

# **Results from ASIA 2024 - 21**

## **ON THE ROAD**

**(-courtesy of different Race - websites - )**

## **SINGAPORE**

### **Standard Chartered International Marathon / 01.12.2024**

following are detailed results from this traditional International Marathon (World Athletics Gold Label Race)

#### Men:

##### Marathon:

Geoffrey Yegon KEN 2:16:06; Abel Boniface Sikowo UGA 2:16:12; Laban Kipngetch Korir KEN 2:16:24; Jackson Kemboi Rutto KEN 2:16:56; Moses Kibet KEN 2:19:02; Negash Gadisa Worku ETH 2:20:50; Hendrik Pfeiffer GER 2:21:12; Chakib Lachgar MAR 2:24:35; Samuel Tesfaye Tsehay ETH 2:29:05; Titus Kimutai Kipkosgei KEN 2:29:10; Shunsuke Matsui JPN 2:37:44; Yang Bowen CHN 2:38:27;

##### Half Marathon:

Shaun Goh Boon He SGP 1:12:31; Takuya Kondo JPN 1:13:24; Keane Ko Wen Qiang SGP 1:14:31;

##### 10 km Road Run:

Sanjay Manumaran MAS 32:49;

#### Women:

##### Marathon:

Fantu Zewude Jifar ETH 2:39:04; Agnes Keino KEN 2:39:34; Meseret Dinke Meleka ETH 2:39:41; Sharon Jemutai Cherop KEN 2:40:19; Sharon Chelimo Arusho KEN 2:40:51; Faith Chepkoech KEN 2:42:32; Viola Jelagat Kibiwot KEN 2:43:04; Gelane Bulbula Senbete ETH 2:44:07; Maritu Ketema Gutema ETH 2:46:14; Zeritu Shawel Tadese ETH 2:48:34; Mabre Haile Degefa ETH 2:56:10; Jin Lingling CHN 2:59:30; Leanne Szeto Shiu Yan HKG 3:00:15; Rachel See Boon Lay SGP 3:00:45; Natsumi Yamauchi JPN 3:04:24; Inami Maki JPN 3:05:31; Goh Shing Ling SGP 3:08:39; Sharon Tan Fang Yu SGP 3:11:09; Katie Sinclair USA 3:16:36; Annie Bruton USA 3:17:17; Verna Goh Shilei SGP 3:18:45; Jasmin Goh Mei Ling SGP 3:21:01;

##### Half Marathon:

Vanessa Lee Ying Zhuang SGP 1:24:17; Jasmine Teo SGP 1:27:05; Xuan Jie Ng SGP 1:28:47; Helen Han SGP 1:32:51; Steph Fowler AUS 1:33:13; Moa Stahlberg SWE 1:33:18; Stephanie Lill GBR 1:33:38;

##### 10 km Road Run:

Reia Iwade JPN 37:32;

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## **Garmin Run Series / 13.10.2024**

#### Men:

##### Half Marathon:

Subash Gurung NEP (SGP-based) 1:08:50 (2<sup>nd</sup> = 1:17:07);

##### 10 km Road Run:

Shaun Goh Boon He SGP 31:49; Jon Lim Chun Kai SGP 32:27;

Women:

Half Marathon:

Fiona Lim Hui Ling SGP 1:33:02; Choo Ling Er SGP 1:34:09; Sharon Tan Fang Yu SGP 1:34:27;

10 km Road Run:

Vanessa Lee Ying Zhuang SGP 37:15; Nicole Low Sui Xuan SGP 38:18; Goh Shing Ling SGP 38:19;

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## **THAILAND**

### **Amaizing Thailand Internat.Marathon at Bangkok / 01.12.2024**

following are detailed results from this major International Marathon (World Athletics Label Race) / interesting to obtain, that several athletes ran the Half Marathon and the 10 km Race (which was held one day before the main events (on 30<sup>th</sup> Nov) !!

Men:

Marathon (1<sup>st</sup> Dec):

Tariku Abdi ETH 2:16:42; Ali Abdosh ETH 2:17:52; Tesfaye Tsegaye Keress ETH 2:18:42; Miko Dereje Alemu ETH 2:21:38; Ebisa Kure ETH 2:23:15; Gezu Ambese Muse ETH 2:27:33; Nattawut Innum THA 2:28:14; Sanchai Namkhet THA 2:29:20; Kebede Aberra Dinke ETH 2:33:11; Peerapat Manop THA 2:33:31; Thawatchai Hokphanna THA 2:37:03; Anuchit Jiw THA 2:37:04;

Half Marathon (1<sup>st</sup> Dec):

Kennedy Njogu Muhia KEN 1:03:44; Alexander Njai Muhia KEN 1:04:32; Fekadu Tesfaye ETH 1:06:10; Kindu Tiruneh ETH 1:06:13; Zerhune Negese Tola ETH 1:07:28; Abdulhamid Shifa ETH 1:07:49; Moges Abate Tefera ETH 1:08:10; Nattawath Innum THA 1:08:26 (twin brother to the Marathon runner); Anucha Pada THA 1:09:29; Fuad Yassin ETH 1:11:13; Martin Onesmus Muasya KEN 1:11:26; Kaniel Kiprotich Kogo KEN 1:12:29; ?? ?? (no name) THA 1:12:30; Pongsit Chinphawo THA 1:13:58; Mongkhon Kaeota THA 1:14:23;

10 km Road Run (30<sup>th</sup> Nov):

Kieran Tuntivate THA 29:06; Kennedy Njogu Muhia KEN 30:02; Krzysztof Hadas POL 30:11; Alexander Njai Muhia KEN 30:33; Fuad Yassin ETH 30:54; Kindu Tiruneh ETH 31:23;

Women:

Marathon (1<sup>st</sup> Dec):

Tsega Mehari Desta ETH 2:43:38; Yeshiemebet Taso ETH 2:43:59; Souad Kabouchia MAR 2:44:51; Arnanong Wongsorn THA 2:52:27; Linda Janthachit THA 3:04:22; Kopkarn Puaram THA 3:11:28; Suphansa Pholamai THA 3:14:15; Sudarat Seenok THA 3:15:31; Dorcas Jebotip Tarus KEN 3:16:52; Jeeranat Janekatekam THA 3:19:11;

Half Marathon (1<sup>st</sup> Dec):

Kawtar Kahhaz MAR 1:15:24; Hajer Berhe ETH 1:16:29; Hanane Bouaggad MAR 1:16:49; Parul Chaudhary IND 1:17:23; Ana Llorens ESP 1:21:49; Hawi Darge Lemma ETH 1:22:29; Pareeya Sonsem THA 1:23:06; Ann Mukuhi Njihia KEN 1:23:31; Piyanuch Sukchat THA 1:23:34; Tsigerada Worku ETH 1:25:23; Arunya Hinsui THA 1:27:22; Julia Wangui Njari KEN 1:27:55; Kamolwan Leeratermpong THA 1:30:41; Xiang Nan CHN 1:30:47; Wisuda Onso THA 1:31:18; Cheung Ka Yee HKG 1:31:19; Sarocha Sinprasop THA 1:32:05; Chothip Kan-Uam THA 1:32:19; Pranee Suwitayapuntu THA 1:32:27; Napatsorn Chaiyakiphaiboonsri THA 1:32:38; Nutchana Angchun THA 1:32:46;

10 km Road Run (30<sup>th</sup> Nov):

Hajer Berhe ETH 36:38; Lyndsey Fraser GBR 38:14; Premkamon Wongvichai THA 38:30; Hawi Darge Lemma ETH 38:58;

## **Khammouan Marathon at Nakhon Phanom / 24.11.2024**

### Men:

#### Marathon:

Kebede Abera Dinke ETH 2:39:38;

#### Half Marathon:

Zerhune Negese Tola ETH 1:12:52; Phongsit Chinphawo THA 1:14:36;

### Women:

#### Marathon:

Wimonphan Sangkhan THA 3:15:47;

#### Half Marathon:

Lodkeo Inthakoumman LAO 1:31:17;

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## **INDONESIA**

### **Borobudur International Marathon at Magelang / 01.12.2024**

following are detailed results from this major International Marathon (World Athletics Label Race)

### Men:

#### Marathon:

Moses Mbugua Gaikarira KEN 2:20:24; Kiprotonui KEN 2:21:41; Paul Eyanae KEN 2:21:58;  
Geoffrey Birgen Kiprotich KEN 2:22:05; James Cherutich Tallam KEN 2:25:28; Nofeldi Petingko INA  
2:36:05; Nurshodiq INA 2:36:40; Laode Safrudin INA 2:38:05;

#### Half Marathon:

Charles Munyua Njoki KEN 1:05:00; Martin Mumo Musyoka KEN 1:05:00; Job Minacho Kamonde KEN  
1:09:17; Immanuel Hutasoit INA 1:10:31; Moses Kipkosgei Bowen KEN 1:12:16; Hamka ?? INA 1:12:24;  
Musa ?? INA 1:12:30; Ardhi Wirayuda INA 1:12:50; Fadhil Aulia Mufti INA 1:13:46;

#### 10 km Road Run:

James Ndungu Kahura KEN 30:13; Elkanah Arusey KEN 30:15; Hosea Kipyego KEN 31:34; Edwin Yebei  
Kiptoo KEN 32:04; Ibnu Sidik INA 32:16; Iqbal Saputra INA 32:33;

### Women:

#### Marathon:

Shauline Chepkirui Koech KEN 2:39:03; Odekta Elvina Naibaho INA 2:50:04; Pretty Sihite INA 3:09:37;  
Irma Handayani INA 3:12:39; Safrina Shela Rosada INA 3:25:51; Anjelika Ginting INA 3:28:09;

#### Half Marathon:

Eunice Nyawira Muchiri KEN 1:15:08; Lucy Nthenya Ndambuki KEN 1:16:15; Catherine Syokau Mwanza  
KEN 1:16:51; Alyce Koech KEN 1:17:24; Jecinta Mwende Kamau KEN 1:22:09; Dwi Tiansi Anggraini  
INA 1:24:56; Nefriana Ariance Naik INA 1:27:56; Asnida Aras INA 1:32:05; Eva Desiana INA 1:34:42;  
Westi Indah INA 1:34:42;

#### 10 km Road Run:

Alice Muthoni Koigi KEN 34:22; Caroline Cheronon KEN 36:58; Novia Nur Nirwani INA 37:09; Aprilia  
Kartina INA 37:34;

## OPPO Run Bali Half Marathon at Purnama / 24.11.2024

### Half Marathon:

Martin Mumo Musyoka KEN 1:05:45; James Ndungu Kahura KEN 1:09:22; Stephen Kipkosgei KEN 1:11:55; Nofeldi Petingko INA 1:12:18; Laode Safrudin INA 1:14:01; Bernard Mwendia Muthoni KEN 1:14:02;

### 10 km Road Run:

Moses Kipkosgei Bowen KEN 31:23; Elijah Wairimu KEN 32:01; Joseph Njau KEN 32:09;

### Women:

#### Half Marathon:

Eunice Nyawira Muchiri KEN 1:21:11; Jecinta Mwendu Kamau KEN 1:24:42; Mary Connacher USA 1:25:57; Nefriana Ariance Naik INA 1:30:24; Asnida Aras INA 1:32:24; Nor Alia INA 1:33:03; Mila Karmila INA 1:34:52;

#### 10 km Road Run:

Alice Muthoni Koigi KEN 37:22; Novia Nur Nirwani INA 38:38;

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## VIETNAM

all following finishers at both events are athletes from Vietnam except few foreign runners as noted

## Viettel International Marathon at Hanoi / 01.12.2024

### Men:

#### Marathon:

Hoang Nguyen Thanh 2:28:21; Nguyen Va Lai 2:28:23; Trieu Tien Luyen 2:33:40; Mohamad Muhaizar MAS 2:34:57; Trinh Quoc Luong 2:35:01; Dang Duy Thach 2:38:59; Huynh Anh Khoi 2:39:18; Trinh Dinh An 2:39:30; Xayyathee Lamphone LAO 2:39:44;

#### Half Marathon:

Nguyen Trung Cuong 1:07:24; Tong Van Hoan 1:09:43; Duong Minh Hung 1:09:48; Luong Duc Phuoc 1:10:15; Nguyen Quoc Anh 1:10:21; Le Van Thao 1:10:27; Ba Van Han 1:13:20; Pheara Vann CAM 1:14:08;

### Women:

#### Marathon:

Nguyen Thi Oanh **2:39:50/NR**; Hoang Thi Ngoc Hoa 2:47:43; Bui Thi Thu Ha 2:49:58; Pham Thi Hong Le 2:50:51; Lodkeo Inthakoumman LAO **2:52:13/NR**; Le Minh Tuan 3:00:39; Dong Thi Mong Tho 3:06:30; Vu Thi Ninh 3:07:21; Nguyen Thi Linh 3:07:40; Pham Thi My Duyen 3:12:23; Nguyen Thi Tra Giang 3:13:41; Hoang Huong Thuy 3:13:59; Nguyen Duc Thu Hien 3:16:19; Hoang Thi Huyen Trang 3:18:34;

#### Half Marathon:

Doan Thu Hang 1:20:09; Hoang Thi Ngoc Anh 1:20:49; Doan Thi Oanh 1:21:46; Han Thi Bich Thu 1:26:56; Sreyroth Kan CAM **1:27:33/NR**;

## VnExpress Internat.Midnight Marathon at Hanoi / 24.11.2024

Men:

Marathon:

Nguyen Van Lai 2:24:33; Edwin Yebei Kiptoo KEN 2:36:54; Huynh Anh Khoi 2:37:19; Pham Duc Tho 2:38:44; Ha Van Duoc 2:38:45;

Half Marathon:

Trinh Quoc Luong 1:11:43; Le Van Huong 1:11:50; Tran Tu Phap 1:14:15;

Women:

Marathon:

Pham Thi Hong Le 2:57:49; Nong Thi Chang 2:59:20; Le Minh Tuan 3:02:41; Nguyen Thi Tra Giang 3:08:02; Thai Thi Hong 3:09:41; Vu Thi Ninh 3:11:51; Vuong Thi Hien 3:14:23;

Half Marathon:

Doan Thi Oanh 1:21:33; Tran Thi Duyen 1:26:33; Dong Thi Mong Thai 1:28:07; Nguyen Thi Linh 1:29:39; Hong Trinh 1:31:14; Le Thi Lai 1:32:32;

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## **INDIA**

### **38<sup>th</sup> International Marathon at Pune / 01.12.2024**

Men:

Marathon:

Bizuneh Ayalemech Asefa ETH 2:18:03; Daba Kenene Hunder ETH 2:19:40; Michel Kyalo Matthya KEN 2:22:32; Mathew Kipkorir Lel KEN 2:23:51; Gyan Babu IND 2:24:20; Daniel Cheruiyot KEN 2:27:30; Laxman Deshmukh IND 2:28:01; Million Degefa Damtew ETH 2:29:57;

Half Marathon:

Harish ?? IND 1:04:29; Eshetu Urge Kuba ETH 1:04:33; Pradhan Kirulkar IND 1:04:34; Ashwin Choudhari IND 1:05:49; John Muinde Kisilu KEN 1:05:58; Shubham Sindhu IND 1:06:05; Mukesh Kumar IND 1:07:03; Misganaw Kefelegn Abera ETH 1:07:32; Fetene Belay Habte ETH 1:08:07; Mrunal Sarode IND 1:08:35;

Women

Marathon:

Tisasua Basazin Nigatu ETH 2:49:39; Ager Mekonnen Belew ETH 2:57:09; Ashvini Madan Jadhav IND 3:02:00; Jyoti S.Gawate IND 3:02:44; Meseret Shiferaw Woldemariam ETH 3:13:06; Arati Dattatray Patil IND 3:16:50; Manisha Joshi IND 3:19:45;

Half Marathon

Sakshi Sanjay Jadhval IND 1:14:29; Bharti ?? IND 1:14:42; Archana Laxman Jadhav IND 1:15:59; Chalatu Tadesse Gutema ETH 1:16:42; Bavina Vijay Gayakwad IND 1:18:13; Abera Demisa Desta ETH 1:18:26; Rani Sadashiv Muchandi IND 1:23:46; Tashi Ladol IND 1:24:18; Stanzin Dolkar IND 1:24:36 (no others under 1:31:55);

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### **Lokmat Maha National Half Marathon at Mumbai / 01.12.2024**

Men:

Open Category:

Kartik Karkera 1:07:58; Ankush Hakke 1:08:23; Rameshwar Munjal 1:09:40; Ramesh Gavali 1:11:51;

Defence Category:

Vivek More 1:07:28; Ambu Tiwari 1:09:20; Goldy Goswami 1:10:19; Ankit Kumar 1:11:13; Avinash Patel 1:11:31;

#### Women

##### Open Category:

Arpita Saini 1:21:23; Komal Jagadale 1:21:37; Sheelu Yadav 1:27:34;

##### Defence Category:

Manju Yadav 1:20:43; Priti Chaudhary 1:24:24;

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## **Adani National Marathon at Ahmedabad / 24.11.2024**

#### Men:

##### Marathon:

Gyan Babu 2:24:54; Sarvesh Kumar 2:28:34; Anant Gaonkar 2:28:41; Harendra Chauhan 2:30:35;  
Tarak Mandi 2:34:16; Suresh Wagh 2:34:46;

##### Half Marathon:

Rinku Singh 1:06:42; Kartik Karkera 1:07:27; Rameshwar Munjal 1:08:08; Ritik Panchbudhe 1:10:26;  
Ramesh Gavali 1:10:36; Krishan Kumar 1:11:12;

#### Women

##### Marathon:

Jyoti S.Gawate 2:59:14; Seema ?? 3:07:00 (3<sup>rd</sup> = 3:37:26 !!);

##### Half Marathon

Prajakta Godbole 1:19:17; Pooja ?? 1:19:51 (winner of Defence Champs Race); Arpita Saini 1:20:05;  
Thakor Nirma Bharatjee 1:20:13; Tejaswini Lambkane 1:20:50; Priti Chaudhary 1:20:53 (next = 1:33:50 !!);

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## **39<sup>th</sup> Indira National Marathon at Prayagraj / 19.11.2024**

#### Men:

Yogesh Kumar Sharma 2:29:42; Kuldeep Singh 2:31:43; Nishant Singh 2:33:29; Aakash Kumar 2:37:29;

#### Women

Sonika ?? 2:45:28; Reenu ?? 3:01:59; Seema ?? 3:03:08;

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## **UNITED ARAB EMIRATES**

### **International Half Marathon at Kalba / 01.12.2024**

#### Men:

Anouar El Ghouz MAR 1:03:16; Dagne Tesfu Demise ETH 1:03:53; Gemechu Tolosa ETH 1:04:25;  
Emiyas Gelan ETH 1:06:54; Feyisa Dejene ETH 1:07:01; Benard Brian Monisak UGA 1:07:43; Moges  
Muluken Belete ETH 1:09:12; Ismail Ssenyange UGA 1:10:10; ?? ?? (name not translated) UAE 1:10:28;  
Suhail Al-Bloushi UAE 1:10:44; ?? ?? UAE 1:10:53; Saoud Al-Zaabi UAE 1:12:49; Sami Khalfan  
Al-Meqbali OMA 1:15:47;

#### Women:

Rkia El Moukim MAR 1:18:47; Wafa Zeroual MAR 1:19:46; Helen Currie GBR 1:36:32; ?? ?? UAE  
1:37:10; Noura Al-Khaleef UAE 1:37:16;

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## **National Day Run Half Marathon at Dubai / 01.12.2024**

Men:

Benard Mungai KEN 1:14:19;

Women:

Caroline Bridges USA 1:28:43; Blanca Rincon Azhar ESP 1:29:17;

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## **Zayed Charity 10 km Run at Abu Dhabi / 23.11.2024**

this Road Race (as well as races at shorter distances) were dominated by (mostly unknown) runners from Ethiopia / following are selected best performances from the 10 km Race

Men:

Gemechu Diriba ETH 29:19; Berhanu Wendemu Tsegu ETH 29:21; Chala Techo ETH 29:23; Halefom Kidanu ETH 29:26; Sida Amena ETH 29:28; Mengistu Bekele Tedecha ETH 29:31; Ayensa Alemu ETH 29:32; Berhanu Areda ETH 29:36; Fikadu Liche ETH 29:37; Mengistu Amare Birmanu ETH 29:41; Youssef Nasser MAR 29:43; best local finishers:...25. Mubarak Al-Marashda UAE 32:32;...27. Hamad Al-Rouli UAE 32:43;

Women:

Eilish McColgan GBR 33:03; Gemene Mamite Tunku ETH 33:48; Birtukan Molla ETH 33:49; Nurit Ahmed ETH 33:52; Rkia El Moukim MAR 33:52; Bekeshe Olani ETH 33:52; Guteni Shanko Kebede ETH 33:54; Elfinesh Amare ETH 33:55;

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## **KUWAIT**

### **GULF Bank 642 International Marathon at Al Kuwait /30.11.2024**

Men:

Marathon:

Hamid El Janati MAR 2:22:30; Ahmed Jaafar EGY 2:32:13;

Half Marathon:

El Hassan El Abbassi BRN 1:04:56; Youmni El Himer MAR 1:05:03; Mohamed Jeylani NED 1:09:53; Hamad Al-Khaldi KUW & Fahad Al-Azmi KUW 1:17:51;

10 km Road Race:

Abdullah Younis EGY 30:31;

Women:

Marathon:

Haya Al-Fares KUW 3:30:36;

Half Marathon:

Marta Hirpato Yota BRN 1:18:23; Haya Al-Refai KUW 1:26:55; Gillian Clarke IRL 1:27:08; Fatima Al-Hajari KUW 1:32:10; Sophie Kirkby GBR 1:32:20; Yuka Iriguchi JPN 1:33:33; Dana Al-Turairi KUW 1:38:08; Mariam Al-Jarallah KUW 1:39:11;

## **MALAYSIA**

## **SJMC International Half Marathon at Subang Jaya / 01.12.2024**

### Men:

Job Minacho Kamonde KEN 1:13:18;

### Women:

Tiffany Lee Siok Chin MAS 1:31:25; Noor Amelia Musa MAS 1:33:41; Khit Yeng Chua MAS 1:35:24;

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## **TIMOR LESTE**

### **Peace & Health International Half Marathon at Dili / 16.11.2024**

### Men:

Samson Karega Kamau KEN 1:09:00; Felisberto de Deus TLS 1:09:30; Tarsisius Seso INA 1:14:27;  
Victorino Martins da Costa TLS 1:15:09; Matheur Wuli INA 1:16:33;

### Women:

Nefriana Ariance Daik INA 1:28:23; Afriana Paijo INA 1:31:44; Susi Susanti INA 1:38:32; Juvita  
Soares TLS 1:39:05;

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## **BRUNEI**

### **International Half Marathon at B.S.Begawan / 01.12.2024**

### Men:

Dennis Isika KEN 1:17:17;

### Women:

Saw Khim Tho MAS 1:38:25;

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## **ABDB National Half Marathon at B.S.Begawan / 17.10.2024**

### Men:

Ruzaim Mahadi 1:12:03; Amirul Hamdi Jamil 1:17:36; Zaini Haji Metussin 1:17:44; Md Syafiq Shahri  
1:17:51;

## **ON THE TRACK**



## MALAYSIA

### 16<sup>th</sup> SEA Youth Athletics Champs at Kota Kinabalu / 28.-30.11.2024

(-courtesy of Mr Jad Adrian Washif and Mr Sha, SGP-Federation- )

these traditional Regional Champs were held with Youth athletes (born 2007 or 2008) from 10 SEA Regional Member Federations (= all except MYA) /

following are the results for all Gold medallists plus detailed additional best performances and all new records (NR / NJR & NYR)

#### Youth Boys / under 18 years:

100 m (29)/+0.3: Chutithat Pruksorranan THA/2007 10.54; Wirayut Daenkanob THA/2007 10.62; Muh. Dzul Danish Jamari MAS 10.70; Danish Irfan Tamrin MAS/2007 10.74; Aiman Ikhwan Yahya MAS 10.78; Muhammad Akbar Jabalu INA/2008 10.83; Reagan Song En Xu SGP/2007 10.84; Muhammad Ariel Hairuddin INA/2007 10.91;

heats (29) h1/-1.5: Daenkanob THA/2007 10.75; Tamrin MAS/2007 10.78; Jamari MAS 10.78; Song En Xu SGP/2007 10.91;

200 m (30)/-1.8: Muh.Sayyid Amin Roslan MAS/2007 21.29 (& 21.55/-1.4 as 1h1); Wirayut Daenkanob THA/2007 21.53; Chutithat Pruksorranan THA/2007 21.53; Harry Irfan Curran SGP/2008 22.08;

400 m (29): Sarawut Nuansi THA/2007 47.11; Khunaphat Kaijan THA/2007 47.82; Zachary Hashim Arif Jones MAS 48.86;

800 m (30): Wathin Choenchom THA/2008 1:56.28; Mohd Akram Hafez MAS/2007 1:56.99; Duong Phu Toan VIE/2007 1:58.14;

1500 m (29): Muhsardin Saputra INA/2007 4:12.28;

3000 m (28): Nguyen Hoang Thinh VIE/2007 8:55.00;...3. Abdullah Abbas Abdullah Awang BRU/2007 **9:34.11/NR & NJR & NYR;**

2000 m St (29): Luong Xuan Son VIE/2007 6:15.21; Jerico Cadag PHI/2007 6:16.38; Jhul Ian Canalita PHI/2008 6:20.93; Risky Fahmi Ardiansyah INA/2007 6:23.12;

110 m H / 91.4 cm (29)/-0.9: Muh.Harith Haikal Arshad MAS/2007 13.31; Muh.Shahrul Aiman Khailin MAS/2007 13.68; Patiphon Samnee THA/2007 13.71 / NYR (eq.); Muh.Aizat Faliq Fadil MAS 13.81; Niki Anugrah Syawan Pujo INA/2007 14.35;

400 m H (30): Patiphon Samnee THA/2007 52.21; Emmanuel Muphy Josbert MAS/2007 54.89;

H J (29): Muh.Naufal Zulkifli MAS/2008 1.95;

P V (30): Joseph Cheong Yin Yern SGP/2007 4.66;

L J (29): Muh.Fitri Nurhan Syamsuddin MAS 6.88/+0.8;

T J (30): Rico Andrew MAS 14.21/+1.1;

S P / 5 kg (29): Anson Loh Ding Rong SGP/2008 17.20;

D T / 1.5 kg (29): Syed Ali Ahmad MAS/2008 50.44; Riess William Ling Eng Meng MAS/2007 48.64; Tan Jun Jie SGP/2007 47.03;

H T / 5 kg (30): Nabil Faiz Ayub MAS/2007 59.17; Haritchai Kongtuk THA 56.23; Solomon Ng Guang Zhong MAS 55.77;

J T / 700 g (29): Chai Kai Le MAS 60.51;

4x100 R (28): THA (Chutithat Pruksorranan, Sarawut Nuansi, Nattaphon Sukkasem, Chutithat Pruksorranan) **39.92 / World Youth Best;** INA 40.85 / NYR; SGP (J.Lee Shyen, R.Song En Xu, B.Chan Wei Jie, H.Irfan Curran) 41.10 / NYR; MAS 41.11 / NYR;

4x400 R (28): THA (Nonthawat Phakdichit, Khunphat Kraichan, Patiphon Samnee, Sarawut Nuansi) 3:14.39 / NYR; MAS 3:18.18 / NYR (only 2 teams);

#### Youth Girls / under 18 years:

100 m (29)/-0.4: Chanthelle Moricette THA/2008 12.22; Shava Salvia Warangga INA/2007 12.27;

heats (29) h1/-1.3: Moricette THA/2008 12.27; h2/-0.7: Warangga INA/2007 12.35;  
 200 m (30)/-1.3: Nichaphat Nunut THA/2008 25.49;  
 400 m (29): Shayna M. Pereira Jesindran MAS/2007 57.54;  
 800 m (30): Vu Thi Tra My VIE/2007 2:13.37; Ruedee Netthai THA/2007 2:17.54;  
 1500 m (29): Nguyen Thi Diem VIE/2007 4:41.20;  
 3000 m (28): Luong Thi Khanh VIE/2008 10:18.88;  
 2000 m St (29): Dinh Thi Thu Huong VIE/2007 7:03.86; Ermelinda Moi Ongo INA 7:41.66; Siti Nur Fatiqah Adham MAS/2007 7:49.12;  
 100 m H / 76.2 cm (29)/+0.4: Cassandra Joanna Patrick MAS 14.35 / NYR; Abernetha Elissa Tadius MAS/2008 14.73; Do Han Thai Hien VIE 14.96;  
 400 m H (30): Phiriya Bunjing THA/2007 63.82;  
 H J (30): Mai Ngoc Anh VIE/2008 1.68;  
 P V (29): Dwi Mundiati INA/2007 3.20; Ashlee Ong Yuxi SGP/2007 3.10;  
 L J (29): Katyea Ebri Safitri INA/2007 5.56/+1.5;  
 T J (28): Katyea Ebri Safitri INA/2007 12.26/-0.5; Huynh Thuy Vy VIE/2007 11.81/ 0.0; Naterriya Aroka THA/2008 11.76/+0.4; Tan Yen Yee MAS/2008 11.72/ 0.0;  
 S P / 3 kg (28): Phan Duong Mai VIE/2008 13.32; Nguyen Ngoc Khanh Bang VIE/2007 13.28;  
 D T (30): Paphatson Loain THA/2007 39.10;  
 H T / 3 kg (29): Kojchakorn Hamacham THA/2008 57.36; Nur Nabilah Hasrol Rizal MAS 45.97; Febriani Rahmawati INA/2008 44.03;  
 J T / 500 g (30): Ana Vhianca Espenilla PHI/2007 49.33; Noor Aliya Alias MAS 41.70;  
 4x100 R (28): THA (Tarika Sapuithao, Nichaphat Nunut, Chanthelle Moricette, Sasicha Kingpila) 47.17; INA 47.31; SGP (Megan Ying, Zara Almira (??), Rachel Soh Hwei En, Chloe Chee En Ya) 48.40; MAS 48.52; VIE 49.90;  
 4x400 R (28): THA (Suprat Wannajongkham, Phiriya Bunjing, Prabhassorn Klaewphai, Molthida Thongprachkaew) 3:54.30; MAS 3:55.93; INA 4:02.87;

#### Mixed Relays:

4x400 R (30): THA (Khunphat Kraichan, Prabhatssorn Klaewphai, Sarawut Nuansi, Phiriya Bunjing) 3:30.61; VIE 3:35.85; MAS 3:38.18 / NJR & NYR; INA 3:38.68 / NJR & NYR;

#### Medal Tally:

THA 14 + 6 + 6 = 26  
 MAS 10 + 17 + 15 = 42  
 VIE 8 + 4 + 4 = 16  
 INA 4 + 7 + 6 = 17  
 SGP 2 + 4 + 4 = 10  
 PHI 1 + 1 + 2 = 4  
 BRU 0 + 0 + 1 = 1  
 CAM, LAO & TLS = 0

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## **MAF Cahya Mata Sarawak Meeting at Kuching / 16. - 17.11.2024**

**(-courtesy of Mr Jad Adrian Washif - )**

following are selected best performances (from information restricted to Finals) / no wind-readings reported /

#### Men:

100 m (16): Jonathan Nyepa 10.46; Khairul Hafiz Jantan 10.57; Muh.Efrain Feerzan Yazid 10.75;  
 H J (16): Kuan Jyn Yunn 2.02;  
 T J (17): Andre Anura Anuar 15.76;

D T (16): Muh.Irfan Shamsuddin 55.04; Kamal Farhan Abdul Rahman 47.21; Jonah Chang Anak Rigan 45.43;

H T (17): Sadat Marzuqi Ajisan 56.36; Jonah Chang Anak Rigan 49.09; Rizad Azri Che Radzi 46.86;

Junior Men:

100 m (16): Raphael Benitez Lamit 10.82;

Women:

100 m (16): Zaidatul Husniah Zulkifli 11.53 / missed her NR by 0.04 seconds only; Azreen Nabila Alias 11.90; Nur Afrina Batrisyia Rizal 12.01; Nur Aishah Rofina Aling 12.07;

100 m H (16): Fatin Nashira Mohd Fadzil 15.11;

400 m H (17): Mandy Goh Li 63.49;

H J (17): Norliyana Kamaruddin 1.64;

T J (16): Nurul Ashikin Abas 13.21; Maritza Ferrer Armstrong 12.38; Alia Batrisya Nasaruddin 11.95;

S P (16): Nani Sahirah Maryata 14.99;

H T (17): Grace Wong Xiu Mei 57.17; Nurul Hidayah Lukman 50.04; Nurul Aiyani Kamaluddin 42.04;

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## **PHILIPPINES**

### **87<sup>th</sup> UAAP Athletics Champs at New Clark City / 17. - 21.11.2024**

#### **(-courtesy of Mr Andrew Pirie - )**

following are detailed best results from these National College Champs for two different categories

Men:

100 m (17)/+0.8: John Paul Araneta 10.73 (& 10.81/+0.3 as 1h1); Lorenz Datiles 10.82; Clint Neri 10.85; Kent Jardin 10.90;

200 m (18)/+0.5: John Paul Araneta 21.75; Orly Orongan 21.91; Kent Jardin 21.96;

400 m (19): Orly Orongan 48.04; Alrhyan Labita 48.68; Tochukwu Okolo 48.83;

heats (19) h1: Okolo 48.70; Labita 48.87; h2: Orongan 48.43;

800 m (17): Hassan Lorana 1:53.17; John Lloyd Cabalo 1:53.38; Alfrence Braza 1:54.27; John Masuhol 1:55.82; Oyankerl Espinosa 1:56.30;

heats (17) h1: Lorana 1:53.99; Cabalo 1:54.19; Braza 1:54.57; Espinosa 1:55.63; h2: Reyniel Abiel 1:56.71; Masuhol 1:56.91;

1500 m (19): Alfrence Braza 3:57.09;

3000 m St (21): Alfrence Braza 9:30.93; Eduard Josh Buenavista 9:31.67; Rene Cruz 9:37.44;

110 m H (21)/-0.4: Tochukwu Okolo 14.58; Edgie Garbin 14.93 (14.924); John Romero 14.93 (14.926);

Joseph Antiola 14.93 (14.928); Mart Rizo 15.07;

heats (21) h1/+0.9: Okolo 14.91; Garbin 15.10; Romero 15.14; h2/-0.4: Antiola 15.14;

400 m H (20): John Romero 52.46; Tochukwu Okolo 53.63; Jazzpeer Arcenal 53.35; Alrhyan Labita 54.04; John Masuhol 54.10;

heats (20) h1: Romero 52.77; Okolo 53.63;

H J (20): Ernie Calipay 2.10;

P V (17): Hokett de los Santos 5.00; Mejen Sumbongan 4.35; Sean Harry Narag 4.05;

L J (18): Clint Neri 7.33/+0.1; Leolan Oranza 7.06/-0.4; Kent Jardin 7.04/-0.4; Joshua Patorara 7.02/-0.3;

T J (19): Clint Neri 14.94/+0.4; Ranier Sobrepena 14.82/+0.3; Kent Jardin 14.78/-0.3;

S P (17): Ed Delina 14.86;

D T (20): Russel Ricaforte 47.80; Ed Delina 47.25;

H T (21): Ed Delina 49.41;

Decathlon (19/20)/no details: Hokett de los Santos 62.86;

5000 m Walk (19): Vincent de la Cruz 22:44.16; John Yuri Jumaday 23:55.06; Peter Lachica 24:17.30;

10000 m Walk (18): Vincent de la Cruz 48:27.08;  
4x100 R (19): UST College Team (L.Datiles, H.de los Santos, J.Romero, J.Obanon) 41.77;  
4x400 R (21): NU College Team (O.Orongan, J.Masuhol, K.Simtim, J.Cabalo) 3:14.00;

High School Boys:

100 m (17)/-0.3: Kharis Pantonial 10.88;  
200 m (18)/+0.7: Kharis Pantonial 21.72 (& 21.92/-0.2 as 1h1);  
400 m (19): Kharis Pantonial 48.78;  
5000 m Walk (17): Vincent Durana 24:41.56;

Women:

100 m (17)/+0.5: Shane Ponce 12.05; Annie Mercurio 12.22; Jessel Lumapas 12.28; Angelyn Ortiz 12.28;  
heats (17) h1/+0.4: Mercurio 12.22; h4/+0.5: Ponce 12.09;  
200 m (18)/+0.3: Annie Mercurio 24.75; Bernalyn Bejoy 25.07; Shane Ponce 25.14; Hannah Delotavo 25.20; Jessel Lumapas 25.21;  
heats (18) h2/+0.4: Mercurio 24.94; Bejoy 25.17; h3/-0.2: Ponce 25.18;  
400 m (19): Bernalyn Bejoy 56.01; Jessa Belinario 56.73; Kaye Villanueva 57.21; Jessel Lumapas 57.75;  
heats (19) h1: elinario 56.86; h2: Bejoy 56.53; Villanueva 57.92;  
800 m (17): Bernalyn Bejoy 2:11.37; Susan Ramadan 2:12.62;  
heats (17) h1: Bejoy 2:12.26; Ramadan 2:13.94;  
1500 m (19): Susan Ramadan 4:41.39; Nicole Diloy 4:42.66; Jessa Mae Roda 4:44.19;  
3000 m St (21): Jessa Mae Roda 11:32.20; Edna Magtubo 11:32.96; Nicole Diloy 11:33.38; Meljoy Gonzales 11:59.08; Florebell Quino 12:21.01; Shiekhy Supremo 12:24.21; Lezamy Sanita 12:29.62; Lheslie de Lima 12:29.64; Decerie Encomio 12:29.67;  
100 m H (21)/+0.5: Lyka Miravalles 14.68; Abcd Agamanos 14.69; Justine Mae Catindoy 14.96; Jeanne Arnibal 15.09;  
heats (21) h1/+0.2: Sunshine Silvestre 14.98; Agamanos 15.04; Miravalles 15.19; h2/+0.2: Arnibal 15.24; h3/+0.3: Catindoy 15.12;  
400 m H (20): Bernalyn Bejoy 60.53; Lenlyn Sanita 62.44; Justine Catindoy 62.92; Sunshine Silvestre 63.07;  
heats (20) h1: Bejoy 61.98; h2: Sanita 63.82;  
H J (21): Mariel Abuan 1.68; Evangeline Caminong 1.65;  
P V (17): Marie Khrizzie Ruzol 3.25;  
L J (20): Diana Hurano 5.94/-0.3; Rica Mae Balderama 5.87/+0.5; Jeanne Arnibal 5.76/+0.1; Diane Taranza 5.68/+0.6; Abcd Agamanos 5.67/-0.3;  
T J (18)/nwi: Rica Mae Balderama 12.52; Jeanne Arnibal 12.47; Abcd Agamanos 12.26; Diana Hurano 11.81;  
S P (21): Jamela de Asis 12.78;  
H T (17): Joana Marie Bandal 42.05;  
J T (18): Lanie Carpentero 47.36; Ann Katherine Quitoy 40.19;  
Heptathlon (17/18): Jeanne Arnibal 4373 (15.07; 1.53; 9.15; 27.50 / 5.67; 31.79; 2:48.32); Tracy Baylon 4042 (15.54; 1.35; 8.28; 26.93 / 5.30; 27.67; 2:27.69);  
3000 m Walk (19): Azeneth Serat 15:27.96; Juliana Talaro 15:44.88;  
5000 m Walk (17): Azeneth Serat 27:36.57;  
4x100 R (19): FEU College Team (D.Taranza, A.Ortiz, S.Ponce, A.Mercurio) 46.84;  
4x400 R (21): DLSU College Team (H.Delotavo, J.Lumapas, E.Ruto, B.Bejoy) 3:47.37;

High School Girls:

100 m (17)/+0.8: Jeralyn Rodriguez 12.29;  
200 m (18)/-0.3: Jeralyn Rodriguez 24.92 (& 24.84/ 0.0 as 1h1);  
400 m (19): Jeralyn Rodriguez 55.87 (& 56.83 as 1h1);  
100 m H (21)/+1.7: Jamaica Kate Saligan 15.25;

400 m H (20): Jeralyn Rodriguez 62.99; Jamaica Saligan 63.83;

heats (20) h1: Rodriguez 63.22; Saligan 64.62;  
4x100 R (19): UST HS Team (A.Tabad, L.Ordinario, J.Saligan, I.Pangalinan) 48.38;  
4x400 R (21): UST HS Team (A.Tabad, J.Saligan, F.Rosario, L.Ordinario) 3:54.01;

Mixed Relays:

4x400 R / College (18): FEU College Team (T.Okolo, K.Villanueva, J.Arcenal, S.Ramadan) 3:33.60;  
4x400 R / High School (18): NU HS Team (L.Taripe, J.Albaciete, K.Pantonial, J.Santiago) 3:43.96;

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## **Batang Pinoy Champs at Puerto Princesa / 24. - 28.11.2024**

**(-courtesy of the PATAFA - Facebook-site - )**

following are few selected best performances from this competition for Youth athletes

Youth Boys / under 18 years:

100 m (25)/+1.3: John Abetong/2008 21.93;  
400 m (24): John Abetong/2008 49.03;  
2000 m St (25)/two races: Jerico Cadag/2007 6:09.36 (1r2); Jerisy Lee De Vera/2008 6:18.23 (1r1); Zhian Castillo/2008 6:20.23 (2r1); Anthony Orellano/2007 6:21.20 (2r2); Jeremy Cortez/2007 6:21.75 (3r1);  
110 m H / 91.4 cm (24)/+1.0: Villaran Mico/2007 14.27; Julius Valdenaro/2007 14.83; Dexter Angayangay/2007 14.87; Francis Amador/2007 14.90;  
heats (24) h1/+1.0: Valderaro/2007 14.82; h6/+2.2: Mico/2007 14.53w;

Younger Boys / under 16 years:

100 m (27)/+1.3: Pi Durden Wangkay/2009 10.88;

Youth Girls / under 18 years::

100 m H / 76.2 cm (24)/+1.0: Angel Villagrancia/2008 14.63 (& 14.76w/+2.8 as 1h1);  
J T / 500 g (24): Ana Bhanca Espenilla/2007 51.17;

Younger Girls / under 16 years:

1500 m (28): Chrishia Tajarros/2011 4:49.09;

Mixed Relays:

4x400 R (25): Sacolod Youth Team 3:47.72;

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## **SINGAPORE**

### **Club ZOOM Kindred Spirit Series Meeting / 23. - 24.11.2024**

**(-courtesy of the Singapore AA – website - )**

Men:

100 m (24)/+0.1: Daryl Tan Hong An 10.70; Ian Gan Yu An 10.80; Joshua Chua Hanwei 10.83; Ryan Prahars 10.85; Jamie Ang El-Red 10.90;  
heats (24) h1/+0.6: Gan Yu An 10.80; Ang El-Red 10.86; h4/+0.3: Chua Hanwei 10.85; h9/+0.3: Yan Teo/2005 10.83; Tan Hong An 10.87;  
400 m (24): Thiruben Thana Rajan 47.77; Marc Brian Louis 48.33; Percy Muncherji Zubin 48.36;  
110 m H (23)/+0.2: Ang Chen Xiang 14.18;  
P V (23): Joseph Cheong Yin Yern/2007 4.65;  
4x100 R (24): National Youth/U18 Team (Joshua Lee Shyen, R.Song En Xu, B.Chan Wei, H.Irfan Curran) 41.37 / (NYR);

Women:

1 Mile (24): Vanessa Lee Ying Zhuang **5:12.74/NR**; Nicole Low Sui Xuan 5:15.26;  
100 m H (23)/+1.2: Kerstin Ong Jing Rong 14.94;  
P V (23): Ashlee Ong Yu Xi/2007 3.41;

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## **MACAU**

### **Review of National Records during 2024 season**

**(-correction to Report No 230 - with thanks to Mr Mauro Rossi - )**

Junior Men / 100 m: Lou Weng Fu/2005 10.74/+1.5 / NJR at **Hongkong** (not at Macau) / 6 Jul 2024