	SEAG	Bangkok	15 Dec 2025
38.49	NR	Korea National Team <i>Seo Min-Jun - N. Joel-Jin Nwamadi - Lee Jae-Sung - Lee Jun-Hyuk</i>	KOR		1	AsiCh	Gumi	31 May 2025
38.69	NR	Reliance Team (India) <i>Gurinder Vir Singh - M. Hoblidhar - Animesh Kujur - A. Borgohain</i>	IND		1	Ind Open	Chandigarh	30 Apr 2025
38.96		Chinese Taipei National Team <i>Lai Po-Hsiang - Chen Wen-Pu - Huang Tso-Chun - Wei Tai-Sheng</i>	TPE		4s1	WorldR	Guangzhou	11 May 2025
39.03	NR	Malaysia National Team <i>M.A. Fahmi - J. Nyepa - A. Auf Hajam - D.I. Muhd Roslee</i>	MAS		2	SEAG	Bangkok	15 Dec 2025
39.10		Hong Kong China Team <i>Chan Yat Lok - Lee Hong Kit - K. wok Chun Ting, M. Johannsson</i>	HKG		3	AsiCh	Gumi	31 May 2025
39.19		Saudi Arabia National Team <i>Md Dawood Abdullah - Abdulaziz Atafi - Abadulaziz AlJadani - Abdullah Abkar Md</i>	KSA		1	Solidarity	Riyadh	19 Nov 2025
39.21		Oman National Team <i>Rashid Al-Aasmi - Mulhim Al Balushi - Md Obaid Al-Saadi - Ali Anwar Al-Balushi</i>	OMA		2	Solidarity	Riyadh	19 Nov 2025
39.41		Sri Lanka National Team <i>Y. Abeykoon - C. Yodhasinghe - M. Wijesinghe - D. Weeraratne</i>	SRI		4	NGP	Dubai	9 May 2025
39.51		Indonesia National Team <i>W. Setiawan - J. Fatah Sidik - B.Kertanegara - L. Muhammad Zahri</i>	INA		3	SEAG	Bangkok	15 Dec 2025
39.63		Singapore National Team <i>Tan Daryl - T. Tan Fung - X. Ho Ann Heng - M. Brian Louis</i>	SGP		1	NC	Singapore	23 Nov 2025
40.11		Emirates National Team	UAE		6	NGP	Dubai	9 May 2025
40.11		Philippines National Team <i>A. Labita - A. Lopena - K. F. Jardin - N.M. Catral</i>	PHI		5	SEAG	Bangkok	15 Dec 2025
40.15		Cong An Nhan Dan Team <i>Truong Van Hieu - Trieu Thai Son - Lam Quang Huy - Ngan Ngoc Nghia</i>	VIE		1	NC	Danang	12 Jun 2025
40.34		Naft Tehran Team <i>B. Yousefi - M.A. Ghareh - M. Zamani - A.R. Moeinpour</i>	IRI		1		Tehran	9 Sep 2025
40.42		Kazakhstan National Team <i>A.Omerbokov - D.Sutzhanov - A.Tulebayev - Vit.Zems</i>	KAZ		2	Qosanov	Almaty	2 Aug 2025
40.75		Army Team <i>M. Azhar - M.N. Hadi - A. Younis - S.R. Abdel Wahid</i>	IRQ		1	NC	Sulaymaniyah	18 Apr 2025
40.77		Uzbekistan National Team <i>S. Gafurjonov - U. Nabiyev - J. Sobirjonov - S. Ismailov</i>	UZB		1	Uzbek Cup	Tashkent	17 Sep 2025
40.94		Bangladesh National Team <i>Md Lushau Islam - Md Tarek Rahman - Md Abdul Motaleb - Md Ismail Hossain</i>	BAN		3	SAAC	Ranchi	25 Oct 2025
41.04	NR	Let's Run Team <i>M.A. Ibrahim - T. Saleh - A. Dani - R. Al-Hout</i>	LBN		1		Beirut	1 Aug 2025
41.13		Macau National Team	MAC		3		Hongkong	1 May 2025
41.69		Dushanbe Team <i>F.Muzrapov - N.Luroolayev - A.Nosirov - ?</i>	TJK		1	NC	Dushanbe	16 Aug 2025

41.70		Al-Qadisiyah Team	KUW	4		Doha	8 Apr 2025
		<i>N.I.Abdullah - H.A.Khamis - S.Ullah - G.Shahbaz</i>					
<b>Additional or Better Hand Timings:</b>							
40.4	HT	Army Team	BAN	1	NC	Dhaka	16 Aug 2025
		<i>? - Md. Afzal - Md. Shakib - Md. Abdul Motaleb</i>					
40.7	HT	WAPDA Team	PAK	1	NC	Islamabad	31 Dec 2025
		<i>N. Arshad - A. Ahmad - S. Ullah - G. Shahbaz</i>					
<b>4 x 400m Relay</b>							
2:59.74		Japan National Team	JPN	6h2	WCh	Tokyo	20 Sep 2025
		<i>Y.J. Nakajima - Fuga Sato - Takuho Yoshizu - Kenki Imaizumi</i>					
3:00.15	NR	Qatar National Team	QAT	2h1	WCh	Tokyo	20 Sep 2025
		<i>A.I. Yahya Ibrahim - B. Hemeida - I.Doudai Abakar - A. Samba</i>					
3:00.77	NR	China National Team	CHN	5h1	WCh	Tokyo	20 Sep 2025
		<i>Liang Baotang - Zhang Qining - Liu Kai - Guo Longyu</i>					
3:03.07	NR	Thailand National Team	THA	1	SEAG	Bangkok	16 Dec 2025
		<i>S. Nuansi - K. Kaijan - J. Pleenaram - J. Atkinson</i>					
3:03.67		India National Team	IND	2	AsiCh	Gumi	29 May 2025
		<i>Jay Kumar - Dharmveer Choudhary - TS Manu - TK Vishal</i>					
3:03.85	NR	Vietnam National Team	VIE	2	SEAG	Bangkok	16 Dec 2025
		<i>Ta Ngov Tuang - Tran Nhat Hoang - Vu Ngoc Khanh - Le Ngoc Phuc</i>					
3:05.12		Sri Lanka National Team	SRI	1	SAAC	Ranchi	26 Oct 2025
		<i>Shashintha Silva - K.L.A. Akalanka - KKI Silva - Kalinga Kumarage</i>					
3:07.20		Korea National Team	KOR	4	AsiCh	Gumi	29 May 2025
		<i>Kim Ui-Yeon - Joo Seung-Kyun - Song Hyung-Gun - Shin Min-Kyu</i>					
3:08.74		Iraq National Team	IRQ	2	WACT	Bhubaneswar	10 Aug 2025
		<i>T.H. Yaseen - A.J. Al-Dirawi - Md Al-Tameemi - N. Adel Merzeh</i>					
3:10.72		Pavlodar Team	KAZ	1	NC	Almaty	12 Jul 2025
		<i>A. Omarbekov - M. Mironov - A. Berzakov - D. Sutzhanov</i>					
3:10.74		Singapore National Team	SGP	3	SEAG	Bangkok	16 Dec 2025
		<i>R.Lee Siong En - T.R. Thiruben - Z.P. Muncherji - C. Quek Jun Jie</i>					
3:10.86		Taichung Team (Chinese Taipei)	TPE	1	NatG	Yunlin	22 Oct 2025
		<i>Hung Meng-Lung - Yang Tzi-Ching - Wu Wei-Han - Chen Wen-Pu</i>					
3:10.94		Philippines National Team	PHI	4	SEAG	Bangkok	16 Dec 2025
		<i>F. Ramirez - Michael del Prado - A. Talplacido - A. Labita</i>					
3:11.07		Malaysia National Team	MAS	5	SEAG	Bangkok	16 Dec 2025
		<i>N. Kanishkann - Md. Shafiq Fikri - Md. A.N. Anuar - U. Osman</i>					
3:11.11		Tabriz Junior Team	IRI	1	NJC	Tehran	15 Aug 2025
3:13.25		Al-Qadisiyah Team	KUW	3		Doha	10 Apr 2025
		<i>I.R. Al-Zofairi - M.A. Ibrahim - F.M. Al-Ajeel - Y.T. Karam</i>					
3:13.75		Saudi Arabia National Team	KSA	2	ArabCh	Oran	4 May 2025
		<i>A.B. Al Jumah - M.D. Abdullah - A. Abdou Atafi - A.R. Al Jadani</i>					
3:15.00		Bangladesh National Team	BAN	3	SAAC	Ranchi	26 Oct 2025
		<i>Rana Md Masud - Md Tarek Rahman - N. Hossain Roni - Md Lushau Islam</i>					
3:15.56		Emirates National Junior Team	UAE	2		Beirut	4 Oct 2025
		<i>S.Shoaib Omar - A.Abdel Khadous - E.Abdelaziz - S.Abdulrahman</i>					
3:16.80		Maldives National Team	MDV	3	SAAC	Ranchi	26 Oct 2025
		<i>H. Saaid - A. Riffath - H. Zeek Suad - H. Riza</i>					
3:16.95		Namangan Team	UZB	1	NC	Tashkent	24 Apr 2025
		<i>M.Sotiboldiyev - A.Abdulkhamidov - A.Oripov - U.Nabiyev</i>					
3:17.57		Jawa Timur Team	INA	1	NC	Surakarta	30 Aug 2025
		<i>I. Arif - D. Radika - I. Maulana - M. Indra</i>					

**WOMEN****100m**

11.10	0.7	Chen Yujie	CHN	29.12.08	1	NatG	Guangzhou	17 Nov 2025
11.17	0.8	Edidiong Ofonime Odiong	BRN	13.3.97	7	Solidarity	Riyadh	18 Nov 2025
11.19	0.2	Liang Xiaojing	CHN	7.4.97	1	NC	Quzhou	3 Aug 2025
11.22	0.9	<i>Liang Xiaojing</i>			1h1	AsiCh	Gumi	27 May 2025
11.23	-0.3	<i>Liang Xiaojing</i>			1s3	NC	Quzhou	3 Aug 2025
11.29	0.5	<i>Chen Yujie</i>			1	NJAG	Shenyang	11 Aug 2025
11.29	0.5	<i>Liang Xiaojing</i>			6h5	WCh	Tokyo	13 Sep 2025
11.31	-0.5	<i>Liang Xiaojing</i>			1s3	NGP	Zhaoqing	12 Apr 2025
11.31	0.7	Ge Manqi	CHN	13.10.97	1	Belt&Road	Chongqing	15 May 2025
11.31	1.2	<i>Liang Xiaojing</i>			1h5	NC	Quzhou	2 Aug 2025
<b>(Top-10 performances by 4 athletes)</b>								
11.33	1.0	Midori Mikase	JPN	2.6.01	1	ANG	Fukui	16 Aug 2025
11.34		Dhanalakshmi Sekar *	IND	5.6.98	1	TNSC	Salem	19 Jul 2025
11.35	0.7	Wei Yongli	CHN	11.10.91	2	Belt&Road	Chongqing	15 May 2025
11.35	0.5	Abigail Fuka Ido	JPN	15.6.01	1h3	NC	Tokyo	4 Jul 2025
11.36	-0.9	Shanti Veronica Pereira	SGP	20.9.96	1	SEAG	Bangkok	11 Dec 2025
11.38	0.7	Zhu Junying	CHN	9.9.04	3	Belt&Road	Chongqing	15 May 2025
<b>(10)</b>								
11.38	1.9	Arisa Kimishima	JPN	23.12.95	1h2	ANG	Fukui	16 Aug 2025
11.38	0.7	Shi Linqi	CHN	8.1.02	3	NatG	Guangzhou	17 Nov 2025
11.39	0.2	Kong Lingyao	CHN	3.5.97	2h4	NatG	Guangzhou	16 Nov 2025
11.41	0.4	Nithya Gandhe	IND	10.11.99	1	NGP	Bengaluru	28 Mar 2025
11.42	1.3	Manaka Miura	JPN	14.2.02	1s2	NC	Tokyo	4 Jul 2025
11.43	0.1	Liu Xiajun	CHN	16.7.05	5	WACT	Beijing	7 Sep 2025
11.44	0.5	Farzaneh Fasihi	IRI	3.1.93	4		Meilen	14 Jun 2025
11.45 NR	-0.1	Arwa Ashar Ali	UAE	30.11.09	1	AYG	Manama	24 Oct 2025
11.47	0.2	Yuan Qiqi	CHN	26.10.95	2	NC	Quzhou	3 Aug 2025
11.47	1.0	Akiha Kobari	JPN	19.12.06	3	ANG	Fukui	16 Aug 2025
<b>(20)</b>								
11.48	0.0	Maryam Toosi	IRI	5.12.88	1	NC	Rasht	4 May 2025
11.49	0.2	Salwa Eid Naser	BRN	23.5.98	3rC		Winter Garden	14 Jun 2025
11.49	0.7	Huang Shuping	CHN	9.2.03	1h2	NC	Quzhou	2 Aug 2025
11.50	1.2	Hu Chia-Chen	TPE	28.3.97	1		New Taipei City	12 Mar 2025
11.50	1.2	Asuka Takahashi	JPN	4.12.91	2h4	NC	Tokyo	4 Jul 2025
11.51	-0.1	Hinami Yamanaka	JPN	12.12.96	2	Kinami	Osaka	11 May 2025
11.51	0.1	Pan Yue	CHN	29.3.03	6	WACT	Beijing	7 Sep 2025
11.51	0.7	Shuri Aono	JPN	3.7.00	2	CorpCh	Yamaguchi	27 Sep 2025
11.51	-1.8	Fathima Shafiya Yamick	SRI	1.7.99	1	MilitaryCh	Diyagama	30 Sep 2025
11.52	1.6	Zion Corrales-Nelson	PHI	11.10.98	1h6		Azusa	9 May 2025
<b>(30)</b>								
11.52	1.2	Mana Matsumoto	JPN	27.11.07	3h4	NC	Tokyo	4 Jul 2025
11.52	0.3	Ding Chao	CHN	13.1.96	1s1	NGP	Yulin	12 Jul 2025
11.52	1.9	Iciko Iki	JPN	7.5.97	2h2	ANG	Fukui	16 Aug 2025
<b>(33)</b>								
<b>Additional Non-JPN/CHN marks: {restricted to FOUR athletes per nation}</b>								
11.53	1.5	Hamideh Esmaeilnejad	IRI	23.7.97	3		Dubai	11 May 2025
11.53	0.0	Liao Yan-Chun	TPE	30.9.98	1h4	NatG	Yunlin	19 Oct 2025
11.54	-1.5	Abinaya Rajarajan	IND	21.11.06	2	FedCup	Kochi	21 Apr 2025
11.54	-0.1	Tran Thi Nhi Yen	VIE	9.7.05	3	AsiCh	Gumi	28 May 2025
11.54 NR	0.4	Loi Im Lan	MAC	6.2.98	5s1	NatG	Guangzhou	17 Nov 2025
11.54	-0.9	Jirapat Khanonta	THA	12.9.05	2	SEAG	Bangkok	11 Dec 2025
11.55	0.4	Sneha S S	IND	27.3.98	2	NGP	Bengaluru	28 Mar 2025
11.56	0.7	Kristina Knott	PHI	25.9.95	5	Belt&Road	Chongqing	15 May 2025
11.57	1.2	Supanich Poolkerd	THA	28.11.97	1h2	SEAG	Bangkok	11 Dec 2025
11.58	-0.9	Ha Thi Thu	VIE	29.7.97	3	SEAG	Bangkok	11 Dec 2025
11.60 NR=	-0.1	Dana Noor Salem	QAT	7.10.09	2		Manama	23 Oct 2025

11.62	1.8	Sakshi Chavan	IND	18.1.05	1s3	NC-U23	Hanumakonda	16 Oct 2025
11.65	0.9	Zaidatul Husniah Zulkifli	MAS	20.8.93	4h1	AsiCh	Gumi	27 May 2025
11.65	-1.0	Jessica Laurance	PHI	21.12.03	1	Treloar	Sydney	29 Nov 2025
11.69		Phung Thi Hue	VIE	28.1.03	3s1	NC	Danang	9 Aug 2025
11.70	1.4	Chloe Chan Pui Kei	HKG	24.3.00	1s1	NC	Hongkong	10 May 2025
11.71	1.3	Yang Mei-Mei	TPE	15.9.06	1s3		Tainan	20 Apr 2025
11.71	1.1	Aminat Kamarudeen	UAE	29.8.07	2	UAE Cup	Abu Dhabi	26 Apr 2025
11.71	0.2	Hoang Du y	VIE	19.7.04	3h1	SEAG	Bangkok	11 Dec 2025
11.72	1.0	Sheeren Samson Vallabouy	MAS	10.7.98	2h1		Daytona Beach	5 Apr 2025
11.72	1.2	Elizabeth-Ann Tan Yee Ru	SGP	23.9.03	1s2	NC	Hongkong	10 May 2025
11.72	0.0	Amasha de Silva D T	SRI	12.8.99	2	SAAC	Ranchi	24 Oct 2025
11.73	1.3	Olga Safronova	KAZ	5.11.91	3h3	AsiCh	Gumi	27 May 2025
11.73	1.4	Dina Aulia	INA	3.8.03	1		Semarang	3 Jul 2025
11.73	1.3	Sufian Abdulghani	BRN	10.3.07	1h1	Uzbek Cup	Tashkent	17 Sep 2025
11.74	1.8	Chan Pei-Rong	TPE	24.10.07	1s2		Tainan	20 Apr 2025
11.76	-1.3	Nur Aishah Rofina Aling	MAS	31.1.99	1		Serdang	9 Nov 2025
11.77	1.3	Kim Da-Eun	KOR	3.5.03	5h3	AsiCh	Gumi	27 May 2025
11.78	1.2	Kong Chun Kl	HKG	17.2.98	1s2	NC	Hongkong	10 May 2025
11.79	0.2	Kim So-Eun	KOR	3.5.03	1	NC	Jeogonseon	21 Jun 2025
11.80	1.3	Lee Eun-Bin	KOR	4.8.06	1		Iksan	6 Jul 2025
11.81	1.2	Dananjana Fernando	SRI	11.1.08	1h2		Diyagama	8 Mar 2025
11.82	-0.1	Lianne Pama	PHI	21.1.03	1		New Clark City	6 Nov 2025
11.83	-0.2	Azreen Nabila Alias	MAS	29.6.00	3		Kuala Lumpur	3 May 2025
11.84	1.2	Chloe Pak Hoi Man	HKG	9.4.06	2s2	NC	Hongkong	10 May 2025
11.84	0.3	Devi Aprilian	INA	18.4.03	1		Surakarta	1 Sep 2025
11.85	-0.1	Rumeshika Kumari Rathnayake	SRI	27.6.96	3	NC	Diyagama	2 Aug 2025
11.85	0.0	Hajar Saad Al-Khaldi	BRN	17.3.95	4h1	Solidarity	Riyadh	18 Nov 2025
11.87	1.4	Serena Tang Cheuk Man	HKG	1.9.05	2s1	NC	Hongkong	10 May 2025
11.87	1.3	Jeon Ha-Young	KOR	23.4.04	2		Iksan	6 Jul 2025
11.88	-0.6	Aziza Sbaity	LBN	17.11.91	1		Beirut	31 Jul 2025
11.89		Dhzonbibi Khukmova	UZB	1.9.05	1	Int-Univ	Samarkand	7 May 2025
11.89	-0.3	Athicha Petchakul	THA	26.7.05	5rB	Belt&Road	Chongqing	15 May 2025
11.89	-0.3	Pardis Abdolmohammadi	IRI	4.5.00	1		Tehran	21 Sep 2025
11.89	0.8	Laila Safeenah Ahmed	UAE	28.9.09	3s1	AYG	Manama	23 Oct 2025

**Additional National Records:**

12.25 NR	1.2	Munkhtumen Otgonpurev	MGL	17.12.97	1		Ulaanbaatar	18 Sep 2025
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**Wind-assisted marks:**

11.03	3.3	Liang Xiaojing	CHN	7.4.97	1	NGP	Zhaoqing	12 Apr 2025
11.22	4.4	Liao Yan-Chun	TPE	30.9.98	1s3	NatG	Yunlin	20 Oct 2025
11.36	2.6	Salwa Eid Naser	BRN	23.5.98	3h2		Winter Garden	14 Jun 2025
11.39	2.6	Sakura Maeta	JPN	12.6.07	2		Tottori	1 Jun 2025
11.40	2.6	Aiko Iki	JPN	27.11.00	3		Tottori	1 Jun 2025
11.42	3.0	Mana Matsumoto	JPN	27.11.07	1rB	NSG	Hiroshima	26 Jul 2025
11.47	3.1	Riho Tanaka	JPN	5.11.07	1rC	NSG	Hiroshima	26 Jul 2025
11.50	4.2	Remi Tsuruta	JPN	18.4.97	2	Oda	Hiroshima	29 Apr 2025
11.50	4.8	Chuang Yin-Yin	TPE	17.6.01	1s2	NatG	Yunlin	20 Oct 2025
11.54	4.4	Hu Chun-Wei	TPE	2.11.95	2s3	NatG	Yunlin	20 Oct 2025
11.55	5.0	Liu Li-Lin	TPE	27.9.02	1s1	NatG	Yunlin	20 Oct 2025
11.70	3.3	Viktoriya Zyabkina	KAZ	4.9.92	-h-		Almaty	26 Jun 2025
11.74	3.0	Shava Salvia Waranggani	INA	9.12.08	1	SEAYthCh	Medan	16 Nov 2025
11.76	2.8	Dananjana Fernando	SRI	11.1.08	1h2		Diyagama	9 Feb 2025
11.76	2.1	Chloe Pak Hoi Man	HKG	9.4.06	3h5	NGP	Jiaxing	28 Apr 2025

**Hand Timings:**

11.7 HT		Tameena Khan	PAK	2.10.01	1		Lahore	15 Feb 2025
11.7 HT		Valentina Meredova	TKM	29.9.84	1	NC	Ashgabat	25 Apr 2025
11.7 HT		Faiqa Riaz	PAK	6.9.99	1	NatG	Karachi	8 Dec 2025
11.9 HT	NR	Silina Phaaphay	LAO	29.3.96	1	NatG	Vientiane	11 Nov 2025

[\* *Dhanalakshmi Sekar* subsequently disqualified in an ICT at Sangrur on 27 July ]

**200m**

22.45	0.0	Salwa Eid Naser	BRN	23.5.98	1		Bayaguana	29 Mar 2025	
22.53	1.0	<i>Salwa Eid Naser</i>			2	GST	Miramar	4 May 2025	
22.63	1.9	<i>Salwa Eid Naser</i>			1rB		Winter Garden	14 Jun 2025	
22.79 NR	1.0	Abigail Fuka Ido	JPN	15.6.01	1		Fujiyoshida	3 Aug 2025	
22.81	1.8	Shanti Veronica Pereira	SGP	20.9.96	2	Shizuoka	Fukuroi	3 May 2025	
22.82	1.7	<i>Salwa Eid Naser</i>			1		Kortrijk	12 Jul 2025	
22.90	1.6	<i>Salwa Eid Naser</i>			4	GST	Philadelphia	1 Jun 2025	
22.97 AYR	0.3	Chen Yujie	CHN	29.12.08	1	AsiCh	Gumi	31 May 2025	
22.98	0.3	<i>Shanti Veronica Pereira</i>			2	AsiCh	Gumi	31 May 2025	
22.98	0.0	<i>Abigail Fuka Ido</i>			5h5	WCh	Tokyo	17 Sep 2025	
<b>(Top-10 performances by 4 athletes)</b>									
22.99	0.7	Edidiong Ofonime Odiong	BRN	13.3.97	1	Solidarity	Riyadh	20 Nov 2025	
23.12	-0.1	Zhu Junying	CHN	9.9.04	2	NatG	Guangzhou	19 Nov 2025	
23.14 NR	1.0	Le Thi Cam Tu	VIE	5.10.05	2	SEAG	Bangkok	13 Dec 2025	
23.16		Dhanalakshmi Sekar *	IND	5.6.98	1	TNSC	Salem	20 Jul 2025	
23.16	-0.4	Liang Xiaojing	CHN	7.4.97	1h4	NC	Quzhou	2 Aug 2025	
23.19	-0.1	Cai Yanting	CHN	11.11.00	3	NatG	Guangzhou	19 Nov 2025	
		(10)							
23.20	1.0	Ami Takahashi	JPN	20.3.05	2		Fujiyoshida	3 Aug 2025	
23.21	1.8	Remi Tsuruta	JPN	18.4.97	3	Shizuoka	Fukuroi	3 May 2025	
23.23	0.3	Li Yuting	CHN	3.5.02	3	AsiCh	Gumi	31 May 2025	
23.25	-0.1	Maryam Toosi	IRI	5.12.88	1	NC	Rasht	5 May 2025	
23.31	1.4	Miyuko Maeda	JPN	6.8.04	1h1		Fukuoka	19 Jul 2025	
23.34	-0.4	Liu Yinglan	CHN	21.10.05	2	NGP	Qingdao	20 Jun 2025	
23.35	1.0	Jyothi Yarraji	IND	28.8.99	1	NatG	Dehradun	11 Feb 2025	
23.36		Nithya Gandhe	IND	10.11.99	1	NGP	Bengaluru	28 Mar 2025	
23.36	-0.1	Shuri Aono	JPN	3.7.00	2	TwilightG	Yokohama	20 Aug 2025	
23.43		Ha Thi Thu	VIE	29.7.97	1	NC	Danang	13 Aug 2025	
		(20)							
23.50	0.4	Ma Chengna	CHN	29.1.00	1	NGP	Bengbu	15 Jun 2025	
23.50	1.0	Zion Corrales-Nelson	PHI	11.10.98	3	SEAG	Bangkok	13 Dec 2025	
23.53	1.8	Aiha Yamagata	JPN	11.10.05	6	Shizuoka	Fukuroi	3 May 2025	
23.55	0.2	Ge Manqi	CHN	13.10.97	2	NGP	Zhaoqing	13 Apr 2025	
23.56		Tran Thi Nhi Yen	VIE	9.7.05	3	NC	Danang	13 Aug 2025	
23.58	1.0	Akiha Kobari	JPN	19.12.06	3		Fujiyoshida	3 Aug 2025	
23.58	-0.1	Fathima Shafiya Yamick	SRI	1.7.99	1	SAAC	Ranchi	26 Oct 2025	
23.59	0.4	Kolleri Sneha	IND	19.5.99	1	NGP	Thiruvananthapuram	17 May 2025	
23.60	-0.6	Pardis Abdolmohammadi	IRI	4.5.00	1	NGP	Tehran	13 Apr 2025	
23.61	0.9	Alexandra Zalyubovskaya	KAZ	27.9.02	1	Arzumanov	Tashkent	21 Jun 2025	
		(30)							
<b>Additional Non-IND/JPN/CHN marks:</b>									
23.70	0.4	Kristina Knott	PHI	25.9.95	2h1	AsiCh	Gumi	30 May 2025	
23.74	0.0	Aminat Kamarudeen	UAE	29.8.07	3	NGP	Dubai	9 May 2025	
23.77	0.4	Supanich Poolkerd	THA	28.11.97	1h2	SEAG	Bangkok	13 Dec 2025	
23.79	0.9	Dhzonbibi Khukmova	UZB	1.9.05	2	Arzumanov	Tashkent	21 Jun 2025	
23.82	1.1	Sheeren Samson Vallabouy	MAS	10.7.98	2h1		Daytona Beach	5 Apr 2025	
23.84	0.9	Laylo Allaberganova	UZB	5.2.96	3	Arzumanov	Tashkent	21 Jun 2025	
23.85	-0.3	Rasha Badrani	LBN	15.6.04	1rB	Triton	La Jolla	4 Apr 2025	
23.85		Kha Thanh Truc	VIE	18.8.01	4	NC	Danang	13 Aug 2025	
23.92		Chinenye Josephine Onuorah	THA	4.10.02	1		Randalls Island	4 Apr 2025	
23.93	-0.7	Kim So-Eun	KOR	3.5.03	1	NC	Jeogenseon	23 Jun 2025	
23.99	1.4	Mariam Kareem	UAE	25.1.08	1	AYC	Qatif	18 Apr 2025	
24.01	-0.2	Elizabeth-Ann Tan Yee Ru	SGP	23.9.03	2	NC	Singapore	25 Apr 2025	
24.01	-0.5	Kim Da-Eun	KOR	3.5.03	1	TaiwanOpn	Taipei	8 Jun 2025	
24.07	-0.9	Chen Yi-Tsen	TPE	5.6.10	1		Tainan	24 Apr 2025	
24.07	1.7	Chang Po-Ya	TPE	3.4.03	1		Tainan	2 May 2025	
24.09	0.9	Viktoriya Zyabkina	KAZ	4.9.92	4	Arzumanov	Tashkent	21 Jun 2025	
24.09	-0.7	Rumeshika Kumari Rathnayake	SRI	27.6.96	1h1	NC	Diyagama	3 Aug 2025	

24.10	0.6	Dananjana Fernando	SRI	11.1.08	1h2		Diyagama	9 Mar 2025
24.12	0.6	Jithma Wijethunga	SRI	12.7.06	2h1		Diyagama	9 Mar 2025
24.14	-0.5	Liao Yan-Chun	TPE	30.9.98	3	TaiwanOpn	Taipei	8 Jun 2025
24.14	-0.1	Arwa Ashar Ali	UAE	30.11.09	2	AYG	Manama	25 Oct 2025
24.17	1.1	Robyn Brown	PHI	27.7.94	2		Claremont	12 Apr 2025
24.18	-0.6	Melina Esmaili	IRI	2.6.05	2	NGP	Tehran	13 Apr 2025
24.19	-0.7	Sin Hyun-Jin	KOR	21.7.04	2	NC	Jeogonseon	23 Jun 2025
24.24	2.0	Nicole Sin Ting Yau	HKG	8.3.07	1		Hongkong	16 Feb 2025
24.24	-0.5	Izzatul Musfirah Azira	MAS	23.2.08	1	NSG	Kangar	22 Aug 2025
24.26	0.4	Kim Ju-Ha	KOR	16.1.01	2	NSF	Busan	20 Oct 2025
24.28	0.3	Kristina Kondrashova	KAZ	28.10.99	1h2	NC	Almaty	11 Jul 2025
24.31	1.0	Greta Taslakian	LBN	16.8.85	1		Beirut	27 Jun 2025
24.32	0.3	Yang Mei-Mei	TPE	15.9.06	1s1		Tainan	23 Apr 2025
24.33		Nurkhon Ochilova	UZB	19.4.04	2	Int-Univ	Samarkand	8 May 2025
24.37	-0.2	Olga Safronova	KAZ	5.11.91	5h2	AsiCh	Gumi	30 May 2025
24.39	-0.4	Lianne Pama	PHI	21.1.03	1		New Clark City	7 Nov 2025
24.39	0.4	Divya Aprilian	INA	16.4.03	4h1	SEAG	Bangkok	13 Dec 2025
24.39	0.4	Nur Afrina B Mohamed Rizal	MAS	20.9.04	4h2	SEAG	Bangkok	13 Dec 2025
24.40		Jirapat Khanonta	THA	12.9.05	2	Int-Univ	Bangkok	14 Jan 2025
24.43	0.5	Zahra Zarei	IRI	10.10.96	2		Tehran	6 Sep 2025
24.47	0.7	Hajar Saad Al-Khaldi	BRN	17.3.95	4		Doha	10 Apr 2025
24.47 NR	-0.1	Loi Im Lan	MAC	6.2.98	1		Guangzhou	23 May 2025
24.48		Aziza Sbaity	LBN	17.11.91	1		Beirut	2 Aug 2025

**Mixed Competition:**

23.82 mx	0.0	Zhang Shuo	CHN	8.3.07	5h1		Huangshi	9 May 2025
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**Additional National Records:**

24.72 NR	0.9	Tsoodol Munkhherlen	MGL	23.10.04	1		Ulaanbaatar	20 Sep 2025
25.11 NR	0.7	Dana Nour Salem	QAT	7.10.09	6		Doha	10 Apr 2025
25.18 NR	2.0	Lujain Ibrahim Al-Humoud	KSA	29.9.99	6		Oran	4 May 2025

**Wind-assisted marks:**

23.30	4.3	Aiha Yamagata	JPN	11.10.05	1		Fukuoka	22 Mar 2025
23.34	2.5	Shihori Sato	JPN	4.1.05	2	Int-Univ	Sagamihara	11 May 2025
23.42	2.2	Liao Yan-Chun	TPE	30.9.98	1	NatG	Yunlin	22 Oct 2025
23.43	2.2	Chang Po-Ya	TPE	3.4.03	2	NatG	Yunlin	22 Oct 2025
23.46	2.9	Arisa Kimishima	JPN	23.12.95	3rB		Miramar	5 Apr 2025
23.54	2.5	Aoi Satou	JPN	14.9.04	3	Int-Univ	Sagamihara	11 May 2025
23.55	3.4	Mana Matsumoto	JPN	27.11.07	1rC	NSG	Hiroshima	28 Jul 2025
24.22	2.2	Hu Chun-Wei	TPE	2.11.95	3	NatG	Yunlin	22 Oct 2025

**Better Indoor Marks**

23.39 NIR		Kristina Knott	PHI	25.9.95	1		Fayetteville	21 Feb 2025
23.71		Angel Frank	PHI	23.3.01	2rG		Clemson	15 Feb 2025
24.44		Aziza Sbaity	LBN	17.11.91	1h5	NC	Istanbul	23 Feb 2025

**Doubtful eligibility:**

24.41	1.7	Awatif Sabah Abdulrahman	(QAT)	18.8.07	2h2		Doha	10 Apr 2025
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**300m**

35.85		Salwa Eid Naser	BRN	23.5.98	2		Bialystok	9 Aug 2025
37.10		Nanako Matsumoto	JPN	3.9.96	1	NatG	Hikone	5 Oct 2025
37.27		Shuri Aono	JPN	3.7.00	2	NatG	Hikone	5 Oct 2025
37.32		Haruna Kuboyama	JPN	5.4.96	3	NatG	Hikone	5 Oct 2025
37.49		Aiko Iki	JPN	27.11.00	4	NatG	Hikone	5 Oct 2025
37.57		Aoi Teramoto	JPN	22.7.03	5	NatG	Hikone	5 Oct 2025
37.70		Miyuko Maeda	JPN	6.8.04	1		Fukuoka	10 Aug 2025
38.04		Arie Aoki	JPN	3.6.04	1h4	NatG	Hikone	3 Oct 2025
38.17		Rin Obayasi	JPN	9.5.05	1		Oita	2 Aug 2025
38.42		Rin Orihara	JPN	2.10.08	1h5		Ise	19 Oct 2025

(10)

**Better Indoor Marks**

37.93	Angel Frank	PHI	23.3.01	2rB		Clemson	24 Jan 2025
<b>400m</b>							
48.19	Salwa Eid Naser	BRN	23.5.98	3	WCh	Tokyo	18 Sep 2025
48.67	Salwa Eid Naser			1	GST	Kingston	5 Apr 2025
48.70	Salwa Eid Naser			1	DL	Zurich	28 Aug 2025
48.85	Salwa Eid Naser			2	DL	Paris	20 Jun 2025
48.94	Salwa Eid Naser			1		Bayaguana	29 Mar 2025
49.13	Salwa Eid Naser			1h5	WCh	Tokyo	14 Sep 2025
49.15	Salwa Eid Naser			1	DL	Ostrava	24 Jun 2025
49.27	Salwa Eid Naser			2	DL	Chorzow	16 Aug 2025
49.33	Salwa Eid Naser			2	GST	Miramar	2 May 2025
49.47	Salwa Eid Naser			1s2	WCh	Tokyo	16 Sep 2025
<b>(Top-10 performances by 1 athlete)</b>							
51.12	Aishwarya Mishra	IND	16.8.97	1	NatG	Dehradun	9 Feb 2025
51.74	Mo Jiadie	CHN	6.1.00	1	NC	Quzhou	4 Aug 2025
51.75	Liu Yinglan	CHN	21.10.05	1	NatG	Guangzhou	18 Nov 2025
52.14	Nanako Matsumoto	JPN	3.9.96	2	Shizuoka	Fukuroi	3 May 2025
52.41	Rupal Chaudhary	IND	23.12.04	1		Thiruvananthapuram	24 Mar 2025
52.55	Hoang Thi Minh Hanh	VIE	12.9.99	1	NC	Danang	9 Aug 2025
52.61	Nguyen Thi Hang	VIE	19.8.90	2	NC	Danang	9 Aug 2025
52.67	Nguyen Thi Ngoc	VIE	6.1.02	3	NC	Danang	9 Aug 2025
52.70	Chinenye Josephine Onuorah	THA	4.10.02	2h1	East NCAA	Jacksonville	29 May 2025
<b>(10)</b>							
52.72 NR	Rasha Badrani	LBN	15.6.04	1rC	MSR	Walnut	19 Apr 2025
52.79	Dhzonbibi Khukmova	UZB	1.9.05	3	AsiCh	Gumi	28 May 2025
52.81	Vithya Ramraj	IND	20.9.98	2	FedCup	Kochi	22 Apr 2025
52.85	Neeru Pathak	IND	27.1.07	1	NC-2	Ranchi	28 Sep 2025
52.86	Nadeesha Ramanayake	SRI	25.12.94	1	NC	Diyagama	2 Aug 2025
52.87	Alexandra Zalyubovskaya	KAZ	27.9.02	1	Arzumanov	Tashkent	22 Jun 2025
52.97	Sayuri Lakshima B	SRI	17.8.02	2	NC	Diyagama	2 Aug 2025
53.00	Kolleri Sneha	IND	19.5.99	3	FedCup	Kochi	22 Apr 2025
53.04	Li Fengdan	CHN	9.9.02	3	NC	Quzhou	4 Aug 2025
53.05	Zhou Li	CHN	12.2.03	1s2	NC	Quzhou	3 Aug 2025
<b>(20)</b>							
53.08	Haruna Kuboyama	JPN	5.4.96	1		Fujiyoshida	3 Aug 2025
53.14	Aoi Teramoto	JPN	22.7.03	1	NC	Tokyo	5 Jul 2025
53.15	Benny Nonthaman	THA	15.5.01	1	NC	Pathum Thani	23 Jun 2025
53.16	Harshani Fernando M A N	SRI	15.3.00	1		Diyagama	8 Mar 2025
53.17	Devyaniba Zala	IND	15.3.02	1		Chennai	15 Apr 2025
53.19 NR	Aminat Kamarudeen	UAE	29.8.07	2h1	AsiCh	Gumi	27 May 2025
53.20	Yuna Iwata	JPN	17.10.97	3	Shizuoka	Fukuroi	3 May 2025
53.20	Yuzuki Nakao	JPN	30.7.04	2	NC	Tokyo	5 Jul 2025
53.30	Le Thi Tuyet Mai	VIE	3.1.06	4	NC	Danang	9 Aug 2025
53.31	Arie Aoki	JPN	3.6.04	3	NC	Tokyo	5 Jul 2025
<b>(30)</b>							
<b>Additional Non-IND/JPN/CHN/VIE marks:</b>							
53.45	Jithma Wijethunga	SRI	12.7.06	4	NC	Diyagama	2 Aug 2025
53.47	Mariam Kareem	UAE	25.1.08	2	NGP	Dubai	9 May 2025
53.66	Sheeren Samson Vallabouy	MAS	10.7.98	7rB	Jones	Gainesville	19 Apr 2025
53.85	Zeinab Moussa Ali Mahamat	BRN	6.12.03	6h2	Solidarity	Riyadh	18 Nov 2025
54.07	Chen Yi-Tsen	TPE	5.6.10	4	Kinami	Osaka	11 May 2025
54.26	Aisha Tariq Muhammad	UAE	13.5.09	1	AYG	Manama	24 Oct 2025
54.26	Lee Ah-Yeong	KOR	9.12.96	1	NSF	Busan	19 Oct 2025
54.29	Liu Chen-Yu	TPE	1.1.07	1		Tainan	21 Apr 2025
54.35	Liao Yan-Chun	TPE	30.9.98	1h2		Taipei	17 Sep 2025
54.55	Zahra Zarei	IRI	10.10.96	1		Tehran	21 Sep 2025
54.62	Kim Seo-Yoon	KOR	12.3.03	3	TaiwanOpn	Taipei	7 Jun 2025

54.68	Kazhan Rostami	IRI	24.7.00	1	NC	Rasht	4 May 2025
54.90	Nazanin Fatemeh Eidian	IRI	11.8.05	2	NGP	Tehran	13 Apr 2025
54.96	Kristina Knott	PHI	25.9.95	1rB	Sun City	El Paso	11 Apr 2025
54.98	Naima Agnes Khamis	QAT	3.6.06	2	WestAsiGP	Doha	16 May 2025
55.18	Edidiong Ofonime Odiong	BRN	13.3.97	1	SpartanR	Tampa	29 Mar 2025
55.23 NR	Shahd Ashraf Mohamed	QAT	16.9.03	3	DL	Doha	16 May 2025
55.25	Jeralyn Rodriguez	PHI	17.5.07	1	AseanSchG	B.S. Begawan	24 Nov 2025
55.33	Aminat Yusuf Jamal Odeyemi	BRN	27.6.97	8rC	Jones	Gainesville	19 Apr 2025
55.48	Sofiya Kidenko	KAZ	18.1.07	1	NJC	Almaty	3 Jul 2025
55.57	Laylo Allaberganova	UZB	5.2.96	3	Arzumanov	Tashkent	22 Jun 2025
55.58	Toktam Dastarbandan	IRI	2.5.01	2		Tehran	6 Sep 2025
55.58	Kim Ji-Eun	KOR	16.6.92	3	NSF	Busan	19 Oct 2025
55.60	Greta Taslakian	LBN	16.8.85	1	NGP	Jamhour	5 Jul 2025
55.60	Lo Pei-Lin	TPE	1.2.94	2h2		Taipei	17 Sep 2025
55.70	Viktoriya Zybkina	KAZ	4.9.92	4h3	AsiCh	Gumi	27 May 2025
55.81	Kim Ju-Ha	KOR	16.1.01	2		Gumi	21 Apr 2025
55.88	Fanny Faustina	INA	2001	1h1	NC	Surakarta	2 Sep 2025
55.90	Laavina Jaganiith	SGP	22.1.06	4h5	WUG	Bochum-Wattenscheid	21 Jul 2025
55.95 NR	Munkhtumen Otgonpurev	MGL	17.12.97	4	Arzumanov	Tashkent	22 Jun 2025
55.98	Bernalyn Bejoy	PHI	1.9.01	2	NC	New Clark City	3 May 2025
56.01	Zion Corrales-Nelson	PHI	11.10.98	2		Torrance	29 Mar 2025
56.06	Asyrem Mergina	INA	2.9.99	3	NC	Pathum Thani	23 Jun 2025
56.19	Anna Shumilo	KAZ	30.4.04	1		Almaty	19 Jun 2025
56.30	Montida Thongchaikaew	THA	26.9.07	4	NC	Pathum Thani	23 Jun 2025
56.36	Chelsea C, Evali Bopulas	MAS	4.5.00	6h2	WUG	Bochum-Wattenscheid	21 Jul 2025
56.43	Angkana Thongtae	THA	18.6.06	4h2	TaiwanOpn	Taipei	7 Jun 2025
56.47	Dancelina Welly Tauru	INA	2008	1 yth		Jakarta	5 Nov 2025
56.48	Mahra Enqelya	UAE	6.2.02	1		Dubai	7 Nov 2025
56.49	Claudia Chow Chi Kiu	HKG	7.5.07	3	EastAsiJr	Hongkong	27 Sep 2025

**Additional National Records:**

57.06 NR	Hana Jouma Al-Qasmi	OMA	29.4.96	1rB		Dubai	9 May 2025
59.14 NR	Sarah Abdelkarim Al-Hilal	KSA	23.6.88	1		Taif	9 May 2025
59.35 NR	Jayarani Tharu	NEP	21.2.01	5	SAAC	Ranchi	25 Oct 2025

**Better Hand-Timing:**

58.0 HT	Jayarani Tharu	NEP	21.2.01	1		Kathmandu	24 May 2025
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**Doubtful Timing:**

53.40	Jeralyn Rodriguez	PHI	17.5.07	3	SEAG	Bangkok	12 Dec 2025
54.98	Angel Frank	PHI	23.3.01	6	SEAG	Bangkok	12 Dec 2025

**Better Indoor Marks**

53.96	Angel Frank	PHI	23.3.01	2r1		Clemson	14 Feb 2025
55.09	Anna Shumilo	KAZ	27.9.02	2	NC	Astana	18 Jan 2025
55.28	Sofiya Kidenko	KAZ	18.1.07	1rB		Ust-Kamenogorsk	1 Mar 2025
55.55	Mariya Shuvalova	KAZ	22.12.06	2rB		Ust-Kamenogorsk	1 Mar 2025

**Doubtful eligibility:**

54.73	Bakhita Jamal Saber Marisio *	(QAT)	4.9.06	1h2		Doha	7 Apr 2025
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(\* she was competed for Refugee Athletes Team and actually hails from South Sudan)

**800m**

1:59.52 NR	Rin Kubo	JPN	20.1.08	1	NC	Tokyo	5 Jul 2025
2:00.08	Wu Hongjiao	CHN	25.7.03	1	AsiCh	Gumi	31 May 2025
2:00.15	Nelly Jepkosgei	BRN	14.7.91	1		Sondershausen	15 Aug 2025
2:00.28		<i>Rin Kubo</i>		1	Shizuoka	Fukuroi	3 May 2025
2:00.42		<i>Rin Kubo</i>		2	AsiCh	Gumi	31 May 2025
2:00.71	Twinkle Chaudhary	IND	17.10.95	1	FedCup	Kochi	24 Apr 2025
2:00.82	KM Chanda	IND	16.8.01	1	NatG	Dehradun	11 Feb 2025
2:01.01	Ayano Shiomi	JPN	26.11.99	4		Fribourg	13 Aug 2025
2:01.03	Pooja	IND	17.6.02	7h6	WCh	Tokyo	18 Sep 2025
2:01.38		<i>Wu Hongjiao</i>		6h5	WCh	Tokyo	18 Sep 2025

(Top-10 performances by 7 athletes)

2:03.69	Amandeep Kaur	IND	7.9.03	3	FedCup	Kochi	24 Apr 2025
2:04.14	Kurumi Sugure	JPN	9.5.04	3	NC	Tokyo	5 Jul 2025
2:04.15	Lili Das (10)	IND	18.3.98	2	NC-2	Ranchi	30 Sep 2025
2:04.27	Senri Mori	JPN	28.3.06	2	NatG	Hikone	7 Oct 2025
2:04.44	Huidrom Bhumeshwory	IND	1.2.04	2	NC-1	Chennai	23 Aug 2025
2:04.56	Thota Sankeertana	IND	17.7.03	3	NC-1	Chennai	23 Aug 2025
2:04.73	Tigist Mekonen	BRN	7.7.97	2		Doha	10 Apr 2025
2:04.74	Hanon Sasaki	JPN	26.7.07	2	NSG	Hiroshima	28 Jul 2025
2:04.81	Yuri Nishida	JPN	15.6.05	4	NC	Tokyo	5 Jul 2025
2:04.89	Ayaka Kawata	JPN	22.8.99	5	Shizuoka	Fukuroi	3 May 2025
2:04.96	Ran Urabe	JPN	16.6.95	2h3	NC	Tokyo	4 Jul 2025
2:05.07	Shin So-Mang	KOR	4.4.93	3h2	AsiCh	Gumi	30 May 2025
2:05.09	Misaki Komatsu (20)	JPN	31.3.08	3 jr	NatG	Hikone	4 Oct 2025
2:05.15	Li Chunhui	CHN	29.3.01	4h2	AsiCh	Gumi	30 May 2025
2:05.17	Ai Watanabe	JPN	25.10.02	3rB	Kanakuri	Kumamoto	12 Apr 2025
2:05.40	Riho Hirano	JPN	4.11.05	2		Tokyo	12 Jul 2025
2:05.61	Deng Yue	CHN	26.6.07	1	NGP	Rizhao	28 Sep 2025
2:05.67	Miu Nakamura	JPN	25.10.99	6	NC	Tokyo	5 Jul 2025
2:05.67	W G S Lakshani	SRI	7.9.04	1	NC	Diyagama	3 Aug 2025
2:05.73	Hitomi Imaeda	JPN	2.10.08	4	NSG	Hiroshima	28 Jul 2025
2:05.84	Sari Kamei	JPN	19.1.06	3h2	NC	Tokyo	4 Jul 2025
2:05.85	Kasumi Hara	JPN	21.5.01	1	Hokuren	Abashiri	19 Jul 2025
2:05.95	Yunusi Paziliya (30)	CHN	22.7.04	2	NGP	Rizhao	28 Sep 2025
<b>Additional Non-IND/JPN/CHN marks:</b>							
2:06.20	Bui Thi Ngan	VIE	24.2.01	1	NC	Hongkong	11 May 2025
2:06.32	Takshima Nuhansa K	SRI	29.11.06	2	NC	Diyagama	3 Aug 2025
2:06.53	W K L A Nimali	SRI	19.9.89	1		Diyagama	9 Mar 2025
2:06.83	Bernalyn Bejoy	PHI	1.9.01	5h2	AsiCh	Gumi	30 May 2025
2:06.92	Park Hae-Jin	KOR	12.4.03	1rB	Hokuren	Abashiri	19 Jul 2025
2:06.92	Madushani Dilrukshi H M	SRI	7.9.02	3	NC	Diyagama	3 Aug 2025
2:07.51	Toktam Dastarbandan	IRI	2.5.01	1		Tehran	6 Sep 2025
2:07.67	Park Na-Yeon	KOR	9.1.98	4h1	AsiCh	Gumi	30 May 2025
2:08.69	Naomi Cesar	PHI	12.1.09	2	AYG	Manama	25 Oct 2025
2:08.76	Sabokhat Samiyonova	UZB	8.10.02	1	Uzbek Cup	Tashkent	18 Sep 2025
2:08.91	Hwang Ji-Hyang	KOR	12.11.01	3	NSF	Busan	20 Oct 2025
2:08.97	Negin Edalat	IRI	19.9.02	1	NC	Rasht	5 May 2025
2:09.32	Dhzonbibi Khukmova	UZB	1.9.05	2	Uzbek Cup	Tashkent	18 Sep 2025
2:09.41	Ayda Narouei	IRI	1.1.04	3	NC	Rasht	5 May 2025
2:09.87	Irina Levina	UZB	6.7.03	1	NC	Tashkent	25 Apr 2025
2:10.04	Nguyen Thi Thu Ha	VIE	5.5.02	5h1	AsiCh	Gumi	30 May 2025
2:10.05	Victoriya Sukachyova	KAZ	18.11.05	1		Tashkent	15 May 2025
2:10.24	Chen Chieh-An	TPE	2.1.07	1		Tainan	24 Apr 2025
2:10.41	Novia Nur Nirwani	INA	28.11.99	1	NC	Surakarta	1 Sep 2025
2:10.49	Benny Nonthaman	THA	15.5.01	1	NC	Singapore	25 Apr 2025
2:12.20	Sepideh Saremi	IRI	11.4.99	4	NC	Rasht	5 May 2025
2:12.25	Susan Ramadan	PHI	25.7.02	1		New Clark City	8 Nov 2025
2:12.29	Aruzhan Altybay	KAZ	6.11.06	2	NC	Almaty	12 Jul 2025
2:12.40	Anna Korobovtseva	KGZ	29.2.04	4	Uzbek Cup	Tashkent	18 Sep 2025
2:12.46	Amal Al-Roumi	KUW	22.8.92	6rB		Kortrijk	12 Jul 2025
2:12.51	Yevgeniya Krasaeva	KAZ	27.8.95	3	Qosanov	Almaty	3 Aug 2025
2:12.7 m	Myar Yee	MYA	29.10.03	5	SEAG	Bangkok	15 Dec 2025
2:12.88	Ekaterina Koloda	KAZ	15.8.06	1	NJC	Almaty	4 Jul 2025
2:13.0 m	Ruedee Netthai	THA	16.8.07	6	SEAG	Bangkok	15 Dec 2025
2:13.06	Sarah Fadel Aboud	IRQ		4		Doha	10 Apr 2025
2:13.1 m	Angela Freitas De Araujo	TLS	6.10.01	7	SEAG	Bangkok	15 Dec 2025
2:13.41	Nguyen Khanh Ly	VIE	14.8.03	2	NC	Danang	13 Aug 2025

2:13.50	Savinder Kaur Joginder Singh	MAS	19.6.97	2	NC	Pathum Thani	24 Jun 2025
2:13.97	Vu Thi Tra My	VIE	1.8.07	1	NJC	Danang	14 Oct 2025
2:14.10	Mary Jane Pagayon	PHI	14.9.07	2		New Clark City	6 Nov 2025
2:14.21	Darya Antropova	UZB	6.1.00	4	Arzumanov	Tashkent	21 Jun 2025
2:14.46	Wang You-Han	TPE	8.10.10	1		Tainan	24 Apr 2025
2:14.46	Nurul Mutiara Oktarani	INA	11.10.06	3	NC	Singapore	25 Apr 2025
2:14.98	Gendis Aulia Syafitri	INA	21.6.09	3	AYG	Manama	25 Oct 2025

**Additional National Records:**

2:26.22	NR	Sarah Abdelkarim Al-Hilal	KSA	23.6.88	Hep	Oran	1 May 2025
2:37.18	NR	Chimmi Pelden	BHU	15.8.09	4h2	Manama	24 Oct 2025

**Better Indoor Marks**

2:11.75		Ayana Bolatbekkyzy	KAZ	5.11.06	1	NC-U23	Ust-Kamenogorsk	23 Jan 2025
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**Doubtful eligibility:**

2:13.01		Sarah Mamoun Piol *	(QAT)	2008	3		Doha	10 Apr 2025
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(\* she was competed for Refugee Athletes Team and originally from South Sudan)

**1500m**

4:04.01	Nelly Jepkosgei	BRN	14.7.91	9	DL	Rabat	25 May 2025
4:04.16	Nozomi Tanaka	JPN	4.9.99	1	NC	Tokyo	6 Jul 2025
4:05.08	<i>Nozomi Tanaka</i>			14	DL	Rome	6 Jun 2025
4:05.44	<i>Nozomi Tanaka</i>			3	PennR	Philadelphia	26 Apr 2025
4:05.95	<i>Nozomi Tanaka</i>			1		Tokyo	12 Jul 2025
4:06.08	<i>Nozomi Tanaka</i>			2	SeikoGP	Tokyo	18 May 2025
4:06.28	Li Chunhui	CHN	29.3.01	1	NatG	Guangzhou	20 Nov 2025
4:06.69	<i>Nozomi Tanaka</i>			1h1	NC	Tokyo	5 Jul 2025
4:07.34	<i>Nozomi Tanaka</i>			10h1	WCh	Tokyo	13 Sep 2025
4:08.76	<i>Li Chunhui</i>			7	WACT	Beijing	7 Sep 2025
<b>(Top-10 performances by 3 athletes)</b>							
4:09.88	Tomoka Kimura	JPN	12.11.94	2	NC	Tokyo	6 Jul 2025
4:10.68	Pooja	IND	17.6.02	1	NC-1	Chennai	21 Aug 2025
4:10.88	Lili Das	IND	18.3.98	1	FedCup	Kochi	21 Apr 2025
4:11.02	Airi Tajima	JPN	9.8.04	7rB	IFAM	Oordegem	9 Aug 2025
4:11.07	Rin Kubo	JPN	20.1.08	1		Kyoto	13 Jun 2025
4:11.86	Wu Hongjiao	CHN	25.7.03	2	NatG	Guangzhou	20 Nov 2025
4:12.48	Nodoka Ashida	JPN	19.6.07	2		Kyoto	13 Jun 2025
(10)							
4:12.82	Chen Yuxuan	CHN	4.11.04	3	NatG	Guangzhou	20 Nov 2025
4:13.57	Mizuki Michishita	JPN	1.8.01	4	NC	Tokyo	6 Jul 2025
4:13.74	Ai Watanabe	JPN	25.10.02	2		Kumagaya	23 May 2025
4:13.97	Ankita Dhiyani	IND	5.2.02	3	The Ten	San Juan Capistrano	29 Mar 2025
4:14.25	Park Na-Yeon	KOR	9.1.98	2	Hokuren	Kitami	16 Jul 2025
4:14.81	Ayano Ide	JPN	11.2.99	5	NC	Tokyo	6 Jul 2025
4:14.83	Chikako Mori	JPN	25.11.92	4		Tokyo	12 Jul 2025
4:15.05	Maki Izumida	JPN	22.1.96	6	NC	Tokyo	6 Jul 2025
4:15.12	Saki Katagihara	JPN	12.11.01	6	CorpCh	Yamaguchi	27 Sep 2025
4:15.16	Ayu Hemmi	JPN	7.7.00	3h1	NC	Tokyo	5 Jul 2025
(20)							
4:15.66	Miu Saitou	JPN	22.6.02	3	Hokuren	Kitami	16 Jul 2025
4:15.83	Suzuna Kinoshita	JPN	25.8.03	6h1	NC	Tokyo	5 Jul 2025
4:15.89	Sanjana Singh	IND	23.12.06	2	NC-2	Ranchi	28 Sep 2025
4:16.28	Yume Geto	JPN	25.2.00	8	NC	Tokyo	6 Jul 2025
4:16.46	Karin Yasumoto	JPN	6.10.96	4h2	NC	Tokyo	5 Jul 2025
4:16.73	Kairi Ikeno	JPN	16.8.07	6	NSG	Hiroshima	26 Jul 2025
4:16.97	Nguyen Thi Oanh	VIE	15.8.95	1	NC	Danang	10 Aug 2025
4:17.20	Mei Hosomi	JPN	4.1.07	7h1	NC	Tokyo	5 Jul 2025
4:17.32	Miori Kida	JPN	30.11.07	1	NJC	Shizuoka	28 Sep 2025
4:17.46	Yuua Nagamori	JPN	5.5.09	7	NSG	Hiroshima	26 Jul 2025
(30)							

**Additional Non-IND/JPN marks:**

4:17.71	Rong Rong	CHN	13.8.07	8	WACT	Beijing	7 Sep 2025
4:19.50	Kim Yu-Jin	KOR	21.7.96	2	NSF	Busan	22 Oct 2025
4:20.67	Layla Al-Masry	PLE	26.6.99	3rH	BryanClay	Azusa	18 Apr 2025
4:21.59	Park Hae-Jin	KOR	12.4.03	3rB	Hokuren	Kitami	16 Jul 2025
4:22.31	Bui Thi Ngan	VIE	24.2.01	1	NC	Hongkong	10 May 2025
4:23.00	Cha Ji-Won	KOR	4.5.02	2		Yecheon	3 Sep 2025
4:24.15	W K L A Nimali	SRI	19.9.89	1		Diyagama	8 Mar 2025
4:26.53	Sabokhat Samiyonova	UZB	8.10.02	1	Uzbek Cup	Tashkent	17 Sep 2025
4:26.84	Nguyen Khanh Linh	VIE	10.7.06	3	NC	Danang	10 Aug 2025
4:26.99	Novia Nur Nirwani	INA	28.11.99	1	NC	Surakarta	31 Aug 2025
4:27.06	Rasara Wijesuriya W A M	SRI	24.11.02	1	MilitaryCh	Diyagama	30 Sep 2025
4:27.48	Ainуска Kalilkyzy	KGZ	9.12.03	1		Tashkent	16 Aug 2025
4:27.86	K G N M A Kumari	SRI	2.6.96	2		Diyagama	8 Mar 2025
4:28.03	Jon Su Gyong	PRK	15.1.04	2	TaiwanOpn	Taipei	7 Jun 2025
4:29.47	M G T Abisheka	SRI	30.10.08	1	NSG	Diyagama	11 Oct 2025
4:30.56	Parichehr Shahi	IRI	12.4.01	1	NC	Rasht	4 May 2025
4:32.30	Samira Khodatars	IRI	3.12.99	1		Tehran	6 Sep 2025
4:32.80	Mobina Khayat	IRI	6.11.07	2		Tehran	6 Sep 2025
4:33.05	Chen Chieh-An	TPE	2.1.07	1	NatG	Yunlin	20 Oct 2025
4:33.68	Dilshoda Usmanova	UZB	13.3.05	2		Tashkent	16 Aug 2025
4:34.24	Sadafbonu Nusratilleva	UZB	25.2.08	1	NC	Tashkent	24 Apr 2025
4:34.84	Nasima Mamirova	UZB	13.9.09	3	NC	Tashkent	24 Apr 2025
4:34.92	Hiu Tung Tsang	HKG	3.1.99	3	TaiwanOpn	Taipei	7 Jun 2025
4:36.85	Hoang Thi Ngoc Anh	VIE	15.9.06	2	NJC	Danang	11 Oct 2025
4:36.94	Zahra Afsharian	IRI	2.8.03	2		Bushehr	12 Feb 2025
4:37.0	Akbilek Kuralbai	KAZ	11.7.04	2	Qosanov	Almaty	2 Aug 2025
4:37.84	Lo Ying Chu	HKG	18.3.97	3	NC	Hongkong	10 May 2025
4:38.30	Savinder Kaur Joginder Singh	MAS	19.6.97	3	NC	Pathum Thani	22 Jun 2025
4:38.64	Aprilia Kartina	INA	21.4.97	2	NC	Surakarta	31 Aug 2025
4:38.74	Susan Ramadan	PHI	25.7.02	3	SEAG	Bangkok	11 Dec 2025
4:38.80	Ayana Bolatbekkyzy	KAZ	5.11.06	1	NC	Almaty	10 Jul 2025
4:38.84	Wang Tzu-Ling	TPE	9.10.02	1		Tainan	30 Apr 2025
4:39.91	Romaine Soh	SGP	26.11.94	5	TaiwanOpn	Taipei	7 Jun 2025

**Additional National Records:**

5:05.94	NR	Maryam Al-Salek	QAT	23.3.09	5		Manama	23 Oct 2025
5:15.37	NR	Hadil Al-Mabrouk	KSA		1		Hail	7 Feb 2025

**Better Indoor Marks**

4:20.18		Norah Jeruto	KAZ	2.10.95	1	NC	Astana	14 Feb 2025
4:22.30		Daisy Jepkemei	KAZ	13.2.96	2	NC	Astana	14 Feb 2025
4:29.30		Ayana Bolatbekkyzy	KAZ	5.11.06	3	NC	Astana	14 Feb 2025

**3000m**

8:44.51		Nozomi Tanaka	JPN	4.9.99	8		Miramar	4 May 2025
8:48.90		Ririka Hironaka	JPN	24.11.00	2	Hokuren	Kitami	16 Jul 2025
8:50.64		Yuma Yamamoto	JPN	1.5.00	3		Tokyo	18 May 2025
8:56.13		Rina Kusu	JPN	16.12.93	4		Tokyo	18 May 2025
8:56.33		Nanaka Izawa	JPN	13.5.91	2	Hokuren	Abashiri	19 Jul 2025
8:57.09		Kana Mizumoto	JPN	26.1.05	5		Tokyo	18 May 2025
8:57.65		Liang Tiantian	CHN	31.8.04	1	WACT	Beijing	7 Sep 2025
8:58.79		Airi Tajima	JPN	9.8.04	5		Leuven	16 Aug 2025
8:59.30		Risa Yamazaki	JPN	29.8.02	6		Tokyo	18 May 2025
8:59.36		Nanami Watanabe	JPN	24.12.98	7		Tokyo	18 May 2025

(10)

**Better Indoor Marks**

8:33.52	AIR	Nozomi Tanaka	JPN	4.9.99	6	Millrose	New York	8 Feb 2025
8:49.87	NIR	Daisy Jepkemei	KAZ	13.2.96	4		Astana	25 Jan 2025

**5000m**

14:34.10	Nozomi Tanaka	JPN	4.9.99	7	DL	London	19 Jul 2025
14:37.19	<i>Nozomi Tanaka</i>			9	DL	Brussels	22 Aug 2025
14:47.14	<i>Nozomi Tanaka</i>			5h1	WCh	Tokyo	18 Sep 2025
14:58.71	Norah Jeruto	KAZ	2.10.95	1	AsiCh	Gumi	31 May 2025
14:59.02	<i>Nozomi Tanaka</i>			1	NC	Tokyo	4 Jul 2025
15:04.11	Ririka Hironaka	JPN	24.11.00	5	Hokuren	Chitose	12 Jul 2025
15:05.69	<i>Ririka Hironaka</i>			3	GoldenG	Nobeoka	4 May 2025
15:06.01	He Wuga	CHN	28.7.98	13h1	WCh	Tokyo	18 Sep 2025
15:06.78	<i>Nozomi Tanaka</i>			7	GST	Miramar	2 May 2025
15:06.98	Kana Mizumoto	JPN	26.1.05	11		Eagle Rock	12 Jul 2025
<b>(Top-10 performances by 5 athletes)</b>							
15:09.85	Liang Tiantian	CHN	31.8.04	1	NatG	Guangzhou	18 Nov 2025
15:11.01	Miu Saitou	JPN	22.6.02	7	Nittaidai	Yokohama	29 Nov 2025
15:11.39	Luo Xia	CHN	10.5.00	2	NatG	Guangzhou	18 Nov 2025
15:12.97	Yuma Yamamoto	JPN	1.5.00	1rB	Kanakuri	Kumamoto	12 Apr 2025
15:15.33	Parul Chaudhary	IND	15.4.95	2	AsiCh	Gumi	31 May 2025
<b>(10)</b>							
15:15.87	Ai Hosoda	JPN	27.11.95	4	NC	Tokyo	4 Jul 2025
15:16.70	Nanaka Izawa	JPN	13.5.91	3	Hokuren	Fukagawa	11 Jun 2025
15:19.45	Wakana Kabasawa	JPN	24.3.99	8	Nittaidai	Yokohama	29 Nov 2025
15:19.59	Miyaka Sugata	JPN	7.3.01	8	Hokuren	Chitose	12 Jul 2025
15:21.16	Yuka Ando	JPN	16.3.94	10	Hokuren	Chitose	12 Jul 2025
15:21.34	Rika Kaseda	JPN	2.3.99	5	NC	Tokyo	4 Jul 2025
15:22.85	Ayu Hemmi	JPN	7.7.00	9	Nittaidai	Yokohama	29 Nov 2025
15:23.23	Rina Shimizu	JPN	5.10.99	10	Nittaidai	Yokohama	29 Nov 2025
15:23.82	Sora Shinozakura	JPN	9.8.01	2rB	Kanakuri	Kumamoto	12 Apr 2025
15:24.96	Ciren Cuomu	CHN	27.8.97	4	NatG	Guangzhou	18 Nov 2025
<b>(20)</b>							
15:25.85	Mizuki Michishita	JPN	1.8.01	6	Oda	Hiroshima	29 Apr 2025
15:26.17	Risa Yamazaki	JPN	29.8.02	6		Kumagaya	25 May 2025
15:26.18	Liu Huiru	CHN	20.8.05	5	NatG	Guangzhou	18 Nov 2025
15:26.59	Momoka Kawaguchi	JPN	28.6.98	1		Yokohama	20 Dec 2025
15:26.64	Nanaka Yonezawa	JPN	24.2.04	3		Yokohama	15 Nov 2025
15:26.98	Momoa Yamada	JPN	13.5.01	1		Osaka	6 Dec 2025
15:27.04	Maki Izumida	JPN	22.1.96	12	Hokuren	Chitose	12 Jul 2025
15:27.27	Natsuki Omori	JPN	22.6.94	13	Hokuren	Chitose	12 Jul 2025
15:27.28	Mei Hosomi	JPN	4.1.07	14	Hokuren	Chitose	12 Jul 2025
15:27.79	Ayami Yoshida	JPN	11.10.07	15	Nittaidai	Yokohama	29 Nov 2025
<b>(30)</b>							
<b>Additional Non-CHN/JPN marks:</b>							
15:33.07	NR Kim Yu-Jin	KOR	21.7.96	4		Yokohama	15 Nov 2025
15:35.86	Seema	IND	10.1.01	2	WUG	Bochum-Wattenscheid	26 Jul 2025
15:36.40	Sanjivani Jadhav	IND	12.7.96	5	AsiCh	Gumi	31 May 2025
15:40.72	NR Layla Al-Masry	PLE	26.6.99	1rB	BryanClay	Azusa	17 Apr 2025
15:43.51	Winfred Yavi	BRN	31.12.99	1	Solidarity	Riyadh	19 Nov 2025
15:44.35	Violah Jephumba	BRN	23.10.90	1		Doha	9 Apr 2025
15:46.11	NR Nguyen Thi Oanh	VIE	15.8.95	6	AsiCh	Gumi	31 May 2025
15:52.60	NR Rasara Wijesuriya W A M	SRI	24.11.02	11	WUG	Bochum-Wattenscheid	26 Jul 2025
15:55.34	Jo Ha-Rim	KOR	14.9.96	2	NSF	Busan	19 Oct 2025
15:56.03	Ankita Dhiyani	IND	5.2.02	1	NatG	Dehradun	12 Feb 2025
16:21.01	Kim Do-Yeon	KOR	2.9.93	18rB	Hokuren	Chitose	12 Jul 2025
16:22.96	Tigist Gashaw	BRN	25.12.96	2		Doha	9 Apr 2025
16:23.86	Choi Jeong-Hyun	KOR	13.6.93	4rB	Hokuren	Fukagawa	11 Jun 2025
16:32.49	Le Thi Tuyet	VIE	26.3.04	2	NC	Danang	9 Aug 2025
16:32.53	Ri Kwang Ok	PRK	27.7.96	1	TaiwanOpn	Taipei	7 Jun 2025
16:32.57	Jon Su Gyong	PRK	15.1.04	2	TaiwanOpn	Taipei	7 Jun 2025
16:36.61	NR Santoshi Shrestha	NEP	1.8.93	3	SAAC	Ranchi	24 Oct 2025
16:42.40	Bui Thi Thu Ha	VIE	23.10.03	3	NC	Danang	9 Aug 2025

16:42.83	Anastasiya Silchenkova	UZB	12.8.09	1	Uzbek Cup	Tashkent	18 Sep 2025
16:47.34	Lo Ying Chu	HKG	18.3.97	20rB	Hokuren	Fukagawa	11 Jun 2025
16:50.67	Pham Thi Hong Le	VIE	1.2.98	4	NC	Danang	9 Aug 2025
16:52.41	Ainuska Kalilkyzy	KGZ	9.12.03	1	Qosanov	Almaty	3 Aug 2025
16:53.00	Bayartsogt Munkhzaya	MGL	10.10.93	1		Ulaanbaatar	19 Sep 2025
17:06.69	NR Vanessa Lee Ying Zhuang	SGP	23.2.98	11		Melbourne	6 Mar 2025
17:09.87	Joida Gagnao	PHI	23.4.96	3	SEAG	Bangkok	13 Dec 2025
17:10.35	B W Nayana Sewwandi	SRI	5.6.02	2		Diyagama	8 Feb 2025
17:10.40	Parisa Arab	IRI	24.12.92	1	NGP	Tehran	13 Apr 2025
17:11.04	Nilanthi Lanka Ariyadasa	SRI	29.1.92	3		Diyagama	8 Feb 2025
17:11.36	Nicole Low Sui Xuan	SGP	19.6.98	3		Grangemouth	23 Aug 2025
17:19.98	Nasima Mamirova	UZB	13.9.09	2	Qosanov	Almaty	3 Aug 2025
17:22.12	Dilshoda Usmanova	UZB	13.3.05	2	Arzumanov	Tashkent	22 Jun 2025
17:24.03	Akbilek Kuralbai	KAZ	11.7.04	3	Qosanov	Almaty	3 Aug 2025
17:24.42	Hanieh Shahpari	IRI	15.1.07	1	NC	Rasht	4 May 2025
17:25.86	H M Chamini Samudika Herath	SRI	17.9.01	2		Diyagama	9 Mar 2025

**Additional National Records:**

18:39.52	NR Rinky Biswas	BAN	5.4.06	8	SAAC	Ranchi	24 Oct 2025
20:51.7	NR Aida Syazwana Shamsul	BRU	21.2.98	1		Kota Kinabalu	30 Aug 2025

**Provisionally suspended for doping:**

15:38.70	Sanjana Singh	IND	23.12.06	(1)	SAAC	Ranchi	24 Oct 2025
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**Better Indoor Marks**

15:19.13	Tomoka Kimura	JPN	12.11.94	8		Boston	15 Feb 2025
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**10,000m**

30:48.44	Daisy Jepkemei	KAZ	13.2.96	1	AsiCh	Gumi	29 May 2025
30:54.40	Nozomi Tanaka	JPN	4.9.99	3	Edion	Osaka	6 Dec 2025
30:56.32	Ririka Hironaka	JPN	24.11.00	2	AsiCh	Gumi	29 May 2025
31:03.14	Wakana Kabasawa	JPN	24.3.99	4	Edion	Osaka	6 Dec 2025
31:07.21	Kana Mizumoto	JPN	26.1.05	6	Edion	Osaka	6 Dec 2025
31:08.28	Miu Saitou	JPN	22.6.02	7	Edion	Osaka	6 Dec 2025
31:09.62		<i>Ririka Hironaka</i>		6	WCh	Tokyo	13 Sep 2025
31:12.21	Mikuni Yada	JPN	29.10.99	3	AsiCh	Gumi	29 May 2025
31:13.78		<i>Ririka Hironaka</i>		1	NC	Kumamoto	12 Apr 2025
31:18.54	Risa Yamazaki	JPN	29.8.02	9	Edion	Osaka	6 Dec 2025
						<b>(Top-10 performances by 8 athletes)</b>	
31:36.18	He Wuga	CHN	28.7.98	4	AsiCh	Gumi	29 May 2025
31:42.92	Rika Kaseda	JPN	2.3.99	3	Hokuren	Abashiri	19 Jul 2025
				(10)			
31:51.95	Rina Shimizu	JPN	5.10.99	10	Edion	Osaka	6 Dec 2025
31:56.00	Ayu Henmi	JPN	7.7.00	11	Edion	Osaka	6 Dec 2025
32:01.72	Shiho Tachizako	JPN	26.12.03	12	Edion	Osaka	6 Dec 2025
32:01.87	Nanaka Izawa	JPN	13.5.91	1	Hokuren	Shibetsu	14 Jun 2025
32:01.91	Mei Hosomi	JPN	4.1.07	4	WUG	Bochum-Wattenscheid	21 Jul 2025
32:02.58	Rion Furukawa	JPN	25.9.01	13	Edion	Osaka	6 Dec 2025
32:06.08	Anna Suzuki	JPN	23.3.02	16	Edion	Osaka	6 Dec 2025
32:07.66	Kurumi Yoda	JPN	29.5.02	17	Edion	Osaka	6 Dec 2025
32:08.57	Maki Izumida	JPN	22.1.96	18	Edion	Osaka	6 Dec 2025
32:09.49	Sakiho Tsutsui	JPN	19.1.96	1rB	Edion	Osaka	6 Dec 2025
				(20)			
32:10.95	Hikaru Kitagawa	JPN	24.11.01	2rB	Edion	Osaka	6 Dec 2025
32:12.61	Mao Kogure	JPN	31.8.02	3rB	Edion	Osaka	6 Dec 2025
32:13.59	Violah Jepchumba	BRN	23.10.90	2	Solidarity	Riyadh	17 Nov 2025
32:13.88	Seira Fuwa	JPN	25.3.03	4rB	Edion	Osaka	6 Dec 2025
32:14.66	Seema	IND	10.1.01	19	The Ten	San Juan Capistrano	29 Mar 2025
32:14.80	Yuka Ando	JPN	16.3.94	4	Hokuren	Abashiri	19 Jul 2025
32:15.10	Amisa Murayama	JPN	30.5.04	5rB	Edion	Osaka	6 Dec 2025
32:15.84	Miu Yagi	JPN	22.9.03	6rB	Edion	Osaka	6 Dec 2025
32:18.25	Kazuna Kanetomo	JPN	19.8.01	3	NC	Kumamoto	12 Apr 2025

32:20.19		Haruka Ogawa (30)	JPN	2.5.04	7B	Edion	Osaka	6 Dec 2025
<b>Additional Non-JPN marks:</b>								
32:23.40		Liang Tiantian	CHN	31.8.04	1	NatG	Guangzhou	20 Nov 2025
32:25.31		Zhang Deshun	CHN	21.2.96	2	NatG	Guangzhou	20 Nov 2025
32:25.63		Ciren Cuomu	CHN	27.8.97	3	NatG	Guangzhou	20 Nov 2025
32:52.20	NR	Rasara Wijesuriya W A M	SRI	24.11.02	8	WUG	Bochum-Wattenscheid	21 Jul 2025
33:08.17		Sanjivani Jadhav	IND	12.7.96	5	AsiCh	Gumi	29 May 2025
33:10.63		Ruth Jebet	BRN	17.11.96	5	Solidarity	Riyadh	17 Nov 2025
33:12.83		Lim Ye-Jin	KOR	14.12.95	1	NSF	Busan	21 Oct 2025
33:18.03		Ankita Dhiyani	IND	5.2.02	23	The Ten	San Juan Capistrano	29 Mar 2025
33:32.77		Odekta Elvina Naibaho	INA	5.11.91	8	AsiCh	Gumi	29 May 2025
33:55.96		Kim Do-Yeon	KOR	2.9.93	1		Gimhae	1 Apr 2025
33:56.11		Nguyen Thi Oanh	VIE	15.8.95	1	NC	Danang	12 Aug 2025
34:05.00		Le Thi Tuyet	VIE	26.3.04	2	NC	Danang	12 Aug 2025
34:10.61	NR	Parisa Arab	IRI	24.12.92	1	NC	Rasht	5 May 2025
34:17.61		Ainuska Kalilkyzy	KGZ	9.12.03	7	Solidarity	Riyadh	17 Nov 2025
34:34.93		Choi Jeong-Hyun	KOR	13.6.93	11	AsiCh	Gumi	29 May 2025
34:45.47		Ravina Gayakwad	IND	10.10.04	2	SAAC	Ranchi	26 Oct 2025
34:47.77	NR	Santoshi Shrestha	NEP	1.8.93	3	SAAC	Ranchi	26 Oct 2025
34:49.09		Hyun Seo-Yong	KOR	22.11.94	3	NSF	Busan	21 Oct 2025
34:55.50		Lo Ying Chu	HKG	18.3.97	12	Hokuren	Shibetsu	14 Jun 2025
35:10.42		Tigist Gashaw	BRN	25.12.96	2		Doha	7 Apr 2025
35:28.42		Bui Thi Thu Ha	VIE	23.10.03	3	NC	Danang	12 Aug 2025
35:52.87		Marjona Akhmadaliyeva	UZB	2.2.00	1	Uzbek Cup	Tashkent	17 Sep 2025
36:00.50	NR	Maria Pia Nehme	LBN	21.8.81	5	NC	Braga	3 May 2025
36:02.42		Pham Thi Hong Le	VIE	1.2.98	4	NC	Danang	12 Aug 2025
36:10.4 m		Rose Chelimo	BRN	12.7.89	7		Kapsabet	15 Mar 2025
36:11.97		Dana Gusarova	KAZ	5.9.95	1	NC	Almaty	10 Jul 2025
36:13.23		Christy Yiu Kit Ching	HKG	20.2.88	29	NatG	Guangzhou	20 Nov 2025
36:30.93		Aziza Mirzakbarova	UZB	23.3.01	2	Uzbek Cup	Tashkent	17 Sep 2025
36:36.41		Nefriana Ariance Daik	INA	2002	1	NC	Surakarta	3 Sep 2025
36:41.44		Joida Gagnao	PHI	23.4.96	4	SEAG	Bangkok	15 Dec 2025
36:44.25		Purna Laxmi Neupane	NEP	28.9.02	5	SAAC	Ranchi	26 Oct 2025
36:48.62		Vut Tsz Ying	HKG	22.1.90	2		Hongkong	18 Jan 2025
37:02.04		Viktoriya Sergeyeva	KAZ	6.7.98	2	NC	Almaty	10 Jul 2025
37:03.20		H M Chamini Samudika Herath	SRI	17.9.01	2		Dadella	29 Aug 2025
37:13.92		B W Nayana Sewwandi	SRI	5.6.02	3		Dadella	29 Aug 2025
37:20.28		Nilanthi Lanka Ariyadasa	SRI	29.1.92	4		Dadella	29 Aug 2025
<b>Mixed Competition:</b>								
36:15.67	mx	Vanessa Lee Ying Zhuang	SGP	23.2.98	-		Brisbane	9 Aug 2025
<b>Additional National Records:</b>								
39:14.8	NR	Rinky Biswas	BAN	5.4.06	1		Dhaka	24 Aug 2025
40:41.83	NR	Shamha Ahmed	MDV	8.4.82			Hamburg	9 Aug 2025
42:27.78	NR	Haya Ahmed Al-Rifai	KUW		3		Doha	7 Apr 2025
<b>10 KM</b>								
31:34		Norah Jeruto	KAZ	2.10.95	3		Miramar	16 Nov 2025
31:54		Zhang Deshun	CHN	21.2.96	1		Meishan	28 Dec 2025
32:04		Li Meizhen	CHN	3.1.99	2		Meishan	28 Dec 2025
32:10		Liu Min	CHN	22.12.97	1		Beijing	6 Apr 2025
32:33		Yuma Yamamoto	JPN	1.5.00	1		Yamaguchi	9 Feb 2025
32:38		Mao Uesugi	JPN	16.8.95	3		Okayama	21 Dec 2025
32:41		Hikaru Kitagawa	JPN	24.11.01	4		Okayama	21 Dec 2025
32:43		Kaede Kawamura	JPN	23.11.97	14		Tokyo	3 May 2025
32:49		Kana Kobayashi	JPN	4.4.01	15		Tokyo	3 May 2025
32:49		Sakiho Tsutsui	JPN	19.1.96	5		Okayama	21 Dec 2025
32:49		Ayumi Morita	JPN	17.4.96	6		Okayama	21 Dec 2025

**Additional Non-JPN marks:**

32:51	Bontu Edao Rebitu	BRN	12.12.97	7	Miramar	16 Nov 2025
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**Half-Marathon**

1:07:53	Rika Kaseda	JPN	2.3.99	5	Marugame	2 Feb 2025
1:08:31	He Wuga	CHN	28.7.98	10	Meishan	23 Feb 2025
1:08:56	Liang Tiantian	CHN	31.8.04	11	Meishan	23 Feb 2025
1:08:57	Yuka Ando	JPN	16.3.94	1	Osaka	26 Jan 2025
1:08:58	Kaede Kawamura	JPN	23.11.97	7	Marugame	2 Feb 2025
1:09:07	Eunice Chumba	BRN	23.5.93	3	Gifu	27 Apr 2025
1:09:09	Kana Kobayashi	JPN	4.4.01	4	Gifu	27 Apr 2025
1:09:28	Yumi Yoshikawa	JPN	31.10.90	12	Valencia	26 Oct 2025
1:09:29	Sakiho Tsutsui	JPN	19.1.96	2	Osaka	26 Jan 2025
1:09:30	Wu Bing	CHN	20.7.01	14	Meishan	23 Feb 2025

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**Marathon**

2:20:07	Desi Jisa Mokonin	BRN	12.7.97	6	Tokyo	2 Mar 2025
2:20:32	Shitaye Eshete	BRN	21.5.90	4	Haspa Hamburg	27 Apr 2025
2:20:53	Zhang Deshun	CHN	21.2.96	9	Tokyo	2 Mar 2025
2:20:59	Sayaka Sato	JPN	27.5.94	2	Nagoya	9 Mar 2025
2:21:19	Kana Kobayashi	JPN	4.4.01	2	Osaka	26 Jan 2025
2:21:33	Yuka Suzuki	JPN	14.9.99	3	Osaka	26 Jan 2025
2:21:35	Eunice Chumba	BRN	23.5.93	3	Nagoya	9 Mar 2025
2:22:11	Mao Uesugi	JPN	16.8.95	4	Nagoya	9 Mar 2025
2:22:55	Rose Chelimo	BRN	12.7.89	7	Amsterdam	19 Oct 2025
2:23:05	Rika Kaseda	JPN	2.3.99	5	Nagoya	9 Mar 2025

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2:23:27	Ai Hosoda	JPN	27.11.95	6	Sydney	31 Aug 2025
2:23:37	Yuka Ando	JPN	16.3.94	11	Tokyo	2 Mar 2025
2:24:36	Honami Maeda	JPN	17.7.96	9	Berlin	21 Sep 2025
2:24:38	Aamelmal Tagel	BRN	19.10.00	3	Lanzhou	25 May 2025
2:24:44	Tigist Gashaw	BRN	25.12.96	1	Chongqing	2 Mar 2025
2:25:36	Natsuki Omori	JPN	22.6.94	9	Nagoya	9 Mar 2025
2:25:43	Ruth Jebet	BRN	17.11.96	2	Daegu	23 Feb 2025
2:25:48	Jon Su Gyong	PRK	15.1.04	1	Pyongyang	6 Apr 2025
2:25:54	Mizuki Nishimura	JPN	3.12.04	1	Hofu	7 Dec 2025
2:26:01	Wu Bing	CHN	20.7.01	1	AsiMarCh Jiaxing	30 Mar 2025

(20)

2:26:04	Natsumi Matsushita	JPN	22.1.95	5	Osaka	26 Jan 2025
2:26:05	Choe Il Gyong	PRK	19.2.01	2	Pyongyang	6 Apr 2025
2:26:07	Ri Kwang Ok	PRK	27.7.96	2	AsiMarCh Jiaxing	30 Mar 2025
2:26:08	Rino Goshima	JPN	29.10.97	10	Nagoya	9 Mar 2025
2:26:24	Cha Ju Kwon	PRK		3	Pyongyang	6 Apr 2025
2:26:41	Chiharu Suzuki	JPN	18.11.93	6	Osaka	26 Jan 2025
2:26:48	Ayumi Morita	JPN	17.4.96	2	Hofu	7 Dec 2025
2:26:52	Ciren Cuomu	CHN	27.8.97	11	Nagoya	9 Mar 2025
2:26:54	Pak Sol Gyong	PRK	1.4.06	5	Pyongyang	6 Apr 2025
2:27:00	Dalilah Abdelkadir Gosa	BRN	27.6.98	9	Sevilla	23 Feb 2025

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**Additional Non-BRN/JPN/PRK marks:**

2:27:11	Khishigsaikhan Galdabrakh	MGL	28.8.90	12	Tokyo	2 Mar 2025
2:27:11	Xu Bingjie	CHN	30.1.03	4	Wuxi	23 Mar 2025
2:29:12	Lim Ye-Jin	KOR	14.12.95	1	Seoul	2 Nov 2025
2:29:46	Bayartsogt Munkhzaya	MGL	10.10.93	7	Beijing	2 Nov 2025
2:30:18	Kim Do-Yeon	KOR	2.9.93	6	Seoul	16 Mar 2025
2:30:31	Choi Kyung-Sun	KOR	16.3.92	7	Seoul	16 Mar 2025
2:31:34	NR Odekta Elvina Naibaho	INA	5.11.91	4	Gold Coast	6 Jul 2025

2:32:20		Choi Jeong-Hyun	KOR	13.6.93	6		Daegu	23 Feb 2025
2:39:23		Lo Ying Chu	HKG	18.3.97	12	NatG	Zhuhai	15 Nov 2025
2:39:37		Sakshi Sanjay Jadhyal	IND	26.1.04	1		Pune	7 Dec 2025
2:39:45		Yekaterina Tunguskova	UZB	10.5.88	3		Samarkand	8 Nov 2025
2:40:23	NR	Santoshi Shrestha	NEP	1.8.93	66		Valencia	7 Dec 2025
2:42:25		Hiruni Wijayarathne	SRI	5.12.90	3		Eugene	27 Apr 2025
2:43:26		Chang Chih-Hsuan	TPE	7.10.94	21		Osaka	26 Jan 2025
2:43:46		Vut Tsz Ying	HKG	22.1.90	28		Nagoya	9 Mar 2025
2:43:59		Leanne Szeto Shiu Yan	HKG	5.1.91	10		Hongkong	9 Feb 2025
2:44:07		Christy Yiu Kit Ching	HKG	20.2.88	12		Gold Coast	6 Jul 2025
2:44:14		Diana Aydosova	KAZ	5.5.95	2		Turkistan	26 Oct 2025
2:47:09		Hoang Thi Ngoc Hoa	VIE	19.5.00	47		Tokyo	2 Mar 2025
2:47:14		Viktoriya Zhukova	KAZ	28.2.95	1		Sochi	6 Apr 2025
2:48:00		Artjoy Torregosa	PHI	16.2.99	2	SEAG	Bangkok	14 Dec 2025
2:48:06		Pham Thi Hong Le	VIE	1.2.98	3		Halong	23 Nov 2025
2:48:11		Linda Janthachit	THA	26.3.93	8	AsiMarCh	Jiaxing	30 Mar 2025
2:48:26		Tillium Chang	TPE	29.3.95	11		Taipei	21 Dec 2025
2:48:28		Chirine Njeim	LBN	4.10.84	90		Chicago	12 Oct 2025
2:48:59		Bhagirathi Bisht	IND	2001	1		New Delhi	23 Feb 2025
2:49:16		Nirmaben Thakor	IND	31.12.97	2		New Delhi	23 Feb 2025
2:49:27		Christine Hallasgo	PHI	28.11.92	9	AsiMarCh	Jiaxing	30 Mar 2025
2:50:04		Nesrine Njeim	LBN	9.6.83	62		Tokyo	2 Mar 2025
2:50:24		Viktoriya Vyrelkina	KAZ		4		Turkistan	26 Oct 2025
2:50:27		Goh Shing Ling	SGP	7.6.99	26		Gold Coast	6 Jul 2025
2:50:48		Ashvini Madan Jadhav	IND	15.6.04	3		New Delhi	23 Feb 2025
2:51:48		Shokhsanam Khurramova	UZB	17.4.03	11	AsiMarCh	Jiaxing	30 Mar 2025
2:52:10		Ornanong Wongsorn	THA	10.7.87	37		Nagoya	9 Mar 2025
2:52:19		Mina Golestanehno	IRI	1987	38		Sevilla	23 Feb 2025
2:52:58		Lisa Ries	TPE	30.6.90	78		Tokyo	2 Mar 2025
2:53:41		Aliya Turanova	KAZ	20.6.87	1		Shymkent	14 Sep 2025
2:53:42		Wathsala Madushani Herath	SRI	10.11.99	1	NSF	Galle	18 Jul 2025
2:53:48		Lee Chia-Mei	TPE	10.10.86	13		Taipei	21 Dec 2025
2:54:11		Lalida Maokhamphiou	LAO	1995	148		Chicago	12 Oct 2025
2:54:14		Pretty Sihite	INA	21.12.96	82		Tokyo	2 Mar 2025
2:54:23		Doan Thi Oanh	VIE	1989	5		Ho Chi Minh	7 Dec 2025
2:54:40		Bui Thi Thu Ha	VIE	23.10.03	3	SEAG	Bangkok	14 Dec 2025
2:54:52		Aziza Mirzakbarova	UZB	23.3.01	13	AsiMarCh	Jiaxing	30 Mar 2025

**Additional National Records:**

3:49:30	NR	Nur Ainulhakimah Mahmoud	BRU	8.4.90	80		Dubai	7 Jan 2025
4:18:03	NR	Najla Bazarah	YEM	1983	9441		New York	2 Nov 2025

**3000m Steeplechase**

8:45.25		Winfred Yavi	BRN	31.12.99	1	DL	Eugene	5 Jul 2025
8:49.59		<i>Winfred Yavi</i>			1		Heusden	19 Jul 2025
8:56.46		<i>Winfred Yavi</i>			2	WCh	Tokyo	17 Sep 2025
8:59.46		Norah Jeruto	KAZ	2.10.95	4	DL	Eugene	5 Jul 2025
9:02.76		<i>Winfred Yavi</i>			2	DL	Oslo	12 Jun 2025
9:05.26		<i>Winfred Yavi</i>			2	DL	Doha	16 May 2025
9:06.34		<i>Norah Jeruto</i>			6	WCh	Tokyo	17 Sep 2025
9:10.46		<i>Norah Jeruto</i>			1	AsiCh	Gumi	30 May 2025
9:10.87		<i>Norah Jeruto</i>			2	DL	Zurich	28 Aug 2025
9:11.78		<i>Norah Jeruto</i>			4	DL	Doha	16 May 2025
		<b>(Top-10 performances by 2 athletes)</b>						
9:12.46	NR	Parul Chaudhary	IND	15.4.95	2	AsiCh	Gumi	30 May 2025
9:15.98		Daisy Jepkemei	KAZ	13.2.96	6	DL	Zurich	28 Aug 2025
9:24.72	NR	Miu Saitou	JPN	22.6.02	6h3	WCh	Tokyo	15 Sep 2025
9:26.44		Luo Xia	CHN	10.5.00	1	NatG	Guangzhou	16 Nov 2025
9:31.99		Ankita Dhiyani	IND	5.2.02	2	WUG	Bochum-Wattenscheid	27 Jul 2025
9:36.31		Xu Shuangshuang	CHN	6.4.96	2	NatG	Guangzhou	16 Nov 2025

9:40.85		Manami Nishiyama	JPN	9.12.99	2	Shizuoka	Fukuroi	3 May 2025
9:45.89		Yuzuki Nishide (10)	JPN	25.1.00	4	Shizuoka	Fukuroi	3 May 2025
9:50.97		Momoo Yamada	JPN	13.5.01	2	Corp Ch	Yamaguchi	27 Sep 2025
9:51.30		Zhang Shanshan	CHN	10.9.99	3	NatG	Guangzhou	16 Nov 2025
9:53.09	NR	Jo Ha-Rim	KOR	14.9.96	7	AsiCh	Gumi	30 May 2025
9:54.49		Ayana Yamashita	JPN	23.2.04	10	WUG	Bochum-Wattenscheid	27 Jul 2025
9:55.30		Yang Yiting	CHN	15.3.04	4	NatG	Guangzhou	16 Nov 2025
9:56.11		Wang Panpan	CHN	17.6.03	2rB	NC	Quzhou	4 Aug 2025
9:59.54		Huang Yanfeng	CHN	10.12.05	5	NatG	Guangzhou	16 Nov 2025
9:59.63		Ayaka Koike	JPN	9.4.93	3	Corp Ch	Yamaguchi	27 Sep 2025
10:00.69		Zhang Xinyan	CHN	9.2.94	6	NatG	Guangzhou	16 Nov 2025
10:02.35		Zhao Chaoyun (20)	CHN	29.4.04	2	NGP	Rizhao	27 Sep 2025
10:02.76		Yuka Komatsu	JPN	2.7.03	2	Int-Univ	Okayama	8 Jun 2025
10:03.00		Mulatibieke Buerlieni	CHN	1.12.03	3	NGP	Rizhao	27 Sep 2025
10:04.13		Liu Yuxin	CHN	28.6.04	8	NatG	Guangzhou	16 Nov 2025
10:04.72		Preeti Lamba	IND	18.12.95	1		Karnal	16 Jul 2025
10:05.81		Mayu Kawase	JPN	30.11.03	3	Int-Univ	Okayama	8 Jun 2025
10:06.59		Rei Taya	JPN	6.3.09	2	NJC	Shizuoka	27 Sep 2025
10:06.62	NR	Dilshoda Usmanova	UZB	12.3.05	9	AsiCh	Gumi	30 May 2025
10:06.78		Gong Dongchen	CHN	13.10.06	9	NatG	Guangzhou	16 Nov 2025
10:07.21		Li Xiaoxuan	CHN	3.2.05	6	NGP	Rizhao	27 Sep 2025
10:08.39		Suzuna Hiyoshi (30)	JPN	2.11.00	1		Osaka	8 Jun 2025
<b>Additional Non-CHN/JPN marks:</b>								
10:13.74		Nguyen Thi Oanh	VIE	15.8.95	1	SEAG	Bangkok	16 Dec 2025
10:14.34		Komal Jagadale	IND	26.1.99	2	NC-2	Ranchi	30 Sep 2025
10:14.90		Nam Bo-Na-Na	KOR	27.7.94	10	AsiCh	Gumi	30 May 2025
10:23.27		Sadafbonu Nusratilleva	UZB	25.2.08	1	NC	Tashkent	23 Apr 2025
10:27.48		Choi Su-Ah	KOR	21.11.00	2		Gumi	22 Apr 2025
10:28.74		Nasima Mamirova	UZB	13.9.09	2		Tashkent	15 May 2025
10:29.24	NR	Haniyeh Shahpari	IRI	24.10.08	1		Shiraz	11 Jul 2025
10:34.24		Samira Khodatars	IRI	3.12.89	1	NC	Rasht	5 May 2025
10:36.02		Son Yu-Na	KOR	18.12.95	3	NSF	Busan	21 Oct 2025
10:44.22		Edna Magtubo	PHI	1.1.04	1		Pasig	4 Oct 2025
10:50.30		Doan Thu Hang	VIE	27.10.01	2	SEAG	Bangkok	16 Dec 2025
10:50.55		Hoang Thi Ngoc Anh	VIE	15.9.06	1	NJC	Danang	14 Oct 2025
10:52.56		Jessa Mae Roda	PHI	19.10.02	1		New Clark City	9 Nov 2025
10:53.72		Nefriana Ariance Daik	INA	2002	1	NC	Surakarta	4 Sep 2025
10:56.38		H M Chamini Samudika Herath	SRI	17.9.01	1		Diyagama	9 Feb 2025
10:56.94		Hsu Yi-Chieh	TPE	27.11.03	1		Taipei	20 Sep 2025
10:58.16		Akbilek Kuralbai	KAZ	11.7.04	1		Almaty	20 Jun 2025
10:58.31		Mila Karmila	INA	22.7.00	2	NC	Surakarta	4 Sep 2025
11:01.52		Hiu Tung Tsang	HKG	3.1.99	1	NC	Hongkong	10 May 2025
11:04.18	NR	Vanessa Lee Ying Zhuang	SGP	23.2.98	3	NC	Hongkong	10 May 2025
11:04.71		W M N Nidarshani	SRI	6.5.96	1		Diyagama	9 Mar 2025
11:05.31		Nilanthi Lanka Ariyadasa	SRI	29.1.92	2	MilitaryCh	Diyagama	30 Sep 2025
11:08.00		Nguyen Khanh Ly	VIE	14.8.03	3	NC	Danang	13 Aug 2025
11:13.58		M G N P Kumari	SRI	30.3.05	1	MilitaryCh	Diyagama	19 Aug 2025
11:13.86		Christy Yiu Kit Ching	HKG	20.2.88	13rB	NC	Quzhou	4 Aug 2025
11:17.36		Aprilia Kartina	INA	21.4.97	3	NC	Surakarta	4 Sep 2025
11:18.61		Atashbejan Atoosa	IRI	28.8.07	3	NC	Rasht	5 May 2025
11:18.61		Melanie Haarring	TPE	6.8.04	2	NatG	Yunlin	21 Oct 2025
11:24.33		Lin Chia-Chien	TPE	30.4.09	1		Taipei	7 Nov 2025
11:24.34		Chen Chao-Chun	TPE	15.8.92	1		Taipei	16 Feb 2025
11:24.96		Nicole Diloy	PHI	2.3.04	3		Pasig	4 Oct 2025
11:26.46		Zahra Afsharian	IRI	2.8.03	4	NC	Rasht	5 May 2025
11:31.73		Aung Hnin Pwint	MYA	26.10.03	6	SEAG	Bangkok	16 Dec 2025
11:36.26		Abilhan Uldanai	KAZ	7.7.07	1	NJC	Almaty	4 Jul 2025

**Additional National Records:**

11:52.56	NR	Narjis Hussein Abboud	IRQ	9.9.06	1		Beirut	4 Oct 2025
12:12.79	NR	Haya Mohamed Al-Tewajer	KUW	4.1.97	13	AsiCh	Gumi	30 May 2025
14:45.41	NR	Anwar Mohamed Al-Haj	KSA		2		Doha	9 Apr 2025

**100m Hurdles**

12.71	0.7	Hitomi Nakajima	JPN	13.7.95	1	MotonetGP	Tampere	23 Jul 2025
12.71	1.1	<i>Hitomi Nakajima</i>			1		Hiratsuka	9 Aug 2025
12.73	1.4	Mako Fukube	JPN	28.10.95	1	ANG	Fukui	16 Aug 2025
12.74	1.1	<i>Mako Fukube</i>			2		Hiratsuka	9 Aug 2025
12.75	0.0	<i>Mako Fukube</i>			1s1	NC	Tokyo	5 Jul 2025
12.77	-0.1	Chisato Kiyoyama	JPN	24.7.91	1	TwilightG	Yokohama	20 Aug 2025
12.80	-0.1	Yumi Tanaka	JPN	15.12.98	1s2	NC	Tokyo	5 Jul 2025
12.80	0.7	<i>Hitomi Nakajima</i>			1h2	MotonetGP	Tampere	23 Jul 2025
12.80	0.9	<i>Mako Fukube</i>			1h1		Fujiyoshida	3 Aug 2025
12.80	0.1	<i>Chisato Kiyoyama</i>			1		Oita	24 Aug 2025

**(Top-10 performances by 4 athletes)**

12.81	1.2	Liu Jingyang	CHN	12.8.97	1	NatG	Guangzhou	19 Nov 2025
12.85	1.2	Wu Yanni	CHN	28.7.97	2	NatG	Guangzhou	19 Nov 2025
12.91	1.4	Rei Honda	JPN	5.11.01	3	ANG	Fukui	16 Aug 2025
12.94	0.3	Asuka Terada	JPN	14.1.90	1h4	NC	Tokyo	5 Jul 2025
12.94	1.2	Lin Yuwei	CHN	2.5.99	3	NatG	Guangzhou	19 Nov 2025
12.95	1.4	Yuki Omatsu	JPN	15.5.96	4	ANG	Fukui	16 Aug 2025
		(10)						
12.96	-0.1	Jyothi Yarraji	IND	28.8.99	1	AsiCh	Gumi	29 May 2025
12.97	1.4	Mao Shimano	JPN	2.10.01	5	ANG	Fukui	16 Aug 2025
12.99	-0.1	Masumi Aoki	JPN	16.4.94	1	Corp Ch	Yamaguchi	28 Sep 2025
13.05	1.1	Chang Po-Ya	TPE	3.4.03	1h4	NatG	Yunlin	19 Oct 2025
13.11 NR	0.0	Dina Aulia	INA	3.8.03	1h2	AsiCh	Gumi	28 May 2025
13.12	1.8	Manaka Shibata	JPN	2.3.01	7	Oda	Hiroshima	29 Apr 2025
13.12	-0.1	Shuya Muraoka	JPN	15.1.00	3	Corp Ch	Yamaguchi	28 Sep 2025
13.12	1.2	Xia Sining	CHN	15.8.03	4	NatG	Guangzhou	19 Nov 2025
13.14	1.4	Miho Suzuki	JPN	18.11.96	7	ANG	Fukui	16 Aug 2025
13.16	-1.5	Marumi Kanai	JPN	6.6.97	2h2	Kinami	Osaka	11 May 2025
		(20)						
13.21	0.1	Dai Yiru	CHN	15.1.01	1h2	NC	Quzhou	3 Aug 2025
13.22		Nithya Ramraj	IND	20.9.98	1		Salem	19 Jul 2025
13.22	1.0	Moumita Mondal	IND	9.12.01	1	NC-1	Chennai	22 Aug 2025
13.22	0.6	Jiang Liyunzhe	CHN	10.2.02	5	WACT	Beijing	7 Sep 2025
13.23	1.0	Hikari Tanaka	JPN	29.6.98	2h2	Oda	Hiroshima	29 Apr 2025
13.23	2.0	Itsuki Komiya	JPN	11.10.98	2h3		Fujiyoshida	3 Aug 2025
13.24	0.4	Ami Ando	JPN	16.11.01	1		Nagoya	13 Jul 2025
13.27	0.6	Pragyan Prasant Sahu	IND	19.12.99	2	NGP	Thiruvananthapuram	17 May 2025
13.28	0.7	Wei Yuhui	CHN	25.8.02	2h3	NatG	Guangzhou	19 Nov 2025
13.29	1.3	Chen Yinfeng	CHN	16.4.98	2	NC	Quzhou	4 Aug 2025
		(30)						

**Additional Non-IND/JPN/CHN marks:**

13.32	1.5	Lui Lai Yiu	HKG	30.11.94	3rB	Jones	Gainesville	19 Apr 2025
13.43	1.1	Bui Thi Nguyen	VIE	2.9.01	1	NC	Hongkong	10 May 2025
13.50	1.8	Robyn Brown	PHI	27.7.94	3h3		London	22 Jun 2025
13.51	0.0	Huynh Thi My Tien	VIE	24.3.99	4h2	AsiCh	Gumi	28 May 2025
13.51	1.2	Yi Po-An	TPE	31.12.06	1h1	NatG	Yunlin	19 Oct 2025
13.52	1.4	Ryu Na-Hee	KOR	14.5.94	1		Iksan	10 Jul 2025
13.56	-0.4	Lydia Podsepkina	UZB	30.11.03	1	NC	Tashkent	24 Apr 2025
13.56	1.4	Jeong Yeon-Jin	KOR	25.3.92	2		Iksan	10 Jul 2025
13.59	0.2	Emilia Nova	INA	20.8.95	1h1		Semarang	4 Jul 2025
13.61	0.7	Wu Yu-Ning	TPE	26.10.06	1		Tainan	22 Apr 2025
13.62	1.8	Shing Cho Yan	HKG	12.5.01	1h2		Hongkong	12 Apr 2025
13.62	-0.3	Yuliya Bashmanova	KAZ	4.3.95	1		Almaty	27 Jun 2025

13.64	NR=	Elnaz Kompani	IRI	4.12.89	1		Norwalk	27 Jun 2025
13.64	1.1	Chung Chao-Chen	TPE	17.12.04	1h3	NatG	Yunlin	19 Oct 2025
13.65		Nguyen Thi Linh	VIE	29.8.02	3	NC	Danang	10 Aug 2025
13.68	1.7	Lakshika Sugandhi W V	SRI	30.8.91	1	NC	Diyagama	2 Aug 2025
13.73	-1.8	Jo Eun-Ju	KOR	12.11.89	1		Seocheon	2 Jul 2025
13.86	NR	Kerstin Ong Jing Rong	SGP	8.6.97	2	NC	Kangar	30 Aug 2025
13.88	1.0	Irina Konichsheva	KAZ	6.8.07	2	Qosanov	Almaty	3 Aug 2025
13.88		Le Thi Kim Lenh	VIE	4.7.04	4	NC	Danang	10 Aug 2025
13.89	1.0	Devi Aprilian	INA	16.4.03	1		Semarang	23 Sep 2025
13.90	1.8	Ivy Liu Hoi Yan	HKG	28.9.99	2h2		Hongkong	12 Apr 2025
13.95	-0.1	Fatemeh Mohitizadeh	IRI	29.7.03	Hep	Solidarity	Riyadh	19 Nov 2025
13.97	0.4	Park Ji-Young	KOR	12.6.06	2	NC	Jeongseon	22 Jun 2025
13.99	0.6	Chloe Pak Hoi Man	HKG	9.4.06	5h4	WUG	Bochum-Wattenscheid	24 Jul 2025
13.99	-0.4	Tsz Yan Lau	HKG	17.9.00	1		Hongkong	1 Oct 2025
14.00	0.4	Arisa Weruwanarak	THA	26.6.03	3	NC	Kangar	30 Aug 2025
14.02	0.5	H W K Hapuarachchi	SRI	29.1.96	4	SAAC	Ranchi	25 Oct 2025
14.03	0.4	Mariska Yunitasari	INA	1.5.02	1		Surabaya	11 May 2025
14.04	NR	Mariam Kareem	UAE	25.1.08	1	WestAsiJr	Beirut	3 Oct 2025
14.06	-2.2	Faezeh Ashoorpour	IRI	24.5.99	1		Tehran	22 Sep 2025
14.11	1.7	S B S Lakshani	SRI	2.6.03	3	NC	Diyagama	2 Aug 2025
14.13	0.7	Antonina Chernyshova	KAZ	16.4.07	1		Almaty	20 Jun 2025
14.17	NR	Sara Shams Ali	QAT	5.11.05	1h2		Doha	8 Apr 2025
14.18	-0.1	Shodiyona Rakhmonova	UZB	13.12.09	2	Uzbek Cup	Tashkent	18 Sep 2025
14.19	0.9	Bhagya Nilmini M A	SRI	18.6.02	2	MilitaryCh	Diyagama	20 Aug 2025
14.21	-1.3	Alina Chistyakova	KAZ	30.4.05	Hep	WUG	Bochum-Wattenscheid	23 Jul 2025
14.27	-0.1	Lie Yee Teng	MAS	23.7.04	1		Johor Bahru	6 Sep 2025
14.29	-0.1	Ugiloj Norboyeva	UZB	30.1.04	Hep	Solidarity	Riyadh	19 Nov 2025
14.30	-0.6	Pardis Abdolmohammadi	IRI	4.5.00	2		Tehran	13 Aug 2025
14.30	-0.1	Saba Khorasani	IRI	17.7.04	Hep	Solidarity	Riyadh	19 Nov 2025
14.33	-0.1	Nurkhon Ochilova	UZB	19.4.04	3h1	Uzbek Cup	Tashkent	18 Sep 2025

**Additional National Records:**

15.58	NR	-1.4	Nomin-Od Sero-Od	MGL	27.6.09		Kobe	5 Oct 2025
15.90	NR		Sarah Abdelkarim Al-Hilal	KSA	23.6.88	Hep	Oran	30 Apr 2025

**Wind-assisted marks:**

12.85	3.0	Asuka Terada	JPN	14.1.90	1		Tottori	1 Jun 2025
12.93	3.0	Mao Shimano	JPN	2.10.01	2		Tottori	1 Jun 2025
12.94	2.9	Chang Po-Ya	TPE	3.4.03	1	NatG	Yunlin	20 Oct 2025
13.07	3.0	Miho Suzuki	JPN	18.11.96	6		Tottori	1 Jun 2025
13.14	3.8	Ami Takahashi	JPN	20.3.05	1	Int-Univ	Sagamihara	9 May 2025
13.14	3.0	Marumi Kanai	JPN	6.6.97	7		Tottori	1 Jun 2025
13.15	3.8	Ayu Kariya	JPN	10.5.06	2	Int-Univ	Sagamihara	9 May 2025
13.19	2.1	Hikari Tanaka	JPN	29.6.98	3h1	ANG	Fukui	16 Aug 2025
13.26	3.8	Marika Yasui	JPN	2.5.03	3	Int-Univ	Sagamihara	9 May 2025
13.27	2.1	Saki Kamada	JPN	18.5.97	4h1	ANG	Fukui	16 Aug 2025
13.29	3.4	Yuri Okubo	JPN	4.3.97	1		Toyama	23 Aug 2025
13.35	4.4	Yi Po-An	TPE	31.12.96	1s1	NatG	Yunlin	20 Oct 2025
13.44	2.9	Lin Hsiao-Hui	TPE	21.12.99	2	NatG	Yunlin	20 Oct 2025
13.47	2.9	Chung Chao-Chen	TPE	17.12.04	3	NatG	Yunlin	20 Oct 2025

**Doubtful Timing:**

12.72		Dina Aulia	INA	3.8.03	1h2	SEAG	Bangkok	12 Dec 2025
13.05		Huynh Thi My Tien	VIE	24.3.99	2h2	SEAG	Bangkok	12 Dec 2025
13.27		Emilia Nova	INA	20.8.95	2	SEAG	Bangkok	12 Dec 2025
13.47		Kerstin Ong Jing Rong	SGP	8.6.97	3h2	SEAG	Bangkok	12 Dec 2025
13.53		Lauren Hoffman	PHI	30.3.99	4	SEAG	Bangkok	12 Dec 2025
13.79		Arisa Weruwanarak	THA	26.6.03	5	SEAG	Bangkok	12 Dec 2025
13.82		Jelly Paragile	PHI	12.12.97	4h2	SEAG	Bangkok	12 Dec 2025

**400m Hurdles**

54.04		Kemi Adekoya	BRN	16.1.93	4s1	WCh	Tokyo	17 Sep 2025
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54.63		<i>Kemi Adekoya</i>			4	Gyulai	Budapest	12 Aug 2025
54.63	Mo Jiadie		CHN	6.1.00	3h5	WCh	Tokyo	15 Sep 2025
54.65		<i>Mo Jiadie</i>			1h3	NC	Quzhou	2 Aug 2025
54.11		<i>Mo Jiadie</i>			7s1	WCh	Tokyo	17 Sep 2025
55.15		<i>Kemi Adekoya</i>			4h1	WCh	Tokyo	15 Sep 2025
55.19		<i>Mo Jiadie</i>			1	NatG	Guangzhou	17 Nov 2025
55.31		<i>Mo Jiadie</i>			1	AsiCh	Gumi	31 May 2025
55.32		<i>Kemi Adekoya</i>			2	AsiCh	Gumi	31 May 2025
55.50		<i>Kemi Adekoya</i>			7	DL	Brussels	22 Aug 2025
<b>(Top-10 performances by 2 athletes)</b>								
55.54	Kong Yingying		CHN	22.3.03	2	WACT	Beijing	7 Sep 2025
56.04	Vithya Ramraj		IND	20.9.98	1	FedCup	Kochi	23 Apr 2025
56.43	Satsuki Umehara		JPN	22.5.94	1	NC	Tokyo	5 Jul 2025
56.51	Akane Minamisawa		JPN	23.9.97	1	Corp Ch	Yamaguchi	28 Sep 2025
56.68	Miku Takino		JPN	19.6.05	2	NC	Tokyo	5 Jul 2025
56.73	Adelina Zems		KAZ	25.12.98	4	AsiCh	Gumi	31 May 2025
56.82	Quach Thi Lan		VIE	18.10.95	1	SEAG	Bangkok	15 Dec 2025
56.87	Ami Yamamoto		JPN	19.4.02	1		Fujiyoshida	3 Aug 2025
(10)								
56.93	Honoka Aoki		JPN	24.9.01	1	Kinami	Osaka	11 May 2025
56.96	Robyn Brown		PHI	27.7.94	8	EdMurphey	Memphis	12 Jul 2025
57.10	Rene Shinto		JPN	5.4.03	1	Int-Univ	Sagamihara	11 May 2025
57.10	Ayesya Ibrahim		JPN	16.1.98	2		Fujiyoshida	3 Aug 2025
57.16	Shion Fukuoka		JPN	17.3.07	4	NC	Tokyo	5 Jul 2025
57.29	Ou Ying		CHN	3.12.01	3	NatG	Guangzhou	17 Nov 2025
57.36	Meri Masuko		JPN	15.4.03	4	NatG	Hikone	5 Oct 2025
57.37	Hikari Okubo		JPN	17.2.98	1h3	NC	Tokyo	4 Jul 2025
57.42	NR	Mariam Kareem	UAE	25.1.08	2	Solidarity	Riyadh	18 Nov 2025
57.44	Lo Pei-Lin		TPE	1.2.94	1h1	TaiwanOpn	Taipei	8 Jun 2025
(20)								
57.45	Lu Zhangwei		CHN	8.11.01	1	NC	Quzhou	4 Aug 2025
57.46	Anu Raghavan		IND	20.4.93	7	AsiCh	Gumi	31 May 2025
57.46	Zou Yifan		CHN	11.12.00	4	NatG	Guangzhou	17 Nov 2025
57.47	Tao Xue		CHN	26.10.99	1	NGP	Yulin	12 Jul 2025
57.48	Aminat Yusuf Jamal Odeyemi		BRN	27.6.97	2rB	FloridaR	Gainesville	4 Apr 2025
57.55	Haru Hiraki		JPN	6.2.05	2	Kinami	Osaka	11 May 2025
57.59	Arisa Ogasawara		JPN	30.10.04	1		Fukuoka	19 Jul 2025
57.66	Sumika Okawa		JPN	12.11.03	1rB	Shizuoka	Fukuroi	3 May 2025
57.68	Asuruhan Marino Taneru		JPN	28.7.03	3	Int-Univ	Sagamihara	11 May 2025
57.74	Shiori Chiba		JPN	31.10.05	3	Int-Univ	Okayama	8 Jun 2025
(30)								
<b>Additional Non-JPN/CHN marks:</b>								
57.75	Lauren Hoffman		PHI	30.3.99	3	SEAG	Bangkok	15 Dec 2025
57.79	NR	Rasha Badrani	LBN	15.6.04	2	Triton	La Jolla	5 Apr 2025
57.96	Nurkhon Ochilova		UZB	19.4.04	1		Tashkent	15 May 2025
58.06	Liu Chen-Yu		TPE	1.1.07	1		Tainan	24 Apr 2025
58.11	Le Thi Tuyet Mai		VIE	3.1.06	2	NC	Pathum Thani	24 Jun 2025
58.16	Chung Hsin-Ju		TPE	4.8.04	1		Taipei	20 Sep 2025
58.26	Aswini R		IND	24.8.04	1		Bengaluru	28 Jun 2025
58.33	Olimba Steffi		IND	15.2.02	1	RailwayCh	Kolkata	6 Sep 2025
58.66	Dasuni Kaushalya K H A		SRI	25.10.01	1	SAAC	Ranchi	26 Oct 2025
59.24	L G A Sathsarani		SRI	28.3.04	2	SAAC	Ranchi	26 Oct 2025
59.79	Ekaterina Koloda		KAZ	15.8.06	2	NC	Almaty	12 Jul 2025
59.79	Shodiyona Rakhmonova		UZB	13.12.09	1	Uzbek Cup	Tashkent	18 Sep 2025
59.94	Lin Chao-Ling		TPE	24.2.09	2		Tainan	24 Apr 2025
1:00.25	Arisa Weruwanarak		THA	26.6.03	1	NC	Pathum Thani	24 Jun 2025
1:00.37	Yasasri Rathnayake R M		SRI	5.3.04	1h1	Int-Univ	Diyagama	23 Aug 2025
1:00.42	Irina Konichsheva		KAZ	6.8.07	1		Almaty	21 Jun 2025
1:00.45	Son Kyeong-Mi		KOR	9.2.90	1		Gumi	23 Apr 2025
1:00.65	Ha Ngoc Tram		VIE	13.11.04	3	NC	Danang	12 Aug 2025

1:00.66	Kim Cho-Eun	KOR	20.3.03	1		Seocheon	2 Jul 2025
1:00.81	Dinara Anvarova	UZB	26.9.03	2		Tashkent	15 May 2025
1:00.83 NR	Ashleigh Ma Ying Wen	HKG	20.1.03	1	NC	Hongkong	11 May 2025
1:01.04	Evelina Ryabkova	KAZ	31.7.08	3		Almaty	21 Jun 2025
1:01.05	W G S Lakshani	SRI	7.9.04	1	MilitaryCh	Diyagama	19 Aug 2025
1:01.07	Mandy Goh Li	MAS	15.12.00	6	NC	Pathum Thani	24 Jun 2025
1:01.13	Kazhan Rostami	IRI	24.7.00	1	NC	Rasht	5 May 2025
1:01.19	Jecel Vivas	PHI	9.9.07	1		New Clark City	9 Nov 2025
1:01.28	Noh Ji-Hyeon	KOR	8.6.00	1h1		Iksan	8 Jul 2025
1:01.60	Kim Ji-Eun	KOR	16.6.92	1		Yecheon	4 Sep 2025
1:01.86	Kong Chun-Ki	HKG	17.2.98	5h1	NatG	Guangzhou	16 Nov 2025
1:02.03	Niginabonu Rajabova	UZB	25.9.09	3		Tashkent	17 Aug 2025
1:02.63	Nazanin Fatemeh Eidian	IRI	11.8.05	1		Tehran	6 Sep 2025
1:02.87	Shienna Sarsonas	PHI	1.9.09	2		Laoag	28 May 2025
1:02.95	Fatin Nashira Mohd Fadzil	MAS	18.6.06	1		Kuantan	12 Oct 2025
1:02.97	Danh Thi Thuy	VIE	16.5.07	1	NJC	Danang	13 Oct 2025
1:02.98	Maria Nohra	LBN	26.4.01	1	NGP	Jamhour	5 Jul 2025
1:03.03	Benny Nonthaam	THA	15.5.01	1	Int-Univ	Bangkok	14 Jan 2025
1:03.10	Nur Shaqirah Cik Mat Kilau	MAS	2004	1		Serdang	13 Nov 2025
1:03.30	Fatemah Khorshidvand	IRI		2	NC	Rasht	5 May 2025
1:03.33	Novi Anggun Lestari	INA	2008	1	AseanSchG	B.S. Begawan	23 Nov 2025
1:03.48	Kristina Pronzhenko	TJK	10.12.88	2	Uzbek Cup	Tashkent	18 Sep 2025
1:03.57	Parya Parvizpour	IRI	17.1.07	1	NJC	Arak	11 Jul 2025
1:03.79	Mahra Abderahim Enqelya	UAE	6.2.02	2		Dubai	11 May 2025

**Additional National Records:**

1:04.61 NR	Borsha Khatun	BAN	11.5.00	1		Dhaka	18 Feb 2025
1:07.42 NR	Deemah Al-Meqbel	KSA	2008	6		Langley, CAN	7 Jun 2025

**Better Hand-Timing:**

1:00.4 HT	Kazhan Rostami	IRI	24.7.00	1		Tehran	13 Aug 2025
1:00.7 HT	Nazanin Fatemeh Eidian	IRI	11.8.05	2		Tehran	13 Aug 2025

**Doubtful eligibility:**

1:01.17	Sara Shams Ali	(QAT)	5.11.05	1		Doha	9 Apr 2025
1:02.94	Iman Badr	(QAT)		1h1		Doha	9 Apr 2025

**HIGH JUMP**

1.90	Kristina Ovchinnikova	KAZ	21.3.01	1		Hania	1 Jun 2025
1.90	Safina Sadullayeva	UZB	4.3.98	1		Bialystok	14 Jun 2025
1.90	Shao Yuqi	CHN	13.5.02	1	NC	Quzhou	1 Aug 2025
1.90	Lu Jiawen	CHN	19.8.02	2	NC	Quzhou	1 Aug 2025
1.90	<i>Shao Yuqi</i>			1	NatG	Guangzhou	19 Nov 2025
1.89	Pooja	IND	21.2.07	1	AsiCh	Gumi	30 May 2025
1.88	Hu Linpeng	CHN	29.12.95	1	NGP	Jiaxing	30 Apr 2025
1.88	Nuerlan Dina	CHN	25.6.98	2	NGP	Jiaxing	30 Apr 2025
1.88	<i>Safina Sadullayeva</i>			10	DL	Paris	20 Jun 2025
1.88	Nagisa Takahashi	JPN	15.1.00	22q	WCh	Tokyo	18 Sep 2025
	<b>(Top-10 performances by 8 athletes)</b>						
1.87	Liu Jingyi	CHN	27.10.94	3	NC	Quzhou	1 Aug 2025
1.86	Valeriya Gorbatoва (10)	UZB	7.9.04	2		Tashkent	15 May 2025
1.86	Yelizaveta Matveyeva	KAZ	9.12.01	2=	AsiCh	Gumi	30 May 2025
1.86	Nadezhda Dubovitskaya	KAZ	12.3.98	4	AsiCh	Gumi	30 May 2025
1.86	Barmo Sayfullayeva	UZB	5.2.05	1		Tashkent	17 Aug 2025
1.86	Bui Thi Kim Anh	VIE	5.8.06	1	SEAG	Bangkok	16 Dec 2025
1.85	Shieriai Tsuda	JPN	9.9.96	2		Hiratsuka	9 Aug 2025
1.85	Yuki Morisaki	JPN	4.11.05	1	NatG	Hikone	6 Oct 2025
1.85	Duong Thi Thao	VIE	21.2.06	1	NJC	Danang	10 Oct 2025
1.84	Liu Sang	CHN	23.12.96	1	Belt&Road	Chongqing	14 May 2025
1.84	Jin Ruoxuan	CHN	8.1.05	4	NC	Quzhou	1 Aug 2025

1.84	Zhu Ting (20)	CHN	28.12.99	1		Ji'an	2 Sep 2025
1.84	Chen Meiqi	CHN	4.1.07	5=	NatG	Guangzhou	19 Nov 2025
1.83	Abhinaya S Shetty	IND	16.6.99	1	NGP	Bengaluru	28 Mar 2025
1.83	Thanlada Thongchomphunut	THA	22.3.04	1	NC	Singapore	24 Apr 2025
1.83	Aleksandra Sharkayeva	UZB	1.12.98	3		Tashkent	15 May 2025
1.82	Gobika K	IND	6.8.02	2	FedCup	Kochi	24 Apr 2025
1.81	Chiang Lam Cheung	HKG	8.5.00	2	NC	Singapore	24 Apr 2025
1.81	Kaede Ito	JPN	15.12.03	1		Hiratsuka	26 Apr 2025
1.81	Deng Siyi	CHN	21.8.97	1		Chengdu	3 May 2025
1.81	Reet Rathor	IND	10.6.06	1	Jr FedCup	Prayagraj	23 Jun 2025
1.81	Mansi (30)	IND	3.9.02	1	RailwayCh	Kolkata	5 Sep 2025

**Additional Non-IND/JPN/CHN/UZB marks:**

1.80	Chang Chiao-Yin	TPE	23.11.01	1		Tainan	1 May 2025
1.80	Chung Wai Yan	HKG	10.11.98	9	AsiCh	Gumi	30 May 2025
1.80	Faina Meirmanova	KAZ	12.6.06	2		Almaty	26 Jun 2025
1.80	Mariel Abuan	PHI	1.10.04	2	SEAG	Bangkok	16 Dec 2025
1.80	Lee Seung-Min	KOR	11.9.03	1	NSF	Busan	22 Oct 2025
1.79	Jang Seon-Yeong	KOR	5.4.98	1		Gumi	21 Apr 2025
1.78	Mai Ngoc Anh	VIE	6.8.08	2	NJC	Danang	10 Oct 2025
1.77	Li Ching-Ching	TPE	6.3.97	4	TaiwanOpn	Taipei	8 Jun 2025
1.77	Nguyen Thanh Vy	VIE	15.9.02	2	NC	Danang	12 Aug 2025
1.76	Wang I-Hsun	TPE	6.11.06	2	NatG	Yunlin	22 Oct 2025
1.75	Lin Pei-Hsuan	TPE	11.10.07	Hep-Jr		Taipei	15 Feb 2025
1.75	Norliana Kamaruddin	MAS	26.3.91	1	NC	New Clark City	3 May 2025
1.74	Oh Su-Jung	KOR	4.6.02	6	TaiwanOpn	Taipei	8 Jun 2025
1.74	Mihinsa Dewmini D K	SRI	23.5.08	1	NJC-U18	Diyagama	12 Jun 2025
1.74	Renindi Pehansa	SRI	24.7.04	2	SAAC	Ranchi	26 Oct 2025
1.73	Ritu Akhter	BAN	25.9.00	1	NC	Dhaka	17 Feb 2025
1.73	Wong Yuen Nam	HKG	1.2.99	2		Hongkong	28 Jun 2025
1.73	Koshila Perera A A R	SRI	18.4.00	2	MilitaryCh	Diyagama	30 Sep 2025
1.73	NR Yasmeen Roy	KUW	28.6.09	1	AYG	Manama	26 Oct 2025
1.71	NR Aliya Faiq Fua'Ad Al Mughairi	OMA	1.2.03	1		Muscat	11 Apr 2025
1.71	Kim Yeon-Woo	KOR	30.3.07	1		Boeun	10 Aug 2025
1.71	Asal Ali Gholi	IRI	30.1.06	1		Tehran	22 Sep 2025
1.70	Minoli Fernando	SRI	26.2.04	2		Diyagama	9 Feb 2025
1.70	Tiffany Tang Yi Ching	HKG	12.10.99	1		Sydney	15 Feb 2025
1.70	Umme Hafsa Rumki	BAN	26.9.01	2	NC	Dhaka	17 Feb 2025
1.70	Melissa Choong	MAS	26.10.04	2		Loughborough	13 Apr 2025
1.70	Mahya Naeimi	IRI	29.11.02	1	NGP	Tehran	13 Apr 2025
1.70	Fatemeh Mohitizadeh	IRI	29.7.03	2	NGP	Tehran	13 Apr 2025
1.70	Priscilla Cheung Ching Laam	HKG	8.5.01	11		Qingdao	19 Jun 2025
1.70	Yap Sean Yee	MAS	1.5.95	1	NC	Kangar	29 Aug 2025
1.70	Sarah Dequinan	PHI	7.10.96	Hep	SEAG	Bangkok	15 Dec 2025

**Better Indoor Marks**

1.92	NR Nagisa Takahashi	JPN	15.1.00	2		Hustopecce	8 Feb 2025
1.88	Yelizaveta Matveyeva	KAZ	9.12.01	1		Astana	18 Jan 2025
1.84	Faina Meirmanova	KAZ	12.6.06	1	NJC-U23	Ust-Kamenogorsk	21 Jan 2025
1.84	Zhu Ting	CHN	28.12.99	2	NGP-i	Xi'an	15 Feb 2025
1.80	Irina Sizova	KAZ	26.9.05	2	NJC-U23	Ust-Kamenogorsk	21 Jan 2025

**Doubtful eligibility:**

1.77	Nimat Omar Al Ali	(QAT)		1		Doha	8 Apr 2025
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**POLE VAULT**

4.65	Niu Chung	CHN	14.2.00	1		Nanjing	1 May 2025
4.60	<i>Niu Chung</i>			10q	WCh	Tokyo	15 Sep 2025
4.58	<i>Niu Chung</i>			4		Athens	6 Jul 2025
4.52	<i>Niu Chung</i>			1		Hof	28 Jun 2025

4.51		<i>Niu Chung</i>		1		Hefei	23 Aug 2025
4.50		<i>Niu Chung</i>		1	Belt&Road	Chongqing	14 May 2025
4.48		<i>Niu Chung</i>		1	AsiCh	Gumi	28 May 2025
4.45		<i>Niu Chung</i>		2		Geneva	21 Jun 2025
4.45		<i>Niu Chung</i>		11=	WCh	Tokyo	17 Sep 2025
4.41		<i>Niu Chung</i>		4		Luzern	15 Jul 2025
<b>(Top-10 performances by 1 athlete)</b>							
4.41		Wei Lingxia	CHN	20.3.04	2	Hefei	23 Aug 2025
4.40		Xu Huiqin	CHN	4.9.93	1	NGP	Jiaxing
4.40		Misaki Morota	JPN	6.10.98	1	Kinami	Osaka
4.40		Dai Yuge	CHN	6.9.02	1	NGP	Bengbu
4.40		She Chenyao	CHN	21.8.00	2	NC	Quzhou
4.40		Mou Keni	CHN	5.8.08	1	NGP	Rizhao
4.35		Zhang Zixuan	CHN	27.3.06	1	Int-Univ	Huangshi
4.35	NR	Diva Renata Jayadi	INA	24.1.02	1	SEAG	Bangkok
4.32		Chen Qiaoling	CHN	22.11.99	3		Hof
(10)							
4.31		Mitsuki Kobayashi	JPN	16.3.05	1	NC	Tokyo
4.30		Du Rui	CHN	24.8.00	2	NatG	Guangzhou
4.25		Rena Tanaka	JPN	29.6.00	1		Kan-onji
4.21		Sora Murata	JPN	30.4.04	1		Tsukuba
4.20		Akari Osakaya	JPN	10.4.02	2	Kinami	Osaka
4.16		Liu Xue	CHN	29.9.01	7		Hefei
4.15		Mayu Nasu	JPN	6.5.96	1		Akashi
4.15		Li Xiang	CHN	9.4.06	1		Chengdu
4.15		Riho Okada	JPN	21.8.05	1		Nagano
4.15		Li Xiyang	CHN	3.11.07	8=	NC	Quzhou
(20)							
4.15		Li Ling	CHN	6.7.89	4	NatG	Guangzhou
4.14		Kanae Tatsuta	JPN	21.7.92	2=	HyogoR	Kobe
4.13		Ren Chun-Ying	TPE	2.6.02	1	NC	Pathum Thani
4.12		Rio Sasaki	JPN	9.5.03	2	TwilightG	Yokohama
4.10		Hitose Wakabayashi	JPN	4.8.03	6	NC	Tokyo
4.10		Baranica Elangovan	IND	3.2.97	1	NC-1	Chennai
4.07		Shen Yi-Ju	TPE	9.12.97	1	NatG	Yunlin
4.06		Chonthicha Khabut	THA	22.11.03	1	Int-Univ	Bangkok
4.06		Miu Suzuki	JPN	31.7.03	1		Nagoya
4.05		Anna Cherkashina	KAZ	8.4.08	1	NYC	Almaty
(30)							
4.05		Mariya Jaison	IND	23.9.97	1	KerSC	Thiruvananthapuram
4.05		Kanon Omamiuda	JPN	29.9.08	1		Maebashi
4.05		Minori Shinozaki	JPN	11.6.02	1		Higashiosaka
(33)							
<b>Additional Non-JPN/CHN marks:</b>							
4.00		Pavithra Vengatesh	IND	8.12.01	1	FedCup	Kochi
4.00		Alyana Nicolas	PHI	29.8.94	1	NC	New Clark City
4.00		Chayanisa Chomchuendee	THA	9.9.88	1=		Busan
4.00		Polina Ivanova	KAZ	3.12.02	3		Busan
4.00		Sathiya Tamilarasan	IND	5.2.01	3	NC-1	Chennai
3.95		Maria Adriani Melabesy	INA	9.1.06	1		Surabaya
3.90		Mahsa Mirzatabibi	IRI	5.12.98	1		Busehr
3.90		Yen Tzu-Hsin	TPE	2.2.06	5		Nantou
3.90		Bae Han-Na	KOR	17.5.99	1		Yecheon
3.90		Nguyen Pham Hoai Yen	VIE	2.5.01	1	NC	Danang
3.90		Chen Hsuan-Lin	TPE	26.10.02	3	NatG	Yunlin
3.85		Truong Thi Thu	VIE	1.3.95	2	NC	Danang
3.80		Lim Eun-Ji	KOR	2.4.89	1		Gumi
3.80		Shin Soo-Young	KOR	25.1.98	1		Seocheon
3.70		Piyada Bunkwang	THA	11.3.05	2	Int-Univ	Bangkok
3.70		Jo Min-Ji	KOR	26.3.98	2		Gumi

3.70		Amy Christensen	PHI	9.4.01	2		Makati	20 Sep 2025
3.60		Elmira Kabirova	KAZ	28.6.06	2		Almaty	20 Jun 2025
3.60		Nesara Daksitha	SRI	21.7.01	1	Int-Univ	Diyagama	24 Aug 2025
3.60		Nor Sarah Adi	MAS	20.8.00	1		Serdang	15 Nov 2025
3.50		Esther Tay Shee Wei	SGP	3.3.05	1	NC	Singapore	25 Apr 2025
3.50		Jessa Marie Libres	PHI	9.10.03	3		Cavite	6 May 2025
3.50		Fatemeh Khodaei	IRI	3.12.03	3		Tehran	21 Sep 2025
3.45		Ashlee Ong Yu Xi	SGP	2006	2	NC	Singapore	25 Apr 2025
3.45		Marie Khrizzie Ruzol	PHI	10.5.02	2		New Clark City	4 May 2025
3.45		Noor Shahreena Jamizan	MAS	7.9.05	1	NC	Kangar	31 Aug 2025
3.40		Lorraine Leong	SGP	2007	3	NC	Singapore	25 Apr 2025
3.40		Selvarasa Nirusika	SRI	7.12.06	1		Diyagama	13 Jun 2025
3.40		Samira Kordali	IRI	15.9.02	2		Tehran	13 Aug 2025

**Additional National Records:**

3.10	NR	Nisreen Mohamed Hassoun	IRQ		1		Al Najaf	1 Jul 2025
2.80	NR	Loua Houdaib	LBN	2005	2		Chelmsford	28 Jun 2025
2.70	NR	Alyazaih Tariq Abdel Salam	UAE	2009	2		Rades	26 Aug 2025
2.50	NR	Nour Badr Abdulrahman	KSA		4		Doha	7 Apr 2025

**Better Indoor Marks**

4.40	NR	Misaki Morota	JPN	6.10.98	1		Nantes	25 Jan 2025
4.40		Xu Huiqin	CHN	4.9.93	3		Bergamo	15 Feb 2025
4.37		Chen Qiaoling	CHN	22.11.99	3	IFAM ind	Gent	1 Feb 2025
4.20		Akari Osakaya	JPN	10.4.02	1		Kan-onji	9 Feb 2025
4.20		Mayu Nasu	JPN	6.5.96	2		Kan-onji	9 Feb 2025
4.20	NR	Chayanisa Chomchuendee	THA	9.9.88	2		Nantou	30 Mar 2025
4.10		Chonthicha Khabut	THA	22.11.03	2		Tsaotun	26 Mar 2025
4.00		Polina Ivanova	KAZ	3.12.02	1		Astana	17 Jan 2025
3.90		Yen Tzu-Hsin	TPE	2.2.06	6		Tsaotun	26 Mar 2025
3.90		Chen Hsuan-Lin	TPE	26.10.02	7		Tsaotun	26 Mar 2025
3.80		Elmira Kabirova	KAZ	28.6.06	2	NJC	Ust-Kamenogorsk	28 Feb 2025
3.60		Darya Doshanova	KAZ	25.11.03	2		Ust-Kamenogorsk	22 Jan 2025

**LONG JUMP**

6.68	0.4	Xiong Shiqi	CHN	9.3.04	2	WUG	Bochum-Wattenscheid	22 Jul 2025
6.64	1.1	Shaili Singh	IND	7.1.04	1	FedCup	Kochi	24 Apr 2025
6.62	0.0	<i>Xiong Shiqi</i>			1		Athens	28 May 2025
6.58	1.7	Li Zhishuang	CHN	26.5.03	1	NC	Quzhou	3 Aug 2025
6.55	0.4	<i>Li Zhishuang</i>			1	NGP	Zhaoqing	11 Apr 2025
6.54	1.7	Ancy Sojan E	IND	1.3.01	2		Dubai	11 May 2025
6.54	0.7	Tan Mengyi	CHN	5.9.02	1	NatG	Guangzhou	19 Nov 2025
6.54	0.5	Huang Yingying	CHN	18.8.04	2	NatG	Guangzhou	19 Nov 2025
6.53	NR	Reyhaneh Mobini	IRI	20.11.00	1		Bushehr	12 Feb 2025
6.53	-0.5	Tran Thi Loan	VIE	1.5.00	1	SEAG	Bangkok	16 Dec 2025

**(Top-10 performances by 8 athletes)**

6.51	2.0	Yang Yang	CHN	23.8.01	1	NGP	Jiaxing	28 Apr 2025
6.48	0.8	Ayaka Kora	JPN	22.3.01	1	NC	Tokyo	5 Jul 2025
		(10)						
6.47	-0.7	Sumire Hata	JPN	4.5.96	1	Kinami	Osaka	11 May 2025
6.47	0.5	Miu Kimura	JPN	25.8.00	2	NC	Tokyo	5 Jul 2025
6.45	0.8	Moumita Mondal	IND	9.12.01	3	FedCup	Kochi	24 Apr 2025
6.43	1.3	Shen Huicong	CHN	20.1.05	1	NGP	Bengbu	15 Jun 2025
6.42	1.7	Tian Lingfang	CHN	26.1.02	3	NGP	Jiaxing	28 Apr 2025
6.42	1.8	Liang Moyong	CHN	12.4.09	2	NGP	Bengbu	15 Jun 2025
6.42	1.4	Sharifa Davronova	UZB	11.6.06	1	Arzumanov	Tashkent	21 Jun 2025
6.40		Bhavani Yadav	IND	19.12.98	1	TNSC	Salem	20 Jul 2025
6.40	1.8	Yuhi Narisawa	JPN	16.6.07	1	NSG	Hiroshima	27 Jul 2025
6.39	0.9	Jin Donghua	CHN	9.2.99	4	NGP	Bengbu	15 Jun 2025
		(20)						
6.39	0.6	Chen Liwen	CHN	3.1.98	3	NatG	Guangzhou	19 Nov 2025

6.37	-0.9	Ion Kondo	JPN	17.4.06	2	Int-Univ	Okayama	7 Jun 2025
6.37	-0.2	Akiha Kobari	JPN	19.12.06	3	Int-Univ	Okayama	7 Jun 2025
6.37	1.5	Nethmi Madushani Herath	SRI	4.5.05	1	NC	Pathum Thani	22 Jun 2025
6.37		Ha Thi Thuy Hang	VIE	23.2.06	2	NC	Danang	9 Aug 2025
6.36	1.3	Tiffany Yue Nga Yan	HKG	17.3.98	1	NC	Hongkong	10 May 2025
6.36		Mubassina Mohammed	IND	22.2.06	1	NC-U23	Hanumakonda	16 Oct 2025
6.36	0.1	Chen Shuiqing	CHN	12.4.00	6	NatG	Guangzhou	19 Nov 2025
6.35	1.9	Shi Shi	CHN	23.3.01	5	NGP	Jiaxing	28 Apr 2025
6.34	0.2	Gong Luying	CHN	22.2.00	2	Belt&Road	Chongqing	15 May 2025
		(30)						
<b>Additional Non-JPN/CHN/IND marks:</b>								
6.27	0.9	Maria Natalia Londa	INA	29.10.90	3	SEAG	Bangkok	16 Dec 2025
6.25	0.8	Anastasiya Rypakova	KAZ	21.9.04	1	NC	Almaty	10 Jul 2025
6.23	2.0	Jia Wai Yin	HKG	26.11.06	1	NJC	Taizhou	23 Jun 2025
6.22		Vu Thi Ngoc Ha	VIE	21.5.00	3	NC	Danang	9 Aug 2025
6.20	-0.9	Dhananjana Sithmini H R	SRI	20.7.05	1	MilitaryCh	Diyagama	18 Aug 2025
6.18	1.4	Elaheh Rahimifar	IRI	10.4.99	2		Busehr	12 Feb 2025
6.17		Hoang Thanh Giang	VIE	27.4.01	Hep	NC	Danang	13 Aug 2025
6.16	1.9	Tia Louise Rozario	SGP	14.10.00	2	NC	Pathum Thani	22 Jun 2025
6.15	1.6	Huang Shih-Han	TPE	18.10.05	2	NatG	Yunlin	21 Oct 2025
6.12	1.2	Yu Jeong-Mi	KOR	2.4.94	6	AsiCh	Gumi	29 May 2025
6.12	-1.0	Fatemeh Mohitizadeh	IRI	29.7.03	Hep	Solidarity	Riyadh	20 Nov 2025
6.09	1.1	Oh So-Hee	KOR	15.3.07	1	Chn-Jpn-Kor	Baotou	25 Aug 2025
6.09	0.5	Hsiang Chia-Li	TPE	13.9.00	1		Taipei	20 Sep 2025
6.07	0.8	Mariya Yefremova	KAZ	19.10.98	5	Qosanov	Almaty	2 Aug 2025
6.07	-1.4	Ishara Samanmali W A	SRI	12.1.04	2	NC	Diyagama	2 Aug 2025
6.06	0.5	Supawat Choothong	THA	27.12.02	5	SEAG	Bangkok	16 Dec 2025
6.05	0.3	Liu Li-Chi	TPE	27.9.02	1		Taipei	28 Mar 2025
6.05	-0.1	Sarina Saedi	IRI	21.8.03	1		Tehran	6 Sep 2025
6.04	0.0	Lee Hui-Jin	KOR	25.11.98	6qA	AsiCh	Gumi	28 May 2025
6.03	1.5	Oshini Kavindya	SRI	24.3.07	1	NSG	Diyagama	10 Oct 2025
6.02		Vinsensia Awutet Amjaram	INA	4.6.98	2		Semarang	3 Jul 2025
6.01	1.5	Roksana Khudoyarova	UZB	30.1.01	1	NC	Tashkent	23 Apr 2025
6.01	1.3	Kim A-Yeong	KOR	6.11.03	1		Naju	30 Apr 2025
5.98	0.3	Chen Tsai-Chuan	TPE	29.1.01	6	TaiwanOpn	Taipei	8 Jun 2025
5.97	0.5	Sarah Dequinan	PHI	7.10.96	-	SEAG	Bangkok	16 Dec 2025
5.95		Devi Aprilian	INA	18.4.03	1		Semarang	21 Sep 2025
5.94		Swapna Khatun	BAN	1.1.04	1		Dhaka	24 Aug 2025
5.94		Enkhat Oyundari	MGL	14.7.99	1		Ulaanbaatar	19 Sep 2025
5.92	-1.1	Alina Chistyakova	KAZ	30.4.05	7qB	AsiCh	Gumi	28 May 2025
5.91		Suphawadee Inthathueng	THA	4.5.01	2	Int-Univ	Bangkok	13 Jan 2025
5.90	-0.9	Chloe Chee En-Ya	SGP	28.3.08	1		Singapore	14 Feb 2025
5.90		Alia Batrisya Nasaruddin	MAS	28.9.06	1		Kluang	28 Jun 2025
5.89	1.2	Zhong Chuhan	SGP	18.10.05	4	NC	Pathum Thani	22 Jun 2025
5.87	-0.4	Valeriya Safonova	KAZ	16.4.04	3	NC	Almaty	10 Jul 2025
5.87	-0.8	Nurul Ashikin Abas	MAS	15.7.00	3		Tashkent	16 Aug 2025
5.87	-0.7	Lie Hiu Yee	HKG	1.3.07	19q	NatG	Guangzhou	17 Nov 2025
5.86	0.1	Naritza Ferrer Anak Neil Armstrong	MAS	31.8.06	4		Tashkent	16 Aug 2025
5.86	1.3	Rica Balderama	PHI	24.11.04	1		New Clark City	9 Nov 2025
5.85	0.9	Pui Ling Wong	HKG	15.3.97	1		Hongkong	29 Jun 2025
5.84	0.0	Emilia Nova	INA	20.8.95	1		Surabaya	10 May 2025
5.83 NR	0.6	Sima Kumari Chaudhary	NEP	9.1.03	8	WACT	Bhubaneswar	10 Aug 2025
5.79	0.0	Christel El Saneh	LBN	11.6.94	1		Nice	3 Jul 2025
<b>Additional National Records:</b>								
5.74 NR		Aisha Waleed Al-Khuder	KUW	2.11.96	1		Doha	10 Apr 2025
5.24 NR		Aishath Shaim Azeez	MDV	27.4.05	1		Male	15 Aug 2025
4.21 NR		Levisa Zahir	AFG	14.5.12			Mainz	11 Jun 2025
<b>Wind-assisted marks:</b>								
6.52	3.6	Ayaka Kora	JPN	22.3.01	1		Yokohama	21 Jun 2025
6.43	2.2	Mizuki Otsu	JPN	30.9.03	1	Int-Univ	Sagamihara	9 May 2025

6.42	2.4	Gong Luying	CHN	22.2.00	4	NGP	Jiaxing	28 Apr 2025
6.25	2.5	Lee Hui-Jin	KOR	25.11.98	1		Gumi	21 Apr 2025
6.15	3.0	Liu Li-Chi	TPE	27.9.02	1	NatG	Yunlin	21 Oct 2025
6.02	2.1	Sarah Dequinan	PHI	7.10.96	6	SEAG	Bangkok	16 Dec 2025
6.00	3.3	Chen Tsai-Chuan	TPE	29.01.01	Hep	NatG	Yunlin	21 Oct 2025
5.97	2.2	Chloe Chee En-Ya	SGP	28.3.08	1	SEAYthCh	Medan	15 Nov 2025

**Better Indoor Marks**

6.51		Zhu Yi	CHN	14.7.03	1	NGP-i	Xi'an	14 Feb 2025
6.48		Guo Sijia	CHN	14.2.99	1	NGP-i	Chengdu	10 Feb 2025
6.48		Jin Donghua	CHN	9.2.99	2	NGP-i	Xi'an	14 Feb 2025
6.37		Xiao Ziyu	CHN	23.8.02	1	NIC	Jinan	8 Mar 2025
6.01		Alina Chistyakova	KAZ	21.9.04	1	NC	Astana	15 Feb 2025
6.01		Ekaterina Avdeenko	KAZ	20.12.04	2	NC-U23	Ust-Kamenogorsk	21 Jan 2025
5.91		Valeriya Safonova	KAZ	16.4.04	3		Ust-Kamenogorsk	1 Mar 2025

**TRIPLE JUMP**

14.33	1.2	Sharifa Davronova	UZB	11.6.06	1	WUG	Bochum-Wattenscheid	27 Jul 2025
14.19	1.9	<i>Sharifa Davronova</i>			1	Qosanov	Almaty	3 Aug 2025
14.06	-0.6	Zhou Hui	CHN	8.1.06	1	NatG	Guangzhou	16 Nov 2025
14.02	0.0	<i>Zhou Hui</i>			1q	NatG	Guangzhou	15 Nov 2025
13.97	0.1	Tan Qiujiao	CHN	28.5.00	1	Belt&Road	Chongqing	16 May 2025
13.96	0.2	Huang Yingying	CHN	18.8.04	1	NGP	Rizhao	28 Sep 2025
13.94	1.6	Maoko Takashima	JPN	7.7.99	-		Hiratsuka	9 Aug 2025
13.93	-0.2	Li Yi	CHN	26.11.05	1	NGP	Bengbu	13 Jun 2025
13.93	1.1	<i>Li Yi</i>			1	NC	Quzhou	4 Aug 2025
13.92	0.2	<i>Maoko Takashima</i>			1	NC	Tokyo	4 Jul 2025
13.92	-1.2	<i>Li Yi</i>			2	NatG	Guangzhou	16 Nov 2025

**(Top-11 performances by 6 athletes)**

13.91	-0.5	Zeng Rui	CHN	6.2.98	3	NatG	Guangzhou	16 Nov 2025
13.90	1.4	Xie Yazhan	CHN	30.1.02	1	NGP	Jiaxing	30 Apr 2025
13.87	0.4	Akari Funada	JPN	27.8.00	1		Fujiyoshida	3 Aug 2025
13.85	1.3	Maria Natalia Londa	INA	29.10.90	1	SEAG	Bangkok	13 Dec 2025
		(10)						
13.84	1.7	Cheng Zenghuan	CHN	12.10.04	2	NGP	Jiaxing	30 Apr 2025
13.83	0.8	Mariko Morimoto	JPN	17.3.95	4	EdMurphey	Memphis	12 Jul 2025
13.82	0.5	Chen Ting	CHN	28.8.97	2	NGP	Bengbu	13 Jun 2025
13.82	0.1	Chen Jie	CHN	2.3.98	3q	NatG	Guangzhou	15 Nov 2025
13.80		Roksana Khudoyarova	UZB	30.1.01	1	NC	Tashkent	24 Apr 2025
13.79	1.3	Parinya Chuaimaroeng	THA	16.12.97	2	SEAG	Bangkok	13 Dec 2025
13.75	0.2	Peng Mengyuan	CHN	5.9.96	3	NGP	Bengbu	13 Jun 2025
13.73		Nguyen Thi Huong	VIE	24.11.01	1	NC	Danang	12 Aug 2025
13.71	1.0	Qin Huiling	CHN	29.11.03	3	Belt&Road	Chongqing	16 May 2025
13.68	1.9	Vu Thi Ngoc Ha	VIE	21.5.00	3	SEAG	Bangkok	13 Dec 2025
		(20)						
13.67	0.0	Zhang Runzhe	CHN	21.9.04	2	Int-Univ	Huangshi	12 Aug 2025
13.66	-0.5	Gu Aolin	CHN	3.3.04	1		Guangzhou	27 May 2025
13.66		Tran Thi Loan	VIE	1.5.00	2	NC	Danang	12 Aug 2025
13.64	-0.5	Lin Jingjing	CHN	18.5.02	4	Belt&Road	Chongqing	16 May 2025
13.58	1.4	Niharika Vashisht	IND	17.10.95	3		Dubai	11 May 2025
13.58	1.7	Nethmi Madushani Herath	SRI	4.5.05	1	NC	Pathum Thani	23 Jun 2025
13.58	0.3	Xie Yiqing	CHN	29.1.09	1	NJC	Huangshi	28 Jun 2025
13.57	-0.1	Mariya Yefremova	KAZ	19.10.98	6	AsiCh	Gumi	27 May 2025
13.56	0.2	Yang Yang	CHN	23.8.01	5q	NatG	Guangzhou	15 Nov 2025
13.48	1.2	Sandra Babu	IND	3.7.01	2	FedCup	Kochi	23 Apr 2025

(30)

**Additional Non-CHN marks:**

13.39	-0.4	Bhairabi Roy	IND	2.2.95	1	RailwayCh	Kolkata	7 Sep 2025
13.31	0.5	Lin Yu-Ting	TPE	22.10.97	1		Tainan	29 Apr 2025
13.30		Aleena T Saji	IND	13.3.02	1		Thiruvananthapuram	22 Jul 2025

13.27		Nguyen Thi Thu Ha	VIE	10.5.03	4	NC	Danang	12 Aug 2025
13.17	NR	Enkhat Oyundari	MGL	14.7.99	1		Ulaanbaatar	20 Sep 2025
13.13	0.7	Hazuki Otsuka	JPN	22.8.03	1	Int-Univ	Okayama	8 Jun 2025
13.13	1.6	Sarina Saedi	IRI	21.8.03	1		Tehran	22 Sep 2025
13.05		Maryam Kazemi	IRI	11.2.99	1		Bushehr	12 Feb 2025
13.04	1.9	Shashani Upeksha E M	SRI	6.1.98	1	MilitaryCh	Diyagama	29 Sep 2025
13.00	0.3	Tia Louise Rozario	SGP	14.10.00	5	SEAG	Bangkok	13 Dec 2025
12.98	0.5	Nurul Ashikin Abas	MAS	15.7.00	12q	WUG	Bochum-Wattenscheid	26 Jul 2025
12.95	1.1	Huang Shih-Han	TPE	18.10.05	2		Tainan	29 Apr 2025
12.88	0.8	Randi Himasha Cooray	SRI	29.4.99	1		Diyagama	9 Feb 2025
12.85	-0.4	Kirthana Ramasamy	MAS	20.1.97	1	NC	Kangar	29 Aug 2025
12.80		Suphawadee Inthathueng	THA	4.5.01	2	Int-Univ	Bangkok	15 Jan 2025
12.78	0.7	Yu Jeong-Mi	KOR	2.4.94	1	NC	Jeongseon	23 Jun 2025
12.78	0.0	Ishara Samanmali W A	SRI	12.1.04	3	NC	Diyagama	3 Aug 2025
12.75	2.0	Varvara Dmitrieva	KAZ	30.10.03	4	Qosanov	Almaty	3 Aug 2025
12.73	1.8	Huang Yu-Ti	TPE	20.11.03	3		Tainan	29 Apr 2025
12.72	1.3	Hsu Tzu-Yu	TPE	17.9.04	4		Tainan	29 Apr 2025
12.70	1.0	Valeriya Safonova	KAZ	16.4.04	3	NC	Almaty	10 Jul 2025
12.57	-0.2	Lee Hui-Jin	KOR	25.11.98	1	NSF	Busan	22 Oct 2025
12.53	-0.2	Jang Seon-Gi	KOR	25.8.05	2	NSF	Busan	22 Oct 2025
12.52	1.3	Supawat Choothong	THA	27.12.02	-	NC	Pathum Thani	23 Jun 2025
12.51	1.4	Dilyara Khaibullina	KAZ	20.5.05	4	NC	Almaty	10 Jun 2025
12.49	1.5	Vera Chan Shannon	HKG	19.8.98	1		Hongkong	19 Jan 2025
12.49	0.3	Lee Ka-Eun	KOR	1.7.02	3	NSF	Busan	22 Oct 2025
12.49	NR	Jannatul	BAN		1		Dhaka	24 Aug 2025
12.44	-0.1	Jeanne Arnibal	PHI	4.9.04	1	NC	New Clark City	2 May 2025
12.44	0.7	Alia Batrisya Nasharuddin	MAS	28.9.06	3	NC	Kangar	29 Aug 2025
12.41	0.1	Abcde Agamenos	PHI	30.4.03	1		New Clark City	7 Nov 2025
12.39	0.2	Sylvia Chow	HKG	10.5.06	1		Hongkong	21 Dec 2025
12.34	0.6	Natepriya Aroka	THA	2008	1	AseanSchG	B.S. Begawan	26 Nov 2025
12.33	0.6	Rica Balderama	PHI	24.11.04	2	NC	New Clark City	2 May 2025
12.33	-0.2	Parisa Nabizadeh	IRI	15.12.05	2		Tehran	6 Sep 2025
12.30	-0.3	Puspita Ni Kadek Rani	INA	6.7.00	2		Surabaya	9 May 2025
12.26	-0.6	Zhong Chuhan	SGP	18.10.05	5	NC	Hongkong	11 May 2025
12.22	0.6	Naritza Ferrer Anak Neil Armstrong	MAS	31.8.06	4		Kuala Lumpur	4 May 2025
12.18	-1.2	Safiya Nikolayeva	UZB	26.11.08	1	NYC	Tashkent	12 Jun 2025

**Additional National Records:**

11.94	NR	Nawroz Ahmed Qadir	IRQ		1		Sulaymaniyah	19 Apr 2025
10.89	NR	Mariam Gamal Mubarak	KUW		3		Doha	8 Apr 2025
10.36	NR	Sarah Abdelkarim Al-Hilal	KSA	23.6.88	1		Qatif	19 Dec 2025

**Wind-assisted marks:**

14.25	2.5	Maoko Takashima	JPN	7.7.99	1		Hiratsuka	9 Aug 2025
13.46	4.7	Sharvari Parulekar	IND	21.3.02	2		Winston-Salem	17 May 2025
13.27	3.0	Tia Louise Rozario	SGP	14.10.00	2	NC	Pathum Thani	23 Jun 2025
13.10	2.2	Ishara Samanmali W A	SRI	12.1.04	1		Diyagama	19 Aug 2025
12.99	2.7	Valeriya Safonova	KAZ	16.4.04	1		Almaty	19 Jun 2025
12.82	3.5	Varvara Dmitrieva	KAZ	30.10.03	2		Almaty	19 Jun 2025
12.80	2.7	Supawat Choothong	THA	27.12.02	-		Pathum Thani	23 Jun 2025
12.75	3.4	Huang Yu-Ti	TPE	20.11.03	2	NatG	Yunlin	20 Oct 2025
12.75	3.6	Hsu Pei-Chieh	TPE	14.3.04	3	NatG	Yunlin	20 Oct 2025
12.58	4.4	Alia Batrisya Nasharuddin	MAS	28.9.06	2	SEAjrCh	Medan	18 Nov 2025
12.39	3.2	Ebri Safitra Katyea	INA	12.2.07	4	SEAjrCh	Medan	18 Nov 2025
12.28	2.9	Zhong Chuhan	SGP	18.10.05	7	NC	Pathum Thani	23 Jun 2025

**Better Indoor Marks**

13.91		Chen Jie	CHN	2.3.98	2	NGP-i	Xi'an	15 Feb 2025
13.87		Mariya Yefremova	KAZ	19.10.98	1	Rypakova	Ust-Kamenogorsk	1 Mar 2025
12.83		Valeriya Safonova	KAZ	16.4.04	2	NC	Astana	16 Feb 2025
12.61		Dilyara Khaibulina	KAZ	20.5.05	3	NC	Astana	16 Feb 2025

**SHOT PUT**

19.79		Gong Lijiao	CHN	24.1.89	1	NC	Quzhou	3 Aug 2025
19.68		<i>Gong Lijiao</i>			1	NatG	Guangzhou	16 Nov 2025
19.62		<i>Gong Lijiao</i>			3	DL	Xiamen	26 Apr 2025
19.47		Zhang Linru	CHN	23.9.99	2	NatG	Guangzhou	16 Nov 2025
19.33		Ma Yue	CHN	2.5.99	3	NatG	Guangzhou	16 Nov 2025
19.29		<i>Zhang Linru</i>			1		Neubrandenburg	11 Jun 2025
19.22		<i>Gong Lijiao</i>			8	DL	Eugene	5 Jul 2025
19.16		<i>Zhang Linru</i>			7	WCh	Tokyo	20 Sep 2025
19.16		<i>Zhang Linru</i>			1q	NatG	Guangzhou	15 Nov 2025
19.05		<i>Zhang Linru</i>			3		Beijing	7 Sep 2025
<b>(Top-10 performances by 3 athletes)</b>								
18.95		Song Jiayuan	CHN	15.9.97	2q	NatG	Guangzhou	15 Nov 2025
18.08	NR	Chiang Ching-Yuan	TPE	31.12.06	1	NatG	Yunlin	22 Oct 2025
17.98		Sun Yue	CHN	19.6.01	5	NatG	Guangzhou	16 Nov 2025
17.70		Jiang Yue	CHN	6.10.98	6	NatG	Guangzhou	16 Nov 2025
17.69		Ye Wenqi	CHN	26.6.01	6	WACT	Beijing	7 Sep 2025
17.57		Malika Nasreddinova	UZB	13.2.04	1		Tashkent	3 Apr 2025
17.57		Ding Zhuhui	CHN	11.4.06	7	NatG	Guangzhou	16 Nov 2025
<b>(10)</b>								
17.51		Zhang Mengdi	CHN	22.2.03	8	NatG	Guangzhou	16 Nov 2025
17.15		Meng Xiangyu	CHN	16.8.02	9	NatG	Guangzhou	16 Nov 2025
17.13		Du Xinrui	CHN	12.8.02	3	NGP	Rizhao	28 Sep 2025
17.00		Chen Ziyi	CHN	24.8.01	10	NatG	Guangzhou	16 Nov 2025
16.86		Jung You-Sun	KOR	19.12.97	1		Yecheon	5 Sep 2025
16.82		Wu Tzu-En	TPE	29.7.01	1		Tainan	30 Apr 2025
16.80		Li Mengyao	CHN	1.2.10	1	NJC	Huangshi	29 Jun 2025
16.61		Wen Xin	CHN	11.8.03	1	Int-Univ	Huangshi	11 Aug 2025
16.55		Bao Shuya	CHN	1.7.00	12q	NatG	Guangzhou	15 Nov 2025
16.52		Yogita	IND	1.11.00	1	NC-2	Ranchi	28 Sep 2025
<b>(20)</b>								
16.51		He Yuxiao	CHN	24.11.07	1	Chn-Jpn-Kor	Baotou	25 Aug 2025
16.42		Wan Lingmeng	CHN	13.7.04	14q	NatG	Guangzhou	15 Nov 2025
16.41		Gao Yirui	CHN	1.2.04	2		Chengdu	1 Apr 2025
16.37		Lee Su-Jung	KOR	15.2.93	2	NSF	Busan	19 Oct 2025
16.36	NR	Nani Shahirah Maryata	MAS	20.5.01	1	SEAG	Bangkok	12 Dec 2025
16.27		Poorna Raorane	IND	26.12.00	1		Chennai	15 Apr 2025
16.23		Tian Xinyi	CHN	9.8.06	15q	NatG	Guangzhou	15 Nov 2025
16.18		Shiksha	IND	12.12.02	1		Mumbai	21 Mar 2025
16.13		He Bing	CHN	31.5.98	16q	NatG	Guangzhou	15 Nov 2025
16.10		Vidhi Choudhary	IND	27.12.04	1	FedCup	Kochi	23 Apr 2025
<b>(30)</b>								
<b>Additional Non-CHN/IND marks:</b>								
16.04		Noora Salem Jassem	BRN	27.11.96	2		Antalya	27 Apr 2025
16.04		Areerat Intadit	THA	10.3.96	2	SEAG	Bangkok	12 Dec 2025
15.92	NR	Kim Thi Huyen	VIE	28.4.03	3	SEAG	Bangkok	12 Dec 2025
15.76		Chiharu Saka	JPN	21.11.06	1	NC	Tokyo	6 Jul 2025
15.71		Haruka Osako	JPN	5.2.01	1		Hiratsuka	9 Aug 2025
15.62		Kotomi Okuyama	JPN	23.7.04	1		Hiratsuka	25 Apr 2025
15.43		Niko Murase	JPN	13.1.05	2		Kyoto	14 Sep 2025
15.37		Tseng Chih-Wei	TPE	27.11.01	2		New Taipei City	14 Mar 2025
15.26		Elham Sedat Hashemi	IRI	17.12.01	1		Tehran	13 Aug 2025
15.13		Park So-Jin	KOR	18.5.05	3	NSF	Busan	19 Oct 2025
15.09		Lieu Thi Hong Phuong	VIE	16.3.02	1	NC	Danang	12 Aug 2025
15.03		Heo Ji-Youn	KOR	14.6.91	3	NC	Jeongseon	21 Jun 2025
14.94		Chen Chou-Hsiu	TPE	9.6.00	3	NatG	Yunlin	22 Oct 2025
14.90		Eki Febri Ekawati	INA	18.2.92	1	NC	Surakarta	1 Sep 2025
14.68		Nguyen Van Anh	VIE	20.1.06	2	NC	Danang	12 Aug 2025
14.01		Elaheh Alizadeh	IRI	2.10.05	1	NC	Rasht	4 May 2025

13.91	NR	Jannat Begum	BAN		1		Dhaka	22 Aug 2025
13.82		Aye Chan Bo	MYA	17.6.02	5	SEAG	Bangkok	12 Dec 2025
13.71		Ka Hoa	VIE	31.10.83	4	NC	Danang	12 Aug 2025
13.71		Salsyabila Aprilianti	INA	2005	1		Semarang	21 Sep 2025
13.52		Ovini Chandrasekara	SRI	20.3.03	1		Dadella	30 Aug 2025
13.46		Sara Karazmoon	IRI	17.12.07	1		Tehran	10 Jul 2025
13.39		Yulianna Shukina	UZB	17.9.05	4		Tashkent	15 May 2025
13.31		Elena Trontova	KAZ	1.4.03	1		Omsk	6 Jun 2025
13.25		Dewa Ayu Ita Ari	INA	1998	2	NC	Surakarta	1 Sep 2025
13.17		Elizabeth Baminggen	INA	17.3.03	3	NC	New Clark City	2 May 2025
12.86		Jamela De Asis	PHI	12.3.02	1		Pasig	30 Aug 2025
12.85		Asyherina Kuja Ujoh	MAS	2006	1		Johor Bahru	6 Sep 2025
12.67		Tatyana Ivanishko	KAZ	22.6.08	1		Almaty	19 Jun 2025
12.54		Kavya Jayasuriya	SRI	18.11.03	2		Diyagama	8 Feb 2025
12.54		Irina Velihanova	TKM	17.3.96	1		Ashgabat	10 Oct 2025
12.53		Karina Vasileva	KAZ	12.1.04	2		Almaty	19 Jun 2025
12.50		Angelina Poltinova	KAZ	17.9.06	Hep	NJC	Almaty	4 Jul 2025
12.50		Omolbanin Tehrani Fard	IRI	30.1.08	2		Tehran	10 Jul 2025
12.49		Farhana Izurein Faizal Amizul	MAS	2006	2	NC	Kangar	31 Aug 2025
12.47		Adina Aulbekova	UZB	11.8.05	5		Tashkent	15 May 2025
12.44		Louise Victoria Manangan	PHI	2006	1		New Clark City	9 Nov 2025
12.37		Melissa Yee Wai Teng	SGP	8.8.92	2		Johor Bahru	6 Sep 2025
12.30		Zakia Akter	BAN		1	NC	Dhaka	17 Feb 2025
12.24		Emma Bolden	PHI	23.3.06	2		New Clark City	9 Nov 2025
12.20		Fatima Youssef Al-Hosani	UAE	5.11.98	1		Dubai	2 May 2025

**Additional National Records:**

11.97	NR	Sheikha Khaled Al-Sakhan	KUW		1		Al Kuwait	25 Nov 2025
11.68	NR	Honya Bakhtiar Mahmoud	IRQ		1		Baghdad	3 Jul 2025
9.80	NR	Aishath Shaya Shafeeu	MDV	6.2.07	1		Male	14 Aug 2025
9.35	NR	Maryam Fawzy Al-Matar	KSA	26.7.95	1		Taif	9 May 2025

**Para Athlete:**

13.07		Karomat Omonova	UZB	28.4.05	1	Para WCh	New Delhi	2 Oct 2025
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**Better Indoor Marks**

18.14		Sun Yue	CHN	19.6.01	1	NIC	Jinan	8 Mar 2025
17.85		Jiang Yue	CHN	6.10.98	1	NGP	Hefei	22 Dec 2025
16.67		Tian Xinyi	CHN	9.8.06	5	NIC	Jinan	8 Mar 2025

**DISCUS THROW**

65.52		Feng Bin	CHN	3.4.94	4q	WCh	Tokyo	13 Sep 2025
65.46		<i>Feng Bin</i>			1	NatG	Guangzhou	19 Nov 2025
65.28		<i>Feng Bin</i>			7	WCh	Tokyo	14 Sep 2025
64.19		<i>Feng Bin</i>			6	DL	Rome	6 Jun 2025
64.17		<i>Feng Bin</i>			5	DL	Xiamen	26 Apr 2025
64.06		<i>Feng Bin</i>			1q	NatG	Guangzhou	16 Nov 2025
62.80		<i>Feng Bin</i>			5	DL	Paris	20 Jun 2025
62.30		Wang Fang	CHN	26.10.00	2	NatG	Guangzhou	19 Nov 2025
61.90		<i>Feng Bin</i>			1	AsiCh	Gumi	29 May 2025
61.74		<i>Wang Fang</i>			2q	NatG	Guangzhou	16 Nov 2025

**(Top-10 performances by 2 athletes)**

60.10		Jiang Zhichao	CHN	6.1.05	8	DL	Xiamen	26 Apr 2025
59.75		Xie Yuchen	CHN	12.5.96	1		Urumqi	24 May 2025
59.10		Subenrat Insaeng	THA	10.2.94	1	NC	Pathum Thani	22 Jun 2025
59.08		Nanaka Kori	JPN	2.5.97	1		Kitakyushu	2 Aug 2025
58.97		Ma Chenyi	CHN	1.1.08	1	NJC	Huangshi	29 Jun 2025
58.65		Su Yixin	CHN	27.5.07	3	Belt&Road	Chongqing	15 May 2025
58.19		Yang Huanhuan	CHN	3.1.00	1	NGP	Jiaxing	30 Apr 2025
57.76		Huang Jingru	CHN	25.1.05	5	NatG	Guangzhou	19 Nov 2025
		(10)						
57.65		Maki Saito	JPN	13.2.01	2	HyogoR	Kobe	20 Apr 2025

57.56	Lou Xueke	CHN	10.9.01	6	NatG	Guangzhou	19 Nov 2025
57.18	Seema	IND	25.2.99	1	NC-1	Chennai	23 Aug 2025
57.02	Jung Ye-Lim	KOR	16.6.93	1		Busan	21 Oct 2025
56.98	Sin Yu-Jin	KOR	12.3.02	1		Gumi	23 Apr 2025
56.96	Lu Xiaoyan	CHN	25.8.00	2	NC	Quzhou	4 Aug 2025
56.94	Aimaier Baihetinisa	CHN	3.1.03	4	NGP	Qingdao	18 Jun 2025
56.49	Zhang Huiting	CHN	21.10.08	1		Nanping	23 Jan 2025
56.28	Liu Zhixin	CHN	24.9.00	9q	NatG	Guangzhou	16 Nov 2025
55.54	Song Wenxuan (20)	CHN	3.8.02	4	NC	Quzhou	4 Aug 2025
55.38	Wang Xinyi	CHN	15.3.09	1	AYG	Manama	24 Oct 2025
55.07	Liu Zheng	CHN	9.6.99	11q	NatG	Guangzhou	16 Nov 2025
54.90	Han Jihong	CHN	21.2.04	1	Int-Univ	Huangshi	13 Aug 2025
54.49	Wang Jiangmei	CHN	5.10.96	2	NGP	Zhaoqing	13 Apr 2025
54.42	Chen Qin	CHN	27.4.10	1		Nanping	22 Jan 2025
53.79	Nidhi Rani	IND	3.1.97	1	RailwayCh	Kolkata	6 Sep 2025
53.52	Chiang Ching-Yuan	TPE	31.12.06	1		Tainan	22 Apr 2025
53.40	Mahla Mahroghi	IRI	7.10.02	1	NC	Rasht	5 May 2025
53.37	Sanya Yadav	IND	9.8.03	2		Karnal	16 Jul 2025
53.23	Wang Manye (30)	CHN	15.4.05	4	NGP	Zhaoqing	13 Apr 2025
<b>Additional Non-CHN marks:</b>							
53.06	Jung Chae-Yun	KOR	9.11.01	3		Gimhae	1 Apr 2025
52.74	Minori Tsujikawa	JPN	18.4.95	1		Tsukuba	19 Jul 2025
52.72	Amanat Kamboj	IND	18.11.07	1		Sheffield	2 Jul 2025
52.56	Kim Ji-In	KOR	23.9.02	3		Iksan	8 Jul 2025
52.31	Zhaleh Kardan	IRI	26.5.90	2	NC	Rasht	5 May 2025
51.86	Akane Kawaguchi	JPN	22.9.98	3	NC	Tokyo	4 Jul 2025
51.81	Queenie Ting Kung Ni	MAS	16.11.97	2	SEAG	Bangkok	11 Dec 2025
49.97	Le Thi Cam Dung	VIE	12.2.93	2	NC	Pathum Thani	22 Jun 2025
49.06	Karina Vasileva	KAZ	12.1.04	1		Almaty	29 Mar 2025
48.90	Yulianna Shukina	UZB	17.9.05	3	Qosanov	Almaty	2 Aug 2025
48.24	Liu Chih-Jen	TPE	13.12.03	1		Tainan	2 May 2025
47.66	Chien Tien-Ai	TPE	13.11.03	2	NatG	Yunlin	20 Oct 2025
47.33	Zahra Najafi	IRI	8.12.03	3	NC	Rasht	5 May 2025
46.96	Vo Thu Bich Tram	VIE	2.2.02	2	NC	Danang	9 Aug 2025
46.58	Daniela Daynata	PHI	23.11.99	11	AsiThrows	Mokpo	21 Aug 2025
46.50	Mahliyo Karimova	UZB	10.8.08	1	Uzbek Cup	Tashkent	17 Sep 2025
46.38	Nur Atiqah Sufiah Hanizam	MAS	28.7.99	4	SEAG	Bangkok	11 Dec 2025
45.89	Nguyen Vu Quynh Trang	VIE	7.4.06	3	NC	Danang	9 Aug 2025
45.87	Vinodeni Lakmali A G V	SRI	3.6.95	1		Dadella	30 Aug 2025
45.23	Noora Salem Jassem	BRN	27.11.96	2		Antalya	26 Apr 2025
45.23	Wahyu Nur Aini	INA	11.3.98	1	NC	Surakarta	1 Sep 2025
45.14	Liao Chia-Yin	TPE	26.3.04	3	NatG	Yunlin	20 Oct 2025
44.59	Le Thi Lai	VIE	3.5.93	4	NC	Danang	9 Aug 2025
44.50	Fatemeh Shokri	IRI	31.8.98	1		Tehran	6 Sep 2025
44.33	Chrizzel Lanipa	PHI	12.8.00	1		New Clark City	8 Nov 2025
43.60	Rhealyn De Costa	PHI	20.7.05	2		New Clark City	8 Nov 2025
43.15	Makhliyo Akramova	UZB	8.9.05	1	NYC	Tashkent	11 Jun 2025
43.01	Asgriye Gedara	SRI	6.3.95	3	SAAC	Ranchi	25 Oct 2025
42.96	Madurangi Perera P A I	SRI	17.2.93	2		Dadella	30 Aug 2025
42.74	Mushtari Bobogulova	TJK	1999	1	NC	Dushanbe	8 May 2025
42.30	Jannet Mukhamova	TKM	20.1.99	1	NC	Ashgabat	25 Apr 2025
42.15	Keisha Gabrielle Tolim	PHI	19.9.02	3		New Clark City	8 Nov 2025
42.11	Tresna Puspita Gustiyau	INA	1.8.96	1		Semarang	3 Jul 2025
41.93	Taweejan Pummarin	THA	2008	1	SEAYthCh	Medan	16 Nov 2025
41.79	Piyamas Thongtham	THA		1	Int-Univ	Bangkok	12 Jan 2025
41.64	Paphatson Loain	THA	11.10.07	6	SEAG	Bangkok	11 Dec 2025
41.48	J Y Pabasara	SRI		3		Dadella	30 Aug 2025
41.46	Sasha Alyssa Philip	MAS	2008	2	SEAYthCh	Medan	16 Nov 2025

41.28		Arina Mozulyako	KAZ	7.3.07	1	NJC	Almaty	4 Jul 2025
41.19		Farhana Izurein Faizal Amizul	MAS	2006	3	NC	Kangar	31 Aug 2025
41.19		Rosali Mariana	INA	2004	1		Semarang	24 Sep 2025
41.01		Salma Haitham Rashed Saeed Al-Marri	UAE	9.10.08	4	ArabU18Ch	Rades	23 Aug 2025
40.93		Fatima Youssef Al-Hosani	UAE	5.11.98	2		Doha	9 Apr 2025
<b>Additional National Records:</b>								
40.83	NR	Aisha Waleed Al-Khuder	KUW	2.11.96	3		Doha	9 Apr 2025
40.36	NR	Faryal Farooq	PAK		1	NC	Islamabad	29 Dec 2025
35.13	NR	Momi V Awmis	KSA		1		Qatif	20 Dec 2025
<b>HAMMER THROW</b>								
77.60		Zhao Jie	CHN	13.10.02	2	WCh	Tokyo	15 Sep 2025
77.44		<i>Zhao Jie</i>			1	NatG	Guangzhou	20 Nov 2025
77.24	WJR	Zhang Jiale	CHN	22.10.06	1	NC	Quzhou	2 Aug 2025
77.10		<i>Zhang Jiale</i>			3	WCh	Tokyo	15 Sep 2025
76.60		<i>Zhao Jie</i>			1		Frankisch-Crumbach	8 Jun 2025
76.44		<i>Zhang Jiale</i>			2	NatG	Guangzhou	20 Nov 2025
75.48		<i>Zhao Jie</i>			1		Chengdu	2 Apr 2025
75.40		<i>Zhao Jie</i>			1		Kladno	10 Jun 2025
75.14		<i>Zhang Jiale</i>			2		Frankisch-Crumbach	8 Jun 2025
75.11		<i>Zhao Jie</i>			1	NGP	Rizhao	26 Sep 2025
<b>(Top-10 performances by 2 athletes)</b>								
75.07		Li Jianguyun	CHN	22.5.99	3	NatG	Guangzhou	20 Nov 2025
74.65		Gao Jinyao	CHN	30.4.04	1	NGP	Yulin	13 Jul 2025
73.08		Ji Li	CHN	14.12.00	2		Chengdu	29 Mar 2025
71.34		Zhang Axi	CHN	6.3.02	5		Chengdu	2 Apr 2025
70.74		Fang Ling	CHN	24.10.05	6	NatG	Guangzhou	20 Nov 2025
70.63		Luo Na	CHN	8.10.93	6		Chengdu	29 Mar 2025
69.82		Wang Zheng	CHN	14.12.87	7		Chengdu	29 Mar 2025
69.38		Chen Yuqian	CHN	5.4.99	3	Belt&Road	Chongqing	14 May 2025
68.39	NR	Yu Ya-Chien	TPE	20.4.99	8		Chengdu	2 Apr 2025
68.19		Xu Xinying	CHN	17.2.97	4	Belt&Road	Chongqing	14 May 2025
67.37		Joy McArthur	JPN	5.7.99	5	MSR	Walnut	19 Apr 2025
67.18		Liu Yiyao	CHN	17.9.03	4	NGP	Yulin	13 Jul 2025
66.88		Raika Murakami	JPN	13.1.04	1	NC	Tokyo	5 Jul 2025
66.49		Wang Ziyi	CHN	15.2.06	4	NGP	Rizhao	26 Sep 2025
66.19		Huang Weilu	CHN	20.7.99	5	NGP	Yulin	13 Jul 2025
65.77		Tanya Chaudhary	IND	21.9.03	1		Bhubaneswar	28 Apr 2025
65.74		Miharu Kodate	JPN	20.4.98	3	NC	Tokyo	5 Jul 2025
65.41	NR	Grace Wong Xiu Mei	MAS	18.1.00	1	SEAG	Bangkok	12 Dec 2025
64.79	NR	Mingkamon Koomphon	THA	4.1.98	2	Int-Univ	Okayama	6 Jun 2025
64.77		Sara Fujimoto	JPN	25.9.98	4	NC	Tokyo	5 Jul 2025
64.70	NR	Kim Tae-Hee	KOR	7.9.05	1	KoreaOpn	Yecheon	7 Jun 2025
64.01		Mimi Shimamoto	JPN	5.4.05	3	Int-Univ	Okayama	6 Jun 2025
63.82		Li Zehan	CHN	10.2.05	7	NGP	Yulin	13 Jul 2025
63.80	NR	Anastasiya Kaloshina	KAZ	14.8.01	4		Brest	5 Jun 2025
62.89		Anushka Yadav	IND	4.5.08	1	NatG	Dehradun	10 Feb 2025
62.77		Harshita Sehrawat	IND	1.4.03	2		Bhubaneswar	28 Apr 2025
62.12		Zhang Man	CHN	20.9.03	13		Chengdu	2 Apr 2025
62.08		Guo Chunxu	CHN	29.3.99	14		Chengdu	2 Apr 2025
<b>(30)</b>								
<b>Additional Non-CHN/JPN marks:</b>								
61.84	NR	Zahra Arab Rostami	IRI	11.5.03	1		Tehran	12 Mar 2025
61.69		Melika Norouzi	IRI	7.6.05	1		Tehran	22 Sep 2025
61.69		Zarina Nosirshonova	UZB	23.3.02	3	Solidarity	Riyadh	18 Nov 2025
61.07		Hung Hsiu-Wen	TPE	19.1.95	1		Taipei	18 Sep 2025
60.72		Lee Yu-Ra	KOR	16.1.00	1		Busan	19 Oct 2025
60.66		Park Seo-Jin	KOR	26.3.93	8	AsiCh	Gumi	27 May 2025

60.28		Elina Silamiyeva	UZB	21.10.04	2		Tashkent	28 Feb 2025
59.98		Yang Chae-Min	KOR	21.10.07	1		Boeun	7 Aug 2025
59.79		Manpreet Kaur	IND	19.8.98	1		Sangrur	28 Jul 2025
56.27		Sawitree Kaewsuksri	THA	2.7.99	3	SEAG	Bangkok	12 Dec 2025
54.27		Shih Chiao-Jo	TPE	28.9.07	1 jr		New Taipei City	13 Mar 2025
54.08		Amanda Javellana	PHI	15.1.07	2		Savannah	23 Jul 2025
53.73		Huang Chih-Chi	TPE	13.10.03	1		Tainan	1 May 2025
53.52		Mahdieh Hekmatsara	IRI	28.9.01	3	NC	Rasht	5 May 2025
53.31		Valeriya Markova	KAZ	20.6.08	3		Sankt Peterburg	6 Jul 2025
52.85	NR	Thwe Thwe Moe	MYA	12.5.01	4	SEAG	Bangkok	12 Dec 2025
52.21		Nurul Hidayah Lukman	MAS	28.4.01	5	SEAG	Bangkok	12 Dec 2025
50.48		Natasha Mahdalita	INA	3.3.04	1	NC	Surakarta	31 Aug 2025
50.16		Shahribonu Zaripova	UZB	24.3.08	2	Uzbek Cup	Tashkent	18 Sep 2025
49.85		Syarina Priandani	INA	2000	2	NC	Surakarta	31 Aug 2025
49.82		Hiu Ki Tam	HKG	21.10.97	1		Hongkong	13 Apr 2025
49.59		Daria Matviyenko	UZB	5.7.95	2	NC	Tashkent	25 Apr 2025
49.09		Hasti Sadat Siah Mansouri	IRI	2008	1		Tehran	12 Sep 2025
49.02	NR	Salma Haitham Rashed Saeed Almarri	UAE	9.10.08	3	NC	Celje	3 Aug 2025
48.89		Nguyen Thi Yen Linh	VIE	11.9.99	1	NC	Danang	11 Aug 2025
48.37		Huynh Thi Ngoc Ly	VIE	11.5.06	2	NC	Danang	11 Aug 2025
47.05		Le Thi Thu Ngan	VIE	22.3.03	3	NC	Danang	11 Aug 2025
46.55		Tomiris Yermatova	KAZ	24.2.08	2		Almaty	11 Jul 2025
45.77		H A Aruni Lakshika	SRI	9.8.89	1		Diyagama	19 Feb 2025
45.02		Indan Pratiwi	INA	1995	3	NC	Surakarta	31 Aug 2025
<b>Additional National Records:</b>								
44.66	NR	Mariem Youssef	LBN	7.1.04	4		Doha	7 Apr 2025
42.93	NR	Fajr Khaled Al-Mandani	KUW		5		Doha	7 Apr 2025

**JAVELIN THROW**

65.89	WJR	Yan Ziyi	CHN	22.5.98	1	NC	Quzhou	3 Aug 2025
64.83		<i>Yan Ziyi</i>			1		Chengdu	28 Mar 2025
64.63		Haruka Kitaguchi	JPN	16.3.98	1	BislettG	Oslo	12 Jun 2025
64.46		<i>Yan Ziyi</i>			1	WACT	Beijing	7 Sep 2025
64.38		Dai Qianqian	CHN	23.8.00	2	DL	Shaoxing	3 May 2025
64.38		<i>Yan Ziyi</i>			1	NGP	Rizhao	27 Sep 2025
64.16		<i>Haruka Kitaguchi</i>			1	SeikoGP	Tokyo	18 May 2025
64.05		<i>Yan Ziyi</i>			1		Chengdu	1 Apr 2025
63.88		<i>Haruka Kitaguchi</i>			2		Ostrava	24 Jun 2025
63.76		Lu Huihui	CHN	26.6.89	1	NGP	Jiaxing	29 Apr 2025
<b>(Top-10 performances by 4 athletes)</b>								
63.29		Su Lingdan	CHN	12.1.97	1	AsiCh	Gumi	27 May 2025
62.59		Annu Rani	IND	29.8.92	1		Szczecin	6 Aug 2025
62.20		Momone Ueda	JPN	27.6.99	1	AsiThrows	Mokpo	22 Aug 2025
61.43		Liu Xinai	CHN	17.11.99	1q	NatG	Guangzhou	15 Nov 2025
60.94		Ma Qiaozhen	CHN	13.2.02	2q	NatG	Guangzhou	15 Nov 2025
60.57		Sayuka Kurata	JPN	22.5.04	1	Int-Univ	Sagamihara	10 May 2025
<b>(10)</b>								
60.51		Sae Takemoto	JPN	23.11.99	1		Auckland	9 Feb 2025
60.14		Dilhani Lekamge H L	SRI	14.1.87	1	SAAC	Ranchi	26 Oct 2025
60.02		Yin Jingyi	CHN	29.10.02	4	NatG	Guangzhou	17 Nov 2025
59.39		Marina Saito	JPN	15.10.95	1	NatG	Hikone	5 Oct 2025
59.39		Nargiza Kuchkarova	UZB	27.2.99	1	Solidarity	Riyadh	17 Nov 2025
59.23		Ge Lijuan	CHN	17.7.97	2	Belt&Road	Chongqing	16 May 2025
58.89		Li Ting	CHN	31.12.02	4q	NatG	Guangzhou	15 Nov 2025
58.68		Mahiro Osa	JPN	26.11.99	3	NatG	Hikone	5 Oct 2025
58.48		Gai Qiaohui	CHN	22.12.00	2	NGP	Rizhao	27 Sep 2025
58.32		Yu Yuzhen	CHN	5.3.98	5	NatG	Guangzhou	17 Nov 2025
<b>(20)</b>								
58.06		Yuki Yamamoto	JPN	16.10.00	8	SeikoGP	Tokyo	18 May 2025

58.04	Gu Xinjie	CHN	2.2.01	2	NGP	Yulin	11 Jul 2025
57.72	Aoi Murakami	JPN	11.3.04	1		Hiratsuka	25 Apr 2025
57.43	Li Hanyue	CHN	8.8.04	1	NGP	Bengbu	14 Jun 2025
57.26	Momoko Tsuji	JPN	5.12.03	4	NC	Tokyo	4 Jul 2025
57.24	Huang Shujin	CHN	24.9.04	5	WACT	Beijing	7 Sep 2025
57.19	Deepika	IND	21.11.05	2	NC-1	Chennai	23 Aug 2025
57.11	Kana Shinoda	JPN	5.10.02	1	Int-Univ	Uji	6 Apr 2025
57.11	Ayaka Suzuki	JPN	17.2.07	1	NatG	Hikone	5 Oct 2025
56.77	Chiu Pin-Hsun	TPE	8.4.05	1		New Taipei City	11 Mar 2025

(30)

**Additional Non-CHN/JPN marks:**

55.96	Li Huei-Chun	TPE	12.5.99	2		New Taipei City	11 Mar 2025
55.64	Jariya Wichaidet	THA	8.3.96	1	SEAG	Bangkok	13 Dec 2025
55.55	Jyoti Rakesh	IND	1.4.02	1	NatG	Dehradun	9 Feb 2025
55.55	Karishma S Sanil	IND	4.6.00	2	NatG	Dehradun	9 Feb 2025
55.51	Ko Hyun-Seo	KOR	5.1.03	1		Yecheon	5 Jun 2025
54.82	Liu Chih-Jen	TPE	13.12.03	1		Taipei	17 Sep 2025
54.54	Tai Yu-Chin	TPE	11.10.07	1 jr		New Taipei City	10 Mar 2025
53.41	Ugilo Norboyeva	UZB	30.1.04	Hep	AsiCh	Gumi	30 May 2025
53.24	Yun Se-Jin	KOR	6.12.01	2		Yecheon	5 Jun 2025
52.94	Park Ah-Young	KOR	5.10.00	1		Gumi	21 Apr 2025
52.89	Kim Kyung-Ae	KOR	5.3.88	2		Gumi	21 Apr 2025
52.21	M I Hasanthi Dissanayake	SRI	28.9.02	2		Dadella	29 Aug 2025
52.17	NR Ng Jing Xuan	MAS	17.8.04	2	SEAG	Bangkok	13 Dec 2025
51.66	Ana Bhanca Espenilla	PHI	1.2.07	3	SEAG	Bangkok	13 Dec 2025
51.53	Zahra Najafi	IRI	8.12.03	1		Busehr	12 Feb 2025
51.29	Bui Thi Xuan	VIE	29.12.89	1	NC	Danang	12 Aug 2025
51.06	Atinna Nurkamilla Intan	INA	18.11.98	4	SEAG	Bangkok	13 Dec 2025
50.95	Dayani Harshani Maduwanthi	SRI	6.3.91	2		Diyagama	9 Feb 2025
50.45	Musharraf Saidakhmedova	UZB	3.3.95	2	Uzbek Cup	Tashkent	17 Sep 2025
49.19	Mana Hosseini	IRI	12.2.05	2		Busehr	12 Feb 2025
48.63	Sarah Kwong Sze Oi	HKG	15.6.07	6	NJC	Taizhou	23 Jun 2025
47.57	Fira Firliana Yunita	INA	2.3.01	2	NC	Surakarta	1 Sep 2025
47.25	Natalia Sokolova	KAZ	18.9.04	1		Almaty	19 Jun 2025
47.12	Varvara Nazarova	KAZ	1.7.97	1	NC	Almaty	10 Jul 2025
47.08	Evalyn Palabrica	PHI	21.12.00	5	SEAG	Bangkok	13 Dec 2025
47.04	Diana Geints	KAZ	14.11.99	2	NC	Almaty	10 Jul 2025
46.51	Cyrene Hui	HKG	5.3.07	5	EastAsiJr	Hongkong	27 Sep 2025
46.42	Kwan Yan Yi	HKG	2.3.08	6	EastAsiJr	Hongkong	27 Sep 2025
46.21	Panatsaya Meesin	THA	3.7.06	6	SEAG	Bangkok	13 Dec 2025
46.06	Siti Nazirah Napis	INA	28.3.97	3	NC	Surakarta	1 Sep 2025
45.95	Bui Thi Trang	VIE	8.6.93	2	NC	Danang	12 Aug 2025
44.98	Y T Hansani	SRI	19.9.04	3	MilitaryCh	Diyagama	30 Sep 2025
44.93	Chotmanee Chaiyajan	THA	11.2.03	2		Bangkok	14 Jan 2025
44.87	Sarah Dequinan	PHI	7.10.96	Hep	NC	Kangar	31 Aug 2025
44.81	Wai Yan Chiu	HKG	17.12.03	1		Hongkong	30 Mar 2025
44.52	Parizoda Talabova	UZB	10.7.10	6		Tashkent	15 May 2025
44.22	Ca To Uyen	VIE	31.12.04	3	NC	Danang	12 Aug 2025
43.89	Lanie Carpentero	PHI	24.5.00	4	NC	New Clark City	3 May 2025
42.93	Irina Konichsheva	KAZ	6.8.07	Hep	NC	Almaty	11 Jul 2025
42.38	Fatima Hussain	PAK	2.3.98	1	NatG	Karachi	11 Dec 2025
42.30	Jannet Mukhamova	TKM	20.1.99	1	NC	Ashgabat	25 Apr 2025
42.19	Zahra Sayadi	IRI	4.1.01	3		Busehr	12 Feb 2025

**Additional National Records:**

36.35	NR Salsabeel Khaled Al-Sayyar	KUW	7.11.96	15	AsiCh	Gumi	27 May 2025
32.05	NR Alyazaih Tariq Abdel Salam	UAE	2009	2		Beirut	3 Oct 2025

**HEPTATHLON**

5941		Agasara Nandini	IND	7.8.03	1	AsiCh	Gumi	30 May 2025
		<i>13.67 - 1.69 - 13.54 - 24.02 / 6.13 - 34.18 - 2:15.54</i>						
5922		Zheng Ninali	CHN	19.11.98	1	NatG	Guangzhou	19 Nov 2025
		<i>13.49w - 1.70 - 13.28 - 25.57w / 6.08 - 43.27 - 2:19.52</i>						
5869		Liu Jingyi	CHN	4.8.00	2	AsiCh	Gumi	30 May 2025
		<i>14.23 - 1.72 - 13.42 - 25.61 / 5.83 - 52.08 - 2:24.87</i>						
5842		<i>Liu Jingyi</i>			2	NatG	Guangzhou	19 Nov 2025
		<i>13.99w - 1.64 - 12.58 - 25.27 / 5.89 - 51.63 - 2:21.04</i>						
5813		<i>Agasara Nandini</i>			1	FedCup	Kochi	22 Apr 2025
		<i>13.75 - 1.65 - 13.49 - 23.70 / 6.01 - 32.38 - 2:15.70</i>						
5782		Yuri Tanaka	JPN	15.11.01	1	NC	Gifu	13 Jul 2025
		<i>14.17 - 1.61 - 12.25 - 25.75 / 5.56 - 54.32 - 2:12.85</i>						
5731		<i>Liu Jingyi</i>			1	NGP	Jiaying	29 Apr 2025
		<i>14.17 - 1.71 - 12.66 - 25.16 / 5.82 - 48.41 - 2:28.72</i>						
5693		Nanaka Kajiki	JPN	7.12.00	2	NC	Gifu	13 Jul 2025
		<i>13.48 - 1.64 - 10.97 - 25.10 / 5.88 - 47.27 - 2:24.32</i>						
5683		Hu Xingyu	CHN	12.3.05	2	NGP	Jiaying	29 Apr 2025
		<i>14.33 - 1.77 - 12.89 - 25.84 / 5.85 - 45.24 - 2:28.86</i>						
5678		<i>Yuri Tanaka</i>			1		Toyota	18 May 2025
		<i>14.61 - 1.61 - 12.39 - 25.69 / 5.47 - 53.08 - 2:13.45</i>						
		<b>(Top-10 performances by 6 athletes)</b>						
5629		Anamika K A	IND	21.1.04	1	NC-2	Ranchi	30 Sep 2025
		<i>14.44 - 1.75 - 11.23 - 25.23 / 5.90 - 38.88 - 2:17.67</i>						
5625		Xu Jiahuan	CHN	29.8.06	3	NatG	Guangzhou	19 Nov 2025
		<i>13.98 - 1.76 - 10.75 - 25.20w / 5.74 - 36.71 - 2:14.97</i>						
5624		Kokoro Atsuta	JPN	18.7.01	8	Czapiewski	Naklo Nad Notecia	27 Jul 2025
		<i>14.06 - 1.68 - 11.26 - 25.59w / 5.92 - 45.66 - 2:23.36</i>						
5608		Chen Tsai-Chuan	TPE	29.1.01	3	AsiCh	Gumi	30 May 2025
		<i>14.35 - 1.72 - 13.80 - 25.73 / 5.78 - 41.72 - 2:28.25</i>						
		(10)						
5562	NR	Fatemeh Mohitizadeh	IRI	29.7.03	1	Solidarity	Riyadh	20 Nov 2025
		<i>13.95 - 1.68 - 11.93 - 25.40 / 6.12 - 34.28 - 2:22.02</i>						
5556		Irina Konichsheva	KAZ	6.8.07	1	NC	Almaty	11 Jul 2025
		<i>14.55 - 1.68 - 11.39 - 25.90 / 5.86 - 42.93 - 2:16.94</i>						
5545		Wu Zheng	CHN	5.1.01	4	NatG	Guangzhou	19 Nov 2025
		<i>13.93 - 1.70 - 12.37 - 25.78w / 5.82 - 41.66 - 2:29.03</i>						
5539		Karin Odama	JPN	21.10.99	1		Tashkent	17 Aug 2025
		<i>14.23 - 1.69 - 12.76 - 25.97 / 5.62 - 41.16 - 2:20.62</i>						
5515		Pooja Sharma	IND	9.3.03	1	RailwayCh	Kolkata	7 Sep 2025
		<i>14.97 - 1.76 - 11.40 - 25.95 / 5.80 - 43.97 - 2:22.84</i>						
5497	NR	Emilia Nova	INA	20.8.95	1	SEAG	Bangkok	16 Dec 2025
		<i>13.61 - 1.67 - 11.41 - 25.14 / 5.83 - 38.74 - 2:28.78</i>						
5495		Ugiloj Norboyeva	UZB	30.1.04	1	Arzumanov	Tashkent	22 Jun 2025
		<i>14.32 - 1.69 - 12.11 - 25.66 / 5.66 - 48.62 - 2:33.93</i>						
5481	NR	Hoang Thanh Giang	VIE	27.4.01	1	NC	Danang	13 Aug 2025
		<i>14.65 - 1.67 - 9.62 - 25.21 / 6.17 - 40.63 - 2:20.22</i>						
5414		Chen Yanqi	CHN	1.11.06	5	NatG	Guangzhou	19 Nov 2025
		<i>14.06 - 1.76 - 9.59 - 25.19w / 6.07 - 33.96 - 2:27.75</i>						
5397		Feng Ziyi	CHN	13.2.07	4	NC	Quzhou	3 Aug 2025
		<i>14.44 - 1.71 - 12.68 - 26.28 / 5.67 - 39.55 - 2:27.50</i>						
		(20)						
5386		Alina Chistyakova	KAZ	30.4.05	1		Almaty	21 Jun 2025
		<i>14.23 - 1.74 - 10.84 - 26.22 / 5.74 - 38.87 - 2:24.98</i>						
5378		Zhou Jingjing	CHN	16.7.98	6	NatG	Guangzhou	19 Nov 2025
		<i>14.50 - 1.67 - 13.43 - 26.64w / 5.44 - 41.39 - 2:23.58</i>						
5373		Moumita Mondal	IND	9.12.01	3	FedCup	Kochi	22 Apr 2025

			13.73 - 1.53 - 9.45 - 23.75 / 6.35 - 33.71 - 2:27.97						
5361	Han Iseul	KOR	25.3.03	1	NSF	Busan		20 Oct 2025	
			14.49 - 1.68 - 10.71 - 25.10 / 5.86 - 41.31 - 2:32.03						
5340	Kaho Mizutani	JPN	5.12.00	5	NC	Gifu		13 Jul 2025	
			14.05 - 1.61 - 11.34 - 26.15 / 5.52 - 37.71 - 2:15.12						
5330 (5365W)	Ayu Kariya	JPN	10.5.06	1	Int-Univ	Sagamihara		11 May 2025	
			13.63 - 1.58 - 11.22 - 24.96w / 5.42 - 39.18 - 2:24.93						
5330	Haruka Nakao	JPN	31.5.04	1	Int-Univ	Okayama		8 Jun 2025	
			14.40 - 1.58 - 10.95 - 26.47 / 5.78 - 46.08 - 2:23.28						
5323	Mirei Eguchi	JPN	6.3.09	1	NSG	Hiroshima		28 Jul 2025	
			14.02 - 1.65 - 10.94 - 24.56 / 5.79 - 31.73 - 2:26.48						
5285 (5353W)	Karin Shimomoto	JPN	26.8.05	2	Int-Univ	Sagamihara		11 May 2025	
			14.25 - 1.64 - 10.54 - 25.63w / 5.49 - 37.24 - 2:17.85						
5280	Miku Hamaguchi	JPN	8.4.01	6	NC	Gifu		13 Jul 2025	
			14.56 - 1.64 - 12.43 - 26.23 / 5.38 - 42.40 - 2:25.48						
	(30)								
	<b>Additional Non-IND/JPN/CHN marks:</b>								
5271	Lin Pei-Hsuan	TPE	11.10.07	2	NatG	Yunlin		21 Oct 2025	
			14.27w - 1.75 - 11.61 - 25.85w / 5.63w - 41.82 - 2:43.92						
5205	Saba Khorasani	IRI	17.7.04	4	Solidarity	Riyadh		20 Nov 2025	
			14.30 - 1.65 - 11.12 - 25.47 / 5.57 - 32.62 - 2:23.19						
5201	Sarah Dequinan	PHI	7.10.96	3	SEAG	Bangkok		16 Dec 2025	
			14.65 - 1.70 - 10.59 - 25.97 / 5.73 - 43.84 - 2:39.33						
4966	Nguyen Lan Anh	VIE	28.4.00	2	NC	Danang		13 Aug 2025	
			14.44 - 1.64 - 10.51 - 25.51 / 5.83 - 35.35 - 2:47.90						
4962	Hsiang Chia-Li	TPE	13.9.00	2		Tainan		2 May 2025	
			14.38 - 1.54 - 10.20 - 25.51w / 5.74 - 38.66 - 2:39.86						
4955	Mohigul Arziyeva	UZB	28.1.03	1	NC	Tashkent		25 Apr 2025	
			14.96 - 1.59 - 12.24 - 27.02 / 5.48 - 43.16 - 2:39.78						
4924	Polina Kuzubova	KAZ	25.2.08	2		Almaty		21 Jun 2025	
			14.57 - 1.68 - 10.85 - 27.84 / 5.72w - 34.01 - 2:33.54						
4901	Angelina Poltinova	KAZ	17.9.06	1	NJC	Almaty		5 Jul 2025	
			15.76 - 1.66 - 12.50 - 26.91 / 5.31 - 35.78 - 2:29.91						
4901	Bui Thi Khoc	VIE	1.3.00	3	NC	Danang		13 Aug 2025	
			14.96 - 1.55 - 10.86 - 25.88 / 5.42 - 36.36 - 2:28.91						
4867	Sadaf Aghajani	IRI	4.1.03	3	NC	Rasht		5 May 2025	
4799	Tran Thi Phi Yen	VIE	9.7.05	4	NC	Danang		13 Aug 2025	
			14.57 - 1.46 - 10.21 - 25.98 / 5.33 - 34.37 - 2:23.97						
4795	Kim Soo-Ji	KOR	10.4.07	1		Busan		27 Jul 2025	
			15.43 - 1.58 - 9.21 - 26.53 / 5.76 - 31.47 - 2:22.71						
4767	Kseniya Borusheva	UZB	20.6.04	2	NC	Tashkent		25 Apr 2025	
			15.68 - 1.65 - 10.88 - 26.43 / 5.40 - 33.43 - 2:32.83						
4736	Norliana Kamaruddin	MAS	26.3.91	1	NC	Kangar		31 Aug 2025	
			15.67 - 1.72 - 11.52 - 26.89 / 5.29 - 31.41 - 2:36.87						
4726	Huang Yi-Ting	TPE	30.3.07	2		Tainan		23 Apr 2025	
			15.14 - 1.66 - 9.49 - 26.65 / 5.17 - 35.91 - 2:32.25						
4707	Elnaz Mousaei	IRI	15.1.05	2		Tehran		13 Aug 2025	
4672	Farangiz Ruziboeva	UZB	12.7.07	1	NJC	Tashkent		25 Apr 2025	
			15.15 - 1.62 - 10.70 - 25.91 / 4.97 - 31.42 - 2:32.97						
4630	Lee Ha-Yoon	KOR	18.10.04	2	NSF	Busan		20 Oct 2025	
			14.26 - 1.47 - 9.16 - 25.45 / 5.58 - 38.03 - 2:36.22						
4585	Kim Ju-Hyun	KOR	3.2.03	1		Yecheon		5 Sep 2025	
4584	Wai Yan Chiu	HKG	17.12.03	1		Hongkong		29 Jun 2025	
			15.57 - 1.53 - 9.47 - 25.79 / 4.96 - 42.32 - 2:38.54						
4464	W V Lakshika Sugandi	SRI	30.8.91	1	NC	Diyagama		3 Aug 2025	

4432		Abcde Agamenos	PHI	30.4.03	1		New Clark City	7 Nov 2025
		14.62 - 1.53 - 9.17 - 25.88 / 5.49 - 23.16 - 2:41.43						
<b>Additional National Records:</b>								
3933	NR	Sarah Abdelkarim Al-Hilal	KSA	23.6.88	4		Oran	1 May 2025
		15.90 - 1.37 - 8.55 - 27.59 / 4.73 - 25.86 - 2:26.22						
<b>10,000m Walk</b>								
44:18.02		Ayane Yanai	JPN	24.12.03	1	Int-Univ	Okayama	6 Jun 2025
44:59.44		Ai Ooyama	JPN	28.10.05	1	NatG	Hikone	4 Oct 2025
45:12.99		Yasmina Tokonbayeva	KAZ	16.11.04	1		Almaty	29 Mar 2025
45:13.43		Lee Se-Ha	KOR	8.11.96	1		Yecheon	4 Sep 2025
45:52.62		Suzu Okuno	JPN	28.2.07	2	NatG	Hikone	4 Oct 2025
45:53.06		Ayaka Nakamura	JPN	17.12.03	3	NatG	Hikone	4 Oct 2025
45:59.59		Rina Siyozi	JPN	18.1.06	4	NatG	Hikone	4 Oct 2025
46:14.57		Satsuki Ishida	JPN	2.5.04	2	Int-Univ	Okayama	6 Jun 2025
46:15.60		Kayane Saito	JPN	2.3.04	5	NatG	Hikone	4 Oct 2025
46:19.75		Toko Nakajima	JPN	25.6.05	3	Int-Univ	Okayama	6 Jun 2025
		(10)						
<b>20 KM Walk (t = 20,000m Track Walk )</b>								
1:26:18	NR	Nanako Fujii	JPN	7.5.99	3	WCh	Tokyo	20 Sep 2025
1:26:33		<i>Nanako Fujii</i>			1	NC-RW	Kobe	16 Feb 2025
1:27:16		Yang Jiayu	CHN	18.2.96	6	WCh	Tokyo	20 Sep 2025
1:27:28		Ma Li	CHN	15.1.00	2	NGP	Taicang	1 Mar 2025
1:27:34		<i>Yang Jiayu</i>			1	NatG	Zhuhai	12 Nov 2025
1:27:41		Shi Yuxia	CHN	28.1.99	3	NGP	Taicang	1 Mar 2025
1:27:45		Peng Li	CHN	27.8.02	3		La Coruna	7 Jun 2025
1:27:59		Jiang Yunyan	CHN	15.2.03	2	NatG	Zhuhai	12 Nov 2025
1:28:06		Wu Quanming	CHN	16.11.01	4		La Coruna	7 Jun 2025
1:28:08		<i>Wu Quanming</i>			8	WCh	Tokyo	20 Sep 2025
		<b>(Top-10 performances by 7 athletes)</b>						
1:28:17		Kumiko Okada	JPN	17.10.91	2	NC-RW	Kobe	16 Feb 2025
1:28:32		Ning Jinlin	CHN	26.3.04	2	WUG	Bochum-Wattenscheid	27 Jul 2025
1:28:35		Yang Xizhen	CHN	11.3.06	3	NatG	Zhuhai	12 Nov 2025
		(10)						
1:28:46		Liu Hong	CHN	12.5.87	4	NatG	Zhuhai	12 Nov 2025
1:28:49		Yin Hang	CHN	7.2.97	6	NGP	Taicang	1 Mar 2025
1:28:50		Guo Na	CHN	22.6.99	5	NatG	Zhuhai	12 Nov 2025
1:29:12		Ji Haiying	CHN	25.2.00	9		La Coruna	7 Jun 2025
1:29:30		Yang Liujing	CHN	25.8.98	9	NGP	Taicang	1 Mar 2025
1:29:33		Zhuoma Renqing	CHN	9.6.99	10	NGP	Taicang	1 Mar 2025
1:29:35		Wang Na	CHN	29.5.95	11	NGP	Taicang	1 Mar 2025
1:29:37		Yin Lamei	CHN	21.12.02	1	NGP	Langfang	1 Jun 2025
1:29:37		Zhang Ting	CHN	28.1.04	2	NGP	Langfang	1 Jun 2025
1:29:38		Luo Yue	CHN	13.7.03	13	NGP	Taicang	1 Mar 2025
		(20)						
1:29:45		Zhang Lingfen	CHN	22.10.01	14	NGP	Taicang	1 Mar 2025
1:29:50		Qiji Zhuoma	CHN	27.5.98	8	NatG	Zhuhai	12 Nov 2025
1:30:18		Yasmina Tokonbayeva	KAZ	16.11.04	6	WUG	Bochum-Wattenscheid	27 Jul 2025
1:30:21		Ma Zhenxia	CHN	1.8.98	17		La Coruna	7 Jun 2025
1:30:25		Ayane Yanai	JPN	24.12.03	1	AsiRWch	Nomi	16 Mar 2025
1:30:30		Li Yanhong	CHN	16.3.03	2	AsiRWch	Nomi	16 Mar 2025
1:30:43		Bai Xueying	CHN	26.4.00	12	NatG	Zhuhai	12 Nov 2025
1:31:02		Yukiko Umeno	JPN	8.1.03	3	NC-RW	Kobe	16 Feb 2025
1:31:07		Lee Jeong-Eun	KOR	13.9.94	1	NSF	Busan	21 Oct 2025
1:31:19		Liu Haiyan	CHN	23.3.03	17	NGP	Taicang	1 Mar 2025
		(30)						
<b>Additional Non-JPN/CHN marks:</b>								
1:31:51		Lee Se-Ha	KOR	8.11.96	2	NSF	Busan	21 Oct 2025

1:33:17	Kim Min-Jit	KOR	31.1.97	3	NSF	Busan	21 Oct 2025
1:35:13.49 t	Ravina	IND	21.5.97	1	NC-1	Chennai	22 Aug 2025
1:35:21	Sejal Singh	IND	12.8.03	15	WUG	Bochum-Wattenscheid	27 Jul 2025
1:36:15	Munita Prajapati	IND	15.1.02	1	NC-2	Ranchi	29 Sep 2025
1:37:43	Kamla	IND	15.8.99	2	NC-2	Ranchi	29 Sep 2025
1:39:40	Nguyen Thi Thanh Phuc	VIE	12.8.90	1	NC	Danang	11 Aug 2025
1:42:02	Park Jin-Hee	KOR	7.10.05	4	NSF	Busan	21 Oct 2025
1:42:44	Thai Thi Kim Ngan	VIE	21.3.02	2	NC	Danang	11 Aug 2025
1:42:47	Elmira Kalimullina	KAZ	28.5.04	6		Antalya	22 Feb 2025
1:44:03	Nguyen Thi Van	VIE	20.3.03	3	NC	Danang	11 Aug 2025
1:45:20	Huang Kuan-Ling	TPE	26.9.00	1	NatG	Yunlin	23 Oct 2025
1:45:33	Ho Thi Van	VIE	4.3.06	4	NC	Danang	11 Aug 2025
1:45:53 NR	Zeinab Ahadi	IRI	31.1.96	1	NC	Rasht	4 May 2025
1:46:00	Chang Chia-Feng	TPE	15.8.93	2	NatG	Yunlin	23 Oct 2025
1:46:16	Kalhari Madhurika U V	SRI	22.5.91	1	NC	Colombo	9 Feb 2025
1:46:20	Wu Wei-Chiao	TPE	7.7.01	3	NatG	Yunlin	23 Oct 2025
1:46:39	Saba Farmanpour	IRI	24.6.04	2	NC	Rasht	4 May 2025
1:46:52	Puspita Violine Intan	INA	22.9.00	1	SEAG	Bangkok	14 Dec 2025
1:47:13	Su Yu-Hsin	TPE	28.2.07	4	NatG	Yunlin	23 Oct 2025
1:47:41	Zin May Htet	MYA	9.5.00	2	SEAG	Bangkok	14 Dec 2025
1:48:15	Kotchaporn Tangsriwong	THA	24.7.00	3	SEAG	Bangkok	14 Dec 2025
1:48:53	Halida Ulfah	INA	4.10.99	1	NC	Surakarta	2 Sep 2025
1:49:25	Hashini Lakshani T V	SRI	13.12.02	1	NSF	Galle	19 Jul 2025
1:51:25	Fatemeh Shabanlou	IRI	22.4.97	3	NC	Rasht	4 May 2025
1:51:43.92 t	Ayman Ratova	KAZ	23.4.91	2	NC	Almaty	10 Jul 2025

**35 KM Walk**

2:40:49	Ma Li	CHN	15.1.00	1	NGP	Hefei	29 Mar 2025
2:42:34	Yin Hang	CHN	7.2.97	2	NGP	Hefei	29 Mar 2025
2:43:29	Peng Li	CHN	27.8.02	4	WCh	Tokyo	13 Sep 2025
2:45:21		<i>Peng Li</i>		3	NGP	Hefei	29 Mar 2025
2:46:53	Yukiko Umeno	JPN	8.1.03	3	NC-RW	Nomi	16 Mar 2025
2:48:12	Xie Lijuan	CHN	14.5.93	4	NGP	Hefei	29 Mar 2025
2:51:16	Luo Yue	CHN	13.7.03	5	NGP	Hefei	29 Mar 2025
2:53:18	Hitomi Shimoka	JPN	26.2.02	7	NC-RW	Nomi	16 Mar 2025
2:55:23	Masumi Fuchise	JPN	2.9.86	8	NC-RW	Nomi	16 Mar 2025
2:56:18	Maika Yagi	JPN	21.1.99	9	NC-RW	Nomi	16 Mar 2025
	<b>(Top-10 performances by 9 athletes)</b>						
2:56:34	Priyanka Goswami	IND	10.3.96	11	Dudinska	Dudince	22 Mar 2025
	(10)						
2:56:43	Yin Lamei	CHN	21.12.02	6	NGP	Hefei	29 Mar 2025
2:57:27	Galina Yakusheva	KAZ	14.7.88	2		Antalya	22 Feb 2025
3:00:02	Yuki Yoshizumi	JPN	7.1.96	10	NC-RW	Nomi	16 Mar 2025
3:01:22	Mao Tatsumi	JPN	12.1.00	11	NC-RW	Nomi	16 Mar 2025
3:04:23 NR	Lee Se-Ha	KOR	8.11.96	12	NC-RW	Nomi	16 Mar 2025
3:07:36	Polina Repina	KAZ	29.6.90	3		Antalya	22 Feb 2025
3:07:45	Ravina	IND	21.5.97	1	RailwayCh	Kolkata	6 Sep 2025
3:10:39	Jessica Ching Siu Nga	HKG	11.2.87	7	NGP	Hefei	29 Mar 2025
3:10:46	Ramandeep Kaur	IND	20.4.99	2	RailwayCh	Kolkata	6 Sep 2025
3:11:15	Sayori Matsumoto	JPN	13.1.97	13	NC-RW	Nomi	16 Mar 2025
	(20)						
3:12:37	Mokavi Muthurathinam	IND	9.7.02	3	RailwayCh	Kolkata	6 Sep 2025
	(21)						

**4 x 100m Relay**

42.94	China National Team	CHN		6h2	WCh	Tokyo	20 Sep 2025
	<i>Liang Xiaojing - Li Yuting - Zhu Junying - Chen Yujie</i>						
43.86	India National Team	IND		2	AsiCh	Gumi	31 May 2025
	<i>Srabani Nanda - SS Sneha - Abinaya Rajarajan - G Nithya</i>						

43.88		Thailand National Team	THA	1	SEAG	Bangkok	15 Dec 2025
		<i>S. Manatsada - S. Poolkerd - S. Petraksa - J. Khanonta</i>					
43.91		Fukuoka University Team	JPN	1	NC	Gifu	13 Jul 2025
		<i>Rin Shibato - Miyuko Maeda - Rin Obayasi - Aiha Yamagata</i>					
43.91		Vietnam National Team	VIE	2	SEAG	Bangkok	15 Dec 2025
		<i>Phung Thi Hue - Le Thi Cam Tu - Thanh Truc Kha - Ha Thi Thu</i>					
43.97	NR	Philippines National Team	PHI	3	SEAG	Bangkok	15 Dec 2025
		<i>Jessica Laurance - Lianne Pama - Zion Corrales-Nelson - Kristina Knott</i>					
44.41	NR	Singapore National Team	SGP	4	SEAG	Bangkok	15 Dec 2025
		<i>K.Ong Jing Rong - Elizabeth-Ann Tan Shee Ru - Laavina Jaiganth - S.V. Pereira</i>					
44.45	NR	Korea National Team	KOR	4	AsiCh	Gumi	31 May 2025
		<i>Lee Eun-Bin - Kang Da-Seul - Kim So-Eun - Kim Da-Eun</i>					
44.47		Bahrain National Team	BRN	2	Solidarity	Riyadh	19 Nov 2025
		<i>Lalila Kamal - E. Ofonime Odiong - Raihanah Garoubah - Hajar Saad Al-Khaldi</i>					
44.53	NR	Chinese Taipei National Team	TPE	3	TaiwanOpn	Taipei	7 Jun 2025
		<i>Cheng Hsin-Ying - Hu Chun-Wei - Liu Li-Lin - Chang Po-Ya</i>					
44.70		Sri Lanka National Team	SRI	1	SAAC	Ranchi	25 Oct 2025
		<i>Dananjana S Fernando - Amasha De Silva - Rumesika Kumari - F.S. Yamick</i>					
44.75		Malaysia National Team	MAS	6	AsiCh	Gumi	31 May 2025
		<i>A.N. Alias - Z.H. Zulkifli - A.B.M. Rizal - A.R. Aling</i>					
44.88	NR	Hong Kong China Team	HKG	7	AsiCh	Gumi	31 May 2025
		<i>Chloe Chan Pui Kei - Chloe Pak Hoi Man - Serena Tang Cheuk Mai - Kong Chun Ki</i>					
45.31		Indonesia National Team	INA	5	SEAG	Bangkok	15 Dec 2025
		<i>T.Murtiningsih - Devi Aprilian - Diva Aprilian - Dina Aulia</i>					
46.09		Uzbekistan National Team	UZB	5	Solidarity	Riyadh	19 Nov 2025
		<i>Lydia Podsepkina - L. Allaberganova - Nurkhon Ochilova - Dhzonbibi Khukmova</i>					
46.43	NR	Navy Team	BAN	1	NC	Dhaka	18 Feb 2025
		<i>Sh. Akhter - So. Akhter - S. Dewan - K. Roy</i>					
46.58		Kazakhstan National Team	KAZ	2	Qosanov	Almaty	2 Aug 2025
		<i>M. Yefremova - A. Zalyubovskaya - A. Zems - V. An</i>					
47.79		Maldives National Team	MDV	3	SAAC	Ranchi	25 Oct 2025
		<i>Hawwa Muzna Faiz - S. Aishath Shaba - Ziva Moosa Shafeeu - Ahnaa Nizaar</i>					
47.92		Azad University Team	IRI	1		Tehran	6 Sep 2025
		<i>M. Esmaili - E. Mousaei - M. Atarodikia - F. Ashourpour</i>					
48.04	NR	Uchinber Team	MGL	1	NSF	Ulaanbaatar	19 Sep 2025
		<i>E. Oyundari - T. Munkhherlen - D. Otgon-Erdene - M. Nandingoo</i>					
49.24	NR	Saudi National Team	KSA	3	ArabCh	Oran	3 May 2025
		<i>S.A. Al-Hilal - H.M. Mallam - H.M. Mohamad - L.I. Al-Humaid</i>					
49.24		Macau National Team	MAC	5h1	NatG	Guangzhou	20 Nov 2025
		<i>Sin Wai Nam - Loi Im Lan - Wang Ka Wai - Lam Seong Seon</i>					
<b>Doubtful eligibility:</b> (possible members from foreign nationality!)							
47.03		Al Arabi Club Team	QAT	1		Doha	8 Apr 2025
		<i>Sara Shams Ali - Dana Salem Taqi - Dana Nour Salem - Ahlam Farid Soli</i>					
47.28		Ultimate Athletics Club	UAE	1		Dubai	11 May 2025
		?					
<b>4 x 400m Relay</b>							
3:32.59		Vietnam National Team	VIE	1	SEAG	Bangkok	16 Dec 2025
		<i>Hoang Thi Minh Hanh - Ngyuen Thi Hang - Le Thi Tuyet Mai - Nguyen Thi Ngoc</i>					
3:32.64		National Campers' Team	IND	1	Indian Relays	Chandigarh	30 Apr 2025
		<i>Kolleru Sneha - Rupal - Jisna Mathew - Subha Venkatesan</i>					
3:32.74		China National Team	CHN	4s2	World Relays	Guangzhou	11 May 2025
		<i>Zhou Li - Huang Guifen - Liu Yutong - Lian Zhi</i>					
3:35.41		SonodaGakuen University Team	JPN	1	Int-Univ	Okayama	8 Jun 2025
		<i>Ayu Yoshii - Mayu Yoshii - Hinata Tochio - Yuzuki Nakao</i>					
3:35.71		Sri Lanka National Team	SRI	2	SAAC	Ranchi	26 Oct 2025

3:36.87		<i>Nadeesha - Sayuri - Jithma - Harshani</i> Thailand National Team	THA	2	SEAG	Bangkok	16 Dec 2025
3:38.92		<i>A. Weruwanarak - B. Nonthanam - M. Thongprachukaew - C.J. Onuorah</i> Philippines National Team	PHI	3	SEAG	Bangkok	16 Dec 2025
3:40.71		<i>Robyn Brown - B. Bejoy - L. Hoffman - J. Rodriguez</i> Kazakhstan National Team	KAZ	4	AsiCh	Gumi	29 May 2025
3:40.91		<i>Kristina Kondrashova - Anna Shumilo - Viktoriya An - Alexandra Zalyubovskaya</i> Uzbekistan National Team	UZB	5	AsiCh	Gumi	29 May 2025
3:41.95		<i>Laylo Allaberganova - Nurkhon Ochilova - J. Khukmova - Irina Levina</i> Taipei Team (Chinese Taipei)	TPE	1	NatG	Yunlin	22 Oct 2025
3:42.61		<i>Hsu Chun-Huei - Liu Chen-Yu - Tsou Chia-Wei - Liao Yan-Chun</i> Korea National Team	KOR	6	AsiCh	Gumi	29 May 2025
3:46.71	NR	<i>Ha Je-Yeong - Kim Ju-Ha - Lee Hae-In - Kim Seo-Yoon</i> Emirates National Junior Team	UAE	1		Beirut	5 Oct 2025
3:46.94		<i>E. Nael Nasser - M. Kareem - Y. Tarek Muhammad - A. Kamarudeen</i> KOM Team (Malaysia)	MAS	1	NC	Kangar	30 Aug 2025
3:47.80		<i>S.P.M. Jesindran - Mandy Goh Li - Z.A. Zainuddin - C.E. Bopulas</i> Hong Kong China Team	HKG	7	AsiCh	Gumi	29 May 2025
3:51.50	NR	<i>Pui Kwan Tang - Season Choi - Poon Hang Wai - Jane Christa Ming Karlsson</i> Uchinber Club Team	MGL	1	NSF	Ulaanbaatar	20 Sep 2025
3:51.62	NR	<i>B. Suvd-Erdene - E. Khongorzul - M. Nandingoo - T. Munkhherlen</i> Navy Team	BAN	1	NC	Dhaka	19 Feb 2025
		<i>Sh. Akhter - S. Al Soha - N.J. Runa - N. Khatun</i>					

**MIXED****Mixed 4 x 100m Relay**

40.37		Fujian Province Team	CHN	1	NatG	Guangzhou	15 Nov 2025
		Lin Yuwei - Ge Manqi - Xiao Yuanpeng - He Jinxian					
42.50	NR	Hong Kong China Team	HKG	6h1	NatG	Guangzhou	15 Nov 2025
		<i>Yu Pui Yi - Serena Tang Cheuk Man - Chan Yat Lok - Lee Hong Kit</i>					
42.67		Hanoi Team (Vietnam)	VIE	1	NC	Danang	12 Aug 2025
		<i>Phung Thi Hue - Hoang Thi Minh Hang - Nguyen Van Quyet - Nguyen Ba Kien</i>					
43.04	NR	Macau China Team	MAC	6h3	NatG	Guangzhou	15 Nov 2025
		<i>Wai Nam Sin - Loi Im Lan - Chan Kin Wa - Leong Lok lo</i>					
43.44	NR	Tamil Nadu State Team	IND	1	Indian Relays	Chandigarh	30 Apr 2025
		<i>Angel Silvia M - Tamilarasu S - Vysali Ganesan - Gitson I</i>					
44.94		Philippines National U20 Team	PHI	1 jr	SEAjrCh	Medan	18 Nov 2025
		<i>Pantonial K - Vivas J - Talplacido A - Rodriguez J</i>					
45.69		Indonesia National U20 Team	INA	2 jr	SEAjrCh	Medan	18 Nov 2025
		<i>Hidayat M T - Mericia A - Yance E K - Rizky D</i>					
46.62		Thailand National U18 Team	THA	3 yth	SEAYthCh	Medan	18 Nov 2025
		<i>Watcharapong S - Kongnil S - Thanaphon M - Jirawadee W</i>					

**Mixed 4 x 400m Relay**

3:12.08	NR	Japan National Team	JPN	5h1	WCh	Tokyo	13 Sep 2025
		<i>Kenki Imaizumi - Abigail Fuka Ido - Takuho Yoshizu - Nanako Matsumoto</i>					
3:13.39	NR	China National Team	CHN	3s1	World Relays	Guangzhou	11 May 2025
		<i>Liang Baotang - Mo Jiadie - Zhang Qining - Liu Yinglan</i>					
3:14.81		India National Team	IND	4s2	World Relays	Guangzhou	11 May 2025
		<i>Santhosh Kumar - Rupal - TK Vishal - Subha Venkatesan</i>					
3:15.07	NR	Vietnam National Team	VIE	1	SEAG	Bangkok	13 Dec 2025
		<i>Ta Ngoc Tuong - Nguyen Thi Ngoc - Le Ngoc Phuc - Nguyen Thi Hang</i>					

3:16.56	NR	Thailand National Team	THA	2	SEAG	Bangkok	13 Dec 2025
		<i>Saruwat Nuansi - B. Nonthanam - J. Atkinson - C.J. Onuorah</i>					
3:17.28		Bahrain National Team	BRN	2	Solidarity	Riyadh	20 Nov 2025
		<i>Moussa Ali Issa - Kemi Adekoya - Alaa Sami - Salwa Eid Naser</i>					
3:17.94	NR	Emirates National Team	UAE	4	Solidarity	Riyadh	20 Nov 2025
		<i>Abdulrahman Sulaiman - Aminat Kamarudeen - Emmanuel Bamidele - Mariam Kareem</i>					
3:20.61		Sri Lanka National Team	SRI	7s2	World Relays	Guangzhou	11 May 2025
		<i>Kalinga Kumarage – Nadeesha Ramanayake - S.M. Rajakaruna - Harshani Fernando</i>					
3:22.70		Kazakhstan National Team	KAZ	4	AsiCh	Gumi	28 May 2025
		<i>Andrey Sokolov – Kristina Kondrashova - Mikhail Litvin – Alexandra Zalyubovskaya</i>					
3:22.87	NR	Korea National Team	KOR	5	AsiCh	Gumi	28 May 2025
		<i>Shin Min-Kyu - Kim Seo-Yoon - Joo Seung-Kyun - Kim Ju-Ha</i>					
3:24.03	NR	Taipei City Team	TPE	1	NatG	Yunlin	21 Oct 2025
		<i>Ge Wu Yen-Ming - Liu Chen-Yu - Wang Hsiao-Hung - Liao Yan-Chun</i>					
3:27.22		Philippines National Team	PHI	3	SEAG	Bangkok	13 Dec 2025
		<i>A. Talplacido - Angel Frank - A. Labita - Bernalyn Bejoy</i>					
3:27.79	NR	Uzbekistan National Team	UZB	7	Solidarity	Riyadh	20 Nov 2025
		<i>K. Rustamjonov - Dhzonbibi Khukmova - Abbos Toshtemirov - Laylo Allaberganova</i>					
3:31.72		Malaysia National Team	MAS	7h2	WUG	Bochum-Wattenscheid	24 Jul 2025
		<i>Muhd Aidil Azrul - Chelsea Bopulas - Umar Osman - Nurul Aliah Nor Azmi</i>					
3:33.39		Tadjikistan National Team	TJK	3		Tashkent	17 Aug 2025
		<i>F. Murzapov - D. Abdulloeva - M. Mirzozoda - L. Pronzhenko</i>					
3:35.84		Hong Kong China U20 Team	HKG	2	EastAsiJrCh	Hongkong	27 Sep 2025
		<i>Chau Hoi Tim - Season Choi - Hsiung Chen-Yu - Liu Yan-Jin</i>					
3:37.16	NR	Nepal National Team	NEP	3	SAAC	Ranchi	24 Oct 2025
		<i>Ram Prasad Tharu - Ramita Kumari Tharu - Som Bahadur Kumal – Jayarani Tharu</i>					
3:38.25	NR	Aldar Club Team (Mongolia)	MGL	1	NSF	Ulaanbaatar	28 Sep 2025
		<i>S. Barzorig - D. Mart - A. Akhyt - B. Solongo</i>					
3:38.31	NR	Bangladesh National Team	BAN	4	SAAC	Ranchi	24 Oct 2025
		<i>Md. Hafizur Rahman - Borsha Khatun - Md Lushau Islam - Nusrat Javam Runa</i>					
3:39.12		Maldives National Team	MDV	5	SAAC	Ranchi	24 Oct 2025
		<i>Adam Riffath - Ziva Moosa Shafeeu - Hussain Zeek Suad - Hawwa Muzna Faiz</i>					
3:41.5 m		HEC Club Team	PAK	1	NC	Islamabad	31 Dec 2025
		<i>A. Aziz - A. Wahab - K. Omer Khan - K. Sarfraz</i>					
3:45.17	NR	Macau National U20 Team	MAC	4	EastAsiJrCh	Hongkong	27 Sep 2025
		<i>Huang Jingsong - Ng Ka Fu - Wong Cheng Sam - Lok Ka lo</i>					
3:48.14		Indonesia National U20 Team	INA	1	SEAjrCh	Medan	16 Nov 2025
		<i>Rizky D - Suharto M A - Nurul M - Yance E K</i>					
3:49.25	NR	Al-Khaleej Club Team	KSA	3		Doha	8 Apr 2025
		<i>L.I. Al-Humaid - A.A. Al-Moualid - S.A. Al-Hilal - I.A. Yahya</i>					
<b>Doubtful eligibility:</b> (possible members from foreign nationality!)							
3:28.04		Al Arabi Club Team	(QAT)	1		Doha	8 Apr 2025
		<i>Shahid Ashraf Mohamed - Mazen Abd.Ibrahim - Farida Thamer Salem - Hassan Khalil</i>					

Please do send us your valuable comments, additions and corrections on the information published in this Annual.

We also welcome your suggestions to improve this yearbook further with useful tips and trivia.

Kindly send in your views to [sportsmurali@gmail.com](mailto:sportsmurali@gmail.com)