

Results from ASIA 2024 - 23

ON THE ROAD

(-courtesy of different Race - websites -)

UNITED ARAB EMIRATES

International Half Marathon at Ajman / 29.12.2024

Men:

Samir Jouaher MAR 1:04:47; Anouar El Ghouz MAR 1:04:53; Gudisa Muleta ETH 1:05:48; Khalifa Al-Naeimi UAE 1:08:58; Abdalla Juma UAE 1:09:01; Saeed Al-Nuaimi UAE 1:09:22; Ahmed Abousitre FRA 1:12:36;

Women:

Leslie Wakweya KEN 1:17:12; Katerina Machova CZE 1:27:40; Hazel Mackey IRL 1:28:04; Demi Lopes POR 1:30:45; Hannah Tolley GBR 1:31:47; Hessa Al-Jassmy UAE 1:32:19;

International Positive Spirit Road Races at Dubai / 21.12.2024

Men:

10 km Race:

Yasser Echchaachoui MAR 29:29; Sida Amena ETH 29:36; Solomon Teshome ETH 30:40; Abdel Ali Azzazi MAR 31:20;... Mohamed Saeed UAE 32:28;

5 km Race:

Gizaw Ahay ETH 13:47; Abu Salim Mayanja UGA 13:51; Ismail El Kharchi MAR 13:53; Soufiane Dardour MAR 14:11; Amine Souida MAR 1:35; Julius Kyasanku UGA 15:04; Saoud Al-Zaabi UAE 15:10; Khalifa Al-Naeimi UAE 15:13;

Women:

10 km Race:

Rkia El Moukim MAR 34:57; Fikirte Dibaba ETH 35:07 (3rd = 40:53 !!);

5 km Race:

Chaltu Kebeba ETH 16:32; Liz Verheyden BEL 17:58; Joud Sabous UAE 18:51;

MALAYSIA

International Penang Bridge Marathon at Penang / 15.12.2024

following are detailed results from this traditional Marathon / all runners from KENYA except few best Malaysian finishers as noted

Men:

Marathon:

Moses Mbugen Galkabira 2:18:31; Joseph Koech 2:21:51; Anderson Saitoti Seroi 2:23:05; James Cherutich Tallam 2:23:33; Geoffrey Birgen Kiprotich 2:24:29; Peter Murimi Muthike 2:25:11; Charles Munyua Njoki 2:29:19; Moses Kipkosgei Bowen 2:31:13;

Half Marathon:

Martin Mumo Musyoka 1:06:52; James Ndungu Kahura 1:07:29; Elkanah Kimeli Arusey 1:09:45; Tarashisio Gitahi Marichu 1:11:53; Sanjay Manimaran MAS 1:11:57;

10 km Road Race:

Albanus Kyulu Mutuku 30:55;

Women:

Marathon:

Rita Jeptoo Busienei 2:40:00; Eunice Nyawira Muchiri 2:40:36; Shauline Chepkirui Koech 2:40:38; Lydia Naliaka Wamalwa 2:44:00; Alyce Koech 2:44:40; Pauline Wangui Ngigi 2:51:35; Naomi Wambui Muriuki 2:52:31; Mercy Jelimo Too 2:59:04; Caroline Cheronno 3:02:21; Jane Wanjiru Muriuki 3:08:39; Tiffany Lee Siok Chin MAS 3:09:03;...16. Chang Mei Sze MAS 3:29:07; 17. Chew Lay Ling MAS 3:30:44;

Half Marathon:

Alice Muthoni 1:16:34; Lucy Nthenya Ndambuki 1:18:34; Teresiah Kabui 1:25:01; Olivia Yu MAS 1:33:22; Ong En Ling MAS 1:36:26;

10 km Road Race:

Jecinta Mwendu Kamau 37:04;

THAILAND

International Scenic Marathon at Chanthaburi / 22.12.2024

Men:

Marathon:

Fekadu Tesfaye Degefa ETH 2:25:19; Miko Dereje Alemu ETH 2:25:28 (3rd = 2:43:29 !!);

Half Marathon:

Kennedy Njogu Muhia KEN 1:03:48; Ebisa Takele Kure ETH 1:09:09; Tanwarat Kanjing THA 1:15:42;

Women:

Marathon:

Tatyana Ariasova RUS 2:58:49; Ornanong Wongsorn THA 3:00:53; Kopkam Puaram THA 3:12:39; Chothip Kanuam THA 3:19:46;

Half Marathon:

Thanitnun Dateditthapraneet THA 1:34:57;

International Muang Thai Marathon at Chiangmai / 22.12.2024

Men:

Marathon:

Yang Yi CHN 2:33:34;

Half Marathon:

Yang Quanjiang CHN 1:12:58; Anurag Khonkar IND 1:12:59;

Women:

Marathon:

?? ?? (no translations of names for TOP 6 finishers from THA available) 3:10:05;...7. Martina Moll GER 3:18:15;

Half Marathon:

Dong Tian CHN 1:25:16; Mary Bridges GBR 1:29:41; Susanne Kömmlinger GER 1:35:21; Ching Man Au Yeung HKG 1:35:21; Gudrun Ingimundardotir ISL 1:36:49;

CAMBODIA

International Viettel Marathon at Siem Reap / 22.12.2024

Men:

Marathon:

Nguyen Van Lai VIE 2:20:54; Kento Kabashima JPN 2:33:33; Wojciech Kopec POL 2:34:57;

Half Marathon:

Nguyen Trung Cuong VIE 1:10:58; Rohit Ouk CAM 1:13:48; Pisey Sorn CAM 1:15:53; Xayyathee Lamphone LAO 1:16:24;

Women:

Marathon:

Pham Thi Hong Le VIE 2:49:15; Bui Thi Thu Ha VIE 2:50:27; Lodkeo Inthakoumman LAO 2:53:31; Estefania Unzu Ripoll ESP 2:59:22; Vu Khanh Linh VIE 3:16:17;

Half Marathon:

Nguyen Thi Oanh VIE 1:21:17; Sreyroth Kan CAM 1:27:37; Eng Mu yngim CAM 1:35:23;

LAOS

International Marathon at Vientiane / 15.12.2024

Men:

Marathon:

Ebisa Takele Kure ETH 2:19:54; Wojciech Kopec POL 2:35:04; Lamphone Xayyathee LAO 2:39:57;

Half Marathon:

Joel Koome Gatobu KEN 1:19:05;

Women:

Marathon:

Tran Thi Kim Kieu VIE 3:08:03; Satomi Uchino JPN 3:20:08;

Half Marathon:

Lodkeo Inthakoumman LAO 1:25:36; Stephanie Lill GBR 1:25:36; Santy Phonepasith LAO 1:35:57; Khankham Noymany LAO 1:36:43; Manysa Mixay LAO 1:37:20; Phonthalath Innont LAO 1:38:12;

TAIPEI

International Marathon at Taipei / 15.12.2024

following are some corections to the International Marathon results (by Report No 22) and additional results from the World Deaf Marathon Champs as well as detailed results from the Half Marathon races

Men:

Marathon:

...21. Chan Ka-Kui TPE 2:34:15;...24. Li Yi-Hsun TPE 2:36:17;...add 34. Welfred Esporma PHI 2:37:57;

World Deaf Champs (only male runners):

Otto Kingstedt SWE 2:17:52; Takuro Aoyama JPN 2:26:16; Michal Stanovsky CZE 2:35:49;

Half Marathon:

Yu Furudate JPN 1:06:31; Huang Po-Hsien 1:06:56; Li Chi-Ju 1:07:01; Chou Hung-Yu 1:07:02; Tien Jun-Hsiang/2005 1:07:18; Hu Kuan-Kai 1:07:26; Huang Yang-Chih 1:07:44; Lin Che-Wei/2005 1:07:51; Hao Feng-Cheng/2006 1:07:53; Chiang Yan-Lun 1:08:34; Tseng Ting-Wei 1:08:38; Leung Tak Yeung HKG 1:08:42; Huang Hua-Fan 1:08:42; Wan Cheuk Hei HKG 1:08:48; James Darrel Orduna PHI 1:09:16; Lai Cheuk Fai HKG 1:09:48; Shih Yu-Tsuo 1:10:00; Pan Tzu-Yi 1:10:15; Chen Cheng-Hsuan 1:10:46; Li Ming-Sheng 1:10:50; Cheng Chak Tong HKG 1:11:01; Luk Chok Yan HKG 1:11:03;...26. Lee Cheuk Him HKG 1:11:39;...29. Kang Ngai HKG 1:12:05;...31. Law Ho Kwan HKG 1:12:14; 32. Leung Chun Wai HKG 1:12:41;

Women:

Marathon:

...16. Cheng Yen-Ling TPE 2:58:18;...22. Chiu Li-Ching TPE 2:59:58; 23. Liu Yu-Hsin TPE 3:01:26; 24. Lin Yu-Hsin TPE 3:01:53;... 27. Lin Li-Chi TPE 3:03:30;...add 29. Fung Ka Lee HKG 3:05:29; 30. Huang Su-Er TPE 3:05:32; 31. Chen Ya-Wen TPE 3:06:17;

Half Marathon:

Chang Chih-Hsuan 1:18:02; Vut Tsz Ying HKG 1:18:44; Tsao Chun-Yu 1:19:08; Wan Sze Wai HKG 1:20:34; Su Feng-Ting 1:21:41; Wang Tzu-Ling 1:22:03; Wu Wan-Jing/2005 1:22:39; Chen Ya-Fen 1:22:57; Wong Cho Sum HKG 1:23:91; Sharon Tan SGP 1:23:03; Harue Kikuchi JPN 1:23:05; Yu Ting-Yuan 1:23:52; Hui Nga Chi HKG 1:24:32; Huang Yu-Lou 1:24:45; Hau Ka Yan HKG 1:24:46; Wong Wang Yee HKG 1:24:58; Wong Wing Yin HKG 1:25:06; Li Hui-Chuan 1:25:52; Lam Ka Yan HKG 1:26:02; Shen Ni 1:26:21; Tam Ka Man HKG 1:26:34; Chen Yu-Chieh 1:26:55; Xu Yi-Jie 1:28:01; Yau Mei Ting HKG 1:28:01; Yiu Tak Yuk HKG 1:28:01;

INDIA

Internat. Darjeeling Hill Half Marathon at Manipal / 22.12.2024

Men:

Kenneth Kimathi Kinthinji KEN 1:10:11; Shiva Kundu IND 1:13:01;

Women:

Anjali Kumari IND 1:23:30; Nisha ?? IND 1:25:50; Santoshi Shrestha NEP 1:26:27; Genet Shukur Rashid IND 1:29:16;

International Navy Marathon at Vizag / 15.12.2024

Men:

Marathon:

Mathew Kipchirchir Lel KEN 2:32:09; Onesmus Kipchirchir Biwott KEN 2:35:46;

Half Marathon:

Daniel Cheruiyot KEN 1:08:57; Tsegaye Adugna ETH 1:11:44; Vikram Singh IND 1:12:04;

Women:

Marathon:

Sheela Yadav IND 3:02:37 (2nd = 3:27:31);

National Vedanta Pink City Half Marathon at Jaipur / 15.12.2024

Men:

Rakesh Bhadwa 1:10:36; Surendra Kumar 1:11:47; Hakam Singh 1:12:09;

Women:

Monika ?? 1:17:19; Chatru Choudhary 1:19:22; Kiran ?? 1:26:00;

VIETNAM

National Heritage Marathon at Can Tho / 22.12.2024

Men:

Marathon:

Dang Anh Quyet 2:39:30; Le Quang Hoi 2:39:52;

Half Marathon:

Ly Nhan Tin 1:15:23;

Women:

Marathon:

Nguyen Thi Thu Ha 3:01:52; Nguyen Thi Ngoc Lan 3:04:28; Nguyen Thi Hien Trang 3:18:54;

Half Marathon:

Le Thi Ha 1:29:12;

ON THE TRACK

INDIA

All-India Inter-University Meet at Bhubaneswar / 26. - 30.12.2024

(-courtesy of Mr Ram. Muralikrishnan -)

following are detailed results from this National University competition with exceptional huge number of competitors (such as 403 (!) finishers in 100 m heats etc.) and a good depth of excellent performances in several events / times in 20000 m Walks events for Men are not valued due to questionable conditions

in addition to these selected results (up to TOP 8 from finals) a file with complete results (220 pages !!) is separately attached

Men:

100 m (27)/-0.2: Lalu Prasad Bhoi 10.52; Nishant Kumar 10.53; Laukik Anant Melge/2005 10.63; Eugene Shelton 10.65; Adarsh Manohar 10.66; Rushiprasad San Desai/2005 10.67; Shivam Yadav 10.79;

200 m (30)/+0.2: Animesh Kujur 20.57 / 2nd IND All-Time; Yash Sameer Joshi 21.13; Govind Kumar 21.21; Gokul Pandiyan/2006 21.29; Ankit Kumar Kaswan/2005 21.32; Abhay Singh/2006 21.35; V.Prasanna Kumar 21.91;

400 m (27): Abhishek ?? 46.21; T.K.Vishal 46.43; Atul ?? 46.88; Jashanpreet Singh 47.09; Aswin Krishnan 47.47; Akash Raj 47.79;

800 m (29): J.Bijoy/2006 1:48.94; J.Rijoy/(2003) 1:49.42; Tushar Bhekane 1:49.76; Manjeet ?? 1:50.43; Sunil Rajbhar 1:50.69; Tushar Ekanath 1:50.90; Basant Chauhan 1:51.03; Mogali Venkata Ram/2007 1:51.04;

1500 m (27): Ankit ?? 3:49.82; Arjun Waskale 3:49.88; Ram Singh 3:50.24; Sunil Rajbhar 3:50.79; Visheesh Mahla 3:51.60; M.P.Nabeel Sahi 3:51.63; Gaurav ?? 3:51.94; Vikash ?? 3:52.34;

5000 m (30): Gagan ?? 14:10.66; Trilok Kumar 14:10.93; Aman Kumar/2007 14:15.19; Rinku ?? 14:16.20; Vikas Patel 14:16.61; Saurabh Kumar 14:17.68; Gaurav Yadav/2005 14:20.02; Bittu ?? 14:21.69;

10000 m (26): Shubham Baliyan 29:17.48; Mohit ?? 29:17.72; Trilok Kumar 29:18.25; Ankit Deshwal 29:22.93; Abhishek Kamann 29:32.61; Chandan Yadav 29:33.27; Ankit ?? 29:42.79; Simran Singh 29:45.79;

Half Marathon (29)/distance ??: Arun Dhansingh Raj 1:06:04; Mohith Choudhary/2006 1:06:10; Ankush Laxman 1:06:50; Ashutosh Kumar 1:06:55; Shailesh Kushwaha/2006 1:07:04; Ravi Kumar Pal 1:07:08; Gaurav ?? 1:08:22; Rohit Bansiwala 1:08:50;

3000 m St (28): Nagaraj Divate 8:45.95; Saurabh ?? 8:48.34; Rohit Jha 8:48.37; Nishant ?? 8:48.38; Ram Chander 8:50.97; Vikash Raj 8:51.92; Manoj Kumar 8:57.37; Maykal Bhai Lore 9:00.05;

110 m H (29)/+0.4: V.P.Rahil Sakeer 14.08; C.B.Shintomon 14.18; Harmanjeet Singh 14.21; Vikas Ananda Khoi 14.41; G.Nishanthraja 14.70; S.Subbhash 14.76; Sahil Jagdish Geda 14.77; A.Aravinth/2005 14.84;

400 m H (30): Ruchit Mori Pramod 51.10; M.Manooop 51.30; Arjun Pradeep/2005 51.95; Varravarapu Kart ?? 52.38; Jerome Sanjay/2006 52.42; Rakshith Ravindran 53.14; Abimanyu P.Abimani 53.63;

H J (28): Bharath Raj 2.08; A.Mukesh/2005 2.08; Sudeep ?? & Uchchaal Kumar Roy 2.08; Kaustubha Jaiswal & Jomon Joy & Rohit ?? 2.05; Manjeet ?? 2.05;

P V (30): Reegan Ganesan 4.90; Murugesan Gowtham 4.90; Avneesh Kumar 4.80; Lakshay ?? & Neeraj Kumar 4.60; Nitin ?? 4.60;

L J (28): C.V.Anurag 7.90/+1.2; Lakhveer Singh 7.55/+0.4; Muhammed Muhassin/2005 7.55/ 0.0; Purushotham ?? 7.43; Mandeep Singh/2005 7.41; Aman Singh 7.36; Urvish Sunil 7.32; Asadullah Mujah 7.27;

T J (30): Muhammed Muhassin/2005 16.36/+0.2; A.Yuva Raj 16.12/ 0.0; V.S.Sebastian 15.94/ 0.0; Narpinder Singh 15.80/+0.5; S.Robinson 15.77; Vivek Bilgu Gupta/2005 15.41; Pradeep Kumar 15.33; Vishal Kumar 15.29;

S P (27): Sanyam ?? 18.45; Sawan ?? 18.22; Samardeep Singh Gill 17.96; Aniket ?? 17.87; Aryan Tyagi 17.69; Varinder Pal Singh 17.60; G.Balaji 17.45; A.Vishwa 16.88;

D T (29): Alex P.Thankachan 56.30; Abhinav Vaishnav 53.16; Sunny Dhaka 52.69; Nagendra Annappa 52.52; Shubhkaran Singh 52.10; Abhimanyu ?? 51.91; Hanoor Singh 50.11; Arvind Sharma 49.96;

H T (27): Himanshu ?? 61.59; Jai Chand 60.92; Dupinder Singh 60.83; Mo Nadeem 59.74; Sachin Yadav 58.29; Ajay Yadav 58.11; Gurdev Singh 57.97; Y.Sachin 56.93;

J T (30): Nishan Sagar 80.82 (Pre-best: 77.00/2023); Shashank Gangad 74.58; Izhar Ahmad 73.58; Dipanshu Sharma/2006 72.92; Shubham Ramchan 70.62; Sujit ?? 70.12; Utsav Tanwar 67.87; Vipul Yadav 67.22;

Decathlon (27/28)/details in the attached file: John Paul ?? 6715; Yogesh ?? 6689; Logesh Kumar 6624; R.Manoj Kumar/2005 6575; Chamanjot Singh 6275; Rathod Damu Lokesh 6258; M.Sudharssan 6197; Jayram Fuljibha 6155; N.A. Upkar/2007 6147;

4x100 R (28): Kiiit University Team (M.Santa, A.Kujur, Abhay Singh, L.Prasad Bhoi) 39.97;

4x400 R (30): Kerala University Team (M.Basil, S.Ananthan, P.Pradeep, A.Pradeep) 3:09.31;

Women:

100 m (27)/-0.2: Sakshi Champala Chavan/2005 11.78; Sudeshna Hanman Shiva 11.79; Tamanna Khatkar 11.92; Samriti Jamwal 11.96; Teena Pareek 11.97; Sonia ?? 12.04; V.Sudheeksha/2005 12.12;

200 m (30)/+0.1: Samriti Jamwal 23.94; B.Unnathi Aiyappa/2005 23.98; Sonia ?? 24.12; Rishita Kaur 24.13; Sudeshna Hanman Shiva 24.18; Devyaniba Mahen Zala 24.33; M.Angel Silva 24.43; Jyothika ?? 24.46;

400 m (27): Antakshri ?? 53.72; Manisha ?? 54.29; Devyaniba Mahen Zala 54.33; Rashdeep Kaur 54.47; Isha Rajesh Jadhav/2006 54.64; Gowri Nandana 55.02; V.Dhesikha/2006 55.11; Manisha Kumari 56.36;

800 m (29): Amandeep Kaur 2:04.39; E.B.Arpitha 2:06.25; K.M.Chanda 2:06.59; Mitalben Shanka Chaudhary 2:07.91; Deepashree ?? 2:09.58; Rekha Basappa 2:10.62; Sadhna Chaudhary 2:13.13; Riya Nitin Patil 2:14.10;

1500 m (27): K.M.Chanda 4:25.06; Kajal Ranganath 4:25.60; Sanjana Singh 4:26.15; Mitalben Shanka Chaudhary 4:26.19; Amandeep Kaur 4:27.81; Anita ?? 4:32.37; Nikita Sharma 4:33.62; Chanchal ??/2005 4:35.31;

5000 m (30): Sanjana Singh/2006 16:24.20; Nirmala ?? 16:26.74; Antima Pal 16:28.14; Kajal Ranganath 16:40.98; Rinkee Dhanya 16:41.97; Bushra Khan Gauri 16:59.23; Yashi Sachan 17:06.03; Latika Talwar 17:27.79;

10000 m (26): Rubi Kashyap 35:19.49; Svati Pal 35:24.66; Jyoti ?? 35:27.32; Bushra Khan Gauri 35:48.46; Nirmala ?? 36:14.36; Yashi Sachan 36:26.83; Tejaswini Naren Lamba 36:42.19; Ravina Vijay Gayakwad 36:53.08;

Half Marathon (29) / distance ??: K.M.Soniya 1:18:33; Svati Pal 1:18:36; Jyoti ?? 1:18:37; Aarati Arjun Pawara 1:21:04; Anjali Patel 1:21:54; Vaishnavi Bhas/2005 1:22:50; Tejaswini Naren Lamba 1:22:59; M.Mallika/2005 1:26:25;

3000 m St (28): Manju Yadav 10:00.14; Vandana Mori 10:00.82; L.Bhagyashree 10:17.32; Ankita ?? 10:26.29; Prachi Ankush Devkar/2005 10:33.65; Chanchal Singh 10:43.56; Maneesha ?? 10:53.80; Anjali Patel 11:01.71;

100 m H (29)/+0.7: S.Srireshma 13.80; Aliza Aftab Mulla/2006 14.23; Aparna K.Nair 14.26; G.Vysali 14.36; Sabita Toppo/2005 14.47; Namayi Ruchitha 14.49; Akschida Sasikumar 14.70; S.Shiny Gladssia/2005 14.77;

400 m H (30): Neha Vishal Dhabali 58.04; Deekshitha Rama 59.47; K.Prajna 60.64; K.Anaswara 60.74; Asha ??/2005 61.74; Megha Munavallima 61.98; Anushka Dattatray Kumbhar/2005 63.12;

HJ (30): Pooja ??/2007 1.84; K.Gobika 1.81; Khyati Mathur 1.81; Prachi ??/2007 1.78; Payalben Ramesh 1.70; Pallavi Patil 1.70;

P V (28): Vanshika Ghanghas/2005 3.80; G.Sindhushree 3.75; A.Deepika 3.60; Nekha Eldho 3.55; Nitika Akare/2005 3.50; V.Dharshini 3.40; Bhavya Sharma/2005 3.30; Bhumika Kaushik/2006 3.30;

L J (28)/nwi: Deepanshi Singh 6.15; M.S.Sinchana 6.11; P.Babisha 6.09; V.S.Shridevika 6.08; Nimisha ?? 5.91; Meryl Ann Mathew 5.84; V.Divyasri/2005 5.79; A.Abinaya Sri 5.73;

T J (30): Poorva Hitesh Sawant 13.25/0.0; P.Babisha 13.11/0.0; G.Pavithra 12.97/+0.7; Aleena T.Saji 12.89/+0.1; Arshdeep Kaur 12.87/0.0; Deepanshi Singh 12.56/0.0; Mary Mukta Soreng 12.36/0.0; S.Emayatharasi 12.27/+0.2; Lalita Jangir 12.27/+0.4;

S P (27): Shiksha ?? 15.38; Jasmine Kaur 14.75; V.V.Ambika 14.58; Sonu Kumari 14.34; Anjali ?? 14.03; Vanshika Shekhawat 13.90; Jaskanwal Kaur 13.78; Simranjeet Kaur 13.68;

D T (29): Neetu Kumari 49.44; Sanya Yadav 48.42; Anisha ??/2006 48.23; Kiran ?? 47.26; Akhila Raju/2005 46.97; Poonam Fenin 46.78; Anusha Yadav 46.33; Priya ?? 46.07;

H T (27): Anita ?? 62.53 / 5th IND All-Time; Tanya Chaudhary 57.44; Manjita ?? 56.18; Shruti Singh 54.72; Haqikat Kaur Grewal/2005 52.29; Jeshvi Bishnoi 51.21; Nidhi Yadav 50.05; Amandeep Kaur 48.37;

J T (30): Jyoti Rakesh 56.18; Shakshi Sharma 53.41; Deepika Kumari/2005 52.96; P.Arпита Archa Sahoo 49.55; Jyoti ??/2005 47.41; Himanshi ?? 44.78; Saloni ?? 44.04; Shravya ?? 43.62;

Heptathlon (29/30)/details in the attached file: K.A.Anamika 5060; Kamaljeet Kaur 5011; Tanushree ?? 4953; Isha Negi 4883; Neeta Kumari 4736; S.Magudeeshwari/2005 4600; Bidisha Kundu/2005 4565; Snehamol George 4540;

20000 m Walk (28): Munita Prajapati 1:33:04.36; Sejal Singh 1:34:23.56; K.M.Shalini 1:34:45.65; Komal Pal 1:37:39.27; Pooja Kumawat 1:37:42.96; Mahima Choudhary/2005 1:39:19.09; Kamala ?? 1:39:19.33; Gayatri Ganesh 1:41:10.07;

4x100 R (28): Panjab University Team (T.Khatkar, R.Kaur, S.Ahluwalia, Sonia) 46.11;

4x400 R (30): Panjab University Team (Drishti, A.Malik, A.Kaur, M.Kumari) 3:42.74;

Mixed Relays:

4x400 R: Mangalore University Team (Y.A.Ramesh, K.Prajna, T.Shetty, I.R.Jadhav) 3:24.39;

THAILAND

National Games at Chanthaburi / 13. - 17.12.2024

(-courtesy of the Games - website -)

following are the best results from the Athletics events at these Multi-Sports National Games / however, information in THA-figures only and transcriptions of the names for several athletes unconfirmed / no wind-measurements reported and rather low standards in some of the events as reported below / more detailed official results incl. wind-readings would be welcome

Men:

100 m (13): Thawatchai Heem-ead 10.53; Nattawath Eamudom 10.60; Piyawat Aendu 10.73; Aphichat Sanitpoj 10.89;
heats (13) h1: Heem-ead 10.54; Eamudom 10.68; Sanitpoj 10.83; Theeraphong Amnuay/jr 10.86;
h2: Aendu 10.71; Muhamad Salaeh 10.89; h3: Anucha Sangabankhok 10.68; Pheerapat Ngamna/2007 10.85;
200 m (14): Wirayut Daenkanob/2007 21.06; Thawatchai Heem-ead 21.21; Phongsakorn Chittrong 21.68 (& 21.66 as 1h1); Ekaphinai Kaewnu 21.96;
400 m (13): Sarawut Nuansi/2007 46.54; ?? Phatkraichan/Youth 47.92; Jirateep Bunde 48.38; Namchok Phuphaeng 48.58;
800 m (14): Jirayu Pleenaram 1:55.78; Wathin Chuenchom/2008 1:56.72; Thanachot Chansena 1:57.28;
5000 m (16): Anucha Pada 15:09.84; Warut Suwannadeep 15:21.78;
Half Marathon (15): Anucha Pada 1:10:17; Peerapat Manop 1:12:39; Anuchit Jiw 1:13:35;
3000 m St (14): Thanet Somduan 9:41.78;
110 m H (14): Natthapol Dunsoongnern 14.03 (& 14.48 as 1h2); Teerawat Thitmee/jr 15.14; Natthapong Bunyaparakarn 15.27;
400 m H (16): Phattananan Torphathong 52.37; Natthapol Dunsoongnern 52.73; Suthipong Thongphet 53.28; Thonno Chawang 53.61;
H J (14): Chatchai Nilphong 2.08; Tawan Kaewdam 2.08; Wachirapol Sornram 2.05;
P V (13): Phatsapong Amsam-Ang 5.20; Kraiwit Panyasawat/2006 4.70;
L J (13): Natthapong Srinontha 7.14;
T J (16): Natthapong Srinontha 15.56; Wachilavit Chaleeniwat/2006 14.76; Pratchaya Thepparak 14.73;
S P (17): Thongchai Silamool 15.99; Eakkarin Boonlap 15.91; Promrob Chantima 15.46; Bandit Singhathongkul 14.59;
D T (13): Kiatprasai Srisai 49.90; Petchara Changkris 43.81;
H T (16): Kittipong Boonmawan 61.88; Thongchai Silamool 54.45; Thanwarak Kanasawapaisarn 53.35; Haritchai Kongtul 48.89; Phonanek Sekkla 47.84;
J T (14): Kittiphong Chanduang/2005 68.89; Thanawat Banrungwet 62.59; Pannawat Pimboatham/2006 59.36;
20 km Walk (14): Athit Sriwichai 1:39:33; Aisun Wangsapnoi 1:45:40;
4x100 R (16): Chonburi Team (C.Pruksorranan, S.Buathong, P.Onjongkrai, M.Salaeh) 41.17;
4x400 R (17): Songkhla Team (S.Nuansi, P.Permsak, P.Phaengthong, P.Santirangsiman) 3:15.17;
4x800 R (13): Udonthani Team (N.Pakhotakang, R.Namwiset, W.Chuenchom, T.Somduan) 7:48.60;

Women:

100 m (13): Suphanich Poolkerd 11.62; Jiraphat Khanontha/2005 11.68; Chantelle Morissette/2008 11.81; Sukanda Petraska 11.86;
heats (13) h1: Morissette/2008 12.03; Chomchoba Wattanasin 12.18; h2: Petraska 12.14; h3: Poolkerd 11.90; Khanontha/2005 11.91;
200 m (14): Suphanich Poolkerd 24.29; Suwimon Sathianthong 24.80; Chantelle Morissette/2008 25.19;
heats (14) h2: Sathianthong 24.81; Jiraphan Khanontha/2005 25.01; h3: Poolkerd 25.13;
400 m (13): Benny Nonthanam 55.39; Angkana Thongthae/2006 57.78;
800 m (14): Benny Nonthanam 2:12.41; Ruedee Netthai/2007 2:15.18;

1500 m (17): Ruedee Netthai/2007 4:44.88;
 Half Marathon (15): Wanwisa Wongsarat 1:29:48; Sudarat Sakdiwong 1:32:19; Pimwaranrat Thananawat 1:34:11;
 3000 m St (14): Doiphon Preedasittinan 12:10.44; Monthira Rattanawan/jr 12:14.22; Kamollak Pansri 13:12.25;
 100 m H (14): Dusita Lamliang 15.42;
 heats (14) h1: Natthaya Khaophakpang 14.42 (disq. in final);
 400 m H (16): Arisa Weruwanarak 61.16; Monthida Thongprachukaew/2007 62.88; Priya Boonjing/2007 63.02; Suparat Wannajongkham 63.67;
 H J (17): Naphat Thachon 1.62; Jaruwan Wongakorn 1.62;
 P V (16): Chayanisa Chomchuendee 3.90; Piyada Boonkwang/2005 3.60; Anchisa Detduang 3.06; Rimrada Meesanthia 3.05;
 L J (14): Suphawadee Inthathueng 5.77; Suphawat Choothong 5.72;
 T J (17): Suphawat Choothong 12.52; Suphawadee Inthathueng 12.41; Panisara Ayutthaya/2005 12.12; Thiwathip Phongsathat 11.91;
 S P (16): Areerat Inthadit 14.89 (2nd = 12.05 !!);
 D T (13): Subenrat Insaeng 54.78 (2nd = 38.99 !!);
 H T (14): Sawitree Kaewsuksri 53.40 / 3rd THA All-Time; Panwas Kimsrang 52.27; Kotchakorn Hamacham/2008 48.68; Phonsawan Kaovasut/jr 42.17;
 J T (16): Jariya Wichaidit 53.58 (2nd = 39.85 !!);
 20 km Walk (14): Kotchaporn Tangsriwong 1:54:09; Nittaya Rodphantiam 1:59:19; Panphasa Pansuk/2007 2:01:45; Thimaporn Buasena 2:04:17;
 4x100 R (16): Bangkok Team (K.Thongsai, S.Hassakan, S.Poolkerd, P.Pinchai) 46.69;
 4x400 R (17): Bangkok Tea (B.Nonthanam, A.Weruwanarak, S.Satachot, A.Thongthae) 3:46.58;

PAKISTAN

National Athletics Champs at Multan / 30.11. - 02.12.2024

(-courtesy of Mr Shahjehan Mir, Athletics Federation of Pakistan -)

following are detailed results from these National Champs (in addition to the few results already included to my Report No 22) / results in most events confirmed as with Auto-Timing-System, few other events hand-timed / no wind-measurements taken & no exact dates per event reported

Men:

100 m: Sami Ullah 10.69; Nadeem Ali 10.79; Muhammad Ramzan 10.85; Muhammad Jamshaid 10.86;
 200 m: Shafiq Shahid 21.67; Muhammad Ismail 21.85;
 400 m: Shajar Abbas 46.99; Muhammad Ismail 47.40; Usman Younas 48.13; Muhammad Ikram 48.90;
 800 m: Waqas Akbar 1:52.38; Muhammad Ahsan 1:53:17; Muhammad Sami Ullah 1:53.47; Muhammad Waqas 1:55.49; Shahsawar 1:55.75;
 1500 m/hand-times: Sohail Amir 3:53.9; Waqas Akbar 3:55.3; Muhammad Sami 3:55.5; Muhammad Akhtar 3:56.1;
 5000 m: Muhammad Akhtar 14:30.81; Sohail Amir 14:31.79 / 4th & 5th PAK All-Time; Muhammad Riaz 15:09.21;
 10000 m/hand-times: Sohail Amir 31:50.4;
 Marathon: Shahbaz Masih 2:31:46; Shoaib Akhtar 2:35:29; Ali Raza 2:37:33;
 3000 m St: Muhammad Irfan 9:26.01; Muhammad Naeem 9:29.32; Muhammad Bilal 9:31.49;

110 m H: Muhammad Naeem 14.21 / 4th (eq.) PAK All-Time; Waqar Younas 15.10;

400 m H: Abid Razzaque 52.25; Ahmed Saeed Randhawa 53.23; Ali Nawaz 53.45;
H J: Ahmed Faraz 2.02;
P V: Jaffar Ashraf 4.80; Muhammad Yasir Ayub 4.80;
L J: Hafiz Rizwan Uddin (not Muhammad Afzan) 7.47; Ansar Abbas 7.23;
T J: Shahbaz Majeed 15.38; Muhammad Noman Javed 15.13; Ansar Abbas 14.92;
S P: Muhammad Jamshaid Ali 16.24; Shafaqat Ali Hussain 15.87; Mazhar Iqbal 15.54;
D T: Ibrar Ali 53.87 / 3rd PAK All-Time; Abdullah Nawaz 52.33; Muhammad Jamshaid Ali 51.93;
Ali Mehtab 50.34; Ghulam Mohuiddin 45.78;
H T: Shakeel Ahmed 59.66; Muhammad Zeeshan 57.34; Azhar Abbas 55.46; Zohaib Habib 52.84;
Muhammad Dawood 49.38;
J T (2): Muhammad Yasir Sultan 78.87; Muhammad Ibrar 67.80; Muhammad Imad 67.47; Abdul Qadeer Khan 65.55; Muhammad Imran Yasin 63.00;
Decathlon: Ali Asghar 6030; Awais Haider 5815;
20 km Walk: Qasim Faiz 1:50:15;
4x100 R: Army Team (M.Ramzan, M.Hussain, S.Shahid, M.Jamshaid) 40.94;
4x400 R: Army Team (A.Razzaque, S.Shahid, U.Younas, M.Ismail) 3:13.78;

Women:

100 m: Tameen Khan 11.96; Faiqa Riaz 12.13;
200 m: Tameen Khan 25.23;
100 m H: Ghazal Ramzan 15.54;
400 m H: Musarat Shaheen 64.81;
L J: Amtul Rehman 5.38;
T J: Amtul Rehman 11.63;
S P: Mahnoor Dogar 12.63; Nabeela Kousar 12.37;
H T: Maliha Saleem 39.38;
J T: Fatima Hussain 43.65; Yusar Ayub 39.00;
4x100 R: Army Team (Tameen Khan, Maryam ??, Farheen ??, Rabeela Farooq) 51.03;
4x400 R: HEC Team (Amtul Rehman, Malaika Shahzadi, Khola Umer Khan, Nida Karim) 4:14.23;

Mixed Relays:

4x400 R / hand-times: Army Team (M.Ismail, T.Khan, U.Younas, R.Farooq) **3:38.0 / NR**;

Delayed results from earlier competitions

Fastest Men & Women Competition at Lahore / 08.10.2024

Men:

100 m/Auto-timing: Shajar Abbas **10.34/NR**; Naveed Anjum 10.69; Usman Ali 10.81; Jamshed Yousaf 10.83; Muhammad Ramzan 10.86;

Women:

100 m / Hand-timing: Tameen Khan 11.8; Fauqa Riaz 12.0;

National Open Trials at Lahore / 27. - 28.04.2024

following are selected best performances / rather poor standards in Women events / all events hand-timed (with very fast questionable times in sprint events) / no wind-measurements taken & no exact dates per event reported

Men:

100 m: Gohar Shahbaz 10.1; Shajar Abbas 10.2; Naveed Anjum 10.3; Sami Ullah 10.4; Usama Ali 10.6; Muhammad Ramzan 10.6;
200 m: Shajar Abbas 20.6; Nadeem Anjum 21.2; Usama Ali 21.4; Sami Ullah 21.9;
400 m: Muhammad Ismail 48.2;
800 m: Waqas Akbar 1:52.8; Umar Sadat 1:53.1; Muhammad Sami Ullah 1:55.1; Muhammad Imran 1:55.8; Shahsawar 1:56.7;
10000 m: Muhammad Akhtar 31:59.7;
110 m H: Muhammad Naeem 13.8; Tajammal Hussain 14.2; Mussawar Cheema 14.5;
400 m H: Abid Razzaque 52.4; Ali Nawaz 54.1;
H J: Muhammad Imran 2.06; Aqzan Manzoor 2.03; Ahmad Faraz 2.00;
L J: Hafiz Rizwan Uddin 7.35; Ansar Abbas 7.18; Faraz Khan Tanoli 7.12; Kashif Majeed 7.05;
T J: Muhammad Noman Javed 15.31; Hafiz Rizwan Uddin 15.21; Ansar Abbas 15.05; Faraz Khan Tanoh 14.71;
S P: Muhammad Nousherwan Ali 16.95; Muhammad Jamshaid Ali 16.58;
D T: Ibrar Ali 51.75; Shah Nawaz 50.94; Muhammad Jamshaid Ali 50.10; Abdullah Nawaz 49.08; Ali Mehtab 48.23;
H T: Shakeel Ahmed 59.20; Muhammad Shehryar 54.90; Azhar Abbas 52.94;
J T: Muhammad Yasir Sultan 76.00; Muhammad Imad 71.30; Muhammad Ibrar 69.39; Abdul Qadeer Khan 64.84; Muhammad Imran Yaseen 61.66;

Women:

100 m: Tameen Khan 12.2;
200 m: Tameen Khan 25.4;
S P: Noor Us Saba 12.99;
J T: Fatima Hussain 38.15;

HONGKONG

Inter-School Athletics Competition / 20. - 29.11.2024

(- courtesy of the Inter-School - website -)

following are selected best performances from these Champs, which were organised for several Age-categories on some days between 20th and 29th Nov / finals for some Track events were obviously held twice / all athletes born 2006 or later / height (hurdles) & weight (implements) unconfirmed, but most probably used under Junior conditions (??)

Junior Boys Division:

100 m (29)/+1.0: James Chan Ting Fong/2006 10.65; Jasper Koo Cheuk Fung/2008 10.68; Wesley Leung Ching Hang/2007 10.76;
100 m (26)/nwi: James Chan Ting Fong/2006 10.71; Wesley Leung Chung Hang/2007 10.75; Jasper Koo Cheuk Fung/2008 10.88;
heats (20)/nwi: h1: Wesley Leung Ching Hang/2007 10.64; h2: James Chan Ting Fong/2006 10.78; Jasper Koo Cheuk Fung/2008 10.83;
200 m (29)/ 0.0: Wesley Leung Ching Hang/2007 21.50; Jasper Koo Cheuk Fung/2008 22.00;
200 m (26)/nwi: Wesley Leung Ching Hang/2007 20.88 / NJR & NYR; Jasper Koo Cheuk Fung/2008 21.80; James Chan Ting Fong/2006 21.85;
heats (20)/nwi: h1: Wesley Leung Ching Hang/2007 21.66;

800 m (29): Wang Nok Wang/2008 1:56.26;

800 m (26): Wang Nok Wang/2008 1:55.51;
110 m H / 99 cm ?? (29)/+1.6: Chau Ho Yin 14.33; Lam Yu Hin 14.58; Ng Shing Lok 14.76; Chan Yat Hei 14.81; Wong Pak To 14.83;
110 m H (26)/nwi: Chau Ho Yin 14.38; Ng Shing Lok 14.41; Lam Yu Hin 14.52; Chan Yat Hei 14.90;
heats (20)/nwi h1: Ng Shing Lok 14.67; h2: Lam Yu Hin 14.80;
400 m H (29): Cyrus Chung Long Hei/2007 54.80;
L J (26): Yeung Man Long/2007 7.16/+0.6; Bosco Leung Tsz Hin/2008 7.03w/+2.8;
S P / 6 kg ?? (29): Zhang Weidong/2008 15.34;
J T / 800 g or 700 g ?? (26): Wong Yi Hin/2007 61.23;
4x100 R (29): DBS Schools Team 42.13;
4x400 R (29): YCKMC Schools Team 3:30.34;
Youth Boys Division:
100 m (28)/nwi: Jun Chae-Min KOR/2008 10.88;
200 m (28)/nwi: Jun Chae-Min KOR/2008 21.66;
110 m H / 91.4 cm ?? (28)/nwi: Leung Wai Kwan 13.67;

Junior Girls Division:

100 m (29)/-2.0: Yu Pui Yi/2007 12.19 (& 12.18/nwi as fastest in heats on 20th);
200 m (29)/+1.1: Nicole Yau Sin Ting/2007 25.14;
200 m (26)/nwi: Nicole Yau Sin Ting/2007 24.75;
400 m (29): Jane Christa Karlsson Ming Suet/2007 56.68;
400 m (26): Jane Christa Karlsson Ming Suet/2007 55.87; Claudia Chow Chi Kiu/2007 57.82;
100 m H / 84 cm ?? (29)/+0.1: Yu Pui Yi/2007 14.01; Richelle Wo Hoi Yiu/2008 14.44; Hilary So Sin Hau 14.94; Megan Lie Hiu Yee/2007 15.07; Sum Hau Kiu 15.12;
heats (20)/nwi: h1: Richelle Wo Hoi Yiu/2008 14.65; h2: Yu Pui Yi/2007 14.65;
H J (26): Yang Zhichu/2007 1.73;
L J (20): Jia Wai Yin/2006 5.81/-0.8; Megan Lie Hiu Yee/2007 5.80/-0.5; Yang Zhichu/2007 5.51/-0.7;
J T / 600 g or 500 g ?? (20): Cyrene Hui/2007 43.86;
4x100 R (29): GHS Schools Team 48.63;
4x400 R (29): DGS Schools Team 4:06.64;
Youth Girls Division:
100 m (29)/+2.2: Wong Wing Tung/2009 12.14w;
200 m (29)/+1.6: Belva Cheng Tsz Yan/2010 24.77;
200 m (26)/nwi: Belva Cheng Tsz Yan/2010 24.81;
400 m (26): Belva Cheng Tsz Yan/2010 57.44;
100 m H / 76.2 cm (29)/+0.6: Li Man Ching/2010 14.93;
4x100 R (29): HYS Schools Team 49.50;

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PHILIPPINES

Batang Youth Championships at Puerto Princesa / 23.-28.11.2024

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

following are selected best performances from the U18 & U16 events at these Champs for Youth athletes

Youth Boys / born 2007 - 2008:

200 m (25)/+1.3: John Clinton Abetong/2008 21.93;
400 m (23): John Clinton Abetong/2008 49.03;
2000 m St (25)/Race 1: Jerico Cadag/2007 6:09.36; Anthony Orellano/2007 6:21.20; Race 2: Jerissy de Vera/2008 6:18.23; Zhian Lex Castillo/2008 6:20.23; Jeremy Cortez/2007 6:21.75;

110 m H / 91.4 cm (23)/+1.9: Mico Villaran/2007 14.27; Julius C.Llames/2007 14.83; Dexter Angayangay/2007 14.87; Francis Amador/2007 14.90;
heats (23) h1/+1.0: Llames/2007 14.82; h6/+2.2: Villaran/2007 14.53w;
Younger Boys / born 2009 or later:
100 m (27)/+1.4: Pi Durden Wangkay/2009 10.88;

Youth Girls / born 2007 - 2008:

100 m H / 76.2 cm (23)/+1.0: Angel Villagracia/2008 14.63 (& 14.76w/+2.7 as 1h1);
J T / 500 g (23): Ana Bhanca Espenilla/2007 51.17;
Younger Girls / born 2009 or later:
1500 m (28): Chrishia Tajarro/2011 4:49.09;

IRAQ

National Athletics Championships at Erbil / 07. - 09.11.2024

(-courtesy of the official results from the Competition -)

following are detailed results (restricted to information from most finals for Senior Men) with thanks for the translations from Mr Mohammad Abdulwahab and including some corrections to the few results already published by my Report No 20 / no wind-measurements
more detailed official results (incl. from events for Women & Juniors) would be welcome
the Pole Vault & Decathlon events were held one week prior to the other events (on 1st and 2nd Nov) at Al Najaf

Men:

100 m (7): Hussein Ali Nahi Al-Khafaji **10.28 / NR** (?? - if conditions will be confirmed); Mohamed Abdul Ridha Chunchun 10.44 / 3rd IRQ All-Time; Saif Raad Abdel Wahed 10.53; Murtadha Azhar Hamid 10.67; Falah Abdulzahra Mahdi 10.89;
200 m (9): Hussein Ali Nahi Al-Khafaji 20.95 / 2nd IRQ All-Time; Taha Hussein Yaseen 21.09; Mohamed Abdul Ridha Chunchun 21.27; Haider Sattar Hussein 21.37; Yasir Ali Al-Saadi 21.78; Zain Al Abidin Ali 21.85;
400 m (7): Taha Hussein Yaseen 47.29; Yasir Ali Al-Saadi 47.63; Haider Sattar Hussein 48.62; Zain Al Abidin Ali 48.98;
800 m (8): Nouredine Adel Merzeh 1:52.63; Mohamed Al Baqir Iyad Al-Lami 1:52.99 Hussein Bassem 1:53.82; Hassan Ali 1:55.37;
1500 m (9): Mohamed Abdullah Mahal 3:51.10; Aqeel Mohamerd Hameed 3:52.52; Hatem Sayed Badr 3:55.76;
3000 m / held due to the lack of a water pit (7): Mohamed Abdullah Mahal 8:37.11; Hatem Sayed Badr 8:42.22;
5000 m (7): Ali Jassim Abbas Abdelreda 14:40.30; Aqeel Mohamed Hameed 14:44.55; Hamza Jawad 15:03.11;
10000 m (9): Ali Jassim Abbas Abdelreda 30:50.13; Abdulrahman Ali 31:33.20;
Half Marathon (7): Abdulrahman Ali 1:08:50;
110 m H (7): Saleh Kadhim Nasser 14.01; Hussein Ali Karam 14.48; Hussein Ali Hanoun 14.53;
400 m H (8): Ahmed Jamal Gomaa 51.73; Farouk Ahmed Jassim 53.57; Abbas Jawad 53.91;
H J (9): Hussein Falah Hassan Al-Ibrahimi ??? (no height published for the winner !!); Abdul Rahman Omar & Sinan Adnan Askar 2.00;
P V (1): Amir Subeih Sehioud 5.30 / 2nd IRQ All-Time; Amir Faleh Abdulwahid 5.00; Ali Hussein Ali Al-Daraji 4.70; Thulfiqar Hayder Hassan Al Taie 4.40;
L J (8): Ihab Taha Yassin 6.98;
T J (9): Amir Gailan Awad 15.12; Zine El Abidin Subeih 14.90; Ihab Taha Yassin 14.82;

S P (7): Mohamed Adel Mezher 17.15; Ahmed Hameed Khudair 16.93; Ibrahim Khalil Ibrahim 16.77;
D T (8): Mustapha Kadhim Dagher 57.95; Mohamed Baqir Al-Hamidawi ??? (no result published); Ashraf
Abbas Jassim 49.62; Hussein Fadel Kordy 49.44; Mohamed Ahmed Jassem 48.07;
H T (9): Hussein Thamer Abdulwahid Al-Bayati 61.70 (not 61.62); Ali Razzaq Hamdan 59.47; Mohamed
Shawash Kamal 54.88;
J T (7): Karar Raid Mehdi 62.14; Hayder Jabbar Karif 62.14; Younis Mohsen Saleh 59.26;
Decathlon (1/2)/no details: Abdul Sajjad Saadoun Nasser 7086; Haman Abdullah Makki Al Ghrairi 6945 /
3rd IRQ All-Time; Ghaith Firas 6217;
10000 m Walk (7): Mustafa Razzaq 47:44; Bahaa Yahya 47:45; Jawad Abd.Kadhim 48:42; Muntather
Hassan 49:41;
4x100 R (8): Police Club Team 41.43;
4x400 R (9): Army Club Team 3:16.88;

MALAYSIA

RSKAL Athletics Meeting at Kota Kinabalu / 20.-22.12.2024

(- courtesy of the Competition - website -)

following are few selected best performances from this competition for various Age-categories with rather low standards in most events

Men:

100 m (22)/-1.1: Dexter Bedie 10.89;
110 m H (20)/+1.6: Muh.Fazrul Nizam Ajah 15.07;
HJ (21): Muh.Eizlan Dahalan 2.06;

Youth Boys / born 2007 - 2008:

110 m H / 91.4 cm (20)/+2.5: Danish Charlison 14.13w; Arif Aidin Asri 14.14w;