

Results from ASIA 2025 - 16

KOREA

Asian Athletics Throwing Champs at Mokpo / 21. – 22.08.2025

(-courtesy of Mr Cuddi Valson, ASIAN AA -)

following are the results for the medallists plus few additional remarks to the results from these Continental Championships with participants from 20 Asian AA Member Federations / new Championships Records (CR) were achieved in 3 of the 8 events / athletes from 9 of the 20 participating countries won at least one medal with China as the overall winner (with 5 Gold, 3 Silver & 1 Bronze), while Japanese throwers won 2 events and SRI the Gold medal in Men's Javelin

a file with complete official results and the Medal table is separately attached

Men:

S P (21): Zhang Haochen CHN **19.84 / CR**; Xing Jialiang CHN 19.76; Ivan Ivanov KAZ 18.58;
D T (21): Wu Nanjun CHN **61.97 / CR**; Abuduaini Tuerhong CHN 61.61; Muhammad Irfan Shamsuddin MAS 59.88;
H T (21): Tatsuto Nakagawa JPN 70.08; Sukhrob Khodjayev 69.52; Shota Fukuda JPN 68.47;
J T (22): Pathirage Ramesh Tharanga SRI 82.05; Gen Naganuma JPN 78.60; Muhammad Yasir PAK 77.43;

Men:

S P (21): Jiang Yuejiang CHN 17.20; Malika Nasriddinova UZB 17.14; Chiang Ching-Yuan TPE/2006 17.09;
D T (21): Xie Yuchen CHN 58.21; Wang Fang CHN 56.78; Subenrat Insaeng THA 56.43;
H T (21): Zhang Axi CHN 67.25; Raika Murakami JPN 65.13; Yu Ya-Chein TPE 64.42;
J T (22): Mmone Ueda JPN **62.20 / CR**; Nadeesha Dilhani Lekamge SRI 57.53; Gai Qiaohui CHN 57.47;

UZBEKISTAN

World Athletics Bronze Meet at Tashkent / 16. – 17.08.2025

(-courtesy of Mr Cuddi Valson, ASIAN AA -)

following are detailed results from this International World Athletics Continental Tour Bronze Meeting with participants from 17 countries

Men:

100 m (16)/-0.2: Kayhan Özer TUR 10.41; Almat Tulebayev KAZ 10.66 (10.659); Vitaliy Zems KAZ 10.66 (10.660); Favoris Muzrapov TJK 10.70; Umid Nabiyeu UZB 10.77; Sulton Gafurjanov UZB 10.84; Sunnatillo Ismoilov UZB 10.88;
heats (16) h1/+0.2: Özer TUR 10.48; Nabiyeu UZB 10.79; Tulebayev KAZ 10.85; h2/-0.7: Muzrapov TJK 10.64; Gafurjanov UZB 10.79; Zems KAZ 10.79;
1500 m (17): Nursultan Keneshbekov KGZ 3:43.43; Nodirbek Mutalipov UZB **3:46.92 / 6th UZB All-Time**; Eldor Botirov UZB 3:50.47; Khasan Mirsoatov UZB 3:51.89; Samat Kazakbayev KGZ 3:53.73;
110 m H (16)/-0.1: Mikdat Sevler TUR 13.81; Jacob McCorry AUS 13.83; Ergash Normurodov UZB 14.17; Mukhamed Kadirov UZB/2008 14.80; Mardonbek Sotiboldiyev UZB 15.06;

400 m H (17): Khasanbek Rustamjonov UZB/2007 51.72 / NJR; Mukhammadrizo Mirzozoda TJK 53.47;
H J (16): Juozas Baikstys LTU 2.20; Amir Nagayev UZB 2.13; Vadim Chikalov UZB 2.05; Quvonchbek Rajabov UZB 2.00; Salim Saidaliyev TJK 2.00;
L J (16): Sung Jin-Suok KOR 7.79/-0.1; Koki Fujihara JPN 7.76/-0.4; Andre Anura Anuar MAS 7.70/-0.3; Timur Isakov KGZ 7.62/+0.3; Dilshod Quvvatov UZB 7.24/-0.1;
T J (17): Yu Kyu-Min KOR 16.47w/+2.2 (& 16.04/+1.4); Maksym Vanyaikin UKR 16.41/+0.8; Can Özüpek TUR 16.03/+1.4; Yevgeniy Kisselyev KAZ 15.33/ 0.0; Radmie Zaripov UZB/2008 15.16/+1.2;
H T (16): Mostafa El Gamel EGY 75.39; Halil Yilmazer TUR 74.04; Sukhrob Khodjayev UZB 72.26; Mergen Mammedov TKM 69.26; Ahmed Tarek Ismail EGY 69.00; Muhammad Ali Sodikov UZB/2007 56.43; Timur Diorditsa TJK/2007 55.47;
J T (17): Artur Gafner KAZ 75.48 / 2nd KAZ All-Time; Asadbek Murotov UZB 73.63; Sarvar Ismoilov UZB 73.24; Felise Vahai Sosaia FRA 71.90; Ruslan Sadullayev UZB/2008 67.44; Moustafa Mahmoud EGY 64.33; Abduvali Soloyev UZB/2007 64.32; Ogabek Murodov UZB/2008 63.24; Davron Talabov UZB/2008 60.82;
Decathlon (16/17): Nodir Norboyev UZB 7586 (11.19/+0.2; 7.44/+0.2; 13.43; 2.07; 50.24 / 14.78/+0.1; 40.32; 4.50; 55.97; 5:10.94); Zakhridin Shokirov UZB 7513 (11.26/+0.2; 7.09/-0.1; 14.10; 1.92; 52.02 / 15.40/+0.1; 46.23; 4.80; 50.02; 4:44.40);

Women:

200 m (16)/-0.7: Abigail Fuka Ido JPN 23.46; Remi Tsuruta JPN 24.19; Viktoriya An KAZ 24.30; Laylo Allaberganova UZB 24.48; Arina Misheyeva KAZ 25.08;
heats (16) h1/-1.5: Ido JPN 23.83; An KAZ 24.50; h2/-0.9: Allaberganova UZB 24.37; Tsuruta JPN 24.39; Misheyeva KAZ 25.18;
400 m (16): Nanako Matsumoto JPN 52.70; Alexandra Zalyubovskaya KAZ 54.54; Irina Levina UZB 56.76; Kristina Pronzhenko TJK 57.47; Anna Korobovtsova KGZ 57.52;
1500 m (17): Ainuska Kalil kyzy KGZ 4:27.48; Dilshoda Usmanova UZB 4:33.68, Nasima Mamirova UZB/2009 4:43.62;
100 m H (16)/-0.7: Niginabonu Rajabova UZB/2009 14.63; Kristina Yermola KAZ 14.71; Shakhreizoda Kadirova UZB/2007 15.12;
400 m H (17): Adelina Zems KAZ 59.18; Dinara Anvarova UZB 61.04; Niginabonu Rajabova UZB/2009 62.03; Shodiyona Rakhmonova UZB/2009 62.34; Kristina Pronzhenko TJK 64.38;
H J (17): Barnokhon Sayfullayeva UZB 1.86; Styliana Ioannidou CYP 1.86 (decided in jump-off); Aleksandra Sharkayeva UZB 1.75; Valeriya Gorbatoeva UZB 1.70; Sean Yee Yap MAS & Norliyana Kamaruddin MAS 1.65; Leyla Kanbarova UZB/2008 & Dilnura Haydarova UZB/2010 1.65;
L J (16): Sharifa Davronova UZB/2006 6.14/+0.3 (as her only valid jump); Roksana Khudoyarova UZB 5.97/-0.9; Nurul Ashikin Abas MAS 5.87/-0.8; Maritza Ferrer Neil Armstrong MAS/2006 5.86/+0.1; Yana Normatova UZB/2010 5.60/+0.3;
S P (16): Malika Nasriddinova UZB 14.96; Yulianna Shchukina UZB 12.83;
H T (17): Alexandra Smiech POL 67.51; Zarina Nosirjonova UZB 58.03; Sofiyas Diorditsa TJK 37.90;
Heptathlon (16/17): Karin Odama JPN 5539 (14.23/-0.3; 1.69; 12.76; 25.97/-0.2 / 5.62/ 0.0; 41.16; 2:20.62); Irina Konichsheva KAZ/2007 5511 (14.21/-0.3; 1.63; 11.87; 24.98/-0.2 / 5.59/+0.2; 40.21; 2:17.93); Mokhigul Arziyeva UZB 4796 (15.49/-0.3; 1.63; 12.20; 27.75/-0.2 / 5.08/ 0.0; 42.43; 2:35.34); Rayhona Khamrayeva UZB/2006 4050 (15.97/-0.3; 1.60; 8.91; 28.83/-0.2 / 5.34/+0.1; 31.72; 2:55.56);
4x400 R (16): KAZ (A.Zalyubovskaya, I.Konichsheva, V.An, A.Zems) 3:59.06; UZB (M.Ruziyeva, P.Turayeva, R.Drobjeva, I.Levina) 4:08.97;

Mixed Relays:

4x400 R (17): KAZ (A.Tulebayev, A.Zems, Vit.Zems, A.Zalyubovskaya) 3:26.18; UZB (A.Toshtemirov, D.Anvarova, K.Rustamjonov, I.Levina) 3:29.30; TJK (F.Muzrapov, D.Abdulloyeva, M.Mirzozoda, K.Pronzhenko) 3:33.39;

CHINA

33rd International Junior Meet at Baotou / 25. & 27.08.2025

(-courtesy of the Tilastopaja - website -)

this traditional competition was held as a Junior Match event for athletes from CHN, JPN and KOR, who usually competed twice on 25th & 27th Aug / following are selected best performances / all athletes born 2007 or later

Junior Men:

100 m (25)/-0.6: Kai Sugano JPN/2008 10.31; Deng Siqun CHN/2007 10.63; Kim Dong-Jin KOR/2007 10.63;
100 m (27)/-0.3: Kai Sugano JPN/2008 10.43; Deng Siqun CHN/2007 10.59; Kim Dong-Jin KOR/2007 10.72;
200 m (25)/-0.7: Kim Dong-Jin KOR/2007 21.21; Yu Sihao CHN/2007 21.45; Tomoro Ide JPN/2009 21.55,
200 m (27)/ 0.0: Kim Dong-Jin KOR/2007 21.03; Yu Sihao CHN/2007 21.16; Tomoro Ide JPN/2009 21.35, Chen Jinxin CHN/2007 21.63;
400 m (25): Gao Yi CHN/2007 46.81; Yohei Ozawa JPN/2007 48.25; Kim Yoon-Hoo KOR/2007 48.91;
400 m (27): Gao Yi CHN/2007 47.43; Yohei Ozawa JPN/2007 48.12; Kim Yoon-Hoo KOR/2007 48.5;
1500 m (25): Haruki Niizuma JPN/2007 3:50.12;
1500 m (27): Haruki Niizuma JPN/2007 3:49.03;
110 m H / 99 cm (25)/-1.2: Wei Ruiji CHN/2007 13.86; Daisuke Sakai JPN/2007 13.93; Wang Liangcheng CHN/2007 14.01; Lee Min-Hyeok KOR/2997 14.32;
110 m H / 99 cm (27)/-1.4: Daisuke Sakai JPN/2007 13.67; Wei Ruiji CHN/2007 14.05; Lee Min-Hyeok KOR/2997 14.25; Bian Zihang CHN/2008 14.84;
H J (25): Gao Ruibo CHN/2007 2.10;
H J (27): Gao Ruibo CHN/2007 2.10; Wataru Oribe JPN/2007 2.03;
L J (25): Dong Binming CHN/2007 7.35/-0.3; Daisuke Goto JPN/2008 7.23/-0.2; Luo Zihan CHN/2007 7.20/+0.7; Shin Eun-Sang KOR/2007 7.05/+0.7;
L J (27): Dong Binming CHN/2007 7.28/-0.3; Daisuke Goto JPN/2008 7.27/-0.3;
T J (25): Wang Zhuoyue CHN/2007 15.92/+1.1; Reiga Kosaka JPN/2008 14.91/+1.0;
T J (27): Wang Zhuoyue CHN/2007 15.69/-1.7; Reiga Kosaka JPN/2008 14.98/-0.7;
S P / 6 kg (25): Park Si-Hoon KOR/2007 19.82; Takara Ogaki JPN/2008 17.34;
S P / 6 kg (27): Park Si-Hoon KOR/2007 **20.29 / Asian 2025 Junior Leader & NJR**; Takara Ogaki JPN/2008 17.55;
D T / 1.75 kg (25): Ruku Azuma JPN/2007 49.79;
D T / 1.75 kg (27): Ruku Azuma JPN/2007 48.20;
J T (25): Heo Kyu-Man KOR/2007 64.11;
J T (27): Heo Kyu-Man KOR/2007 65.98;

Women:

100 m (25)/+0.1: Chen Xinxuan CHN/2009 11.73; Mana Matsumoto JPN/2007 11.83; Huang Wanton CHN/2009 12.06;
100 m(27)/-0.1: Chen Xinxuan CHN/2009 12.00; Huang Wanton CHN/2009 12.18;
200 m (25)/+0.9: Nene Nomiyama JPN/2007 24.46; Chen Ming CHN/2009 24.62;
200 m (27)/-0.4: Nene Nomiyama JPN/2007 24.53; Chen Ming CHN/2009 24.92;
400 m (25): Saki Imamine JPN/2008 55.34; Shi Jingpei CHN/2009 56.11; Choi Ji-Woo KOR/2009 57.06;
400 m (27): Saki Imamine JPN/2008 55.29; Choi Ji-Woo KOR/2009 56.20; Shi Jingpei CHN/2009 56.87;
800 m (25): Misaki Komatsu JPN/2008 2:12.00;
800 m (27): Misaki Komatsu JPN/2008 2:10.01;
1500 m (25): Nanami Okawa JPN/2007 4:35.83;
1500 m (27): Nanami Okawa JPN/2007 4:34.56;

100 m H (25)/+0.2: Zhang Keyi CHN/2009 13.57; Nana Ishihara JPN/2008 13.69;
 100 m H (27)/+0.5: Zhang Keyi CHN/2009 13.35; Nana Ishihara JPN/2008 13.54;
 H J (27): Kim Yeon-Woo KOR/2007 1.65; Kokona Kurata JPN/2007 1.65;
 L J (25): Oh So-Hee KOR/2007 6.09/+1.1; Yuhi Narisawa JPN/2007 5.85/+0.2;
 L J (27): Oh So-Hee KOR/2007 6.06/+1.1; Yuhi Narisawa JPN/2007 6.03/+1.2;
 S P (25): He Yuxiao CHN/2007 16.51; Li Jiabin CHN/2007 15.41; Karina Yonekawa JPN/2007 14.47;
 Yang Kaijun CHN/2008 14.03; Moon Hye-Sol KOR/2007 13.95;
 S P (27): He Yuxiao CHN/2007 15.93; Li Jiabin CHN/2007 15.09; Moon Hye-Sol KOR/2007 13.79;
 Karina Yonekawa JPN/2007 13.44; Yang Kaijun CHN/2008 13.35;
 D T (25): Wang Xinyi CHN/2009 51.21; Koko Konda JPN/2007 45.97; Cheng Mengya CHN/2008 45.73;
 D T (27): Wang Xinyi CHN/2009 51.77; Cheng Mengya CHN/2008 46.44; Koko Konda JPN/2007 44.61;
 Shi Wenxuan CHN/2008 42.86;
 J T (25): Bai Xueting CHN/2009 47.38; Riko Sunaga JPN/2007 44.80;
 J T (27): Riko Sunaga JPN/2007 46.21; Bai Xueting CHN/2009 44.18;

INDIA

64th National Inter State Champs at Chennai / 20. – 24.08.2025

(-courtesy of Mr Ram.Muralikrishnan -)

following are selected best results from this major National competition, which was a final chance for the best athletes to eventually qualify for the World Athletics Champs Team / information about a new NR and several excellent performances within the India All-Time TOP 10 Rankings are shown in the results as below

Men:

100 m (20)/+0.2: S.Tamilarasu 10.22 / 3rd (eq.) IND All-Time; Manikanta Hoblidar 10.35; G.Ragul Kumar 10.40; Harsh Raut 10.42; Amlan Borgohain 10.46; Dondapati Mruty Jayaram 10.52; Sarun Payasingh 10.56; Rohit ?? 10.58,
 semis (20) s1/+0.1: Tamilarasu 10.33; Rohit 10.58; Harjit Singh 10.64; Abhinash Sahu 10.72; Nikhil Patil 10.72; Vibhaskar Kumar 10.74; M.Maneesh 10.82; s2/+0.4: Manikanta 10.32; Ragul Kumar 10.41; Borgohain 10.46; Amiya Kumar Mallick 10.62; Dharmbir ?? 10.62; R.Ajin 10.76; Pal Singh 10.82; s3/+0.6: Raut 10.49; Payasingh 10.54; Mruty 10.56; Sandeep Singh 10.63; Varun Manohar 10.70; Maneesh Kumar 10.73;
 heats (20) h1/+0.5: Manikanta 10.62; Rohit 10.68; Sahu 10.75; Manohar 10.83; h2/+0.9: Borgohain 10.60; Mallick 10.66; Dharmbir 10.79; Maneesh Kumar 10.83; h3/+0.2: Harjit Singh 10.66; Patil 10.70; h4/+0.5: Tamilarasu 10.53; Payasingh 10.61; Sandeep Singh 10.74; Pal Singh 10.81; h5/+0.1: Raut 10.44; Mruty 10.59; Ragul Kumar 10.60; Vibkaskar Kumar 10.78;
 200 m (23)/-0.4: Animesh Kujur 20.63; G.Ragul Kumar 20.92; Amlan Borgohain 21.19; Shubham Sushil 21.29; Ankit Kumar Kaswan 21.30; Dondapati Mruty Jayaram 21.41; Raja Babu 21.75;
 heats (23) h1/+0.4: Kujur 21.06; Kumar Kaswan 21.14; Jishnu Prasad 21.56; Varun Manohar 21.93; h2/+0.6: Borgohain 21.15; Shubham 21.20; Mruty 21.44; Mukul Anant Bhoir 21.44; Brajesh Singh 21.61; Gurmeet Singh 21.93; Harmanpreet Singh 21.94; h3/+0.4: Ragul Kumar 20.91; Sandeep Singh 21.10 (dns in final); Babu 21.31; Pratik Maharana/2007 21.50; Ankur ?? 21.51; Shekher Tomer 21.72;
 400 m (21): T.K.Vishal 45.12/NR; Rajesh 46.04; Vikrant Panchal 46.17; T.Santhosh Kumar 46.19; A.Suraj 47.00; Dharmveer Choudhary 47.53;
 heats (20) h1: Vishal 45.78; Santhosh Kumar 46.19; Harsh Kumar 47.39; Prakash Sharma 47.70; Balakrishna ?? 47.90; Ashish Phogat 48.03; h2: Ramesh 46.59; Panchal 46.65; Choudhary 47.27; Joel W. Nihal 47.30; Manish Kumar/2006 47.94; h3: Amoj Jacob 46.11 (dnf in final); Astik Pradhan/2006 47.08; A.Suraj 47.08; Lokesh Singh Gurjar 47.51; H.Rihan 47.59; Shubham Dattatray 48.14;

800 m (23): Krishan Kumar 1:48.41; Tushar Bhekane 1:48.82; Prakash Balu Gadade 1:48.86; Vinod Kumar Banoth 1:48.91; Basant Chauhan 1:49.89; Kamalkannan Sundaram 1:50.16; Ashu ?? 1:50.57; Aman Kumar 1:53.56;

heats (22) h1: Krishan Kumar 1:50.77; Gadade 1:50.80; Salman Farookh 1:51.06; Akashdeep Singh 1:51.23; Dayanidhi Munda 1:52.12; Debraj Mallick 1:52.21; Sahil Khan 1:52.51; Ajeet ?? 1:53.14;

h2: Sundaram 1:52.07; Chauhan 1:52.43; Gurman Singh 1:52.62; Nakul Godse 1:53.22; Harshdeep Singh 1:53.92; Premnath Subramaniam 1:54.55; Jatin ?? 1:54.98; h3: Bhekane 1:49.43; Kumar Banoth 1:49.45; Aman Kumar 1:49.47; Ashu 1:50.22; Sukhjinder Singh 1:50.67; Sanket ?? 1:50.73; Tushar Suryawanshi 1:51.19; Shahrukh ?? 1:52.19; Ajay Viswanath 1:52.24; V.Sudhin Kumar 1:52.38;

1500 m (21): Yoonus Shah 3:41.22 / 9th IND All-Time; Ajay Kumar Saroj 3:41.55; Arjun Waskale 3:42.86; Rahul Baloda 3:43.21; Prakash Balu Gadade 3:43.63; Shailabh ?? 3:43.68; P.R.Rahul 3:44.27; Amit Kumar 3:45.11; Kartik Karkera 3:45.52; Akash Bhati 3:48.65; Chandernal Maiya 3:48.85; Ramikesh ?? 3:49.43; Narendra Singh 3:49.74; Harshdeep Singh 3:50.48; Dayanidhi Munda 3:50.93; Prakash Kumar 3:51.49; Danish Saifi 3:53.78; Vaibhav Patil 3:54.17; Manpreet Sandhu 3:54.97;

5000 m (22): Abhishek Pal 15:00.83; Kiran Matre 15:01.88; Rahul ??/(2002) 15:07.71;

10000 m (20): Abhishek Pal 30:56.64; Shivaji Parashu Madap 30:57.69; Shivam ?? 30:59.14; Kanaram Jat 30:59.47; Pankaj Kumar 31:01.55; Sandeep Singh 31:02.39; Chaitanya Rupnar 31:03.03;

3000 m St (24): Balkishan ?? 8:51.17; Shubham Bhandare 8:51.77; Sharuk Khan/2006 8:52.29; Atul Poonia 8:55.13; Anupam ?? 8:57.03; Jujhar Singh 9:00.02; Ritesh Kumar 9:00.41; Dharmender ?? 9:00.80; Dhuladev Ghagare 9:04.04; Benjamin Babu 9:04.28; Maykal Damor 9:16.19;

110 m H (22)/+0.1: Tejas Ashok Shirse 13.60; Manav Rajanarayanan 14.03; Muhammed Lazan 14.08; M.Krishik 14.11; Rathish Pandidurai 14.22; C.B.Shintomon 14.25; Muhammed Fais 14.42;

heats (21) h1/+0.5: Shirse 13.72; Pandidurai 14.27; Fais 14.56; Harmanjeet Singh 14.67; Yashwanth Laveti 14.73; h2/ 0.0: Krishik 14.05; Manav 14.23; Shintomon 14.34; Lazan 14.38; Tarundeep Bhatia 14.68; Rithik ?? 15.07;

400 m H (23): Ruchit Mori 49.76 / 6th IND All-Time; Subhas Das 50.61; Hardeep ?? 51.03; Karthik Yarravarapu 51.43; Tejpartap Singh 51.67; Shakti Singh 51.99; K.Sathish 52.40;

heats (23) h1: Yarravarapu 51.47; Sathish 51.86; Nikunj Zala 52.05; Aftab Alam 52.86; h2: Mori 51.42; Shakti Singh 51.67; Tejpartap Singh 51.71; Karna Bag 52.76; Keshav Tanwar 53.56; Rohan Kamble 53.69; A.Karthik Raja 53.96; h3: L.Aswin 51.11; Das 51.55; Hardeep 51.87; M.Manooop 52.12; Rakshith Naik 52.94;

H J (23): Sarvesh Anil Kushare 2.24; J.Aadarsh Ram 2.21 / 9th (eq.) IND All-Time; Swadhin Kumar Majhi 2.18; T.Aromal 2.14; Abhay Gurav 2.10; Dhairyshil Gayakwad 2.10; Abhiraj Nair 2.05; A.Abinesh 2.05; Kaustubha Jaismal 2.05; Shyam Sunder 2.05;

P V (20): G.Reegan & M.Gowtham 5.20 / 3rd (eq.) IND All-Time; Kamal Loganathan 5.00; Avneesh Kumar 4.90; S.Kavinraja/2006 4.80; Anshu Patel 4.70; Nitin ?? 4.70;

L J (24)/nwi: Murali Sreeshankar 8.06; Lokesh Sathyanathan 7.71; R.Swaminathan 7.70; Sunny Kumar 7.63; S.Saran 7.57; Sarun Payasingh 7.54; Vinoth Yuvaraj 7.36; Lakhveer Singh 7.35; Aman Singh 7.23; T J (22)/wind-readings ?? (0.0 for nearly all jumps): Kartik Unnikrishnan 16.44/ 0.0; Abdulla Aboobacker 16.37/ 0.0; Praveen Chithravel 16.35/ 0.0; V.Dinesh 16.07/ 0.0; Gailey Venister 16.05/ 0.0; Jay Shah Pradeep 15.83/ 0.0; V.S.Sebastian 15.82/ 0.0; Vimal T.Mukesh 15.72/ 0.0; Vishal Bahadur 15.28/ 0.0; Pradeep Kumar 15.25/-0.3; Omkar Shidruk 15.23/ 0.0; Jesse Sandesh 15.15/ 0.0;

S P (23): Samardeep Singh Gill 19.82 / 10th IND All-Time; Tajinderpal Singh Toor 19.41; Aniket ?? 18.09; Prabhkirpal Singh 17.37; Shivam Choudhary 17.32; Akash Grehwal 17.19; Balaji ?? 17.17; Siddharth Choudhary 16.73; Sahib Singh 16.72; Vikash ?? 16.67; S.Sri Kumaran 16.35; Atul ?? 16.11;

D T (21): Kirpal Singh Batth 55.00; Nirbhay Singh 53.62; Ujjwal Choudhary/2006 53.23; Bhartpreet Singh 53.02; Mohammed Saqlain 52.96; Bhanu Sharma 52.59; Shubhkarman Ghotra 52.23; P.Surya Prakash 51.99;

Deepak Yadav 51.28; Oinam Singh 51.25; Rohit Kumar 50.25; Anurag Patel 49.97; Amit Kumar 48.37;

H T (22): Damneet Singh 69.25; Praveen Kumar 64.08; Gaurav Kumar 63.86; Ashish Jakhar 61.23; Devang ?? 60.99; Nitin Malik 60.28; Sachin ?? 58.24; Chand Hooda 58.22; Gurdev Singh 57.80; Shamsul Irfan 56.93; Shantanu Uchale 56.91; Jatin Chaudhary 55.59; Muttappa ?? 54.06;

J T (24): Rohit Yadav 83.65 / 7th IND All-Time; Sachin Yadav 83.20; Shivam Lohakare Singh 80.20; Yashvir Singh 76.22; Uttam Patil 75.19; Vikrant Malik 75.11; Sahil Silwal 74.93; Shashank Patil 74.04; Manjinder Singh 67.19; Matheshwaran Raja 66.00;
 Decathlon (20/21)/nwi: Joes S.Stalin 7052 (11.17; 6.52; 11.89; 1.90; 50.94 / 15.90; 37.58; 4.40; 59.81; 4:50.54); Kushal Mohite 6976 (11.18; 6.55; 11.50; 1.87; 49.65 / 14.43; 36.62; 3.40; 60.07; 4:46.47); Kamal Dhankhar 6820 (11.74; 6.51; 13.20; 1.90; 51.96 / 15.62; 37.07; 4.00; 58.13; 4:54.85); Amolak ?? 6647 (11.55; 6.58; 11.13; 1.93; 53.58 / 15.6; 36.26; 4.10; 53.74; 4:55.21); Mohit ?? 6598 (11.57; 6.52; 10.54; 1.78; 51.70 / 15.48; 34.30; 4.10; 56.50; 4:49.83); John Paul 6579 (11.09; 6.87; 10.76; 1.87; 49.84 / 15.97; 37.06; 3.80; 41.52; 5:02.10);
 20000 m Walk (22): Bilin George Anto 1:29:35.12; Mukesh Nitharwal 1:30:35.63; Khangembam ?? 1:30:39.24; Vishvendra Singh 1:31:29.70;
 4x100 R (22): Odisha Team (S.Payasingh, A.Kujur, L.Prasad Bhoi, A.Kumar Mallick) 39.52;
 4x400 R (24): Tamil Nadu Team (T.Santhosh Kumar, R.Ramesh, T.Yokesh, T.K.Vishal) 3:07.53;

Women:

100 m (20)/+0.1: Sekar Dhanalakshmi 11.36; Abinaya Rajarajan/2006 11.58; S.S.Sneha 11.61 (11.602); Nithya Gandhe 11.61 (11.605); Sakshi Chavan 11.70; Sudeshna Shivankar 11.7; M.V.Jilna 11.80; Srabani Nanda 11.84;
 heats (20) h1/ 0.0: Gandhe 11.69; Nanda 11.82; T.Daneshwari 11.96; Shatakshi Rai 12.07; R.Pavithra 12.14; Avantika Narale 12.14; P.Shilbi 12.23; h2/+0.1: Rajarajan/2006 11.67; Jilna 11.83; Shivankar 11.94; Binati Behera 12.12; Simran Kaur 12.18; h3/+1.0: Dhanalakshmi 11.73; Sneha 11.79; Chavan 11.82; Shivani Saini 12.05; V.Sudheeksha 12.11; A.Arathy 12.22;
 200 m (23)/-0.6: Sekar Dhanalakshmi 23.53; Shivani Saini 24.04; Sakshi Chavan 24.05; Simran Kaur 24.29; M.Angel Silvia 24.34; V.Dhesikha/2006 24.68; V.Sudheeksha 24.79; S.Akshaya 24.85;
 heats (23) h1/+0.6: Chavan 24.09; Dhesikha/2006 24.29; Sudeeksha 24.40; Akshaya 24.52; Shivkanya Mukati 24.86; h2/-1.3: Dhanalakshmi 24.03; Saini 24.27; Silvia 24.35; Kaur 24.54; Prkruthi Roopa Rao 24.84; Swathi Rongali 24.95;
 400 m (21): Devyaniba Zala 53.37; B.A.Anankha 53.84; Prachi Subha 53.96; Sonia Baishya 53.99; Gowrinandana ?? 54.04; Poovamma Machettira Raju 54.72; Manisha Kumari 55.20; Kunja Rajitha 55.66; semis (20) s1: Zala 53.26; Anankha 53.79; Baishya 54.25; Prachi 54.37; Rajitha 54.96; H.Priya Mohan 54.98; Nathaliea Evangelia 55.27; Vithya Ramraj 55.40; s2: Gowrinandana 54.40; Raju 54.52; Kumari 54.63; V.Dhesikha/2006 55.11; Meenu Sahu 55.49; Ansa Babu 55.65; Swathi Rongali 55.91;
 heats (20) h1: Gowrinananda 54.49; Ramraj 54.50; Prachi 54.99; Shivkanya Mukati 55.70; Tamanna ??/2006 55.77; Riya Patil 56.01; Nitisha ?? 56.51; h2: Zala 54.12; Raju 54.48; Babu 55.16; Rashdeep Kaur 55.56; Nofisa Khatun 55.83; h3: Baishya 54.25; Kumari 54.80; Mohan 54.96; Evangelia 55.08; Rajitha 55.11; Akshi Malik 57.79; h4: G.K.Vijayakumari 54.21; Anankha 54.49; Dhesikha/2006 54.86; Rongali 55.10; Sahu 55.38; Veerpal ?? 55.55;
 800 m (23): Pooja ?? 2:02.27; Huidrom Devi Bhumeshwory 2:04.44; Thoa Sankeertana 2:04.56; Amandeep Kaur 2:04.80; Laxmipriya Kisan 2:09.37;
 1500 m (21): Pooja ?? 4:10.68; Lili Das 4:12.47; Amandeep Kaur 4:21.37; Huidrom Devi Bhumeshwory 4:25.79; Nikita Sharma 4:28.10; C.Priyanka 4:32.16; Vineeta Gurjar 4:38.53;
 5000 m (20): Seema ?? 15:42.64; Ravina Gayakwad 16:53.24; Sanghamitra Mahata 18:04.36 (only 3 comp.); 10000 m (24): Ravina Gayakwad 35:09.57; Reeba George 36:00.63; D.Latha 36:19.07; Soniya ?? 36:32.35; Yashi Sachan 37:05.04; Sushila Prajapati 37:06.71; Prachi Padiyar 37:27.60; N.L.Thejaswi 38:09.49;
 3000 m St (24): Ankita Dhiyani/(2002) 9:44.83; Ankita ??/(2004) 10:20.89; M.Anupriya 10:36.81; Shaheen Dharwad 10:57.57; Nikita ?? 11:23.80;
 100 m H (22)/+1.0: Moumita Mondal 13.22 / 4th IND All-Time; Nandhini Kongan 13.45 / 9th IND All-Time; C.Anjali 13.68; Pranjali Patil 13.74; Pragyan Prasant Sahu 13.75; S.Srireshma 13.90; Ritwika Singh 14.04; S.Akschida 14.39;
 heats (21) h1/+0.5: Mondal 13.49; Patil 13.84; Anjali 13.97; Akschida 14.42; h2/+0.6: Sahu 13.62; Nandhini 13.71; Srireshma 13.95; Ritwika Singh 14.14;

400 m H (23): Ramandeep Kaur 58.90; Olimba Steffi 59.21; Deekshita Ramak Gowda 60.09 (only 3 finishers / 4 competitors);
H J (24): K.Gobika 1.80; Pallavi Patil 1.73; Jonika Pahal 1.73; Rubina Yadav & Payal Jamod 1.73; Kevinaa Ashwine Annavi 1.69; B.Supriya 1.69; Giji George Stephen 1.69;
P V (21): Baranica Elangovan 4.10; Mariya Jaison 4.05; Sathya Tamailarasan 4.00 / 7th & 8th IND All-Time; Krishna Rachan 3.90; V.Karthika 3.80; Nisha Banu 3.70; Blessy ?? 3.60; Rajni ?? 3.40; Jyoti ?? 3.40; Bhavya Jain 3.20;
L J (23): Moumita Mondal 6.27/+1.1; Shaili Singh 6.18/ 0.0; Sherin Abdolghafoor 6.16/ 0.0; Mubassina Mohammed/2006 6.14/+0.4; Kusuma Ravada 6.07/+1.2; Bhavani Yadav Bhagavathi 6.01/ 0.0; Deepanshi Singh 6.00/ 0.0; A.Abinaya Sri 5.74/+0.9; M.Abhirami 5.71/ 0.0;
T J (20)/wind-readings ?? (all 0.0 except for the winner): Sandra Babu 13.20/+0.3; Aleena Saji 13.15/ 0.0; Niharika Vashisht 13.09/ 0.0; Mallala Anusha 13.06/ 0.0; Nimisha Dayma 12.98/ 0.0; Poorva Sawant 12.94/ 0.0; I.Asha Ilango 12.62/ 0.0; Paveena Rajesh/2006 12.34/ 0.0; Martina Lakra 12.02/ 0.0;
S P (21): Kachnar Chaudhary 15.75; Vidhi Choudhary 15.30; Shiksha ?? 15.18; Srishti Vig 15.05; Rekha ?? 14.97; Vanshika Shekhawat 14.43; Suman Sharma 13.88; B.Vaishnavi 13.16;
D T (23): Seema ?? 57.18; Bhavana Yadav 51.61; Priya ?? 48.96; Anusha Yadav 45.96; Bhakti Gawade/2006 45.67; Amera Shah 44.18; K.M.Madhu Verma 43.43; Rajbala Saini 43.41;
H T (20): Tanya Chaudhary 63.91; Divya Shandilya 59.58; Maya ?? 57.57; Manpreet Kaur 56.08; Shruti Singh 53.77; Ranju Devi 53.60; Varsha Kanpure 49.88; Pratibha ?? 47.64; Nidhi Yadav 44.80;
J T (23): Annu Rani 61.05; Deepika ?? 57.19 / 6th IND All-Time; Karishma Sanil 51.30; Rashmi K.Shetty 50.29; Neelam Choudhary 47.11; Anjani Kumari 44.88; Lalita Choudhary 44.70; Hemamalini Neelakandan 42.43;
Heptathlon (23/24)/nwi: K.A.Anamika 5466 (14.39; 1.76; 10.88; 25.62 / 5.64; 36.64; 2:17.95); S.Deepika 5134 (14.24; 1.58; 10.36; 25.72 / 5.76; 31.83; 2:20.72); Soni Kumari 5053 (14.75; 1.58; 11.81; 26.35 / 5.36; 35.93; 2:21.63); Isha Negi 4995 (14.83; 1.55; 10.76; 25.36 / 5.26; 34.02; 2:19.08); Magudeeshwari Sivakumar 4516 (14.50; 1.46; 9.52; 26.32 / 5.13; 28.15; 2:27.36); M.Mahadevi 4308 (15.69; 1.55; 9.68; 27.24 / 4.98; 29.43; 2:32.99);
20000 m Walk (22): Ravina ?? 1:35:13.49; Payal ?? 1:40:29.94; Mokavi Muthurathina 1:41:34.72; Preeti ?? 1:44:54.88; Komal ?? 1:46:26.69; Kamla ?? 1:48:00.36;
4x100 R (22): Tamil Nadu Team (R.Pavithra, M.Angel Silvia, A.Rajarajan, S.Dhanalakshmi) 44.73;
4x400 R (24): Karnataka Team (D.Gowda, H.P.Mohan, D.Alige, M.P.Raju) 3:38.29;

Mixed Relays:

4x400 R (22): Karnataka Team (J.W.Nihal, H.P.Mohan, H.Rihan, P.M.Raju) 3:21.49;

SRI LANKA

60th National Army Championships at Diyagama / 16. –

18.08.2025

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

following are detailed results from these major National Champs / information for some Long Distance races & Field events restricted to TOP 8 & results from heats/semis (but for all Women events & some Men events not available from the website) /

complete official results from the SRI Athletics Federation would be very welcome

Men:

100 m (20)/ 0.0: Y.M.Chamod Yodasinghe 10.40; N.M.Pramuditha Silva 10.56; F.D.Chalith Piyumal 10.65; Dineth Induwara Weeraratna 10.66; Kavindu Theekshana Perera 10.71; R.P.K.Nimesh Chathuranga 10.72;
semis (20): fastest time 10.34/+1.1 by Yodasinghe; other results not reported

heats (19) h1/+2.2: Yodasinghe 10.51w; Perera 10.73w; h2/+1.0: Weerathna 10.79; D.P.Harshan Gamlath 10.86; h3/-1.0: D.D.Sadun Diyalawaththa 10.55; Chathuranga 10.64; T.M.Suraj Rathnasiri 10.85; h4/-0.4: Silva 10.66; Piyumal 10.76; W.P.D.K.Wijerathne 10.83;

200 m (19)/+1.3: S.Aruna Dharshana 20.52; D.D.Sadun Diyalawaththa 20.91 / 8th SRI All-Time; W.M. Koushan Thamel 20.96; Kavindu Nimesh Chathuranga 21.29; S.K.Dinesh Kumara 21.47; H.D.Pasindu Gayashan 21.58; Pabasara Niku 21.59; G.G.N.P.Bandara 21.76;

semis (18)/nwi: s1: Dharshana 20.82; Thamel 21.06; Dinesh Kumara 21.38; Gayashan 21.40; G.G.N.P. Bandara 21.57; s2: Diyalawaththa 20.97; Chathuranga 21.38; Niku 21.63; H.M.Dileep Ruwan 21.74; U.R.S.Sanjaya Bandara 21.96;

heats (18)/nwi: h1: Dharshana 21.80; h2: Diyalawaththa 21.52; Gayashan 21.87; Dinesh Kumar 21.89; h3: Thamel 21.51; h4: Chathuranga 21.70;

400 m (20): S.Aruna Dharshana 45.79; Pabasara Niku 47.13; S.K.A.M.Imesh Dismitha 47.31; G.G.N.P. Bandara 47.41; Bawantha Milnuwan Weerasinghe 47.63; Pradeep Ruwan Kumara 48.09; H.M.Dileep Ruwan 48.50;

semis (20) – no results reported

heats (19) h1: Dileep Ruwan 48.63; Dharshana 48.69; h2: Niku 47.07; H.D.Randeema Madushan 48.41; h3: Weerasinghe 48.03; Ruwan Kumara 48.08; Dismitha 48.08; U.G.A.Sampath 48.44; h4: K.V.K.Silva 48.43;

800 m (19): D.M.Harsha Karunarathna 1:48.87; A.M.S.B.Aththanayake 1:48.93; C.K.Aravindan 1:49.04 / 8th, 9th & 10th SRI All-Time; G.Rusiru Chathuranga 1:49.10; W.M.T.G.Thennakoon 1:50.99; D.M.T.T. Disanayake 1:52.07; M.Sanjaya Srinath 1:53.90; Anuda Piyumika Giridara 1:55.99;

semis (18) s1: Chathuranga 1:50.97; Aravindan 1:51.08; Thennakoon 1:52.15; Disanayake 1:52.42; W.N.S.K.Wedagedara 1:53.25; s2: Karunarathna 1:52.23; Aththanayake 1:52.32; Srinath 1:52.36; Giridara 1:52.38; H.Gayan Kumara 1:52.43;

heats (18) h1: Chathuranga 1:49.62; Karunarathna 1:52.57; Srinath 1:52.86; W.M.G.Wijethunga 1:53.02; h2: Aththanayake 1:55.12; Thennakoon 1:55.14; Disanayake 1:55.32; Roofil Saraf 1:55.76; h3: Kumara 1:55.38; Giridara 1:55.53; T.W.M.Rashmikara 1:55.67; E.M.R.S.K.Ekanayaka 1:55.92; h4: Aravindan 1:55.62; Wedagedara 1:55.94;

1500 m (20): Vicknaraja Vakshon 3:48.87; R.M.Nifras 3:49.05; H.A.Rukshan Habarakada 3:50.52; T.M.L.Chathuranga Gunarathna 3:50.86; S.Chandradasan 3:51.44; K.D.N.Chamara Wijesinghe 3:52.43; H.Gayan Kumara 3:53.51; P.R.D.Wijesuriya 3:55.88;

heats (19) h1: Vakshon 3:56.93; Wijesinghe 3:57.02; h2: Gayan Kumara 3:55.74; Wijesuriya 3:55.87; Chandradasan 3:56.98;

5000 m (18): Vicknaraja Vakshon 14:44.02; J.Kugandra Prasan 14:44.80; W.Saman Kumara Fernando 14:46.51; M.S.A.Fernando 14:49.60; H.D.S.Dilshan Gunasekara 14:51.01; Kumar Shanmugeswaran 14:55.94;

10000 m (20): J.Kugandra Prasan 30:58.90; H.D.S.Dilshan Gunasekara 31:01.73; M.S.A.Fernando 31:03.08;

3000 m St (19): Eranda Udaya Bandara Herath 9:06.66; T.M.L.Chathuranga Gunarathna 9:09.25; A.B.N. Alwis 9:12.06; M.A.L.P.Disanayake 9:15.56; K.H.M.Sarath Kumara 9:16.71; M.A.T.D.Samarasinghe 9:21.80;

H.M.S.Karunarathne Banda 9:24.36; M.J.K.Jayasekara 9:27.90;

110 m H (20)/+0.6: Roshan Dhammika Ranathunga 13.98; W.P.Sandun Koshala 14.13 / 6th SRI All-Time; K.D.Dananjaya Ariyaratna 14.44; S.P.Damith Dhananjaya 14.59; J.M.C.M.Jayasekara 14.68; A.N. Mohamed Nasik 14.74; W.Malin Udayakumara 15.02; E.G.E.Hasitha Kumara 15.18;

heats (19)/nwi: h1: Koshala 14.32; Ariyaratna 14.62; Nasik 14.88; Udayakumara 14.94; h2: Ranathunga 14.56; Dhananjaya 14.65; Jayasekara 14.69; Hasitha Kumara 15.01; D.D.Kusum Kumara 15.24;

400 m H (19): Asitha Tharanga Rathnasena 51.36 / 7th SRI All-Time; N.D.Kanila Viduranga 52.10; Bawantha Milnuwan Weerasinghe 52.67; B.M.Nawshad 53.41; B.M.L.D.Banneheka 54.37;

heats (18) h1: Rathnasena 52.18; h2: Viduranga 53.37; h3: Weerasinghe 54.10;

H J (18): S.A.Tharindu Dasun 2.13; A.R.Pasan Dilhara 2.10; E.S.Deneth Anuhas 2.05; Sandanam Roshan Dulmin 2.05; Roshan Dhammika Ranathunga 2.00;

P V (19): Arunthavarasa Puvitharan **5.18/NR**; D.H.G.S.Jayantha 4.70; T.D.R.Jayanandan Jayasinghe 4.60; G.P.C.Bandika Gunasinghe 4.60; T.W.M.Priyantha Kumara 4.50; K.J.S.Sampath 4.30; S.Thisanth 4.30; H.D.C.Dinesh 4.20;

L J (20): J.Sampath Mirandra 7.73/+0.5; K.A.Pasindu Malshan 7.61w/+2.9; J.H.Gayan Sampath 7.43/+1.3; M.I.Mohamed Asan 7.40/-2.3; W.D.Sasindu Nuwinda 7.31/+1.7; Inura Kavishan Piyasiri 7.20/+1.5; H.U.B. Jayakody 7.12/-1.5;

T J (19): K.A.Pasindu Malshan 16.37/+1.2 /4th (eq.) SRI All-Time; M.N.Safree Ahamed 15.82/+0.6; Sandun Krishantha Kumara 15.74w/+2.4; Hasitha Kavindu Dissanayake 15.73/-1.2; Atheetha N.Karunasinghe 15.73/-0.9; P.S.P.Sadanayaka 15.41/-2.2; M.D.S.Hansaka Sandeepa 15.06/+0.7; Sandanam Roshan Dulmin 15.00/-1.2;

S P (20): Suseenthira Kumar Mithunraj 15.86; Jayavi Ranhidha Alwis 15.17; R.Samith Jayawardana 14.88;

D T (19): Milantha Sampath Dissanayake 49.54 / 4th SRI All-Time; Suseenthira Kumar Mithunraj 43.81;

H T (18): H.M.A.Sanjaya Bandara 48.98; L.G.Viraj Kumara 47.71; K.K.D.Madushanka Dharmasena 47.54;

J T (18): R.M.Sumedha Ranasinghe 79.49; R.Rathushan 75.89; Ranjith Nuwan Kumara 69.34; Dulan Charuka Edirisinghe 66.43; K.Ganesan Yogaraj 66.19; P.A.Pradeep Lakmal 64.91; H.F.M.Roshan 64.43; Pragathi Prasanna Ranawake 63.64;

Decathlon (18/19)/no details: M.I.Mohamed Asan 7044; M.M.Ravindra Lakmal 7020 / 3rd SRI All-Time;

K.A.N.Hiranth 6188; P.R.R.L.Peramuna 5937;

4x100 R (18): Gemunu Watch Team (W.Wijerathne, D.Gamlath, K.Madusanka, D.Diyalawaththa) 39.99;

Women:

100 m (20)/-2.0: Fathima Shafiya Yamick 11.88; T.A.Muthukumarana 12.17;

200 m (19)/-0.1: Fathima Shafiya Yamick 24.21; K.P.Majuwanagamage 24.66; T.A.Muthukumarana 24.83; H.M.N.K. Rathnayake 25.24;

400 m (20): Nadeesha Ramanayake 52.86; W.G.Sanduni Lakshani 54.18; M.H.Jayeshi Uththara 54.62; K.P.Majuwanagamage 54.67; K.S.Edirisinghe 56.64; W.A.D.N.Samarakoon 56.78;

800 m (19): W.G.Sanduni Lakshani 2:07.99; H.M.Madushani Dilrukshi 2:09.04; K.Shanika Lakshani 2:10.74;

1500 m (18): W.A.M.Rasara Wijesuriya 4:28.82; K.Shanika Lakshani 4:29.97;

5000 m (20): W.A.M.Rasara Wijesuriya 17:22.05; B.W.N.Sewwandi 17:46.09; D.M.C.Siriwardana 18:13.49; M.G.Nirosha Kumari 18:16.22;

10000 m (18): W.A.M.Rasara Wijesuriya 36:14.04; H.M.C.Sadumika Herath 38:17.78; B.W.N.Sewwandi 38:18.52;

3000 m St (19): M.G.Nirosha Kumari 11:13.58; W.M.Nimesha Nidarshani 11:36.11; A.S.N.Bandara 11:43.41; H.W.C.Damayanthi 12:14.81;

100 m H (20)/+0.9: W.V.Lakshika Sugandhi 13.89; M.A.Bhagya Nilmini 14.19 / 8th SRI All-Time;

H.W.K.Hapuarachchi 14.26; P.S.Nisansala Fernando 14.73; K.P.L.Arshakularathna 15.24;

400 m H (19): W.G.Sanduni Lakshani 61.05; Gihani Daneka Panduka 62.38; O.G.S.T.Disanayake 62.55; G.A.S.Dulani 62.57; H.S.D.Nethmini 64.07;

H J (20): Renindi Pehansa Gamage 1.71;

L J (18): Dhananjaya Sithmini Ranasgalla 6.20/-0.9 / 8th (eq.) SRI All-Time; L.P.Anuradha Fernando 6.02/+0.5; Ishara Samanmali Arachchi 5.88/+1.1; E.M.Shashani Upeksha 5.69/+0.7; H.D.Rashmi Kavindya 5.67/+1.1;

T J (19): Ishara Samanmali Arachchi 13.10w/+2.2; E.M.Shashani Upeksha 13.03w/+2.3; V.H.R.Kuree 12.71w/+4.0; Dhananjaya Sithmini Ranasgalla 12.19/+1.3;

H T (20): Shanika Manoji Amarasinghe 41.90;

J T (18): H.L.Dilhani Lekamge 54.30; H.M.C.Lakmal 42.45;

Heptathlon (18/19)/no details: H.D.Rashmi Kavindya 4304;

4x100 R (18): SLSC Team (M.S.Yamick, T.A.Muthukumarana, O.M.Sathsarani, D.T.A.De Silva) 46.82;

following are selected best results from two other National competitions

National University Games at Diyagama / 23. – 24.08.2025

Men:

400 m (24): W.G.I.L.Jayathissa 48.29;
800 m (23): W.M.T.G.Thennakoon 1:53.24;
P V (23): K.W.G.J.Wimalasena 4.30; S.Thisanth 4.20;
L J (23): Inura Kavishan Piyasiri 7.49w/+3.3 (& 7.42/+0.5);
J T (23): A.W.T.N.Dhananjaya 69.68;

Women:

400 m (24): B.Sayuri Lakshima Mendis 54.73; R.M.C.U.Jasasri Rathnayake 57.04 (& 57.71 as 1h1);
800 m (23): B.Sayuri Lakshima Mendis 2:13.25; W.A.M.Rasara Wijesuriya 2:14.16;
1500 m (24): W.A.M.Rasara Wijesuriya 4:37.11;
5000 m (23): W.A.M.Rasara Wijesuriya 16:59.10; B.W.N.Sewwandi 18:02.69;
100 m H (24)/-1.2: S.B.S.Lakshani Dissanayake 14.17; M.A.Bhagya Nilmini 14.27;
heats (24) h1/+0.4: Dissanayake 14.77; h2/-0.8: Nilmini 14.60;
400 m H (23): R.M.C.U.Yasasri Rathnayake 61.00 (& 60.37 as 1h1);
H J (23): W.I.Nethmini 1.65;
P V (24): Nesara Daksitha 3.60;
L J (23): Ishara Samanmali Arachchi 6.06/-1.2; L.P.Anuradha Fernando 5.91/-1.7;
T J (24): Ishara Samanmali Arachchi 12.16/-1.7; H.N.Neha Hettiarachchi 11.93w/+2.1;
4x100 R (23): KEL University Team 48.03;
4x400 R (24): KEL University Team 3:58.84;

Central Province School Games at Kandy / 11. – 15.08.2025

Junior Men / under 20:

400 m H (14)/hand-timed: K.L.Ayomal Akalanka/2006 52.9;

Youth Boys / under 18:

800 m (14): G.L.N.D.Liyanage 1:57.4;

Youth Girls / under 18:

800 m (14): M.G.Tharushi Abhisheka/2008 2:11.0;

MALAYSIA

(-courtesy of Mr Jad Adrian Washif -)

MSSM Athletics School Games at Kangar / 19. – 23.08.2025

the Athletics events during these School Sports Games were held for different Age-categories (shown as U18, U15 and U12) / following are detailed best performances from the U18 events with athletes born 2007 or younger & few relevant performances from the U15 events (athletes born 2010 or younger)
information about height of hurdles and weight of implements for throws unconfirmed

Boys / under 18:

100 m (19)/-0.2: Aiman Ikhwan Yahya/2007 10.40; Danish Irfan Tamrin/2007 10.64; Muh.Muzaffar Abdul Sahidiu/2008 10.71; Airl Amani Kahar/2009 10.74; Adam Harith Hairulaydel/2008 10.81; fastest time in heats (19) h2/-0.8: Sahidiu/2008 10.89;

200 m (22)/-0.1: Danish Irfan Tamrin/2007 21.67; Muh.Airl Iskandar Rusli/2008 21.68; Airl Amani Kahar/2009 21.74; Luis Leksander Jonathan/2008 21.76;

heats (22) h1/-1.5: Kahar/2009 21.96; h7/-2.5: Rusli/2008 21.77;

400 m (20): Muh.Sayyid Amin Roslan/2007 48.22; Muh.Qarliff Kuyt Abdullah/2007 48.71; Kabeenesh Mahickam/2009 48.91;

heats (20) h2: Roslan/2007 48.68; h4: Abdullah/2007 48.92;

2000 m St (23): Muh.Syafiq Nazim Mydin/2008 6:14.46 / NYR; Muh.Syukri Nazim Mydin/2009 6:15.24; Shaikh Ahmad Fauzi/2008 6:15.30;

110 m H / 91.4 cm ?? (20)/-2.1: Muh.Harith Haikal Arshad/2007 13.48; Muh.Aizat Faliq Fadil/2007 13.84; Muh.Airl Iskandar Rusli/2008 13.98; Muh.Ilham Jaffar/2007 14.06; Muh.Danish Ashraff Herwan/2009 14.08; Muh.Hakimi Ismail/2008 14.22; Muh.Danial Asyraf Samsudin/2008 14.43; Muh.Rizki Alimi Zahizal/2007 14.48;

heats (20) h1/+0.3: Arshad/2007 13.59; Fadil/2007 13.59; Zahizal/2007 13.95; Herwan/2009 14.25; h2/-0.1: Rusli/2008 13.98; Jaffar/2007 14.17; Ismail/2008 14.21; Samsudin/2008 14.29; Danish Charlison/2008 14.37; Ahmad Fakhrul Azad Farizal/2008 14.38;

400 m H (22): Avinash Nair Sathiseelan/2008 52.46 (& 54.27 as 1h1 on 21st); Muh.Qarliff Kuyt Abdullah/2007 53.10; Emanuel Muphy Josbert/2007 53.23;

H J (23): Mohd Nawawi Mohammad/2007 2.12; Muh.Naufal Zulkifli/2008 2.10; Arthur Louis Stevenson/2008 2.00;

P V (20): Gervan Nigel Frank/2010 4.30;

L J (19): Zainura Aqbar Zulbaharin/2007 7.16/+1.8; Ang Ming Feng/2008 7.08/+1.2;

T J (21): Ang Ming Feng/2008 14.80/-0.2;

S P / 5 kg ?? (21): Earl Isaac Mitzler Fredolin/2008 17.42; Harry Leonell Julius/2007 15.79;

D T / 1.5 kg ?? (20): Syed Ali Ahmad/2008 51.89; Riess William Ling Eng Meng/2007 51.85;

H T / 5 kg ?? (22): Nabil Faiz Ayub/2007 62.23; Muh.Dzul Fikri Abu Dzarda/2009 58.77; Solomon Ng Guang Zhong/2008 57.89; Daniel Lau Hang Jung/2007 56.30;

J T / 700 g ?? (19): Chai Kai Le/2008 64.41 / NYR; Tan Chun Wei/2008 62.25;

Octathlon (19/20): Lim Jin Shen/2007 5292 (11.10/+0.3; 6.70/-0.7; 11.51; 50.86 / 14.91/-0.8; 1.87; 33.18; 5:16.59); Chong Kah Bao/2007 5124 (11.57/+0.4; 6.05/-0.1; 11.36; 52.14 / 14.81/-0.8; 1.75; 41.64; 4:56.87); Benedict Tivez Julie/2008 5002 (11.62/+0.4; 6.35/+1.0; 8.83; 52.49 / 14.34/-0.8; 1.72; 32.95; 4:43.44);

10000 m Walk (22): Muh.Aiman Haikal Sahrudin/2008 48:32.25; Muh.Fahim Haziq Hasrul/2009 49:27.08;

4x100 R (2): Sabah School Team (M.Z.Kadir, A.A.Kadar, C.Camilus, M.M.Abdul Sahidiu) 40.89;

4x400 R (23): Sabah Schools Team (A.A.Kahar, C.D.Toda, M.J.Primus, R.N.Ojella) 3:17.66;

Boys / under 15:

100 m (19)/-0.6: Muh.Aryan Syahmi Aidil Hakim/2010 10.79; Muh.Aqief Naufal Mustapha/2010 10.82 (& 10.85/ 0.0 as 1h4);

200 m (22)/+0.2: Muh.Aqief Naufal Mustapha/2010 21.61 (& 21.97/+0.3 as 1h2);

400 m (20): Deaxter Pius/2010 48.90;

5000 m Walk (20): Ahmad Farish Irfan Fahmi/2010 24:15.92; Azamuddin Haris/2010 24:20.51; Manvikash Jasmininder Singh/2010 24:26.38; Mohd Farish Yazid Yasdie/2010 24:27.71;

Girls / under 18:

100 m (19)/-0.6: Izzatul Musfirah Kamal Azira/2008 11.84 / NYR (& 12.06/-0.6 as 1h1); Lim Mei Yin/2009 12.22;

200 m (22)/-0.5: Izzatul Musfirah Kamal Azira/2008 24.24 / NYR (& 24.81/-1.2 as 1h1); Nor Aliya Najihah Muda/2007 25.14; Siti Norjahera Beliamor/2009 25.24;

2000 m St (23): Siti Nur Fatimah Adham/2007 7:33.05; Nur Denisha Shazliatie Abdullah/2010 7:48.80; Alya Marissa Maizul Anuar/2009 7:52.95;

100 m H / 76.2 cm ?? (20)/-1.4: Penny Teh Pei Wen/2007 14.48; Cassandra Joanna Patrick/2008 14.72; Natalia Abby Uding Simon/2008 14.83; Farah Syakira Azifsafarin/2008 14.83;
 heats (20) h1/-0.2: Simon/2008 14.61; Teh Pei Wen/2007 14.70; h2/-1.4: Azifsafarin/2008 14.97;
 400 m H (22): Nur Farisha Ardy Abdullah/2009 64.06;
 H J (19): Charlotte Cheah Wee She/2007 1.67;
 P V (21): Syafiqah Azrul Ikram/2008 3.20;
 T J (23): Farah Syakira Azifsafarin/2008 12.01/+1.1; Joanna Anak Sangster/2008 11.77/+0.8;
 S P / 3 kg ?? (21): Nur Syazlina Arifin/2007 13.98; Tiffany Corenny Berain/2008 13.12;
 D T (20): Sasha Alyssa Philip/2008 39.60;
 H T / 3 kg ?? (23): Nur Alya Safiah Zulhelmy/2008 51.03; Nur Nabilah Hasrol Rizal/2008 47.73;
 J T / 500 g ?? (19): Noor Aliya Alias/2008 41.17;
 Heptathlon (21/22): Tan Yen Yee/2008 4316 (14.68/+0.1; 1.59; 8.10; 26.73/-2.5 / 5.12/-0.1; 20.90; 2:31.86);
 Maisarah Abdul Rani/2008 4171 (15.05/+0.3; 1.53; 10.02; 27.75/-2.5 / 4.95/+0.2; 32.71; 2:53.83);
 4x100 R (21): Terengganu Schools Team (N.A.Rusdi, N.A.Muda, N.F.Abdullah, I.M.Kamal Azira) 47.45;
 4x400 R (23): Terengganu Schools Team (N.A.Muda, N.A.Rusdi, N.F.Abdullah, I.M.Kamal Azira) 3:55.47;
Girls / under 15:
 400 m (20): Lana Alexa Jose Lim/2011 57.27;

Mixed Relays:

4x400 R (23): Johor Schools U18 Team (M.H.Mahzan, P.M.Raman, M.H.Hanif, R.Mahamad) 3:38.13;

3rd Varsity Track & Field Meet at Sintok / 15. – 17.08.2025

following are the best performances from the 3rd event of these Series, which was held at the University of Kedah

Men:

100 m (15)/+0.7: Danish Iftikhar Muhammad Roslee/2007 10.43; Edrick Feivel Florentius 10.72; Mohd Raimi Mustapha Kamal 10.74; Muh.Hasrul Najmi Badrul 10.76; Muh.Zulfiqar Ismail 10.86; Muh.Raziq Roszmani 10.87;
 semis (15) s1/-1.2: Roslee/2007 10.67; s2/-0.8: Florentius 10.83; Badrul 10.89; s3/-2.3: Kamal 10.88;
 heats (15) h2/+0.2: Roslee/2007 10.88; h7/+1.1: Jonathan Nyepa 10.65;
 200 m (17)/+0.6: Muh.Raziq Roszamani 21.82 (& 21.94/+0.4 as 1h4); Ryan Wong Zhen Nam 21.83;
 400 m (16): Umar Osman 47.20; Muh.Firdaus Mohamed Zeki 48.82;
 800 m (15): Avinashwer Austin Murugan 1:55.37; Risheraam Parameswaran 1:57.96;
 heats (15) h2: Maheswaran Sunmugom 1:52.37; h6: Anas Ariffin 1:54.84 (both dns in final);
 1500 m (17): Shawn Roshan Singh 3:58.75;
 110 m H (16)/-0.9: Elvin Yap Zhi Xian 14.61 (& 15.11/+0.5 as 1h1); Shareem Aleimran Abdul Raheem 15.32;
 400 m H (15): Shazril Ashraf Shamsurbahry 53.96; Muh.Adib Irfan Azizan 54.46;
 T J (16): Mohd Shah Sholikin Azhar 15.39/nwi;
 S P (15): Jonah Chang Anak Rigan 18.24; Nathaniel Majid 14.79;
 J T (16): Elrick Roslee 50.87; Syed Abrar Ahmad Zawawi 59.05;
 4x400 R (17): Politeknik Malaysia Team 3:17.06;

Women:

100 m (15)/-0.3: Azreen Nabila Alias 11.94; Nur Afrina Batrisyia Mohamad 12.16; Nurul Wardatul Huwaida 12.19;
 200 m (17)/-1.2: Azreen Nabila Alias 25.49;
 100 m H (16)/-0.6: Lie Yee Teng 14.82; Nur Shaqirah 14.91;
 S P (15): Nani Sahirah Maryata 14.53; Asyherina Kuja 12.70;

D T (17): Nur Atiqah Sufiah 42.87;
4x100 R (16): UPSI Team 47.67;
4x400 R (17): MAF Athletics Team 3:54.22;

PHILIPPINES

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

following are the best performances from the 7th of the Series meetings for specific events (Senior & U20) and few leading performances from the 8th event (for U18 Youth athletes and for Pole Vault/Seniors)

PATAFA Weekly Relays Series Meet at Pasig / 16.08.2025

Men:

100 m/+0.4: Kent Jardin 10.66; Alhryan Labita 10.70; Pi Durdenh Wangkay/2009 10.73; Ronnie Malipay 10.83; John Dave Puno 10.84;
400 m: Alfred Talplacido/2007 47.17 / NJR; Alhryan Labita 47.57; Frederick Ramirez 47.68; Kharis Pantonial/2006 47.83; John Lloyd Cabalo 47.86;
800 m: Teo Lou Patel 1:56.28; Rhannie Pilaspilas 1:56.57; Pearl Vente 1:57.06; John Martir 1:57.18; Jevie Rebutazo 1:57.59;
10000 m: Sonny Wagdos 31:30.84;
3000 m St: Junel Gobotia 9:05.78; Ritchie Estampador 9:12.99; Noli Torre 9:16.40; Stephine Dellariarte 9:21.96;
400 m H: Tochukwu Onoura Okolo 52.89; Jazzpeer Arcenal 54.05;
H J: Leonard Grospe 2.18; Kent Celeste 2.06; Ernie Calipay 2.00;
L J: Janry Ubas 7.64/+0.3; Clint Neri 7.36/-0.2;
H T: Ed Delina 49.70 / 4th PHI All-Time; Jhon Ballelos 48.26;
J T: Arthur Alintog 58.58; Zoilo Reyes 57.90; Joemarie Lazaro 57.53;
5000 m Walk: Vincent Delacruz 21:41.77; John Arandia 22:24.49; Justine Macuring 22:53.29;

Junior Men / under 20:

3000 m St: Jerico Cadag/2007 9:27.95; John Mark Balogo/2006 9:28.85;
5000 m Walk: Giean Abregundo/2007 22:49.86 / NJR;

Women:

200 m/-1.7: Lianne Pama 25.25;
10000 m: Artjoy Torregosa 37:11.25; Edna Magtubo 37:17.88;
3000 m St: Jessa Mae Roda 10:57.78 / 3rd PHI All-Time; Nicole Diloy 11:47.26; Shiekhy Supremo 12:23.30; Lezamy Sanita 12:37.42; Ana Marie Eugenio 12:47.16;
L J: Rica Mae Balderrama 5.70/-0.1;
H T: Rashied Burdeos 44.80; Joana Bandal 39.44; Shiela Batayo 38.90;
J T: Evalyn Palabrica 42.85; Sarah Dequinan 42.79;

Junior Women / under 20:

3000 m St: Lyka Mae Raterta 12:35.16;
400 m H: Jecel Vivas/2007 64.65;
H T: Emma Bolden/2006 39.50;
J T: Ana Bhianca Espenilla/2007 45.28;

PATAFA Weekly Relays Series Meet at Pasig / 16.08.2025

Men:

P V: Sean Harry Narag 4.20; Mejen Sumbongan 4.20;

Youth Boys / under 18:

800 m: Anthony Cariaso/2008 1:56.09;

2000 m St: John Lewis Abbu/2008 6:19.48;

400 m H: Ivan Cabanda/2008 53.75;

Women:

P V: Isabella Santa Maria 3.00;

Youth Girls / under 18:

2000 m St: Erika Joy Dorado/2011 8:16.98; Rhicca Mae Buenaventura/2012 8:23.22; Nene Mianagua/2011 8:29.32;

SINGAPORE

SA Allcomers Meeting / 23.08.2025

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

Men:

100 m/-1.2: Daryl Tan 10.90;

200 m/+0.9: Reuben Lee Siong En 21.76; Huang Wei Jun/2006 21.98;

110 m H/+1.0: Liang Qi Awyong 14.90;

Women:

100 m/-1.0: Kirsten Ong Jing Rong 12.34;

100 m H/+0.3: Kirsten Ong Jing Rong **13.87/NR (eq.)**;

VIETNAM

National Relay Championships at Quang Ngai / 18. – 20.08.2025

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

these Champs were held separately for Senior Teams and for U23 Teams / following are the results for the winners per event / all events hand-timed

Men:

4x100 R (18): Cong An Nhan Dan Team (Truong Van Hieu, Trieu Thai Son, Lam Quang Huy, Ngan Ngoc Nghia) 40.0;

4x200 R (19): Cong An Nhan Dan Team ((Truong Van Hieu, Trieu Thai Son, Lam Quang Huy, Ngan Ngoc Nghia) **1:23.1 / NR**;

4x400 R (18): Hanoi Team (Nguyen Tung Lam, Nguyen Duc Son, Nguyen Xuan Quang, Nguyen Van Quyet) 3:08.9;

4x800 R (19): Dong Nai Team (Ly Toan Phat Di, Truong Nhat Linh, Luong Duc Phuoc, Sam Van Doi) 7:39.3;

Under 23 Men:

4x100 R (20): Lang Son Team (Giang Van Thuy, Nguyen Xuan Thinh, Nguyen Anh Quan, Duong Cong Truong) 41.3;
4x200 R (18): Tay Ninh Team (Truong Pham Dang Khoa, Le Hai Dang, Tran Minh Tuan, Le Quoc Trong) 1:26.1;
4x400 R (20): An Giang Team (Ho Minh Hieu, Ngo Huu Loc, Danh Vu Lam, Danh Thanh Toan) 3:13.1;

Women:

4x100 R (18): Quan Doi Team (Nguyen Thi Hang Van, Hoang Du Y, Quach Thi Hong Thuy, Bui Thi Nguyen) 44.9;
4x200 R (19): Hanoi Team (Phung Thi Hue, Nguyen Thi Kim Ngoc, Hoang Thi Minh Hanh, Nguyen Thi Hang) 1:35.1;
4x400 R (18): Hanoi Team (Nguyen Thi Kim Ngoc, Nguyen Thi Kim Thanh, Nguyen Thi Hang, Hoang Thi Minh Hanh) 3:42.2;
4x800 R (19): Ninh Binh Team (Vu Thi Tra My, Nguyen Khanh Linh, Bui Thi Ngan, Nguyen Thi Thu Ha)

8:42.1 / NR:

Under 23 Women:

4x100 R (20): Ho Chi Minh Team (Nguyen My Quyen, Dan Huynh Minh Anh, Nguyen Phan Quynh Anh, Doan Thi Thuy Trang) 46.8;
4x200 R (18): An Giang Team (Vo Thi Hien, Nguyen Thu Ky, Khuong Anh Thu, Le Thi Cam Tu) 1:39.0;
4x400 R (20): An Giang Team (Danh Thi Thuy, Khuong Anh Thu, Nguyen Thu Ky, Le Thi Cam Tu) 3:51.8;

Mixed Relays:

4x100 R (20): Ho Chi Minh Team (Luu Kim Phung, Ha Thi Thu, Bui Hong Anh, Chau Nguyen Phu) 42.4;
4x400 R (20): Hanoi Team (Nguyen Tung Lam, Nguyen Thi Hang, Nguyen Xuan Quang, Hoang Thi Minh Hanh) 3:25.4;
4x800 R (20): Hanoi Team (Nguyen Xuan Quang, Nguyen Thi Hang, Tran Van Dang, Hoang Thi Minh Hanh) 8:21.6;

Under 23 Teams:

4x100 R (19): Tay Ninh Team (Nguyen Ngoc Cam, Tran Thi Nhi Yen, Tran Minh Tuan, Le Quoc Trong) 43.1;
4x400 R (19): Nghe An Team (Nguyen Dinh Vu, Luong Thi Duyen, Nguyen Van An, Le Thi Tuyet Mai) 3:29.7;
4x800 R (19): Ho Chi Minh Team (La Tran Ngoc Phuc, Luu Thi Thanh Tam, Nguyen Van Khang, Luu Thi Thanh Tinh) 8:32.8;

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BANGLADESH

National Summer Athletics Champs at Dhaka / 22. – 24.08.2025

(-courtesy of newspaper websites -)

following are selected best performances (out of incomplete and inaccurate info from websites – for most events only results for the winners reported) / according to the information usage of automatic timing system most probably only for sprint events / no wind-measurements reported
more detailed official results from the National Federation would be very welcome

Men:

100 m (22): Imranur Rahman 10.64; Abdul Motaleb 10.86; Mohamed Ismail 10.88;
200 m (24): Tarek Rahman 22.04; Abdul Motaleb 22.13;
400 m (24): Mohd Lushad Islam 48.41;

110 m H (23): Tanvir Faisal 14.7;
 400 m H (23): Majimul Hossain Roni 52.3; Masud Rana 53.0; Rabinul Hasan 53.6;
 P V (24): Mohd Shorov Miah **4.51/NR;**
 L J (24): Mohd Monirul Islam 7.33;
 S P (23): Golam Sarwar 15.09;
 D T (22): Abdul Alim **46.94/NR;**
 J T (): Shariar Ashraful 63.38;

Women:

100 m (22): Sumaiya Dewan 12.19; Shirin Akter 12.21; Sharifa Khatun 12.41;
 200 m (24): Sharifa Khatun 25.24; Shirin Akter 25.27;
 400 m (24): Nusrat Jahan Runa 56.92;
 1500 m (): Rinky Biswas 4:48.1;
 3000 m (23): Rinky Biswas 10:27.6;
 5000 m (22) / inaccurate times reported: Rinky Biswas 18:20 ??; Priya 18:30 ??;
 10000 m (24): Rinky Biswas **39:14.8/NR;**
 100 m H (23): Rokshana Begum 15.0; Sumaya Zaman 15.1;
 H J (22): Ritu Akter 1.72;
 L J (24): Swapna Khatun 5.94;
 T J (24): Jannatul **12.49/NR;**
 S P (22): Jannet Begum **13.91/NR;**
 D T (23): Jafrin Akter 38.69;

MALDIVES

National Athletics Championships at Male / 14. – 16.08.2025 **(-courtesy of the MDV Athletics Federation - website -)**

following are selected best performances / all Maldivian athletes except one guest from Nepal as noted

Men:

100 m (16)/+1.2: Hassan Saaid 10.92 (& 10.83/+0.9 as 1h1 on 14th);
 200 m (15)/+1.1: Adam Riffath 22.20;
 400 m (16): Hussain Zeek Suad 49.27; Adam Riffath 49.31;
 800 m (16): Hussain Riza 1:57.68; Ahmed Iyaan Iqbal/2008 1:58.56; Hussain Fazeel Haroon 1:59.15;
 4x100 R (16): Dhivehi Sifainge Club Team 44.44;
 4x400 R (14): National Track and Field Association Team 3:25.70;

Women:

100 m (16)/+1.3: Ahnaa Nizaar/2007 12.45; Ziva Moosa Shafeeu/2007 12.50;
 200 m (15)/+1.6: Ahnaa Nizaar/2007 25.31; Ziva Moosa Shafeeu/2007 25.62;
 400 m (16): Hawwa Muzna Faiz/2006 59.58;
 5000 m (16): Sumitra Kumari Choudhary NEP 18:14.72;
 L J (15): Aishath Shaim Azeez **5.24/+1.7 / NR;**
 S P (14): Aishath Shaya Shafeeu/2007 **9.80 / NR & NJR;**
 4x100 R (16): Customs Recreation Club Team 51.78;
 4x400 R (14): Customs Recreation Club Team 4:10.72;

NEPAL

National Under Distance Meet at Kathmandu / 15.08.2025

(-courtesy of Mr Diwakar Lal Amatya -)

Men / all events hand-timed:

150 m: K.C.Sushil 15.9;

600 m: Som Bahadur Kumal 1:17.6;

Women:

150 m: Sima Kumari Chaudhary 18.1;

600 m: Narayani Bhandari 1:35.3;

KOREA

(-courtesy of Mr Kim Sang-Ho, KAAF -)

following are detailed results from three National competitions for High School athletes (born 2007 – 2009);
Middle School or Elementary School athletes (born 2009 or later)

Schools Athletics Meeting at Boeun / 07. - 11.08.2025

High School Boys:

100 m (8)/-1.7: Kim Dong-Jin/2007 10.66; Choi Sung-Won/2007 10.83;

semis (8) s2/-1.7: Kim Dong-Jin/2007 10.57; Cha Jun-Sung/2008 10.84; s3/+0.3: Choi Sung-Won/2007 10.74;

200 m (9)/+0.6: Choi Sung-Won/2007 21.30; Choi Myung-Jin/2008 21.88;

semis (9) s1/-0.9: Kim Dong-Jin/2007 21.16 (dnf in final); s2/+0.1: Choi Sung-Won/2007 21.50;

s3/-0.2: Choi Myung-Jin/2008 21.91;

110 m H / 99 cm (11)/+0.9: Park Tae-Eon/2008 14.72;

400 m H (9): Kwak Ui-Chan/2007 53.74;

H J (7): Kim Jun-Ki/2007 2.05;

P V (7): Lee Min-Chan/2008 4.40;

L J (8): Ko Jun-Hee/2008 7.11/+0.5;

T J (10): Yang Yu-Bin/2008 15.10/+0.2; Ko Jun-Hee/2008 14.83/+0.2;

S P / 6 kg (8): Park Si-Hoon/2007 20.09; Jo Eun-Chan/2008 17.10; Weon Cha-Nu/2007 16.96; Lee Su-Hwan/2009 16.45;

D T / 1.75 kg (11): Lee Tae-Woo/2007 50.79;

H T / 6 kg (7): Nam Tae-Woo/2007 61.63; Park Si-Sung/2007 60.12; Sung Seung-Hun/2008 58.21;

Ko Ban-Seok/2008 58.18;

J T (9): Heo Kyu-Man/2007 65.64; Jang Ha-Jin/2008 62.69;

Decathlon (9/10)/no details: Bae Jun-Young/2007 6049;

5000 m Walk (9): Seo Beom-Su/2007 20:22.77; Kim Joo-Han/2008 21:37.54; Su You-Hyun/2008 21:42.47;

Song Seong-In/2007 21:48.71; Cho Dae-Hee/2008 22:39.24; Kim Kyung-Kyun/2009 22:44.63; Jeon Se-Min/2009 22:54.56;

Middle School Boys:

400 m (9): Kim Joon/2010 48.58;

110 m H / 91.4 cm (10)/+1.3: Kim Min-Kyu/2009 14.54;

High School Girls:

100 m (8)/-0.4: Kwon Yee-Un/2009 12.17;
200 m (9)/+0.8: Yoo Young-Eun/2007 25.00;
400 m (7): Choi Ji-Woo/2009 56.41; Kim Yea-Ri/2008 56.79;
1500 m (7): Lee Ji-Yeon/2007 4:42.01; Bae Ji-Yeon/2008 4:42.47; Song Hyun-Seo/2007 4:42.66;
Kwon Hyun-Jin/2008 4:42.89;
5000 m (10): Lee Ji-Yeon/2007 17:45.68; Hong Ji-Seung/2008 17:49.37;
3000 m St (11): Han Jin-Hee/2007 11:39.32; Hwang Hye-Rim/2007 11:58.68;
100 m H (11)/+0.5: Kim Soo-Ji/2009 14.44 (& 14.87/+0.8 as 1h2); Min So-Yoon/2008 14.81;
H J (10): Kim Yeon-Woo/2007 1.71;
L J (7): Oh So-Hee/2007 6.00/+1.2; Kim Soo-Ji/2007 5.92/+1.2;
T J (10): Lee Seung-Ah/2009 11.88;
S P (8): Lee Yae-Ram/2008 14.15; Moon Hye-Sol/2007 13.72;
D T (10): Park En-Ji/2009 42.90; Son Ji-Woo/2007 42.87;
H T (7): Yang Chae-Min/2007 59.98; Lee Ju-Eun/2008 49.13; Moon Ka-On/2008 47.61; Jang Sung-Yeon/2008 47.43; Lee Hye-Jin/2008 46.93;
J T (9): Kim Jin-So/2007 44.50; Lee Hye-Rin/2008 41.61;
5000 m Walk (10): Kwon Seo-Rin/2009 23:23.64; Kim Eun-Hee/2008 24:10.27; Lee Ye-Seo/2007 25:20.75;

Middle School Girls:

3000 m (10): Noh Hui-Won/2011 10:14.57;
100 m H / 76.2 cm (8)/-2.3: Kim Seo-Hyun/2010 14.39 (& 14.93/-0.1 as 1h1);
L J (7): Lee Hae-Un/2010 5.68/+1.5;
L J (10): Lee Seung-Ah/2009 5.67/+0.8;
S P / 3 kg (8): Kim Young-Kuk/2010 13.84;
J T / 500 g (9): Park Hye-Rin/2010 54.08;
3000 m Walk (7): Jeong Chae-Yeon/2010 14:39.85; Yoon So-Young/2010 15:26.54;

46th National Athletics Meeting at Busan / 26. – 28.07.2025

High School Boys:

100 m (26)/-0.6: Kim Dong-Jin/2007 10.62; Lee Min-Jun/2007 10.64 (& 10.82/-0.1 as 1h2);
Choi Sung-Won/2007 10.83;
200 m (27)/+0.7: Choi Sung-Won/2007 21.66; Jung Seung-Min/2007 21.95;
heats (27) h1/+0.9: Kim Dong-Jin/2007 21.42 (dnf in final); h3/+1.4: Choi Sung-Won/2007 21.89;
400 m (28): Kim Yoon-Hoo/2007 47.67; Jang Keun-Oh/2007 48.26; Yun Young-Min/2007 48.39;
Kim Tae-Sung/2008 48.61;
800 m (26): Kim Hong-Yu/2007 1:55.96;
110 m H / 99 cm (27)/+0.4: Lee Min-Hyuk/2007 14.57; Park Tae-Eon/2008 14.69;
H J (28): Yun Jun-He/2007 2.10; Kim Jun-Ki/2007 2.04; Oh Myung-Keun/2007 2.01;
P V (26): Park Jae-Yeon/2007 4.70; Lee Min-Chan/2008 4.60;
L J (27): Ko Jun-Hee/2008 7.32/+0.3; Kim Jun-Hee/2007 7.12/+0.5;
S P / 6 kg (27): Park Si-Hoon/2007 19.98; Lee Su-Hwan/2009 16.52;
H T / 6 kg (26): Nam Tae-Woo/2007 59.87; Park Si-Sung/2007 58.96; Lee Do-Hyun/2007 58.36;
J T (27): Heo Kyu-Man/2007 64.04;
Decathlon (26/27): Bae Jun-Young/2007 6200 (11.27/+0.3; 6.44/-0.5; 9.48; 1.79; 50.19 / 15.90/-0.3; 29.81; 3.80; 45.15; 5:01.30);
5000 m Walk (27): Song Seong-In/2007 23:24.68;
4x100 R (26): Incheon HS Team (Kim Tae-Sung, Choi Sung-Won, Jung Ye-Jun, Kim Dan-Woo) 41.45;
4x400 R (27): Gyeonggi HS Team (Jung Ji-Seung, Kim Hong-Yu, Kwon Hyuk-Chan, Bang Ho-Jun) 3:19.05;

Middle School Boys:

110 m H / 91.4 cm (27)/-0.1: Kim Min-Kyu/2009 14.58; Choi Ji-Seung/2010 14.59;

High School Girls:

100 m (26)/-0.7: Kwon Yee-Un/2009 12.02; Yoo Young-Eun/2007 12.22;
200 m (27)/+1.0: Kwon Yee-Un/2009 24.55; Yoo Young-Eun/2007 25.11;
400 m (28): Choi Ji-Woo/2009 56.07; Kim Yea-Ri/2008 57.22;
1500 m (27): Kim Jeong-Ah/2009 4:38.56; Kim Mi-Jeong/2007 4:40.45; Park Ri-Un/2007 4:41.58;
3000 m St (27): Yu So-Young/2008 11:16.55; Hwang Hye-Rim/2007 12:07.82;
100 m H (26)/-0.5: Park Ji-Young/2007 14.01 (& 14.74/-0.8 as 1h1); Min So-Yoon/2008 14.75;
400 m H (26): Jo Su-Bin/2008 63.88; Shin Kyu-Ri/2007 63.94;
L J (26): Oh So-Hee/2007 5.89/-0.1;
S P (27): Lee Yae-Ram/2008 14.04;
D T (26): Park En-Ji/2009 40.35;
H T (26): Yang Chae-Min/2007 52.51; Moon Ka-On/2008 50.32; Jang Sung-Yeon/2008 49.39;
Lee Hye-Jin/2008 46.40; Lee Ji-Eun/2008 45.80;
J T (27): Kim Jin-So/2007 41.80;
Heptathlon (26/27): Kim Soo-Ji/2007 4795 (15.43/-0.3; 1.58; 9.21; 26.53/-0.5 / 5.76/+0.1; 31.47; 2:22.71);
5000 m Walk (26): Kwon Seo-Rin/2009 23:51.27; Lee Ye-Seo/2007 25:43.66; Oh Yeon-Ji/2009 25:58.15;
4x100 R (26): Seoul HS Team (Kim Yea-Ri, Son Da-Hyun, Kwon Yee-Un, Noh Hae-Un) 47.21;

Middle School Girls:

200 m (27)/+0.2: Wang Seo-Yoon/2012 25.02;
400 m (27): Lee Hea-Sol/2011 57.89;
1500 m (27): Song Jae-Yeon/2011 4:40.99; Han Ji-Hye/2010 4:43.24; Kwon Na-Young/2011 4:43.74;
Noh Hui-Won/2011 4:44.88;
3000 m (28): Noh Hui-Won/2011 10:12.69;
100 m H / 76.2 cm (26)/-0.1: Kim Seo-Hyun/2010 13.94 (& 14.62/-0.2 as 1h1); Jeon Ji-Yu/2010 14.77;
S P / 3 kg (28): Kim Young-Kuk/2010 14.29;
3000 m Walk (28): Jeong Chae-Yeon/2010 14:45.90; Yoon So-Young/2010 15:48.16;

Elementary School Girls:

800 m (26): Kim Ji-Ah/2013 2:15.97;

Mixed Relays:

4x400 R / High School (26): Gyeonggi HS Team (Kim Do-Hyuk, Lee Min-Kyung, Roh Hang-Yeol, Kim Si-Hoo) 3:33.73;
4x400 R / Middle School (26): Incheon MS Team (Jeong Dan-Bi, Lee Hea-Sol, Kim Keon-Min, Choi Joon-Hyuk) 3:37.66;

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High School Boys:

100 m (18)/+0.1: Choi Sung-Won/2007 10.74; Park Sung-Bin/2007 10.81;
semis & heats (18): Lee Min-Jun/2007 10.49/+0.6 (as 1h2) & 10.60/-0.3 (as 1s1) – dnf in final;
200 m (19)/+0.6: Kim Dong-Jin/2007 21.19; Lee Min-Jun/2007 21.61; Choi Sung-Won/2007 21.63;
Jung Seung-Min/2007 21.93; Yun Young-Min/2007 21.96;
semis (19) s1/+0.2: Kim Dong-Jin/2007 21.22; s2/+0.1: Jung Seung-Min/2007 21.89;
s2/-0.4: Lee Min-Jun/2007 21.84; Choi Sung-Won/2007 21.91;
400 m (18): Yun Young-Min/2007 48.22;
H J (18): Oh Myung-Keun/2007 2.02;
P V (18): Park Jae-Yeon/2007 4.60; Lee Min-Chan/2008 4.40;
L J (18): Han Kye-Oh/2007 7.36/-0.2; Kim Si-Won/2007 7.11/-0.3; Kim Min-Suk/2007 7.10/-0.1;
S P / 6 kg (20): Park Si-Hoon/2007 19.83; Lee Su-Hwan/2009 16.42; Jo Eun-Chan/2008 16.21;
Decathlon (18/19)/no details: Bae Jun-Young/2007 6247;
5000 m Walk (18): Kim Joo-Han/2008 22:54.69;

Middle School Boys:

110 m H / 91.4 cm (19)/-0.1: Choi Ji-Seung/2010 14.78; Kim Min-Kyu/2009 14.80;
H J (20): Kwak Si-Hun/2011 2.00;

High School Girls:

100 m (18)/ 0.0: Kwon Yee-Un/2009 12.08;
200 m (19)/+0.4: Kwon Yee-Un/2009 24.78;
400 m (18): Shin Kyu-Wi/2007 57.41;; Kim Yea-Ri/2008 57.78;
800 m (19): Kim Jeong-Ah/2009 2:15.59;
1500 m (18): Song Da-Won/2008 4:34.84; An Ryung-Gyung/2008 4:39.03; Kim Min-Jung/2007 4:44.45;
5000 m (20): Song Da-Won/2008 17:41.60; Kong Ji-Min/2008 17:44.57; Kim Min-Jung/2007 18:02.54;
400 m H (19): Roh Hang-Yeol/2007 63.97;
L J (18): Oh So-Hee/2007 5.95/+1.3; Kim Soo-Ji/2007 5.81/+0.6;
S P (18): Lee Yae-Ram/2008 14.23;
D T (20): Son Ji-Woo/2007 41.53;
H T (18): Yang Chae-Min/2007 55.98;
J T (20): Kim Jin-So/2007 43.45; Kim Do-Yeon/2007 41.68;
5000 m Walk (19): Lee Ye-Seo/2007 25:29.95; Park Ye-Dam/2007 26:10.26;

Middle School Girls:

100 m H / 76.2 cm (19)/-0.1: Kim Seo-Hyun/2010 14.12 (& 14.56/+0.1 as 1h1);
J T / 500 g (21): Park Hye-Rin/2010 51.59;

Elementary School Girls:

100 m (18)/+0.1: Wang Seo-Yoon/2012 12.20;
200 m (19)/-0.2: Wang Seo-Yoon/2012 24.91;

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MYANMAR

National Competition at Yangon / 28.06.2025 / 31.07. – 03.08.2025

(-courtesy of the Myanmar Federation – website – with thanks to Mr Steffen Stübe-)

the following 2 new National Records were confirmed by this website as the only results from this competition / more detailed official results would be welcome

Men:

D T: Htet Wai Yan **48.79/NR**;
J T: Nan Htet Maung **70.30/NR**;

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LEBANON

National Open Clubs Champs at Beyrouth / 31.07. – 03.08.2025

(-addition to Report No 15 -)

Men:

add names to 4x100 R (1): Let's Run Team (M-A.Ibrahim, T.Saleh, A.Dani, R.Al-Hout) **41.04/NR**;

ON THE ROAD

(-courtesy of the Race – websites -)

INDONESIA

International Bali Maybank Marathon at Gianyar / 24.08.2025

Men:

Marathon:

Evans Nyakamba Mayaka KEN 2:17:01; Gaddisa Tafa Dekebe ETH 2:17:08; Raphael Kolian KEN 2:18:11; Felix Kiprotich Kirui KEN 2:18:49; Kiprop Tonui KEN 2:19:23; Paul Tiongik KEN 2:20:40; Joseph Mwangi Ngare KEN 2:20:59; Wendwesen Tilahun Damte ETH 2:28:25; Robi Syianturi INA 2:29:18; Rikki Martin Simbolon INA 2:29:18; Nurshodiq INA 2:31:14; Narman INA 2:31:42; La Ode Safrudin INA 2:33:01; Sardianus Sanam INA 2:37:04;

Half Marathon:

Benard Kiplangat KEN 1:07:59; Immanuel Hutasoit INA 1:08:56; Nofeldi Petingko INA 1:08:56; Iqbal Saputra INA 1:09:29; Yuki Kawauchi JPN 1:10:33; Sedilta Pilon Nubatonis INA 1:11:49; Reza Aulia Pradipta INA 1:14:08;

10 km Road Race:

Daniel Simanjuntak INA 31:33; Radman Setiabudi INA 32:52;

Women:

Marathon:

Medanit Feyera Gurmesa ETH 2:40:03; Aurelia Jerotich Kiptui KEN 2:40:06; Adanech Mesfen Mekonnen ETH 2:40:07; Gete Dukale Robe ETH 2:40:08; Gelane Bulbula Senbete ETH 2:40:29; Truphena Chepchirchir KEN 2:41:13; Souad Kaboucha MAR 2:45:43; Odekta Elvina Naibaho INA 2:47:28; Irma Handayani INA 3:03:11; Dwi Tiansi Anggraini INA 3:04:44; Honjo Nozomi JPN 3:13:09; Henny Kusumadewi Sudanda INA 3:17:14; Risa Wijayanti INA 3:22:34; Ka Yee Cheung HKG 3:23:27; Devi Ardian INA 3:24:38;

Half Marathon:

Lucy Liayoga KEN 1:16:58; Yanita Sari INA 1:30:02; Anjelika Ginting INA 1:30:49; Westi Indah INA 1:30:51; Eva Desiana INA 1:31:44; Nadin Duit GER 1:33:53; Ai Kusmiati INA 1:34:30; Ling Er Choo SGP 1:35:59;

THAILAND

International Marathon at Songkhla / 24.08.2025

following are the best performances / all runners from Thailand except few foreigners as noted

Men:

Marathon:

Tariku Abdi ETH 2:22:24; Elias Nyaga Muthoni KEN 2:24:18; Nattawut Innum 2:29:59; Thanathip Dichim 2:35:55; Thawatchai Hokphanna 2:36:02; Anuchit Jiw 2:36:13;

Half Marathon:

Krzysztof Hadas POL 1:08:33; Anucha Pada 1:10:38; Anuchit Pada 1:11:27; Chaturon Khueankaeo 1:13:42; Mongkhon Kaeota 1:14:03; Chatchanun Methachittiphan 1:14:03; Thitimun Thongdee 1:14:18;

10 km Road Race:

Amos Kipkemoi Chesang KEN 30:55; Sanjay Manimaran MAS 31:01;

Women:

Marathon:

Linda Janthachit 2:59:25; Ornanong Wongsorn 3:01:08; Soraya Tawong 3:10:50; Jirada Poolsup 3:12:14; Suphansa Pholamai 3:13:46;

Half Marathon:

Caroline Cheronon KEN 1:19:00; Pareeya Sonsem 1:25:28; Piyanuch Sukchat 1:25:43; Noor Amelia Musa MAS 1:26:32; Kawinthida Thadased 1:27:22; Kamolwan Leeratermpong 1:29:05;

10 km Road Race:

Premkamon Wongvichai 38:58;

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MALAYSIA

International Road Running at Petaling Jaya / 17.08.2025

Men:

30 km Road Race:

Benard Kiplangat Kibilo KEN 1:46:10; Francis Ngige Nduta KEN 1:48:20; Samuel Chege Mwangi KEN 1:48:49; Yeow Ni Jia MAS 1:49:54; Muhaizar Mohammad MAS 1:51:13; Hazman Akmal Zalgani MAS 1:51:52;

Half Marathon:

Joseph Mwangi Ngare KEN 1:06:36; Amos Kipkemoi Chesang KEN 1:08:34; Sivaneshwaran Gunasegaran MAS 1:12:56; Mohd Nur Radzman Munib MAS 1:15:59;

Women:

30 km Road Race:

Lucy Liavoga KEN 1:58:49; Alice Muthono Koigi KEN 2:01:26;

Half Marathon:

Caroline Cheronon KEN 1:21:22; Nurul Juliana Abdul Halim MAS 1:29:54; Tiffany Lee Siok Chin MAS 1:31:19; Yu Hui Khing MAS 1:32:39; Tan Li Jun MAS 1:32:58; Karisa Teoh Dan MAS 1:35:35;

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International Selangor Marathon at Shah Alam / 03.08.2025

Women:

addition to Half Marathon (Report No 15): ...2. Caroline Cheronon KEN 1:19:38;

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VIETNAM

National VnExpress Marathon at Nha Trang / 24.08.2025

Men:

Marathon:

Nguyen Van Lai 2:31:33; Le Van Tuan 2:35:36;

Half Marathon:

Vong Vinh Long 1:13:26; Le Dinh Tuong 1:13:27;

Women:

Marathon:

Le Thi Ha 3:03:29; Nguyen Thi Thu Ha 3:06:33; Nguyen Thi Tra Giang 3:06:59;

Half Marathon:

Nguyen Khanh Ly 1:29:43; ?? Tran Duyen 1:30:11; Hoang Huong Thuy 1:33:31;

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INDIA

International NMDC Marathon at Hyderabad / 24.08.2025

information from this race is restricted to the following results for the TOP finishers (Full Marathon) and only for the winners (National Half Marathon)

Men:

Marathon:

Francis Cheruiyot KEN 2:17:27; Gadisa Talebe Urga ETH 2:18:23; Isaac Kipkoech Cheluko KEN 2:21:19; Anish Thapa Magar NEP 2:24:41; Tirtha Pun IND 2:27:18; Kalidas Laxman Hirave IND 2:27:41; Kamlakar Deshmukh IND 2:27:54; Anant Gaonkar IND 2:28:27;

Half Marathon:

Mohit Chaudhary IND 1:09:28;

Women:

Marathon:

Millicent Jemutai Kibet KEN 2:39:27; Kuli Chimdessa Kumsa ETH 2:41:16; Tsega Desta Mehari ETH 2:45:15; Bhagirathi Bisht IND 2:51:52; Ashwini Jadhav IND 2:57:02; Jyoti Gawate IND 3:12:10;

Half Marathon:

S.Divya IND 1:32:23;

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UZBEKISTAN

National SQB Eco Half Marathon at Nukus / 16.08.2025

following are the best results incl. Fast times for the TOP finishers; however, confirmation about accurate measurement for these races not reported

Men:

Half Marathon:

Andrey Petrov 1:02:33; Yevgeniy Fadeyev 1:03:42; Otabek Toshkulatov 1:07:36; Vokhidin Iskanderov 1:07:47; Bunyed Mukhiddinov 1:09:02; Fayzullo Pulatkhujayev 1:11:41; Olimzhon Abdusamadov 1:12:05; Asadbek Reyimbayev 1:13:29;

10 km Road Race:

Ruslan Khodzhiyev 31:02; Bekzod Boymatov 32:42;

Women:

Half Marathon:

Marjona Akhmadaliyeva 1:14:00; Iokhinabonu Kamilova 1:23:54; Dinora Ozadova 1:24:59;

10 km Road Race:

Shokhsanam Khurramova 36:46;

BRUNEI

Borneo Run Half Marathon at B.S.Begawan / 17.08.2025

Men:

Samson Karege Kamau KEN 1:16:23; Ruzaimi Mahadi BRU 1:17:38;

Women: