

Results from ASIA 2025 - 15

INDIA

(-courtesy of Mr Ram.Muralikrishnan -)

World Athletics Bronze Meet at Bhubaneswar / 10.08.2025

following are the results for the TOP 3 finishers (plus additional new records) from this International World Athletics Continental Tour Bronze Meeting with several excellent performances by athletes mainly from India and some from other Asian countries as well as few competitors from non-Asian countries / full results are attached by a separate file

Men:

100 m/ 0.0: Muhammad Azeem Fahmi MAS 10.35; C.M.Chamod Yodasinghe SRI 10.43; Danish Ifthikar Muhammad MAS/2007 10.50;
200 m/+0.3: Animesh Kujur IND 20.77; Ko Seung-Hwan KOR 20.95; Ragul Kumar IND 21.17 (& 21.01/-0.6 as 1h2);
400 m: T.K.Vishal IND 45.72; Amoj Jacob IND 45.86; T.Santhosh Kumar IND 46.89;
800 m: Mohammed Afsal IND 1:46.60; Prakash Balu Gadade IND 1:47.14; Krishan Kumar IND 1:48.00;
4. Abdikadir Osman Sule SOM/2007 1:48.62 / NJR;
5000 m: Waberu Igueh Houssein DJI/2008 14:06.36; Abhishek Pal IND 14:10.60; Sawan Barwal IND 14:13.41;
L J: Murali Sreeshankar IND 8.13/+1.0; Shahnavaz Khan IND/2008 **8.04/ 0.0 / Asian Junior & Youth 2025 Leader & NYR**; Lokesh Sathyanathan IND 7.85/+0.7;...7. Salim Dewan NEP **7.32/-0.9 / NR**;
T J: Abdulla Aboobacker IND 16.53/-0.3; Karthik Unnikrishnan IND 16.42/+0.8; Gailey Venister IND 16.26/-1.0;
J T: P.Rumesh Tharanga SRI **86.50/NR**; Shivam Lokahare IND 80.73; Sumedha Ranasinghe SRI 80.65;
4x400 R: National Junior Team SRI (S.Senarath/2007, O.Jayathungalage/2007, I.Dismitha/2006, K.Silva/2006) **3:08.22 / Asian Junior 2025 Leader**; IND (T.Santhosh Kumar, T.K.Vishal, Amoj Jacob, D.Choudhary) 3:08.37; IRQ (Taha Yaseen, A.J.Al-Dirawi, M.J.Al-Tameemi, N.Merzeh) 3:08.74;

Women:

100 m/-0.5: Abinaya Rajarajan IND/2006 11.57; S.S.Sneha IND 11.70; Nithya Gandhe IND 11.70;
200 m/+0.4: M.Angel Silvia IND 23.95; Nithya Gandhe IND 24.11; Unnath Aiyappa IND 24.56;
400 m: G.K.Vijayakumari IND 53.40; Devyaniba Mahendras IND 53.87; Louise Evans GBR 54.28;
800 m: Amandeep Kaur IND 2:04.31; Huidrom Bhumeswory IND 2:06.96; Thota Sankeertana IND 2:07.17;
1500 m: Pooja ?? IND 4:15.13; Lili Das IND 4:17.66; Amandeep Kaur IND 4:27.14;
100 m H/+0.2: Pragyan Prasanti Sahu IND 13.74; Nandhini Kongan IND 13.80; C.Anjali IND 14.00;
L J: Shaili Singh IND 6.28/+0.9; Bhavani Yadav Bhagavati IND 6.13/+0.2; Sandra Babu IND 6.10/+0.2;
...8. Sima Kumari Chaudhary NEP **5.83/+0.6/NR**;
J T: Annu Rani IND 62.01; H.L.Dilhani Lekamge SRI 56.27; Deepika ?? IND 54.20;

3rd National Grand Prix Meeting at Ludhiana / 02.08.2025

Men:

100 m / Race B/+0.3: Pal Dhan Singh 10.83; Race C/-0.9: Anmol Chaudhary 10.77; Race D/+0.2: Harjit Singh 10.50; C.Arun Kumar 10.65; Varun Oori Manohar 10.69;

200 m / Race A/+0.4: P.K.Jishnu Prasad 21.48; Gajendra Singh/2007 21.88; Race B/+0.5: Shivam ??/2006 21.86; Race C/+0.5: Ankur ?? 21.56; Sandeep Singh 21.61; Shekher Tomer 21.66; Race D/+2.0: Pratik Maharana/2007 21.79; Harmanpreet Singh 21.82; Varun Oori Manohar 21.98;

800 m: Nilkantha Ray 1:51.49; Shahrukh ?? 1:51.64;

5000 m: Onkar Rajendra Panha 14:32.36; Parveen Kumar 14:35.98; Raj Tiwari 14:37.50; Amardeep ?? 14:40.87;

400 m H / Race A:L Aswin Krishnan 50.98; Tejpartap Singh 51.99; Akash Dubey 53.62; Race B: Subhas Das 51.59; Karna Bag 52.53;

H J: Sarvesh Anil Kushare 2.23 (2nd = 1.95 m !!);

L J: Mohd Atta Sazid/2006 7.79/+0.6; S.Lokesh 7.68/+1.1; R.Swaminathan 7.65/ 0.0; Vinoth Kumar Yuvaraj 7.64/+0.8; Lakhveer Singh 7.62/+0.5; Mandeep Singh 7.56/+0.6; R.Samuel 7.49/+0.5; Amitra Ghosh 7.31/ 0.0; Avinash Kumar 7.27/ 0.0; T.V.Akhil 7.20/+0.7; Rajat ?? 7.14/-0.5; Anil Kumar Bhagirathi 7.13/-0.6;

T J: Jay Shah Pradeep 15.67/-0.6; Narpinder Singh 15.59/-1.2; Omkar Shidruk 15.40/-1.2; S.Robinson 15.18/+0.3; Dablu Roy 15.12/-1.5;

S P: Tajinderpal Singh Toor 18.93; Iqbal Singh Chahal 17.46; Sahib Singh 17.25; Navdeep Singh 16.48; Rahul Krishna Air 16.42;

D T: Kirpal Singh Batth 53.62; Rahul Singh 50.04; Ritik ??/2006 49.40; Deepak Choudhary/2006 48.81; Harnoor Singh Sandhu 48.62; Arvind Sharma 48.31; G.Lokesh Raj 46.89; Satyam Singh 46.56;

H T: Shantanu Uchale 62.76; Gurdev Singh 58.26; Arvind Singh 57.87; Nitish Tomar 57.45; Arnav Yadav 55.76; Jatin Choudhary 55.22; Mohd Aman 54.95;

J T: Yashvir Singh 77.79; Manjinder Singh 71.01; Gaurav Patel/2006 70.36; Mohit ?? 69.40; Dipanshu Sharma/2006 66.98; Siddharth Singh 64.93;

Women:

100 m / Race A/+0.4: Sukhveer Kaur 12.04; S.Akshaya 12.06; A.Arathy 12.07; Race B/+0.9: M.V.Jilna 11.70; Sakshi Champalal Chanda 11.84; Simran Deep Kaur 11.90; Teena Pareek 12.17;

400 m / Race A: Disha Alige 56.52; Kiranpal Kaur 56.84; S.Akshaya 57.23; Race B: B.A.Anankha 53.40; Sonia Baishya 54.36; Veerpal Kaur 55.09; Habbathanahal Priya Mohan 55.20; Rashdeep Kaur 55.80;

800 m: Amandeep Kaur 2:09.31; Anju ?? 2:10.45; Gowthami Jayaraman 2:10.85;

1500 m: Amandeep Kaur 4:38.42;

5000 m: Antima Pal 17:30.60;

100 m H/-0.1: Nithya Ramraj 13.29; Sonu Kumari 14.77; Anjaly Thomas 14.86;

400 m H / Race A: K.Anaswara 64.38; Race B: Vithya Ramraj 61.01; Moumi Jana 62.85;

H J: Jonika Pahal 1.75; Rubina Yadav 1.71; Rimpal Kaur 1.68;

L J: Sherin Abdolghafoor 6.12/-0.6; Sandra Babu 6.01/-0.7; Pariksha ?? 5.93/-0.4; D.Sheeba 5.81/-0.3; E.S.Sivapriya 5.70/+0.1;

S P: Shiksha ?? 15.27; Tamanna ??/2006 14.04; Jashandeep Kaur 13.40;

D T: Anisha ?? 49.38; Sanya Yadav 48.92; Anusha Yadav 48.41; Jasmeet Kaur Jagdeo 46.41; Arshdeep Kaur 45.44; Soni Kumari 42.91;

H T: Tanya Chaudhary 60.34; Manpreet Kaur 59.36; Varsha Kanpure 50.76; Pratibha ?? 48.05; Ripudaman Kaur 46.24;

National Open Athletics Meet at Sangrur / 27. - 28.07.2025

following are detailed results from the 4th competition out of these National Series events, which was held during two days for different events with several races per event (without finals) and a extensive number of participants in some of the Field events

Men:

100 m (27) / overall 14 Races: Race A/-1.5: Ankur ?? 10.82; Race B/-1.9: Anmol Chaudhary 10.80; Race E/+1.5: Jasjit Singh Dhillon/2006 10.78; Pal Dhan Singh 10.81; Race F/+4.0: Shivam Vashnav 10.60w; Nehal Sagar 10.80w, Shahbaz ?? 10.83w; Race G/+1.5: Ashish ?? 10.74; Race H/+0.7: Rohit ?? 10.54; Sandeep Singh 10.60; Paras ?? 10.78; Arijit Rana 10.79; Race I/+0.9: Vivek Kachotiya 10.78; Race J/+2.3: Raja Babu 10.77w; Race K/+1.3: Shainky ?? 10.58; Nuzrat ?? 10.78; Dheeraj K.Sreedar 10.82; Race L/+1.7: Rohit Gorkha 10.49; Vikram Kumar Gurjar 10.59; Race N/+0.7: G.Ragul Kumar 10.55; Abhay Singh/2006 10.77; Amandeep Singh 10.81;

400 m (27) / 12 races: Race B: Nowajis Shaikh 47.86; Race D: Tarandeep Singh 47.72; Race F: Lokesh Singh Gurjar 48.07; Race G: Ritik Chaudhary 48.21; S.Magendran 48.44; Race H: Prakhar Sharma 47.24; Hardeep Kumar 48.11; Ashish Phogat 48.31; Race J: Beenu Sharma 48.07; Raika Kapil 48.29; Race K: Manish Kumar/2006 48.49; Race L: Harsh Kumar 47.38; Shubham Dattatray Deshmukh 47.50; T.Yokesh 48.01; Subhas Das 48.25; Kapil ?? 48.65;

800 m (28) Race A: Prakash Balu Gadade 1:51.60; Sanket ?? 1:52.75; Harshdeep Singh 1:53.14; Aman Kumar 1:53.83; Shyam Milan Bind 1:54.04; Race B: Shiva Tomar 1:51.78; Amana Ram 1:51.84; Sunil Kumar Saini 1:54.28; Race C: Gurman Singh 1:51.55; Akashdeep Singh 1:51.58; Ashu ?? 1:52.97; Prashant Kumar 1:53.39; Race D: Salman Farookh 1:51.48; Basant Chauhan 1:51.54; Anant Gautam 1:53.97; Race E: Vinod Kumar Banoth 1:50.69; Harsh ?? 1:52.47; Sahil Khan/2006 1:52.51;

1500 m (27) Race A: Sonu ?? 3:50.77; Pushpendra Singh Rat 3:51.29; Shivam Sharma 3:51.45; Akash Bhati 3:51.88; Dayanidhi Munda 3:53.09; Vishal ?? 3:54.15; Prakash Kumar 3:57.18; Shobharam Maurya 3:57.53; Race B: Prakash Balu Gadade 3:50.72; Ram Singh 3:51.43; Ramikesh ?? 3:51.55; Danish Saifi 3:51.70; Shekhar Choudhary/2006 3:53.40; Harshdeep Singh 3:53.56; Ajeet ?? 3:53.63; Naresh Gurjar 3:54.74; Race C: Rahul Harveer Singh 3:47.47; Amit Kumar 3:52.93; Dhola Ram 3:53.08; R.Tejevver 3:54.27; Narender Singh 3:55.62; Manpreet Singh Sandhu 3:56.80; Vikash ?? 3:56.94;

5000 m (27) / Race A: Anurag Yadav 14:33.61; Akhilesh Yadav 14:40.05; Rajesh Manmya 14:45.11; Race B: Ankit ?? 14:35.38; Rahul ?? (Haryana/2002) 14:48.57; Anmol Sharma 14:52.26;

3000 m St (28) Race A: Ashish Pal 8:54.73; Dharmender Dharambir 9:07.33; Vikas Kumar 9:12.65; Brahma Lal Kumawat 9:13.05; Rahul Surat 9:14.04; Dheeraj Yadav 9:22.11; Gaurav Bhaskar Bhosale 9:24.34; Sanjay Kumar Dhindhar 9:27.10; Ajeet Pal 9:27.17; Race B: Sharuk Khan/2006 8:46.21; Pukeshwar Lal 8:46.62; Shubham Shridhar Bandare 8:49.69; Rajkumar ?? 8:54.56; Punit ?? 8:59.92; Dhuladev Baban 9:03.94; Vikash Dalal 9:04.09; Ramveer Maniram 9:06.41; Jujhar Singh 9:11.89; Nishant ?? 9:14.97; Ritesh Kumar 9:16.68;

110 m H (28) Race A/-0.1: Harmanjeet Singh 14.52; Race B/+1.2: Tarundeep Singh Bhatia 14.41; Yashwanth Kumar 14.65; Sandeep Choudhary 14.76; Race C/+0.9: Sachin Kumar 15.01; Race D/+1.2: V.K.Muhammed Lazan 14.08; Hariharan Kathiravan 14.61; Ravinder Singh 14.70; Race E/+1.2: A.Graceson Jeeva 14.50; Arihant ?? 14.96;

H J (27): Sarvesh Anil Kushare 2.26; Kaustubha Jaiswal 2.05; Shyam Sunder 2.05; Aaditya Raghuvanshi/2006 2.05;

T J (28): Karthik Unnikrishnan 16.11/+0.7; V.S.Sebastian 15.95/+0.6; V.Dinesh 15.66/+0.5; Jay Shah Pradeep 15.59/-1.5; Narpinder Singh 15.46/+0.3; Dablu Roy 15.45/+0.4; Harpal Singh Mann 15.35/-0.9; Yuvraj Singh Chouhan 15.30/-0.4; Yuva Raj 15.00/-2.2; Radhe Shyam 14.96/-0.5;

S P (28): Tajinderpal Singh Toor 19.51; Sanyam ?? 19.36; Prabhkirpal Singh 18.34; Karanveer Singh 18.19; Devinder Singh 18.16; Aniket ?? 18.15; Atul ?? 17.59; Aryan Tyagi 17.32; Sahib Singh 17.28; Shakhti Singh Rathore 16.95; Balaji ?? 16.73; Adhish Ghildiyal 16.61; Vikash ?? 16.53; Siddharth Choudhary 16.27; Jaidev Dikka 16.27; Iqbal Singh Chahal 16.25; Sourabh Vij 16.09;

D T (27): Kirpal Singh Batth 54.65; Nirbhay Singh 54.51; Ujjawal Choudhary/2006 52.52; Shubhkarmann Singh 51.83; Prince ?? 51.80; Bhanu Sharma 51.73; Bhartpreet Singh 51.23; Harnoor Singh Sandhu 51.02;

Anurag Patel 50.78; Prateek Maan 50.60; Vaibhav ??/2006 50.27; Adarsh Malik 49.29; Ritik ??/2006 49.20; Deepak Choudhary/2006 49.19; Sachin Dalal Singh 49.01; Rohit Kumar 48.80; Jaideep Singh 48.62; Pulkit Choudhary 48.47; Dinesh Kumar 48.28; Rishabh ?? 48.11; P.Surya Prakash 47.75; Jashanpreet Singh 47.41; Anshu Rai 47.34; Sachin ??/(2003) 47.16; Oinam Alson Singh 47.10;
H T (28): Damneet Singh 69.87 / 7th IND All-Time; Gaurav Kumar 67.63; Devang ?? 67.32; Ashish Jakhar 66.94; Praveen Kumar 66.05; Nitin Malik 62.91; Arnav Yadav 62.25; Vikrant Ramesh Rajnak 62.16; Jaswinder Singh 61.62; Sadik Khan 61.24; Mo Nadeem 60.47; Amit Pundir 60.19; Sachin ?? (2003) 59.92; Sachin Yadav (2001) 59.89; Himanshu ?? 58.98; Jai Chand 58.73; Nirmal Raj Singh 58.64; Harish Yadav 58.62; Chirag Yadav 58.10; Shamsul Irfan 57.76; Chand Hooda 57.58; Mohd Aman 57.39; Naresh Kumar 57.27; Pradeep Sangwan 57.11; Neeraj ?? 56.44; Nitish Tomar 55.72; Rajvir ?? 55.32; Rahul Kumar 55.07;
J T (27): Dipanshu Sharma/2006 76.03; Uttam Balasaheb Patil 76.00; Jaideep ?? 74.62; Yash ?? 70.39; Manjinder Singh 69.91; Parmod ?? 69.71; Anil Rohidas Ghunghase 68.85; Aditya ??/2006 67.99; M.Niraj 67.96; Rishabh Nehra 67.66; Rohan Yadav 67.49; Sujit ?? 67.28; Sunny Chaudhary 66.90; Abhishek Drall 66.60; Jaswant Singh 66.26; Samarjeet Singh 65.45; Pankaj Gavale/2006 65.00; Mathes Waran Raja 64.45;

Women:

100 m (27) Race F/-0.8: Sekar Dhanalakshmi 11.55; M.Veetil Jilna 11.87; Simran Deep Kaur 12.09; Vijaya Kumari 12.10 (all other races with slow times such as 12.33 etc.for the winners !!);
400 m (27) Race A: Priya Thakur 56.34; Geeta ?? 56.71; Tamanna ??/2006 56.78; Nitisha ?? 56.81; Riya Nitin Patil 57.08; Disha Alige 57.40; Race B: Kiranpal Kaur 56.77; Race C: Manisha Kumari 53.81; Veerpal Kaur 55.96; Kumari Nagar 57.16; Race D: Prachi ?? 54.89; V.Dhesikha/2006 55.73; Habbathanahal Priya Mohan 55.81; Vidhi Rawal 56.34;
800 m (28): Priscilla Daniel 2:08.77; Radha Chaudhary 2:08.99; Vanshika ??/2006 2:12.54; Rekha Basappa Piroji 2:12.74; Anisha Patel 2:14.77;
1500 m (27): Lili Das 4:17.48; Shivechha Vikas Patil 4:34.46; Latika Talwar 4:42.65;
10000 m (28): Soniya ?? 37:47.51; Yashi Sachan 37:48.08; Sushila Prajapat 37:49.98; Prachi Padiyar 37:54.37;
3000 m St (28): Priti Lamba 10:05.60; Ankita ?? 10:31.38; Shaheen Dharwad 10:59.03; Anjali ?? 10:59.93; Susmita Tigga 11:08.49; Maneesha ?? 11:17.04; Vijeta ?? 11:53.79; Aarti ?? 12:06.41; Payal ?? 12:23.22; Padmini Das 12:33.79; M.Mallika 12:42.24;
100 m H (28)/+2.6: Pranjali Dilip Patil 13.66w; Crystal Anil Vadakel 14.42w; Sonu Kumari 14.61w; Anjaly Thomas 14.80w;
H J (27): Khyati Mathur 1.76; Reet Rathor/2006 1.72; Rimpal Kaur 1.66; Ishu ?? 1.66;
T J (28): Niharika Vaishisht 13.17/-1.7; Mallala Anusha 13.15/-0.7; Manali Chauhan 12.81/-3.0; Martina Ilisiyus Lakra 12.58/-0.6; Jasleen Kaur/2006 12.08/-1.2;
S P (28): Vidhi ?? 15.38; Anjali ?? 15.13; Srishti Vig 15.07; Kachnar Chaudhary 14.99; Vanshika Shekhawat 14.73; Simranjeet Kaur 14.26; Pooja Kumari/2007 13.96; Rekha ?? 13.95; Jaskanwal Kaur 13.64; Shikha Pawar 13.62; Sonu Kumari 13.42; Jashandeep Kaur 13.20; Suman Sharma 13.09;
D T (27): Seema ?? 55.03; Anisha ?? 48.68; Arshdeep Kaur Khangi. 47.66; Sonal Goyal 47.31; Bhavana Yadav 46.56; Anusha Yadav 46.52; Supriya Attri/2007 45.52; Jasmeet Kaur Jagdeo 44.29; Priyanshi Kulhar 43.22; Ramneet Kaur 42.89; Rajbala Saini 42.62; Ujiwal Kasana 41.74; Neha Verma 41.10;
H T (28): Manpreet Kaur 59.79; Divya Shandilya 58.31; Jyoti Yadav 57.34; Maya ?? 55.91; Kulvinder Kaur 55.58; Ranju Devi 54.52; Shruti Singh 53.48; Manjita ?? 51.16; Haqikat Grewal 49.58; Nidhi Yadav 49.05; Pratibha ?? 48.70; Rinku ?? 48.36; Ripudaman Kaur 48.33; Anjali ?? 45.58; Varsha Kanpure 45.33;
J T (27): Deepika ?? 56.41 / 9th IND All-Time; Jyoti ?? 49.23; Poonam ??/2007 48.04; Monika ?? 46.22; Neelam Choudhary 45.06; Saloni ?? 43.92; Lalita Choudhary 43.70;

69th Kerala State Senior Champs at Trivandrum / 21. - 22.07.2025

following are selected best results (out of information restricted to TOP 8 results in finals) / no wind-readings

Men:

100 m (21): P.K.Jishnu Prasad 10.68; Ajin Ramakrishnan 10.69; D.B.Bibin 10.71; Krishna Prakash 10.78;
200 m (22): P.K.Jishnu Prasad 21.38; Laiju Radhakrishnan 21.82; Maneesh Mahalingam 21.93;
400 m (21): Anto Antony 47.80; K.A.Akhil 47.88; Saran Shaji 47.89; Edvin Mathew/2006 48.27;
Ananthan Sunilkumar 48.56;
800 m (22): K.A.Akhil 1:50.03; Salman Farookh 1:51.10; Ajay K.Viswanath 1:51.20; Anto Antony 1:51.40; Ananthan Sunilkumar 1:55.80;
1500 m (21): M.P.Nabeel Sahi 3:53.97;
3000 m St (22): Benjamin Babu 8:53.60; M.Manoj Kumar 9:13.28;
110 m H (21): C.Mohammed Fais 14.28; C.B.Shintomon 14.29; V.K.Muhammed Lazan 14.48; S,Shahul/2006 14.66; N.V.Sahad 14.67; C.Mialn Thomas/2006 14.84;
400 m H (22): Manoop Muralidharan 52.46;
H J (22): T.Aromal 2.10; Santhosh Manikandan 2.05;
P V (21): K.G.Jessan 4.91; Akshay Madhusudhanan 4.60; Bineesh Jacob 4.60; Anand Manoj 4.60;
L J (21): C.V.Anurag 7.87; Muhammed Anees Yahya 7.85; Vinoth Kumar Yuvaraj 7.61; T.V.Akhil 7.61; J.Akshay 7.39;
T J (22): Karthik Unnikrishnan 16.42; Thamizchelvan Vimal Mukesh 15.93; V.S.Sebastian 15.76; Akash M.Varghese 15.46; Bobby Sabu 15.02;
D T (22): K.C.Sidharth 48.69; K.C.Servan/2006 46.53;
H T (22): Shebeeb ?? 54.53;
J T (21): Bibin Antony 69.47;
20000 m Walk (22): Bilin George Anto 1:24:57.26; K.P.Praveen 1:34:09.19; K.Jithin Raj/2006 1:37:22.41;
4x100 R (21): Palakkad Team (Ajin, Maneesh, Laiju, Jishnu Prasad) 41.30;

Women:

100 m (21): K.Ardra 11.87; Arathy Ajayakumar 12.09; A.P.Shilbi 12.10; V.S.Bhavika 12.22;
200 m (22): V.B.Bhavika 24.97; Sreena Narayanankutty 25.08; A.P.Shilbi 25.11; Gowri Nandhana 25.18;
400 m (21): Gowri Nandhana 54.57; Ansa Babu 55.44; G.Reshma 56.70; M.Megha 56.99; K.Anaswara 57.09;
800 m (22): Priscilla Daniel 2:09.77;
1500 m (21): Reeba Anna George 4:42.84;
10000 m (21): Reeba Anna George 36:51.30; Anju Murukan 37:56.20;
3000 m St (22): G.Jinsy 12:19.20;
100 m H (21): C.Anjali 14.00; Anjaly Thomas 15.10;
400 m H (22): Anu Raghavan 60.35; Salini Valuparambil Krishnan 62.09; K.Anaswara 62.41;
H J (21): Angel P.Devasia 1.68;
P V (21): Mariya Jaison 4.05 / 7th IND All-Time; Blessy Kunjumon 3.50;
L J (21): D.Sheeba 5.99; V.M.Abhirami 5.98; E.S.Sivapriya 5.88; Janice Tressa Regi/2006 5.70;
T J (22): Aleena T.Saji 13.30; Nellickal V.Sheena 13.24; E.S.Sivapriya 12.25; Jenimol Joy 12.12; Vinija Vijayan 12.02;
S P (21): V.S.Anupriya/2006 13.26;
D T (22): Akhila Raju 46.79;
Heptathlon (21/22)/no details: K.A.Anamika 4787; Jasmin Mathachan/2006 4129;
20000 m Walk (22): Akshaya Kannan 1:43:27.11; V.B.Nayana/2006 1:57:03.38;

Mixed Relays:

4x400 R (21): Palakkad Team (Krishnajith, Asokan, Abijith, Krishnankutty) 3:40.00;

KAZAKHSTAN

34th International Kosanov Memorial at Almaty / 02. – 03.08.2025

(-courtesy of Mr Pavel Kukin, KAZ Athletics Federation -)

following are detailed results (at least for all medallists) from this WORLD ATHLETICS Continental Tour Bronze Level Meeting with participants from 16 countries / athletes from TUR & UZB won each 7 of the 34 events overall, while KAZ as the host country followed with winners in 6 events

Men:

100 m (2)/+0.2: Naoki Inoue JPN 10.32; Yuta Sekiguchi JPN 10.33; Özer Kayhan TUR 10.35; Vitaliy Zems KAZ 10.48; Özkan Ertan TUR 10.53; Anfernee Lopena PHI 10.56; Favoris Muzrapov TJK 10.56; Alham Naghiyev AZE 10.88;
heats (2) h1/-0.5: Inoue JPN 10.40; Ertan TUR 10.62; Lopena PHI 10.62; Almat Tulebyev KAZ 10.74; Sulton Gafurjanov UZB 10.85; David Yefremov KAZ 10.87; h2/-0.5: Sekiguchi JPN 10.36; Kayhan TUR 10.45; Zems KAZ 10.60; Muzrapov TJK 10.69; Naghiyev AZE 10.73;
200 m (3)/-2.1: Ko Seung-Hwan KOR 20.90; Yudai Nishi JPN 21.09; Vitaliy Zems KAZ 21.24; Batuhan Altintas TUR 21.49; Damil Sutzhanov KAZ 21.72; Favoris Muzrapov TJK 22.07;
heats (3) h1/+3.4: Nishi JPN 21.50w; Altintas TUR 21.61w; Sutzhanov KAZ 21.66w; h2/-2.3: Ko Seung-Hwan KOR 21.24; Zems KAZ 21.71; Muzrapov TJK 21.82; Alham Naghiyev AZE 22.07;
400 m (2) Race A: Shin Min-Kyu KOR 46.12; Ilyas Canakci TUR 46.72; Elnor Mukhitdinov KAZ 47.50; Kharis Pantonial PHI/2006 47.67; Andrey Sokolov KAZ 48.41; Race B: Madi Tokenov KAZ 48.61; Ruslan Litovskiy KGZ 48.86;
800 m (3): Ali Amirian IRI 1:52.09; Hussein Lorana PHI 1:52.69; Nikita Izotov KAZ 1:53.97; Viktor Tsurenko UZB 1:57.29; Iskander Chokoyev KGZ/2008 1:57.61; Khusan Kulov TJK/2006 1:58.72;
1500 m (2): Lee Jae-Ung KOR 3:45.33; Nursultan Keneshbekov KGZ 3:46.55; Igor Khrunin KAZ 3:55.18; Samat Kazakbayev KGZ 3:57.53;
5000 m (3): Nursultan Keneshbekov KGZ 13:57.72; Khasan Mirsoatov UZB 15:25.16; Igor Khrunin KAZ 15:30.63;
110 m H (3)/-1.2: Mikdat Sevler TUR 13.91; David Yefremov KAZ 13.99; Yevgeniy Prokudin KAZ 14.25; Clinton Kingsley Bautista PHI 14.38; Leonid Pronzhenko TJK 14.77; Mukhamed Kadirov UZB/2008 15.06;
400 m H (2): Khasanbek Rustamjonov UZB/2007 52.15; Adil Omarbekov UZB 52.97; Muhammad Rizoi Mirzozoda TJK 52.98; Sergey Sukhov KAZ 54.09; Kirill Savchenko KAZ/2008 54.83;
H J (3): Amir Nagayev UZB 2.08; Vadim Chikalov UZB 2.04; Anton Bodnar KAZ & Kuvonchbek Rajabov UZB 2.00;
P V (2): Ivan Tovchenik KAZ 5.40; Patsapong Amsam-Ang THA 5.20; Maxim Balabin KAZ/2006 5.20; Danil Polyanskiy KAZ 5.00; Vladislav Garbuznyak KAZ 4.80;
L J (2): Murali Sreeshankar IND 7.94/+1.6; Janry Ubas PHI 7.53/+1.8; Nazim Babayev AZE 7.48/+1.3; Timur Isakov KGZ 7.47/+0.6; Vadim Karnaukhov KAZ/2006 7.15/+1.6; Azizjon Sobirov UZB 7.11/+0.5; Dilshod Kuvvatov UZB 7.01/-0.4;
T J (3): Abdulla Aboobacker IND 16.08/-0.4; Yu Kyu-Min KOR 16.07w/+2.1 (& 15.90/-0.3); Kim Jang-Woo KOR 16.07/+1.0 (& 15.87/+1.1); Lasha Gulelauri GEO 15.92/+1.9; Rustam Mammadov AZE 15.55/+1.2; Ronnie Malipay PHI 15.52/+1.5; Levon Aghasyan ARM 15.42/-1.8; Nazim Babayev AZE 15.40/-0.7; Akhtiyor Akhmadjonov UZB 15.19/-0.6;
S P (2): Giorgi Mujaridze GEO 20.82; Mohammad Reza Tayebi IRI 19.94; Ivan Ivanov KAZ 19.12; Ismail Aliyev AZE 16.87;
D T (2): Ömer Sahin TUR 58.24; Temuri Abulashvili GEO 56.53; Yevgeniy Labutov KAZ 56.05; Rashidbek Sodikov UZB 53.23; Dunyozod Sayfulloyev UZB 52.69; Alexandr Mamontov KAZ 47.71; Ismail Aliyev AZE 47.16;

H T (3): Shota Fukuda JPN 73.14; Mostafa El Gamel EGY 72.95; Ismail Ahmed Tarek EGY 70.13; Goga Tchikhvaria GEO 58.15; Aldiyar Kairollayev KAZ/2007 44.87;

J T (3): Sarvar Ismoilov UZB 74.24; Arthur Gafner KAZ 72.72; Asadbek Murodov UZB 71.06; Alexey Khlystov KAZ 68.93 / 4th KAZ All-Time; Meirzhan Khojimurat KAZ 61.36; Ulugbek Egamberdiyev UZB 61.33; Nurdaulet Maman KAZ/2006 60.10;

4x100 R (2): TUR (Ö.Kayhan, Ö.Ertan, R.Guliyev, B.Altintas) 39.55; KAZ (A.Omarbekov, D.Sutzhanov, A.Tulebayev, Vit.Zems) 40.42; PHI (K.Pantonial, R.Malipay, A.Lopena, C.K.Bautista) 41.06; UZB (S.Ismailov, S.Gafurjanov, O.Abdullajonov, U.Nabiyev) 41.17;

Women:

100 m (2)/-0.9: Hamideh Esmaeilnejad IRI 11.79; Viktoriya An KAZ 12.02; Beyzanur Seylan TUR 12.15; heats (2) h1/-0.2: Ani Mamatsashvili GEO 12.20 (dns in final); Seylan TUR 12.23; h2/-0.2: Esmaeilnejad IRI 11.79; An KAZ 11.99; Lika Kharchilava GEO 12.34;

200 m (3)/-1.5: Elif Polat TUR 24.11; Alexandra Zalyubovskaya KAZ 24.27; Viktoriya An KAZ 24.57; Arina Misheeva KAZ 25.38;

400 m (2): Alexandra Zalyubovskaya KAZ 54.04; Milana Zubareva KAZ/2007 56.40; Mohinabonu Ruzieva UZB 58.32;

800 m (3): Irina Levina UZB 2:12.07; Bernalyn Bejoy PHI 2:12.27; Yevgeniya Krassayeva KAZ 2:12.51; Anuzhan Altybai KAZ/2006 2:12.70;

1500 m (2)/hand-timed: Nasima Mamirova UZB/2009 4:35.9; Akbilek Kuralbay KAZ 4:37.0; Dilshoda Usmonova UZB 4:40.5; Darya Antropova UZB 4:45.1; Susan Ramadan PHI 4:50.5;

5000 m (3): Ainuska Kalil kyzy KGZ 16:52.41; Nasima Mamirova UZB/2009 17:19.98; Akbilek Kuralbay KAZ 17:24.03; Dana Aidossova KAZ 17:30.09;

100 m H (3)/+1.0: Yuliya Bashmanova KAZ 13.73; Irina Konichsheva KAZ/2007 13.88; Alina Chistyakova KAZ 14.39; Kristina Yermola KAZ 14.65; Tatyana No KAZ 14.68;

400 m H (2): Kemi Adekoya BRN 56.04; Adelina Zems KAZ 57.85; Satsuki Umehara JPN 58.01; Nurhon Ochilova UZB 59.01; Dinara Anvarova UZB 62.26; Anastasiya Tsvirkunova KAZ 63.58; Kristina Pronzhenko TJK 64.19;

H J (2): Nadezhda Dubovitskaya KAZ 1.84; Barnokhon Sayfullayeva UZB 1.84; Valeriya Gorbatoeva UZB 1.84; Kristina Ovchinnikova KAZ 1.75; Aleksandra Sharkayeva UZB 1.75;

P V (3): Polina Ivanova KAZ 4.00; Anna Cherkashina KAZ/2008 3.80 (only 2 finishers);

L J (2): Mari Dzagnidze GEO 6.36/+1.2/NR; Sharifa Davronova UZB/2006 6.26/+1.0; Reihaneh Mobini IRI 6.21/+0.4; Anastasiya Rypakova KAZ 6.07/+0.8; Mariya Yefremova KAZ 6.07/+0.8; Valeriya Safonova KAZ 5.85/+1.0; Anastasiya Kononovich KAZ 5.77/+0.5; Varvara Dmitriyeva KAZ 5.71/+0.3; Irina Konichsheva KAZ/2007 5.66/+0.4;

T J (3): Sharifa Davronova UZB/2006 14.19/+1.9; Mariya Yefremova KAZ 13.48/+2.0; Mariko Morimoto JPN 13.39/+1.8; Varvara Dmitriyeva KAZ 12.75/+2.0; Valeriya Safonova KAZ 12.49/+1.2 (& 12.49w/+2.1); Dilyara Khaybullina KAZ 12.49/+0.8 (& 12.40w/+2.1);

S P (2): Malika Nasriddinova UZB 16.33; Sopiko Shatirishvili GEO 15.21; Nadezhda Bogdanova KAZ 11.38 (!!);

D T (2): Özlem Becerek TUR 57.20; Subenrat Insaeng THA 56.53; Yuliannha Shchukina UZB 48.90; Karina Vassilyeva KAZ 43.48; Ketevan Mamaladze GEO/2006 39.69;

J T (3): Esra Türkmen TUR 57.44; Musharrafxhon Sayidakhmedova UZB 50.21; Diana Geints KAZ 44.53; Nataliya Sokolova KAZ 44.14;

4x100 R (2): TUR (B.Seylan, B.Akay, S.Kologlu, S.Ozgiftci) 45.00; KAZ (Ma.Yefremova, A.Zalyubovskaya, A.Zems, V.An) 46.58; KAZ/Team B (A.Misheeva, V.Safonova, K.Yermola, A.Chistyakova) 48.12;

Mixed Relays:

4x400 R (3): KAZ (E.Mukhitdinov, A.Sokolov, A.Zalyubovskaya, A.Zems) 3:25.65; UZB (K.Rustamjonov, U.Nabiyev, M.Ruziyeva, N.Ochilova) 3:29.34; PHI (H.Lorana, K.Pantonial, B.Bejoy, S.Ramadan) 3:29.92; TJK (M.Mirzozoda, L.Nurulloev, K.Pronzhenko, D.Abdulloyeva) 3:38.62;

VIETNAM

National Athletics Championships at Danang / 09. – 13.08.2025

(-courtesy of the VIE Athletics Federation – website -)

following are detailed results from this major National competition with several excellent performances (as noted below) / no wind-readings reported / both National Long Distance Heroes were multiple Champions (Nguyen Thi Oanh with 4 titles in Women events and Nguyen Trung Cuong with 3 titles in Men events)

Men:

100 m (9): Nguyen Van Quyet 10.58; Ngan Ngoc Nghia 10.63; Truong Van Hieu/2006 10.69; Bui Hong Anh 10.81;
semis (9) s1: Bui Hong Anh 10.75; Lam Quang Huy/2008 10.81; s2: Ngan Ngoc Nghia 10.67; Nguyen Dinh Vu 10.70; Luong Van Thao 10.85; s3: Truong Van Hieu/2006 10.51 (10.501); Nguyen Van Quyet 10.51 (10.507) / both 6th (eq.) VIE All-Time; Chau Nguyen Phu 10.62; Trieu Thai Son 10.64; Nguyen Xuan Thinh 10.66;
heats (9) / fastest time: h1: Truong Van Hieu/2006 10.80;
200 m (13): Ngan Ngoc Nghia 20.94; Ta Ngoc Tuong 20.99 / 3rd VIE All-Time; Vu Ngoc Khanh/2006 21.07 / 4th VIE All-Time; Nguyen Van Quyet 21.13 / 5th VIE All-Time; Lam Quang Huy/2008 21.32;
semis (13) s1: Ta Ngoc Tuong 21.47; s2: Ngan Ngoc Nghia 21.61; Nguyen Van Quyet 21.81; Lam Quang Huy/2008 21.84; Nguyen Xuan Thinh 21.92; s3: Vu Ngoc Khanh/2006 21.87;
heats (13) / fastest time: h5: Ta Ngoc Tuong 21.96;
400 m (9): Ta Ngoc Tuong 45.59/NR; Le Ngoc Phuc 46.05 / 3rd VIE All-Time; Vu Ngoc Khanh/2006 46.14 / NJR & 4th VIE All-Time; Tran Nhat Hoang 46.53; Tran Dinh Son 46.84; Nguyen Xuan Quang 46.87;
semis (9) s1: Vu Ngoc Khanh/2006 46.51; Le Ngoc Phuc 46.54; Tran Nhat Hoang 46.74; Nguyen Tung Lam 48.71; s2: Ta Ngoc Tuong 47.24; Tran Dinh Son 47.42; Nguyen Xuan Quang 47.92;
heats (9) h2: Le Ngoc Phuc 47.98; Nguyen Xuan Quang 48.20;
800 m (13): Sam Van Doi 1:53.10; Luong Duc Phuoc 1:53.18; Nguyen Minh Tri 1:53.68; Nguyen Van Khang 1:53.95; Luong Binh Duong/2006 1:54.55; Duong Trung Thuan 1:54.94; Tran Van Dang 1:56.69;
semis (12) s1: Sam Van Doi 1:54.73; Tran Van Dang 1:54.76; Nguyen Van Khang 1:54.92; Luong Binh Duong/2006 1:55.13; Nguyen Chi Kien 1:55.45; s2: Luong Duc Phuoc 1:55.24; Xa Thanh Son 1:55.45; Nguyen Kim Bao Ngoc 1:55.76; s3: Nguyen Minh Tri 1:56.77; Duong Trung Thuan 1:57.04; Truong Nhat Linh 1:57.14; Hoang Trong Phien/2007 1:57.83;
heats (12) h1: Tran Van Dang 1:56.68; Duong Trung Thuan 1:56.90; Nguyen Chi Kien 1:57.00; Hoang Trong Phien/2007 1:57.27; h2: Xa Thanh Son 1:57.49; h4: Truong Nhat Linh 1:57.88;
1500 m (10): Luong Duc Phuoc 3:52.76; Sam Van Doi 3:54.85; Nguyen Chi Kien 3:56.18; Nguyen Van Khang 3:56.98;
5000 m (10)/hand-timed: Nguyen Trung Cuong 14:43.7; Le Tien Long 14:45.7; Mai Qui Phong 14:48.5;
10000 m (13): Nguyen Trung Cuong 31:41.68; Nguyen Viet Ai/2007 31:48.38; Mai Qui Phong 31:49.14;
3000 m St (9): Nguyen Trung Cuong 9:10.89; Le Tien Long 9:13.98; Luong Xuan Son/2007 9:35.48;
110 m H (10): Huynh Duy Khanh 14.40; Nguyen Van Tan 14.51; Bui Minh Duong 14.56; Nguyen Thanh Phat/2006 14.75;
400 m H (12): Nguyen Duc Son 50.42 / 2nd VIE All-Time; Le Quoc Huy 50.66 / 3rd VIE All-Time; Nguyen Trung Quoc 51.98; Danh Thanh Toan/2006 52.32; Nguyen Hung Viet 53.68; Nguyen Khanh Hoa 54.23;
heats (12) h2: Nguyen Duc Son 52.70; Danh Thanh Toan/2006 54.25; h3: Nguyen Hung Viet 53.59; Nguyen Trung Quoc 54.33;
H J (9): Vu Duc Anh 2.14; Nguyen Xuan Truong/2006 2.12; Nguyen Quoc Thinh 2.06; Duong Hong Phuoc/2009 2.03; Cao Vo Ngoc Long 2.00;
P V (11): Thai Larochelle Liem 4.70 / 4th (eq.) VIE All-Time; Nguyen Van Hue 4.70; Tran Ba Linh 4.50; Do Ha Tam 4.40; Tran Le Quoc Dat 4.40; Vo Van Linh 4.20;
L J (10): Pham Xuan Tien/2006 7.76 / NJR & 7th VIE All-Time; Pham Van Nghia 7.69; Nguyen Tien Trong 7.63; Pham Nhat Duy 7.46; Tran Van Dien 7.46; Truong Quyen Linh 7.17; Tran Cong Tin/2006 7.07;
T J (13): Ho Trong Manh Hung 16.30 / 2nd VIE All-Time; Tran Van Dien 16.02 / 4th VIE All-Time; Pham Ngoc Duy 15.17; Pham Nhat Duy 15.02; Nguyen Thanh Vuong/2006 14.80; Pham Van Khang 14.77;

S P (9): Phan Thanh Binh 15.24; Kha Trung Tin 15.22; Le Hong Quan 14.53; Doanh Tien Phuc 14.38;
D T (13): Phan Thanh Binh 48.62; Vo Hong Thai 47.58 / 3rd VIE All-Time; Kha Trung Tin 46.35 / 4th VIE All-Time; Do Thanh Phap 45.03;
H T (11): Do Tan Truong 56.98 / 2nd VIE All-Time; Dinh Thanh Nhan/2006 55.25; Le Hong Quan 53.15; Pham Quang Tuong 49.09; Nguyen Duy Manh 49.06; Ho Thanh Phat 48.68; Nguyen Van Thon 48.35; Tran Ho Phuoc Manh/2006 46.72;
J T (10): Nguyen Hoai Van 67.52; Nguyen Huu Toan 64.00; Nguyen Tan Khiem/2006 61.58; Pham Ngoc Anh 61.57; Vo Khanh Lap 60.30;
Decathlon (9/10): Bui Van Su 6116 (11.53; 6.38; 11.33; 1.77; 51.60 / 15.37; 34.62; 4.00; 51.57; 6:16.61); Nguyen Ba Binh 5936; Luong Minh Sang 5880;
20 km Walk (11): Nguyen Thanh Ngung 1:30:37; Vo Xuan Vinh 1:34:28; Tran Le Hoang 1:41:10; Do Huu Duc 1:42:40; Huynh Minh Tuan 1:45:17; ex-competition / Junior: Bien Van Anh/2006 1:41:47;
4x100 R (10): Cong An Nhan Dan Team (Truong Van Hieu, Trieu Thai Son, Lam Quang Huy, Ngan Ngoc Nghia) 40.15;
4x200 R (11): Conbg An Nhan Dan Team (Truong Van Hieu, Nguyen Tien Hung, Trieu Thai Som, Ngan Ngoc Nghia) 1:23.91;
4x400 R (10): Ha Tinh Team (Nguyen Van Duc, Tran Dinh Son, Tran Van Vu, Le Ngoc Phuc) 3:06.72;
4x800 R (13): Dong Nai Team (Ly Toan Phat Di, Truong Nhat Linh, Luong Duc Phuoc, Sam Van Doi) 7:38.66;

Women:

100 m (9): Ha Thi Thu 11.68; Tran Thi Nhi Yen 11.80; Hoang Du Y 11.81; Phung Thi Hue 11.88 (11.874); Le Tu Chinh 11.88 (11.879); Le Thi Cam Tu 11.92;
semis (9) s1: Tran Thi Nhi Yen 11.64; Ha Thi Thu 11.65 / 5th (eq.) VIE All-Time; Phung Thi Hue 11.69 / 8th VIE All-Time; Quach Thi Hong Thuy 12.12; s2: Hoang Du Y 11.73; Le Thi Cam Tu 11.74; Le Tu Chinh 11.77; Kha Thanh Truc 11.91; Nguyen Thi Thu Ha/2008 12.20;
heats (9) h1: Kha Thanh Truc 12.07; Le Thi Cam Tu 12.14; h2: Le Tu Chinh 12.05; Hoang Du Y 12.09; h3: Ha Thi Thu 12.15; h4: Tran Thi Nhi Yen 11.85; Phung Thi Hue 12.08;
200 m (13): Ha Thi Thu 23.43 / 3rd (eq.) VIE All-Time; Le Thi Cam Tu 23.49 / 5th VIE All-Time; Tran Thi Nhi Yen 23.56; Kha Thanh Truc 23.85; Quach Thi Lan 23.91; Phung Thi Hue 23.95;
semis (13) s1: Le Thi Cam Tu 24.34 (24.333); Quach Thi Lan 24.34 (24.336); Kha Thanh Truc 24.35; Ha Thi Thu 24.98; s2: Tran Thi Nhi Yen 24.92;
400 m (9): Hoang Thi Minh Hanh 52.55 / 4th VIE All-Time; Nguyen Thi Hang 52.61 / 5th VIE All-Time; Nguyen Thi Ngoc 52.67 / 7th VIE All-Time; Le Thi Tuyet Mai/2006 53.30; Quach Thi Lan 53.43; Luong Thi Duyen 57.92;
heats (9) h1: Nguyen Thi Hang 54.01; Nguyen Thi Ngoc 54.32; Luong Thi Duyen 57.80; h2: Hoang Thi Minh Hanh 54.15; Quach Thi Lan 54.41; Le Thi Tuyet Mai/2006 55.74;
800 m (13): Nguyen Thi Thu Ha 2:12.37; Nguyen Khanh Ly 2:13.41; Bui Thi Ngan 2:13.44;
1500 m (10): Nguyen Thi Oanh 4:16.97; Bui Thi Ngan 4:25.66; Nguyen Khanh Linh/2006 4:26.84; Nguyen Khanh Ly 4:39.31; Hoang Thi Ngoc Anh/2006 4:40.69; Ngo Thi Khanh Ny 4:45.61; Nguyen Thu Quyen 4:47.49;
5000 m (9): Nguyen Thi Oanh 16:28.78; Le Thi Tuyet 16:32.49; Bui Thi Thu Ha 16:42.40 / 5th VIE All-Time; Pham Thi Hong Le 16:50.67; Luong Thi Khan/2008 17:01.16;
10000 m (12): Nguyen Thi Oanh 33:56.11 / 2nd fastest time ever; Le Thi Tuyet 34:05.00; Bui Thi Thu Ha 35:28.42; Pham Thi Hong Le 36:02.42; Le Thi Lam 36:20.78; Trieu Thi Binh/2008 37:01.92;
3000 m St (13): Nguyen Thi Oanh 10:14.22; Doan Thu Hang 10:54.21; Nguyen Khanh Ly 11:08.00; Hoang Thi Ngoc Anh/2006 11:17.46; Nguyen Thi Thanh Tuyen/2007 11:23.29; Dinh Thi Thu Huong/2007 11:35.14;
100 m H (10): Huynh Thi My Tien 13.52; Bui Thi Nguyen 13.53; Nguyen Thi Linh 13.65; Le Thi Kim Lenh 13.88; Dao Thi Bich Ngoc 14.14; Tran Thi Phi Yen 14.23;

heats (10) h1: Bui Thi Nguyen 13.89; Nguyen Thi Linh 13.90; Dao Thi Bich Ngoc 14.36; Do Ha Mai Hien/2007 15.17; h2: Huynh Thi My Tien 13.67; Le Thi Kim Lenh 13.98; Tran Thi Phi Yen 14.66; Pham Thi Quynh Anh/2008 14.95;

400 m H (12): Quach Thi Lan 56.98; Le Thi Tuyet Mai/2006 58.79; Ha Ngoc Tram 60.65;

H J (12): Duong Thi Thao/2006 1.84 / 5th VIE All-Time; Nguyen Thanh Vy 1.77; Bui Thi Kim Anh/2006 1.77; Mai Ngoc Anh/2008 1.74; Phan Hong Yen 1.71; Hoang Thi Thu Trang 1.65;

P V (13): Nguyen Pham Hoai Yen 3.90 / 2nd VIE All-Time; Truong Thi Thu 3.85 / 3rd VIE All-Time; Dang Nguyen To Trinh 3.40; Pham Thi Van Anh 3.40; Nguyen Thi Thu Nguyen 3.30; Le Thi Hong/2006 3.00;

L J (9): Tran Thi Loan 6.40 / 7th VIE All-Time; Ha Thi Thuy Hang/2006 6.37 / NJR; Vu Thi Ngoc Ha 6.22; Dao Huynh Minh Anh 6.11; Bui Thi Loan 6.06; Nguyen Thi Thu Ha 5.90; Le Thi Nhu Quynh/2006 5.84; Tran Thu Huong 5.81; Hoang Thanh Giang 5.76;

T J (12): Nguyen Thi Huong 13.73; Tran Thi Loan 13.66; Vu Thi Ngoc Ha 13.60; Nguyen Thi Thu Ha 13.27; Nguyen Ngoc Tu 12.68; Bui Thi Loan 12.48; Tran Thi Thuy Hang 12.11;

S P (12): Lieu Thi Hong Phuong 15.09 / 2nd VIE All-Time; Nguyen Van Anh/2006 14.68 / NJR & 4th VIE All-Time; Kim Thi Huyen 14.59; Ka Hoa 13.71; Nguyen Ngoc Nhu Y 12.89; Huynh Ngoc My 12.83;

D T (9): Le Thi Cam Dung 47.98; Vo Thu Bich Tram 46.96; Nguyen Vu Quynh Trang/2006 45.89; Le Thi Lai 44.59; Dinh Thi Hien 42.61; Nguyen Thi Hong Thuong 42.26;

H T (11): Nguyen Thi Yen Linh 48.89; Huynh Thi Ngoc Ly/2006 48.37; Le Thi Thu Ngan 47.05; Mai Thi Yen 46.15;

J T (12): Bui Thi Xuan 51.29; Bui Thi Trang 45.95; Ca To Uyen 44.22; Tran Thi Thu Trinh 42.07;

Heptathlon (12/13): Hoang Thanh Giang 5481/NR (14.65; 1.67; 9.62; 25.21 / 6.17; 40.63; 2:20.22); Nguyen Lan Anh 4966 (14.44; 1.64; 10.51; 25.51 / 5.83; 35.35; 2:47.90); Bui Thi Koe 4901 (14.96; 1.55; 10.86; 25.88 / 5.42; 36.36; 2:28.91); Tran Thi Phi Yen 4799 (14.57; 1.46; 10.21; 25.98 / 5.33; 34.37; 2:23.97); Nguyen Thi Van Anh 4564 (15.23; 1.64; 9.82; 26.64 / 5.53; 30.22; 2:44.72); Ngo Thi My Duyen/2006 4498 (15.19; 1.40; 9.61; 25.68 / 5.47; 26.39; 2:26.24); Phan Huynh Nhu/2007 4268 (15.23; 1.58; 8.50; 25.84 / 5.42; 18.51; 2:40.74);

20 km Walk (11): Nguyen Thi Thanh Phuc 1:39:40; Thai Thi Kim Ngan 1:42:44 / 4th VIE All-Time; Nguyen Thi Van 1:44:03 / 5th VIE All-Time; Ho Thi Van/2006 1:45:33 / NJR; Pham Thi Thu Trang 1:45:52; Huynh Thi Diem 1:48:15;

4x100 R (10): Quan Doi Team (Nguyen Thi Hong Van, Hoang Du Y, Quach Thi Hong Thuy, Bui Thi Nguyen) 45.07;

4x200 R (11): Hanoi Team (Phung Thi Hue, Nguyen Thi Kim Ngoc, Hoang Thi Minh Hanh, Nguyen Thi Hang) **1:34.51/NR**;

4x400 R (10): Hanoi Team (Nguyen Thi Kim Ngoc, Nguyen Thi Hang, Nguyen Thi Kim Thanh, Hoang Thi Minh Hanh) 3:38.87;

4x400 R (13): Ninh Binh Team (Vu Thi Tra My, Nguyen Khanh Linh, Bui Thi Ngan, Nguyen Thi Thu Ha) 8:55.26;

Mixed Relays:

4x100 R (12): Hanoi Team (Phung Thi Hue, Hoang Thi Minh Hanh, Nguyen Van Quyet, Nguyen Ba Kien) 42.67;

4x400 R (12): Hanoi Team (Nguyen Xuan Quang, Nguyen Thi Hang, Nguyen Van Quyet, Hoang Thi Minh Hanh) 3:21.24;

SRI LANKA

103rd National Championships at Diyagama / 02. – 03.08.2025

(-courtesy of the RunResult.com – website -)

following are detailed results from these major National Champs / some details (such as results per event for Decathlon & Heptathlon, wind-readings for few events) not reported / some of the races probably hand-timed as noted below (timing is unconfirmed) and information for some Field events restricted to TOP 8

Men:

100 m (2)/-1.1: Y.M.Chamod Yodasinghe 10.37; D.D.Sadun Diyalawaththa 10.59; N.M.Pramuditha Silva 10.62; Rajamuni Indusara Vidushan 10.65; F.D.Chalith Piyumal 10.71; Kavindu Theekshana Perera 10.77; semis (2) s1/-0.9: Diyalawaththa 10.57; Piyumal 10.68; Silva 10.68; R.P.K.Nimesh Chathuranga 10.77; T.M.Suraj Rathnasiri 10.81; s2/-1.3: Dineth Induwara Weerathna 10.65; Vidushan 10.69; W.M.Koushan Thamel 10.77; s3/+0.3: Yodasinghe 10.39; Perera 10.68; Merone Wijesinghe 10.72; Saad Faleel/2007 10.73; T.Supun Hansaja 10.75; Kottehawa Shihaan Nadeeshana/2008 10.77; heats (2) h1/+0.3: Wijesinghe 10.65; Hansaja 10.73; h2/+0.2: Weerathna 10.64; h3/+0.3: Yodasinghe 10.70; h4/+0.2: Diyalawaththa 10.58; Vidushan 10.69; h5/-0.7: Silva 10.80; h6/-0.1: Piyumal 10.77; h7/-0.4: Thamel 10.73; Faleel/2007 10.82; J.A.R.K.T.Perera 10.83;

200 m (3)/-0.5: Rajamuni Indusara Vidushan 21.08; D.D.Sadun Diyalawaththa 21.22; S.M.S.V. Rajakaruna/2007 21.26; W.M.Koushan Thamel 21.36; W.O.P.Thisen Ranvindu/2007 21.64; N.P.Bandara 21.70; D.Chathushka Imesh Silva/2008 21.80; heats (3) h1/-0.1: Diyalawaththa 21.35; Ranvidu/2007 21.38; Imesh Silva/2008 21.80; h2/+1.1: Rajakaruna/2007 21.31; Thamel 21.33; D.P.Hashan Gamalath 21.95; h3/-1.0: Vidushan 21.14; h4/-0.1: Bandara 21.74; S.K.Dinesh Kumara 21.93;

400 m (3): S.Aruna Dharshana 45.91; Kalhara Idupa Silva/2006 46.32; H.K.Kalinga Kumarage 46.56; S.M.S.V.Rajakaruna/2007 46.78; J.Omel Shashintha Silva/2007 47.16; Pabasara Niku 47.43; Pradeep Ruwan Kumara 47.98; I.M.Bogoda/2008 48.24; semis (2) s1: Rajakaruna/2007 46.89; Shashintha Silva/2007 46.94; Bogoda/2008 47.90; Ruwan Kumara 47.94; s2: Kumarage 47.56; Niku 47.60; H.D.R.Madushan 48.12; Praveen Salamuthu Jayathilaka 48.14; M.G.D.D.M.Silva 48.52; s3: Idupa Silva/2006 46.26; Dharshana 46.65; K.V.K.Silva 47.95; R.A.Ishan Maduranga 48.01; E.A.Irosha Dirisinghe/2008 48.10; N.P.Bandara 48.19; heats (2) h1/hand-timed ??: Rajakaruna/2007 46.9? (or 47.0); Bogoda/2008 47.5? (or 47.6); Ruwan Kumara 47.8? (or 47.9); S.K.Dinesh Kumara 48.63 (or 48.7); h2: Idupa Silva/2006 47.37; Dirisinghe/2008 47.90; Maduranga 48.34; W.G.I.L.Jayathissa 48.58; h3: Shashintha Silva/2007 48.10; Madushan 48.66; h4: Kumarage 47.77; K.V.K.Silva 47.99; N.P.Bandara 48.41; h5: Dharshana 47.13; S.K.A.M.Inesh Dishmitha 47.73; Jayathilaka 48.10; h6: Niku 47.53;

800 m (3): D.M.Harsha Karunarathna 1:49.44; A.M.S.B.Aththanayake 1:49.57; H.Gayan Kumara 1:50.66; C.K.Aravindan 1:50.78; W.M.T.G.Thennakoon 1:52.20; Vishwa Piyumika Dhanasekara/2007 1:52.72; Anuda Pansilu Giridara 1:53.47; M.S.Srinath 1:53.68; W.M.D.Vijethunga 1:54.19; heats (3) h1: G.Rusiru Chathuranga 1:51.40 (dns in final); Gayan Kumara 1:51.51; Aravindan 1:51.57; Dhanasekara/2007 1:52.20; Srinath 1:52.60; Roofil Saraf 1:53.67; E.M.R.S.K.Ekanayaka 1:54.07; W.N.S.K.Wedagedara 1:54.88; h2: D.T.Prasan 1:52.40; S.H.Shehan Dilranga 1:52.48; Karunarathna 1:52.48; Giridara 1:52.97; D.M.T.T.Dissanayake 1:53.55; T.W.M.P.B.Rashmikara/2006 1:53.72; W.A.D.Kumara 1:54.27; Sasikumar Danusan 1:54.41; P.K.Priyankara Pathirana/2006 1:55.03; h3: Thennakoon 1:52.11; Aththanayake 1:52.24; Vijethunga 1:53.21; G.S.Devinda Jayathissa 1:54.89; A.M.I.Chathuranga 1:54.93; L.S.D.Maduranga 1:55.27;

1500 m (3): G.Rusiru Chathuranga 3:56.95; R.M.Nifras 3:57.64; H.A.Rukshan Habarakada 3:58.09; heats (2) h1: Vicknaraja Vakshan 3:57.53; S.Praveen 3:57.57; Ashan Kalpa Sameera 3:57.78; K.D.N.C. Wijesinghe 3:57.99;

5000 m (2): Vicknaraja Vakshan 14:40.51; W.Saman Kumara Fernando 14:42.67; Ilango Vikirthan/2006 14:52.63; G.D.Lahiru Achintha/2009 15:03.45; H.D.S.Dilshan Gunasekara 15:04.29;

10000 m (3): S.Roshan 30:55.61; H.D.S.Dilshan Gunasekara 30:56.41; M.S.A.Fernando 31:08.21;

3000 m St (3): Eranda Udaya Bandara Herath 9:04.32; T.M.L.C.Gunarathna 9:10.36; Ilango Vikirthan/2006 9:14.28 / NJR; M.A.L.P.Dissanayake 9:21.04; K.H.M.Sarath Kumara 9:21.13;
 110 m H (2)/ 0.0: Roshan Dhammika Ranathunga 14.03; W.P.Sandun Koshala 14.27; K.D.D.Ariyaratna 14.50; E.Vishwa Tharuka 14.88; S.P.Damith Dhananjaya 14.93; A.N.M.Nasik 15.02; A.M.Kaveesha Dilshan/2007 15.20;
 heats (2) h1/-0.1: I.G.Janidu Lakwijaya 14.49 (dnf in final); Ariyaratna 14.72; Tharuka 14.97; Dilshan/2007 15.27; h2/+1.5: Ranathunga 14.06; Koshala 14.18 / 7th SRI All-Time; Dhananjaya 14.72; Nasik 14.89; M.M.U.K.Manamperi 15.28;
 400 m H (3): K.L.Ayomal Akalanka/2006 50.27 / missed his NJR by 0.07 seconds; Asitha Tharanga Rathnasena 51.67; Pathiranage Dulan Harshana 53.05; Y.Prawan Theekshana 53.34; Bawantha Milinuwan Weerasinghe 53.51; B.M.Nawshad 53.89; A.N.Ala Hamthan 53.95;
 heats (3) h1/hand-timed?: Rathnasena 53.6? (or 53.7); h2: Akalanka/2006 52.12; h3: Harshana 53.25;
 H J (3): S.A.Tharindu Dasun 2.10; Dineth Chethiya Dodanduwa/2006 2.10; E.S.Deneth Anuhas 2.10; M.Asadh Mohamed Rafeek 2.05; A.R.Pasan Dilhara 2.00;
 P V (3): Arunthavarasa Puvitharan 5.05; M.H.Ishara Sandaruwan 4.95; T.W.M.Priyantha Kumara 4.55; D.D.R.J.Jayasinghe 4.55; S.Kajanan/2007 4.20; G.P.C.R.Gunasinghe 4.20;
 L J (2): U.D.Y.Wishmitha Kumara 7.76/+1.5; J.Sampath Mirendra 7.66/+0.6; Inura Kavishan Piyasiri 7.52/-0.6; Michel Shankitha Silva 7.44/+1.1; W.D.Sasindu Nuwinda 7.40/+1.0; M.I.M.Asan 7.35/-0.9; Razwin Sanjay Carrim 7.32/-0.7; Ananda Prasad Krishandan 7.32/+0.6;
 T J (3)/nwi: K.A.Pasindu Malshan 16.13; Ashmika Keshan Korala 16.05; U.D.Y.Wishmitha Kumara 15.95; M.N.Safree Ahamed 15.94; Sandun Krishantha Kumara 15.86; Atheetha N.Karunasinghe 15.05; Thehara Ravishka Fernando/2007 15.05;
 S P (2): Suseenthira Kumar Mithunraj 16.02; R.Samith Jayawardana 14.75; Jayavi Ranhinda Alwis 14.35;
 D T (3): Milantha Sampath Dissanayake 48.82 / 4th SRI All-Time (he changed from LJ – 7.78 m / 2013 - to DT !!); Suseenthira Kumar Mithunraj 47.91; S.Piragasraj 46.55; H.M.P.Rathnayake 46.04; N.P.C.K. Pathirana 44.32;
 H T (2): K.K.D.M.Dharmasena 48.29; H.M.A.S.Bandara 48.24; M.R.Sisira Kumara 47.47;
 J T (2): P.Rumesh Tharanga 82.36; R.Rathushan 72.21; A.W.T.N.Dhananjaya 71.10; R.N.Kumara 68.42; P.A.Pradeep Lakmal 66.25; Pragathi Prasanna Ranawake 65.10; E.Dulan Charuka 63.17; E.K.C.S. Pathmasiri 60.87;
 Decathlon (2/3)/no details: M.I.M.Asan 7019; M.M.Ravindra Lakmal 6878 / 3rd SRI All-Time; Ajith Kumara Karunathilaka 6747; W.K.D.S.Perera 6417; P.R.R.Lasantha Peramuna 6045;

Women:

100 m (2)/-0.1: D.T.Amasha De Silva 11.79; Fathima Shafiya Yamick 11.84; Rumeshika Kumari Rathnayake 11.85; Dananjana Sewmini Fernando/2008 11.97; H.K.T.D.Silva 12.04; T.A.Muthukumarana 12.05;
 heats (2) h1/hand-timed?/nwi: Fernando 11.8? (or 11.9); Shanella Senevirathne 12.0? (or 12.1);
 h2/-1.0: De Silva 11.74; Yamick 11.83; Rathnayake 11.89; h3/+0.2: Muthukuamrana 12.04; Silva 12.08;
 200 m (3)/-0.4: Fathima Shafiya Yamick 24.08; Jithma Shenari Wijethunge/2006 24.16; Rumeshika Kumari Rathnayake 24.20; D.T.Amasha De Silva 24.41; W.H.Madusha Fernando 24.54; Dananjana Sewmini Fernando/2008 24.68; W.S.H.Fernando 25.15;
 heats (3) h1/-0.7: Rathnayake 24.09; Yamick 24.12; Madusha Fernando 24.50; M.H.Jayeshi Uththara 24.51; Sewmini Fernando/2008 24.55; h2/hand-timed?/-0.2: Wijethunga 24.1? (or 24.2); De Silva 24.4? (or 24.5); Kividi Pahasara 24.5? (or 24.6);
 400 m (2): Nadeesha Ramanayake 52.86; B.Sayuri Lakshima Mendis 52.97 / 6th SRI All-Time; M.A.N.Harshani Fernando 53.31; Jithma Shemari Wijethunge/2006 53.45; M.H.Jayeshi Uththara 53.54; W.G.S.Lakshani 54.02; Takshima Nuhansa Kodithuwakku/2006 54.20; U.K.S.C.Padmasiri Bandara 55.27;
 heats (2) h1: Harshani Fernando 54.39; Kodithuwakku/2006 54.65; W.H.Madusha Fernando 55.12; D.M.M.P.Dunusinghe/2006 56.20; Kavindi Sanjana Edirisinghe 56.66; h2: Ramanayake 53.63; Wijethunga/2006 53.79; Lakshani 54.44; U.K.S.C.Padmasiri Bandara 54.56; W.S.H.Fernando 57.16; M.G.Charuni Pramudika 57.86; h3: Mendis 53.01; Uththara 53.99; M.M.Yasasni Rathnayake 57.06; P.A.M.M.Dilrukshi 57.28;

800 m (3): W.G.S.Lakshani 2:05.67; Takshima Nuhansa Kodithuwakku/2006 2:06.32; H.M.Madushani Dilrukshi 2:06.92; W.K.L.A.Nimali 2:06.99; M.G.Tharushi Abisheka/2008 2:09.99; K.G.N.M.A.Kumari 2:12.89; M.G.P.Vihari Ranasinghe 2:13.92; M.P.Ayesha Sewwandi/2008 2:16.18;

1500 m (2): M.K.L.A.Nimali 4:31.07; K.G.N.M.A.Kumari 4:32.02; M.G.Tharushi Abisheka/2008 4:32.71; K.Shanika Lakshani 4:33.61; M.G.P.Vihari Ranasinghe 4:36.93; H.W.B.M.U.Kumari 4:40.53; K.Niduki Prarthana/2008 4:42.27; T.G.H.Dulanjana Pradeepani/2006 4:45.93; M.P.Ayesha Sewwandi/2008 4:48.94;

5000 m (3): H.M.C.Sadumika Herath 17:32.95; Nilanthi Lanka Ariyadasa 17:42.33; B.W.N.Sewwandi 17:58.47; G.W.O.N.Fonseka 18:01.45;

10000 m (2): W.A.M.Rasara Wijesuriya 36:26.48; H.M.W.Madushani Herath 37:17.67;

3000 m St (3): W.M.Nimesha Nidarshani 11:29.61; Nilanthi Lanka Ariyadasa 11:36.65; M.G.N.P.Kumari 11:42.07; K.S.Dilshani 12:09.54; H.W.C.Damayanthi 12:17.75; H.M.I.Sadamali 12:32.54; M.H.T.Lakmini 12:53.73;

100 m H (2)/+1.7: W.V.Lakshika Sugandi 13.68; H.W.K.Hapuarachchi 14.09; S.B.S.Lakshani Dissanayake 14.11 / 7th SRI All-Time; M.A.Bhagya Nilmini 14.31 / 9th SRI All-Time; P.S.Nisansala Fernando 14.66; Miyuni Sidasna Gunathilaka/2006 14.83; Nehansa Paranaliyanage/2007 15.24;

heats (2) h1/+0.7: Hapuarachchi 14.27; Dissanayake 14.69; Gunathilaka/2006 14.85; Paranaliyanage/2007 15.11; h/-1.7: Sugandi 14.12; Nilmini 14.70; Fernando 14.97;

400 m H (3): L.G.A.Sathsarani 59.26 / 5th SRI All-Time; M.M.C.U.Yasasni Rathnayake 60.60; Rashini Shehara Karunarathne/2006 62.30; G.A.S.Dulani 63.33; Gihani Daneka Panduka 63.54; H.S.D.Nethmeni 64.48;

heats (3) h1: Rathnayake 61.14; Karunarathne/2006 63.56; h2: Sathsarani 59.85; Dulani 63.78; Panduka 64.21;

H J (3): Renindi Pehansa Gamage & A.A.R.Koshila Perera 1.71; Mihinsa Dewmini Abeyrathna/2008 1.68;

P V (2): Nesara Daksitha 3.40; K.A.C.K.Kodithuwakku 3.30; Achini Sewwandi Perera 3.20; P.Abishalini/2007 3.10;

L J (2): N.Madushani Herath 6.14/-1.5; I.S.W.Arachchi 6.07/-1.4; Dhananjaya Sithmini Ranasgalla 6.03/-1.7; L.P.Anuradha Fernando 5.77/-1.8; W.H.Adithya Fernando/2006 5.75/-0.5; K.H.Nethmi Megawarna 5.73/-0.8; Dilni Nethsala Rajapaksha/2010 5.63/-2.2;

T J (3): N.Madushani Herath 13.16/+0.7; E.M.Shashani Upeksha 12.92/+0.9; I.S.W.Arachchi 12.78/ 0.0; G.I.S.Lankathilaka 12.25/+1.0; Dilni Nethsala Rajapaksha/2010 11.89/-0.5;

S P (2): Ovini Chandrasekara 12.57;

D T (3): A.G.V.Vinodeni Lakmali 43.68;

H T (3): H.A.Aruni Lakshika 42.86; Shanika Manoji Amarasinghe 42.80; L.P.W.Thisarani 41.75;

J T (2): H.L.Dilhani Lekamge 58.05; D.M.I.Hasanthi Dissanayake 50.18 / 5th SRI All-Time; Dayani Harshani Maduwanthi 47.95; Y.T.Hansani 41.01; H.M.C.Lakmali 40.93;

Heptathlon (2/3)/no details: W.V.Lakshika Sugandi 4464; H.K.T.D.Silva 4297; H.D.Rashmi Kavindya 4187; D.M.T.Chathurika Dissanayake 4131;

Sri Lanka Army Relay Champs at Diyagama / 07.08.2025

Men:

4x200 R: SLASC Team (N.Silva, P.Chathuranga, D.Weeraratne, W.Thamel) 1:24.35;

Medley R: SLASC Team (N.Silva, P.Chathuranga, W.Thamel, K.Karunarathna) 1:52.00;

4x800 R: SLEME Team (H.Habarakada, C.Aravindan, M.Srinath, A.Aththanayake) 7:28.68;

4x100 R: SLLI Team (J.Prasan, H.Kumara, W.Saman Kumara, V.Vakson) 15:47.07;

Women:

4x200 R: SLAGSC Team (B.Jayamanna, H.Rathnayaker, K.Edirisinghe, K.Majuwangamage) 1:38.36;

Medley R: SLAGSC Team (H.Ranasgalla, P.remudika, K.Manjuwangamage, K.Edirisinghe) 2:09.64;

4x800 R: SLASC Team (M.Uthhara, W.Samarakoon, H.Nethmini, W.Lakshani) 9:05.50;

4x100 R: SLAWC Team (W.Wijesooriya, H.Herath, H.Dilrukshi, H.Damayanthi) 19:24.78;

TIMOR LESTE

12th Jogos Desportivos da CPLP at Dili / 21. - 23.07.2025

(-courtesy of the Timor Leste Athletics Federation -)

these traditional Games for athletes from Portugues-Speaking-Countries were held with participation of Youth athletes (overall Sub18-athletes) from 6 countries (Portugal, Cabo Verde, Angola, Sao Tome & Principe, Mocambique & Timor Leste as the host country) /

Youth Boys/Girls from Portugal were dominant as the winners in 11 of the 17 events overall

following are selected best results plus new records for TLS-athletes (unconfirmed due to missing info for their NJR & NYR's in several events)

Youth Boys:

100 m (21)/+2.8: Tiago Andre Barros Dos Santos POR 10.75w; Tiago Miguel Matinhos De Almeida POR 10.76w;

200 m (23)/+3.4: Tiago Andre Barros Dos Santos POR 21.77w; Tiago Miguel Matinhos De Almeida POR 21.89w;

S P / 5 kg (23): Guilherme De Oliveira Gavina POR 14.11;...3. Carlos S.De Oliveira TLS 10.75 / NYR;

Youth Girls:

100 m (21)/+1.8: Laura Branco Jorge Da Silva POR 11.98; Leonhor Silva De Freitas POR 12.28; Silvanilda Carina Delgado Gomes CPV 12.44;...7. Chelsea Bolo Soares Da Cruz TLS 13.65 / NJR & NYR;

heats (21) h1/+2.9: Maria Seguro Nandim De Carvalho POR 12.12w; De Freitas POR 12.29w;

h2/+1.7/hand-timed:...4. Chelsea Bolo Soares Da Cru TLS 12.9 / hand-timed NR & NJR & NYR;

200 m (24)/+1.6: Silvanilda Carina Delgado Gomes CPV 25.23; Maria Seguro Nandim De Carvalho POR 25.26;...6. Alisa Meranda Perera TLS 28.91 / NJR & NYR;

heats (22) h1/+2.6: De Carvalho POR 25.19w; Gomes CPV 25.20w;

1500 m (23): Marina Cibelle Rodrigues Delgado CPV 4:44.90; Luana Raquel Pereira Monteiro POR 4:45.78;

3000 m (21): Maria Clara Monteiro Lucas Pires POR 10:25.72; Marina Cibelle Rodrigues Delgado CPV 10:25.89;

L J (22): Laura Branco Jorge Da Silva POR 5.47/+1.1;

S P / 3 kg (21): Margarida Braz Simoes Bento POR 13.07;

Mixed Relays:

4x100 R (23): POR 45.14; CPV 47.73; ANG 49.93; TLS 52.29;

PHILIPPINES

(-courtesy of Ms Maricor Pacho, Philippines Athletics Federation -)

following are the best performances from the 5th & 6th of the Series meetings for specific events / the 4th meeting, which was for Youth/U18 athletes only, had been cancelled due to bad weather conditions

5th PATAFA Weekly Relays Series Meet at Pasig / 02.08.2025

Men:

100 m / Race 1/-1.3: Alhryan Labita 10.83; Race 2/+0.3: Joseph Antiola 10.84;

400 m: Alhryan Labita 48.71;

1500 m: Oyam Espinosa 3:58.77;

5000 m: Junel Gobotia 15:06.22; Noli Torre 15:19.12;
110 m H/-0.3: Tochukwu Onoura Okolo 14.51; Van Alexander Obejas 14.55; Joseph Antiola 14.94;
H J: Leonard Grospe 2.15; Kent Brian Celeste 2.11; Ernie Calipay 2.08;
S P: Ed Delina 14.57;
D T: Russel Ricaforte **54.14/NR**; Ed Delina 48.59 / 6th PHI All-Time;

Junior Men:

400 m: Alfred Talplacido/2007 48.94;
110 m H / 99 cm /-0.6: Fritz Ian Calisaan/2006 14.89;

Women:

100 m/-0.3: Annie Rose Mercurio 12.11;
5000 m: Jessa Mae Roda 18:21.61; Edna Magtubo 18:23.58;
100 m H/+0.3: Jelly D.Paragile 14.51;
H J: Sarah Dequinan 1.65;
T J: Rica Mae Balderrama 11.86/-3.9;
3000 m Walk: Azeneth Serat 15:09.58;
4x100 R: Far Eastern University Team (D.Taranza, R.M.Balderrama, A.Ortiz, A.R.Mercurio) 48.05;

Junior Women:

100 m/-0.6: Shane Joy Ponce/2006 12.08;
5000 m: Asia Paraase/2006 18:30.73;
100 m H/+0.1: Jecel Vivas/2007 14.95;
3000 m Walk: Sep Blessee Placido/2007 16:19.78;
4x100 R: Far Eastern University Junior Team (J.Romero, J.Vivas, Y.Dreu, S.J.Ponce) 49.08;

Mixed Relays:

4x400 R: University of Santo Tomas Team (J.Obanon, P.J.Uriarte, O.Espinosa, L.De Lima) 3:45.09;

6th PATAFA Weekly Relays Series Meet at Pasig / 09.08.2025

Youth Boys:

100 m / hand-timed/+0.4: Pi Durden Wangkay/2009 10.7;

Youth Girls:

3000 m: Chrshia Mae Tajarros/2011 10:28.46;
3000 m Walk: Princess Lhira Raterta/2008 16:22.50; Danica Mae Secundo/2009 16:28.10;

SINGAPORE

National Pesta Sukan Championships / 26.07. – 03.08.2025

(-courtesy of the SGP Athletics Federation - website -)

following are selected best performances from this competition during two weekends for different Age-categories

Men:

200 m (3)/+0.2: Marc Brian Louis 21.36 (& 21.89/-1.1 as 1h2 on 27th);
400 m (2): Calvin Quek Jun Jie 47.76 (& 47.39 / 5th SGP All-Time as 1h1 on 27th);
800 m (27): Hariharan Krishna 1:57.35;
110 m H (2)/+1.1: Liang Qi Awyong 14.92;

H J (2): Andrew Pak Tung Hon 2.10 / 3rd SGP All-Time; Brandon Heng Fu Hong 2.04;
 P V (27): Dewey Ng 4.75; Elliott Wee Junn 4.48; Keondre Liew/2007 4.08; Jiang Yunfan/2009 4.08;
 S P (26): Anson Loh/2008 14.35;
 D T (27): Jonathan Low 45.38;
 J T (2): Lucas Wong Yijie 57.98;
 4x100 R (2): Trackstar Athletics Team (Russell Low, Ryan Raphael Ng, Ian Koe, Ian Gan) 41.90;
 4x400 R (3): One Lap Wonders Team 3:24.40;
Junior Men:
 100 m / heats (26) h5/-0.2: Donavan Yip/2006 10.90;
Youth Boys:
 S P / 5 kg (3): Anson Loh/2008 17.74;
 D T / 1.5 kg (27): Jayden Chew/2008 49.74;

Women:
 100 m H (2)/-0.5: Kerstin Ong Ying Rong 14.16;
 P V (27): Esther Tay 3.38;
 4x100 R (2): Syba United Team (Sarah Poh, Bernadette Leong, Yuna Huang, Amanda Loo) 48.85;
Youth Girls:
 4x100 R (2): Cicada Girls Team (Le Xiao Tan, Alexa Tan, Alis Teo Pei Qi, Rei En Lai) 50.87;

LEBANON

National Open Clubs Champs at Beyrouth / 31.07. – 03.08.2025 **(-courtesy of Dr Wissam El Hawly, LBN-Federation -)**

following are selected best performances incl. some new National records (NR, NJR, NYR)

Men:
 100 m (31)/-0.7: Tamer Saleh 10.62; Nouredine Hadid 10.69; Andrew Danny 10.70;
 200 m (2)/-0.5: Tamer Saleh 21.47; Nouredine Hadid 21.50;
 400 m (1): Marc Anthony Ibrahim **46.87/NR**; Ayman Kobaydat 48.74;
 800 m (3): Ali Mourtada 1:51.14; Mohammad Hannouf 1:54.81; Dani Serhan 1:55.99; Charbel Khoury 1:56.94;
 5000 m (3): Ali Al Ridha Kenaan 14:27.55; Zeid El Sayed 14:43.11; Charbel Sejaan 15:03.87;
 Mahmoud Abou Zeid/2008 15:18.49;
 10000 m (31): Ali Al Ridha Kenaan 31:02.91;
 110 m H (3)/+0.9: Ali Hachem 15.35; Ammar Hammoud 15.37;
 400 m H (31): Marc Anthony Ibrahim 49.24 / missed his NR by 0.01 seconds only; Ayman Koubaydat 52.56 / 3rd LBN All-Time;
 H J (1): Omar Arnaout 2.00;
 S P (31): Ali Abbas 14.96; Badri Obeid 14.40;
 D T (2): Rami Mansour 43.30; Joe Ghafary 42.88;
 J T (2): Nabil Al Akoumi 62.39;
 4x100 R (1): Let's Run Team **41.04/NR**;
 4x400 R (3): Inter-Lebanon Team 3:24.26;

Women:
 100 m (31)/-0.6: Aziza Sbeity 11.88; Haya Kobrosly 12.01 / 5th LBN All-Time;
 200 m (2)/nwi: Aziza Sbeity 24.48; Haya Kobrosly 25.20;

5000 m (3): Nesrine Njeim 18:22.31;
10000 m (1): Nesrine Njeim 38:08.81;
3000 m St (2): Loaa Zaarour 12:05.97; Sama Moustafa/2008 12:31.05;
400 m H (31): Maria Nohra 64.75;
D T (2): Mays Obeid/2008 33.58 / NJR & NYR;
H T (2): Mariem Youssef 40.85;
4x100 R (1): Inter-Lebanon Team 50.69;
4x400 R (3): Inter-Lebanon Team 4:10.32;

ON THE ROAD

(-courtesy of the Race – websites -)

MALAYSIA

International Sarawak Energy Isthmus Run at Kuching / 10.08.2025

Men:

Marathon:

Amos Kipkemoi Chesang KEN 2:22:10; Samuel Komon Yeko KEN 2:23:03; Joseph Mwangi Ngare KEN 2:23:30; Mark Kipruto KEN 2:23:50; James Cherutich Tallam KEN 2:24:54; Peter Kipleting Keter KEN 2:25:19; Benard Kiplangat Kibilo KEN 2:27:57; Willy Koech KEN 2:27:59; Thomas Maritim KEN 2:28:14;

Half Marathon:

James Ndungu Kahura KEN 1:10:15;

Women:

Marathon:

Caroline Cherono KEN 2:43:15; Susan Jemutai Kosgei KEN 2:57:48; Purity Jelimo Serem KEN 2:57:48 (same time for 2nd & 3rd); Lucy Liavoga KEN 3:03:17; Tiffany Lee Siok Chin MAS 3:18:17; Loh Chooi Fern MAS 3:32:09; Ewe Bee Hong MAS 3:32:50;

Half Marathon:

Alice Muthoni Koigi KEN 1:23:28; Millicent Kipyego KEN 1:29:56;

International IJM Land Half Marathon at Seremban / 10.08.2025

Men:

Prabudass Krishnan MAS 1:11:06;

Women:

Noor Amelia Musa MAS 1:27:26; Vu Khanh Linh VIE 1:28:23; Chew Jia Qi MAS 1:32:59; Ong Ee Ling MAS 1:34:42;

International Old Airport Marathon at Bintulu / 03.08.2025

Men:

Marathon:

Tariku Abdi ETH 2:24:23; Kennedy Lilan KEN 2:25:38; Joseph Mwangi Ngare KEN 2:28:01; Hosea Kogei KEN 2:30:20; Joseph Kariuki KEN 2:31:10; Luka Kimutai Lagat KEN 2:32:16;

Half Marathon:

James Ndungu Kahura KEN 1:15:33;

Women:

Marathon:

Alice Muthoni Koigi KEN 2:54:33; Susan Jemutai Kosgei KEN 2:59:38; Purity Jelimo Serem KEN 2:59:38 (same time for 2nd & 3rd); Mercy Jelimo Too KEN 3:08:18; Yeshe Emebet Nguse Taso ETH 3:15:21; Tiffany Lee Siok Chin MAS 3:15:52;

Half Marathon:

Yu Hui Khing MAS 1:32:01; Teck Bing Luk MAS 1:35:55;

International Selangor Marathon at Shah Alam / 03.08.2025

Men:

Marathon:

Evans Kiptoo KEN 2:40:23 (see him as 2nd at Subang Jaya Half Marathon on same day !!);

Half Marathon:

Amos Kipkemoi Chesang KEN 1:10:59; Edwin Kimutai KEN 1:13:02; Benard Kiplangat Kibilo KEN 1:14:39;

Women:

Marathon:

Lee Yee Shi MAS 3:24:51;

Half Marathon:

Lucy Liavoga KEN 1:19:33; Caroline ??? KEN 1:19:38; Daisy Jeptoo Kiprotich KEN 1:28:40; Teresiah Kabui KEN 1:30:20;

Internat. Allianz Duo Highway Marathon at Subang Jaya / 03.08.2025

Men:

Marathon (no finishers under 2:47 !!):

Half Marathon:

Peter Kipleting Keter KEN 1:14:03; Evans Kiptoo KEN 1:14:04; Samuel Chege KEN 1:14:18; Sivaneshwaran Gunasegaran MAS 1:16:20;

Women:

Marathon:

Vu Khanh Linh VIE 3:13:45; Chong Mei Sze MAS 3:22:59;

Half Marathon:

Evangeline Makena Katheranya KEN 1:19:56; Hung Chi-Wen NZL 1:30:56; Michelle Chua MAS 1:32:43; Chew Jia Qi MAS 1:34:22;

PHILIPPINES

National RunRio Manila Marathon at Pasay / 10.08.2025

Men:

Marathon:

Eduard Flores 2_30:10; Richard Salano 2:33:56; Edsel Moral 2:33:57;

Half Marathon:

Arlan Arbois 1:10:08; Roy Laudit 1:12:00; Rico Jay Patanao 1:13:06; Eduard Josh Buenavista 1:13:56;

Women:

Marathon:

Christine Hallasgo 2:55:34; Artjoy Torregosa 2:57:04; Maricar Camacho 3:15:12; April Rose Diaz 3:18:34; Eloisa Cusi 3:19:07; Kay Razel Chundangan 3:20:46;

Half Marathon:

Joida Gagnao 1:28:15; Afjeel Clampiano 1:28:42; Jessa Mae Roda 1:31:35; Mea Gey Ninura 1:33:07;

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INDIA

National Varsha Half Marathon at Thane / 10.08.2025

Men:

Dharmender ?? 1:07:40; Ankush Hakke 1:08:29; Kamlakar Laxman Deshmukh 1:08:45; A-B.Belliappa 1:08:51; Sachin Yadav 1:08:57; Raj Tiwari 1:11:10; Ishwar Zirwal 1:11:22; Dhuladav Baban Ghagare 1:11:25; Arnol Amune 1:11:48; Siddhesh Borje 1:12:38;

Women:

Ravina Gayakwad 1:25:44; Aarti Arjun Pawara 1:27:47; Sakshi Jadyal 1:29:33;

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THAILAND

International Scenic Half Marathon at Rayong / 03.08.2025

Men:

Nattawut Innum THA 1:15:23; Nattawath Innum THA 1:15:29 (twins as 1st & 2nd !);

Women:

Ornanong Wongsorn THA 1:26:57; Piyanuch Sukchat THA 1:29:00; Arunya Hinsui THA 1:31:04; Suphansa Pholamai THA 1:32:22;

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SINGAPORE

International Lazada Half Marathon / 27.07.2025

Men:

Tomoki Tezuka JPN 1:15:56; Henry He Yong SGP 1:16:28; Richard Heng Chin Kiat SGP 1:17:13;

Women:

Maire Nic Amhlaoibh IRL/SGP 1:24:43; Jin Lingling CHN 1:30:35; Ng Voi SGP 1:35:35;

Delayed Result

BRUNEI

Internat.Kie Shoe Run Half Marathon at B.S.Begawan / 22.06.2025

Men:

David Kibet KEN 1:07:15; Kiprop Tonui KEN 1:08:08; James Ndungu Kahura KEN 1:09:05;
...5. Ruzaini Mahadi BRU 1:16:14;

Women: