

## **Results from ASIA 2026 - 08**

### **ON THE ROAD**

**(-courtesy of newspaper websites - )**

### **KOREA**

#### **International Saemangeum Marathon at Gunsan / 05.04.2026**

**(-courtesy of Mr Seo Mi-Jeung, KAAF -)**

##### Men:

Isaac Kipkemboi Too KEN 2:07:15; Kipkemoi Kiprono KEN 2:07:16; Robert Kipkorir Kwambai KEN 2:07:24; Isaac Masai UGA 2:10:42; Desalegn Yilie Endalamaw ETH 2:13:42; Gantulga Dambadarjaa MGL 2:14:31; Kipkirui Langat KEN 2:16:05; Shim Jung-Sub KOR 2:16:37; Namera Kazuya JPN 2:17:46; Yuki Morita JPN 2:17:52; Kim Se-Jong KOR 2:18:04; Kim Ho-Yeon KOR 2:18:24; Han Seung-Hyeon KOR 2:18:41; Bat-Erdene Gansukh MGL 2:18:44; Ryo Matsushita JPN 2:18:50; Reiri Nakashima JPN 2:19:13; Jeon Jae-Won KOR 2:20:00; Choi Min-Yong KOR 2:20:20; Kim Jong-Hyun KOR 2:21:26; Pi Seung-Hee KOR 2:22:12; Jeong Han-Eul 2:22:28; Lee Dae-Jin KOR 2:23:05; Kim Yun-Sik KOR 2:23:11; Ryota Akino JPN 2:23:20; Yu Jin-Seo KOR 2:23:51; An Byeong-Seok KOR 2:24:34; Kim Ki-Yun KOR 2:25:20; Im Chae-Woo KOR 2:26:08; Park Yeong-Ryeol KOR 2:28:12; So You-Jun KOR 2:26:51; Choi Yu-Bin KOR 2:27:23; Kim Si-On KOR 2:27:54; Nam Hyuk-Jun KOR 2:28:14; Shu Naruge JPN 2:28:31; Kim Bo-Seong KOR 2:28:34; Gal-Erdene Odkhoo MGL 2:28:35; Yu Yokouchi JPN 2:28:56; Lee ang-Min KOR 2:29:02;

##### Half Marathon (National Race):

Oh Min-Seok 1:07:36; Choi Joong-Min 1:08:49; Ko Seok-Jun 1:09:09; Park Ki-Bum 1:09:36; Kim Ju-Hyun 1:09:39; Choi Byoung-Su 1:10:39; Kang Dong-Hoon 1:12:10;

##### Women (National Race):

Jung Hyun-Ji 2:36:23; Kim Eun-Mi 2:36:58; Han Ji-Hye 2:43:41; Shin Sa-Huin 2:44:56; Kang Ye-Jin 2:50:06; Lee Hyeon-Jeong 2:51:05; Park Ho-Sun 2:51:06; Kim Ryeo-Hyun 2:51:07; Lee Bo-Ra 2:51:13; Kang Hye-Rim 2:54:40; Shin Han-Seul 2:54:54; Lim Ji-Su 2:55:34; Park Su-Jeong 2:56:43;

##### Half Marathon (National Race):

Lee Soo-Min 1:13:44; Kim Hye-Mi 1:15:52; Lim Kyung-Hee 1:18:44; Kim Min-Jung 1:19:58; Kim Hyun-Jin 1:22:18; Kim Hwi-Kyung 1:28:11;

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## **UZBEKISTAN**

#### **International Marathon at Tashkent / 05.04.2026**

##### Men:

##### Marathon:

Shokhrukh Davlyatov UZB 2:16:28; Andrey Petrov UZB 2:18:00; Vladislav Pramau BLR 2:21:20; Bakhtiyor Utkirov UZB 2:24:19; Artem Barabanshchikov BLR 2:34:13; Sergey Shirokov RUS 2:37:08;

##### Half Marathon:

Hasan Mirsoatov UZB 1:07:44; Nuriddin Rakhmatov UZB 1:07:50; Ruslan Khodzhiyev UZB 1:08:02; Akmal Ochilkulov UZB/2007 1:08:24; Muhammadqodir Soatov UZB 1:08:29; Mukhrudin Mirzaliyev UZB 1:13:17;

Women:

Marathon:

Ekaterina Tunguskova UZB 2:43:21; Evgeniya Indina RUS 2:44:01; Elina Tolstykh RUS 2:44:58;  
Kseniya Avdeyeva KAZ 2:47:00; Martina Domantsevich BLR 2:51:47; Anna Kovaleva BLR 2:54:59;  
Lyudmila Zenkova BLR 2:59:14; Olga Krasnopolskaya BLR 3:03:14; Marina Khmelevskaya UZB 3:22:07;

Half Marathon:

Marzhona Akhmadaliyeva UZB 1:17:22; Irodakhon Olimova UZB 1:30:33; Dilfuza Allayarova UZB  
1:30:41; Diyora Valiyanova UZB 1:33:34; Alina Volkova RUS 1:36:03;

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## **INDIA**

### **National PNB Soldierathon at New Delhi / 05.04.2026**

Men:

Half Marathon:

Satyam ?? 1:05:51; Manish Rajput 1:06:09; Adesh Kumar 1:06:19; Ashwin ?? 1:06:56; Jagat Singh  
1:07:06; Pankaj Singh 1:08:20; Saurabh Kumar 1:11:27; Arjun Pradhan 1:11:33; Mukesh Kumar 1:11:36;

Women:

Half Marathon:

Neeta Rani 1:15:38; Ujala ?? 1:16:54; Ekta Rawat 1:19:03; Pukarvati ?? 1:22:13; Jaswant Singh 1:24:50;  
Ramni Patel 1:29:14;

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### **International Half Marathon at Jammu / 29.03.2026**

Men:

Yeneblo Biyazen Alehegn ETH 1:04:16; Gadisa Assefas Regasa ETH 1:05:02; Kennedy Kiprof KEN  
1:05:06; Enos Kipruto Saat KEN 1:05:08; Francis Cheruiyot KEN 1:05:10; Fredrick Yeko Domongole KEN  
1:05:14; Edwin Cheruiyot Soi KEN 1:08:22; ?? ?? ?? (no name) IND 1:08:25; Adetya Singh IND  
1:08:47; Varun Sharma IND 1:09:10; Vishnu Vir Singh 1:10:00;

Women:

Caroline Jeruto Chesir KEN 1:14:48; Selamawit Tena Geda ETH 1:14:50; Violah Chemos KEN 1:15:27;  
Ruth Chelangat Wakabu KEN 1:15:36; Meseret Mengistu ETH 1:19:58; K.M.Neha IND 1:27:27;

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### **National SBI Green Half Marathon at Pune / 22.03.2026**

Men:

Mrunal Sarode 1:08:00; Nikhar Bhalavi 1:09:09; Vushal Kambire 1:09:15; Raj Tiwari 1:09:16; Pawan  
Surwase 1:11:27;

Women:

Rani Muchandi 1:28:57;

## **JORDAN**

### **Intern.Bromine Dead Sea Marathon at Amman / 10.04.2026**

#### Men:

##### 50 km Ultra Race:

Huthaifa Al-Akkawi JOR 3:06:00;

##### Half Marathon:

Ahmad Sammour JOR 1:06:49; Ibrahim Salah JOR 1:12:54; Mohammad Al-Sheikh JOR 1:13:36;

##### 10 km Road Race:

Saad Atiyeh JOR 30:15; Suleiman Abu Shahab JOR 31:52; Awwad Al-Sharafat JOR 32:14; Mazen Ahmad JOR 32:24;

#### Women

##### Half Marathon:

Hanoia Hasabullah SUD 1:22:47; Nahedah Al-Bawat JOR 1:35:47;

##### 10 km Road Race:

Hebah Hammoud JOR 38:07;

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## **OMAN**

### **International Nizwa 10 km Run 2.0 at Muscat / 10.04.2026**

#### Men:

Bernard Mungai KEN 28:57; Ahmed Al-Amri OMA 30:15; Abdullah Al-Musalhi OMA 30:45;

Joseph Kyunguti KEN 30:45;

#### Women

Phidilia Masanju KEN 37:52;

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## **SAUDI ARABIA**

### **International Half Marathon at Jubail / 04.04.2026**

#### Men:

Ahmed Moussa Osman (DJI ??) 1:09:05; Muteb Faisal KSA 1:11:11;

#### Women

Phidilia Masanju KEN 1:29:41;

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## **PAKISTAN**

### **3<sup>rd</sup> International BYD Marathon at Karachi / 01.04.2026**

#### Men:

Muhammad Israr Khattak PAK 2:39:56;

#### Women

Sara Lodhi PAK 3:33:50;

# ON THE TRACK

## SAUDI ARABIA

(-courtesy of the Opentrack.run – website - )

### National Qualifier Meeting at Medina / 02. – 04.04.2026

following are detailed results from this competition for Men & Women with participation of several athletes from foreign countries (some athletes competing for KSA Club Teams and other foreigners as guests) / all sprint events show with wind-readings as “0.00” – so not valued in the following results / some sprint events were held with hand-timing & all sprint events were organized in several heats only (without addit. finals)

#### Men:

100 m (2) / Race 1: Rashid Hwaishel Al-Asimi OMA 10.46; Mulhim Darwish Al-Balushi OMA 10.56;  
Race 2: Ali Anwar Al-Balushi OMA 10.30; Race 3: Majid Ibrahim Hasan 10.83; Race 5: Ahmed Mabrouk Al-Majrashi 10.53; Nasser Ali Al-Masfuh 10.61; Faisal Saleh Al-Saqa 10.68; Badr Naif Al-Bishi 10.75; Abdou Ahmed Marzouk 10.76;  
200 m (3)/hand-timed: Race 1: Ali Anwar Al-Balushi OMA 20.6; Mulhim Darwish Al-Balushi OMA 20.8; Shaker Abd.Al-Salem 21.9; Race 3: Rashid Hwaishel Al-Asimi OMA 20.9; Youssef Mohamed Karam Dagher KUW 21.8; Race 5: Nasser Ali Al-Masfuh 21.3; Ismail Mohamed Al-Sabyani 21.3; Faisal Saleh Al-Saqa 21.6; Badr Naif Al-Bishi 21.9; Race 6: Essam I.Al-Samity 21.6; Ahmed Muhanna Al-Marouany 21.7; Abdou Ahmed Marzouk 21.8;  
400 m (2) Race 1: Youssef Mohamed Karam Dagher KUW 47.37; Race 5: Ismail Mohamed Al-Sabyani 47.20;  
800 m (3): Abdulsalam Ayouni TUN 1:50.18; Ibrahim Mohamed Hakami 1:52.63; Ibrahim Remaid Al-Zofairi KUW 1:53.54; Rayan I.Hasan 1:54.16; Bader Saad Al-Suwaid KUW 1:54.61; Ahmed Abdullah Al-Zayer KSA 1:55.35; Ali Ibrahim Al-Jaafar 1:56.71;  
1500 m (2)/hand-timed: Abdulsalam Ayouni TUN 3:51.3; Zouhair Aouad BRN 3:52.7; Haroun A.Jouma 3:54.4; Bader Saad Al-Suwaid KUW 3:56.4;  
3000 m (3)/hand-timed: Race 1: Albert Rop BRN 8:15.7; Mahamoud Othman SOM 8:19.8; Dawit Fikadu Admasu BRN 8:22.4; Raed Khairallah Al-Jadani 8:26.2; John Kibet Koech BRN 8:30.9; Abdullah A. Younes EGY 8:34.2; Race 2: Ali Al-Khalifah 8:22.4; Ibrahim Neremwa BRN 8:36.2; Abdulaziz Al-Ghamdi 8:40.6;  
5000 m (3)/hand-timed: Race 1: Haroun A.Jouma 14:17.1; Albert Rop BRN 14:21.1; Mahamoud Othman SOM 14:27.7; Dawit Fikadu Admasu BRN 14:34.5; Zouhair Aouad BRN 14:40.3; Race 2: Ahmed Abdiwahab USA 14:14.6; Abdullah A.Younes EGY 15:05.1;  
3000 m St (4)/hand-timed: John Kibet Koech BRN 9:12.2; Amin Al-Ah AFG **9:33.7/NR**; Yasser Abakar 9:38.8; Hail Al-Ghaby 9:39.4;  
110 m H (2) Race 1: Eisa Abdullah Jarrah 14.21; Shaker Abd.Al-Salem 14.54; Race 2: Saad Mohamed Johar Bakhit 14.56; Atia Mohamed Al-Shamrani 14.62; Mounir Hisham Al-Hashem 15.07;  
400 m H (3): Naif Rashid Al-Subaie/2007 51.69; Azam Ibrahim Abu Bakar NGR/KSA (??) 52.52; Mohamed Abd.Al-Amrad 52.59;  
H J (3): Fatik Yakoob Abdulghafoor OMA 2.15; Ahmed Sabri Mahmoud BRN/2007 2.10 / NJR & 2<sup>nd</sup> BRN All-Time; Mohamed Ahmed Al-Douaij KUW/2008 2.00;  
L J (2): Ahmed Abdullah Al-Tarouti 7.44/-0.5; Abdullah Mohamed Al-Azmi KUW 7.35/-0.2; Ali Hussein Al-Nasfan 7.27/-1.0; Abdullah Hasan Al-Barakaoui 7.20/ 0.0;  
S P (3): Abdulrahman Mahmoud BRN 17.87; Talal Masoud Al-Mutairy 14.92;  
D T (2): Abubakr Mohamed Zakaria 54.60; Osama Hassan Al-Oqaili 54.00; Ahmed Abdullah Al-Aali 48.46; Hadi Nadir Al-Moualem 45.95;

H T (4): Mohamed Abdullah Al-Zayer 62.23; Awad Bassem Al-Aithan 56.68; Hussein Fathi Al-Saeed 54.69; Riadh Yahya Al-Bishy 52.27; Abdulaziz Al-Masrahi 48.28; Marathadhy Al-Darouiche 47.41; Fahd Al-Shanaqaty 47.27;  
J T (3): Majed Mohsen Amir Al-Badri EGY 65.40;  
Decathlon (2/3): Ali Hassan Bayadhi Al-Zuwaid 6291 (11.44; 6.44/-0.5; 10.30; 1.68; 49.21 / 15.80/+0.7; 31.70; 4.30; 4.30; 48.49; 5:22.4);  
4x100 R (2)/hand-timed: Al-Thuqbah Team (A.A.Al-Tarouti, E.A.Jarrah, S.A.Al-Salem, A.A.Marzouk) 42.2;  
4x400 R (4)/hand-timed: Al-Khaleej Team (A.R.Al-Jarad, A.Ayouni/TUN, A.Hazazi, A.Quaradi) 3:21.8;

#### Women:

100 m (2) Race 1: Mariam Mahmoud Ahmed Rejal EGY 11.74; Mazoon Khalfan Al-Alaoui OMA 12.23; Azza Sultan Al-Ya'arabi OMA 12.27; Race 3: Hibah Amar NGR 12.22;  
200 m (3)/hand-timed: Race 1: Mariam Mahmoud Ahmed Rejal EGY 24.1; Race 2: Azza Sultan Al-Ya'arabi OMA 24.9; Hibah Amar NGR 25.3;  
400 m (2): Nelly Jepkosgei BRN 56.42;  
800 m (3): Nelly Jepkosgei BRN 2:04.65;  
1500 m (2): Violah Jepchumba Motosio BRN 4:40.77;  
3000 m (4)/hand-timed: Violah Jepchumba Motosio BRN 9:34.0;  
H J (2): Basant Mosaad Hassan EGY 1.60;  
L J (3); Esraa Owis EGY 5.96/-0.1; Mazoon Khalfan Al-Alaoui OMA **5.48/-0.9 / NR**;  
T J (3): Esraa Owis EGY 11.95/ 0.0;  
S P (2): Noor Mohamed Ibrahim EGY/2007 12.47; Nof Al-Dosary **9.67/NR**;  
D T (4): Noor Mohamed Ibrahim EGY/2007 45.57; Nof Al-Dosary 31.34;  
H T (3): Arij Mehdi Al-Mutlaq 38.37;  
Heptathlon (3/4)/hand-timed: Nadia Cheroudi TUN 4271 (14.7/+1.4; 1.54; 14.34; 26.8/+1.3 / 5.46; 33.46; dnf); Sarah Abdel Karim Al-Hilal **3971/NR** (15.5/+1.4; 1.39; 7.61; 26.6/+1.3 / 5.00; 24.42; 2:29.8); Mariam Al-Matar 3640 (17.6/+1.4; 1.48; 9.55; 28.5/+1.3 / 4.89; 26.01; 2:43.6);

#### Youth Girls:

100 m (2): Naema N.Othman BRN/2009 11.94;  
200 m (3): Naema N.Othman BRN/2009 24.97;  
H T / 3 kg (2): Abrar Zahar **28.32 / NYR**;

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## **National Junior & Youth Champs at Riyadh / 09. – 11.04.2026**

following are selected best performances from these National Champs (combined events for U20 Junior Men & U19 Boys) / all athletes from KSA except few guests as noted

#### Junior Men:

200 m (10)/+0.9: Raed M.Al-Baloushi OMA/2009 21.76;  
400 m (9): Naif Rashid Al-Subaie/2007 48.08;  
800 m (10) Race 1: Ayazhan Al-Shamesi 1:56.14; Race 2: Musaed Obaid Al-Subaie/2008 1:55.78; Ahmed Abdullah Al-Zayer 1:56.75;  
3000 m (9): Amer Al-Qathany YEM 8:53.24;  
110 m H / 99 cm (9)/nwi: Ali Abdulfattah Al-Rumayh/2007 13.88; Mohamed Thuwini Al-Thuwini 14.58; Rasheed D.Sharahily/2008 14.66;  
heats (9)/nwi h1: Al-Thuwini 14.96; Mutlaq Hahir Al-Saluli/2008 14.97; h2: Al-Rumayh/2007 14.56;  
400 m H (10): Naif Rashid Al-Subaie/2007 50.39; Ali Abdulfattah Al-Rumayh/2007 50.62;  
H J (10): Ahmed Sabri Mahmoud BRN/2007 2.05; Mohamed Ahmed Al-Douaij KUW/2008 2.00;  
P V (9): Mohamed Radhi Al-Qudaihi/2007 4.30; Haydar Ali Al-Ruqih/2009 4.20; Ibrahim Sadiq/2009 4.10;  
T J (11): Hassan Daabal 14.90w/+2.8;  
S P / 6 kg (10): Zayed Essam Al-Bishi/2008 17.62;  
D T / ex-competition / 2 kg: Abubakr Mohamed Zakaria 51.92;

H T / 6 kg (11): Mohamed Abd.Al-Zayer/2008 68.01;  
5000 m Walk (11): Ahmed Naif Majrashi/2008 26:12.93; Fahd Khabarany 26:48.58;  
Saoud Mesfer Al-Jnibi/2009 26:49.89;  
4x400 R (11) Al-Watan Junior Team (N.Bahakaly, A.N.Awaji, H.Al-Abassy, F.A.Mubarak) 3:21.68;  
Youth Boys:  
D T / 1.75 kg (9): Mohamed Essa Al-Subaie/2009 51.40;  
H T / 5 kg (11): Mansour Dahash/(2009 ??) 54.73;  
5000 m Walk (11): Saoud Mesfer Al-Jnibi/2009 26:49.89;

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## **National Qualifier Meet for Men & Women at Al-Bahah / 26. – 28.02.2026**

**(-correction to Report No 5 -)**

Junior Women / Youth Girls:

H J (28): Rinada Khalil/2011 is a foreigner from EGY competing for KSA Club Team and her 1.45 was not a **NR (eq) & NJR & NYR** for KSA;

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## **UNITED ARAB EMIRATES**

**(-courtesy of the Bobtimesport.com – website -)**

following are selected best performances from two National Championships with participation of several foreigners, who are UAE-based or competing for UAE-clubs / Nationality and accurate spelling of names for some of the competitors not available and therefore shown as “???”

## **National Championships at Dubai / 11. – 12.04.2026**

Men:

100 m (11)/ Race A/+4.4: Tsebo Matsoso RSA 10.15w; Ali Mohamerd Jassim 10.38; Abdullah Mooshdoud/2008 10.45w; Ahmed Ali Abdul Quddus/jr 10.47w: Race B/+5.7: Abdulhalim Youssef ??? 10.83w;  
200 m (12) Race A/-2.1: Suleiman Abdulrahman/2007 20.86/NJR; Tsebo Matsoso RSA 21.00; Ali Mohamed Jassim 21.53; Mohamed Sinan IND 21.67; Race B/+4.4: Abdullah Mooshdoud/2008 21.58w;  
400 m (11): Suleiman Abdulrahman 45.37/NR & NJR; Mohamed Sinan IND 47.27; Emmanuel Bamidele 47.56;  
800 m (12): Mersimwe Kasahun Bekele ETH 1:49.63; Saoud Juma Jassim Al-Zaabi 1:56.69; Mohamed Ahmed Al-Messabi/2007 1:57.26;  
3000 m (12): Abdulkarim Teki ETH 8:07.79;  
5000 m (11): Abdulkarim Teki ETH 14:08.27;  
400 m H (12): Vladimir Lysenko RUS 52.28;  
H J (12): Matvey Tychinkin RUS 2.15;  
P V (11): Stepan Kekin RUS 4.60;  
S P (11): Simon Borodayev RUS 17.97; Jassim Laskhkan Al-Balushi 14.61;  
D T (12): Simon Borodayev RUS 52.34;  
H T (11): Othman Al-Haloufi MAR 68.28; Nasser Saeed Al-Kathiri 51.93;  
J T (12): Majed Mohsen Ali Al-Badri EGY 67.87;  
4x100 R (11): Al Wasl Sports Team 42.36;  
4x400 R (12): Al Wasl Sports Team 3:27.41;

Junior Men:

200 m (12)/+2.4: Saeed Shoaib Omar/2009 21.60w;  
800 m (12): Nasser Al-Kaabi 1:57.60;

L J (11): J.Goodswell ??? 7.26/nwi; (could be Nkemakolam Goodswell NGR/ 2010 ??)  
H T / 6 kg (11): Ahmed Magdy Zakaria EGY/2010 69.97; Mohamed Adel Al-Ali/2008 63.22 / NJR;

Women:

100 m (11)/+0.6: Nyimasata Jawneh GAM 11.50;  
200 m (12)/+3.6: Aminat Kamarudeen/2007 23.44w; Fatma Ali Hassan Al-Balushi 25.62w;  
400 m (11): Aminat Kamarudeen/2007 55.07; Maryam Kareem/2008 57.11;  
400 m H (12): Maryam Kareem/2008 61.34;  
P V (11): Sara Karimi IRI 3.15;  
D T (12): Fatima Youssef Abd.Al-Hosani 46.30;

Junior Women:

100 m H (11)/+0.7: Sarah Fahad Qambar Mohammed 14.83;  
P V (11): Rashid Ibrahim Abdulrahman/2009 3.00/NR & NJR & NYR;  
T J (12): Samar Saleh Al-Saadiah 10.76 / NJR;

Youth Girls:

H T / 3 kg (11): Rodina Mohamed Adel Ibrahim EGY/2009 55.52; Wadima Haitham Al-Marri 41.76;

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**National Junior & Youth Champs at Dubai / 04. – 05.04.2026**

Junior Men:

100 m (4)/-0.4: Ahmed Ali Abdul Quddus 10.67; Abdullah Mooshdoud/2008 10.75;  
200 m (5)/+2.3: Abdullah Mooshdoud/2008 21.14w; Ahmed Ali Abdul Quddus 21.17w; Saeed Shoaib Omar/2009 21.76w;  
400 m (4): Saeed Shoaib Omar/2009 47.57;  
800 m (5): Jimmy Kannampuzha Adhil IND/2008 1:55.87; Mohamed Ahmed Al-Messabi/2007 1:57.30;  
H T / 6 kg (4): Mohamed Adel Al-Ali/2008 59.04;  
4x400 R (5): Hatta Sports Junior Team 3:24.62;

Junior Women:

100 m H (4)/-1.4: Maryam Kareem/2008 15.44;  
P V (4): Rashid Ibrahim Abdulrahman/2009 (2.90/NR & NJR & NYR);  
D T (5): Salma Haitham Rashid Al-Marri/2008 37.04;  
H T (4): Salma Haitham Rashid Al-Marri/2008 53.67/NR & NJR;

Youth Girls:

S P / 3 kg (4): Hanan Ibrahim Al-Suwardi 13.27 / NYR;  
H T / 3 kg (4): Linda Medhat Salem ???/foreigner 44.99; Dana Youssef Al-Hosani 41.64; Hajar Mahmoud Al-Saadi 41.55;

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**OMAN**

**5<sup>th</sup> National Athletics League Meeting at Muscat / 10.04.2026**

**(-courtesy of the Rosterathletics - website - )**

Men:

100 m/-3.5: Ali Anwar Al-Baloushi 10.47;  
200 m/+1.5: Hamza Abdullah Al-Jabri 21.45;  
400 m: Alhasan Al-Rudaini 47.89;  
800 m: Yakoob Khalfan Al-Saadi 1:55.23;  
1500 m: Hassan Hisham Mohammed 3:57.67; Jihad Salem Al-Mahrani 3:57.69; Majid Mohammed Al-Jadhami 3:57.74;

110 m H/+0.1: Nawaf Fahad Said Al-Azki 14.73; Faisal Fahad Said Al-Azki 15.09;  
400 m H: Naif Abdullah Al-Siyabi 54.70;  
H J: Fatik Yaqoob Abdulghafoor 2.05;  
T J/nwi: Obaid Abad Al-Ghabri 14.53;  
H T: Hajan Abd.Youssef Al-Hajry 56.07;

Junior Men:

100 m/+0.1: Ahmed Qais Al-Jabri/2008 10.82;  
H T / 6 kg: Mohamed Salah Salim Al-Balushi/2008 55.94;

Youth Boys:

800 m: Al Yazin Abd.Al-Shereiqi/2010 1:57.16;  
H T / 5 kg: Nibras Abdullah Al-Hajry/2010 51.80;

Women:

200 m/+0.3: Azza Sultan Al-Ya'arubi 25.28;  
T J/nwi: Mazzon Khalfan Al-Alaoui **10.96/NR**;

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## **INDIA**

### **(-courtesy of Mr Ram.Muralikrishnan - )**

following are detailed results from the 4 competitions of the National Athletics Series (with several excellent performances and a strong depth of good results in several events esp. at New Delhi & Bengaluru) followed by a few selected best results from the earlier KHELO INDIA Tribal Games / the ONE-DAY-Athletics Series Meetings were held without finals (combined results valued from several timed races for most events) / few foreign athletes from SRI and MDV competed as guests as noted

## **4<sup>th</sup> Meet of National Athletics Series at Ranchi / 12.04.2026**

Men:

100 m / Race B/-0.1: Aniket Nalawade 10.60; Race C/-0.4: Rohan Ghosh 10.68; Varun Oori Manohar 10.74;  
200 m / Race B/ 0.0: Mahendra Santa 21.96;  
800 m: Md Mahasin Awal 1:53.21; Debraj Mallick 1:53.62; Vipin Kumar Verma 1:54.42; Sayan Karmakar 1:54.53;  
5000 m / Race A: Shivaji Parashuram 14:15.15; Mrunal Sarode 14:16.84; Mohit Choudhary 14:20.20; Deepak Kumar Thakur 14:48.27; Panchana Bera 14:50.79; Ram Milan Nishad 14:55.98;  
Race B: Sandeep Pal 14:11.62; Harendra Singh 14:35.44; Shubham Sindhu 14:36.61; Prashant Choudhary 14:36.76; Vipin ?? 14:38.81; Gaurav Chaudhary 14:42.14;  
110 m H/+1.5: M.Krishik 13.72 / 4<sup>th</sup> IND All-Time; Rathish Pandidurai 14.10;  
400 m H/ Race A: Shakti Singh 51.34; Karthik Yarravarapu 51.71; Race B: Murad Sirman 51.78; Dhaval Mahesh Utekar 51.86; Nikunj Zala 52.61; Ruchit Mori 52.75;  
H J: Sarvesh Anil Kushare 2.19; Afroz Ahmad/2008 2.13; Md Nayeem 2.05;  
L J: Sarun Payasingh 7.48/+1.0; Muhammed Anees Yahiya 7.19/+0.3;  
T J: Yuva Raj 15.09/+1.6; Swagat Behera 14.89/+0.8;  
D T: Nirmal Jena 48.77;  
J T: Uttam Balasaheb Patil 74.85; Narayan Singh 66.62; Arun Modi 64.22;  
Junior Men / born 2006 or later:  
L J: R.C.Jithin Arjunan/2007 7.35/-1.8;

Women:

100 m/+0.2: Mousumi Roy Uttam 11.83; Himashree Roy 11.87; Binati Behera 12.14; Samriti Jamwal 12.24;  
200 m/-0.6: Mousumi Roy Uttam 24.79; Bidisha Kundu 24.99;  
400 m / Race A: Madhura Tishar Birje 57.06; Race B: Sukhi Baskey 54.91; Shravani Sachin Sangle 54.96;  
Rubina Yadav 56.30;  
800 m: Diptirani Sahoo 2:13.85;  
5000 m: Bharti ?? 16:55.42; Mamata Pal 17:55.45;  
100 m H/+0.2: Pragyan Prasant Sahu 13.62;  
400 m H: Vithya Ramraj 57.02; Anu Raghavan 57.48; Shravani Sachin Sangle 61.17; Aditi Banerjee 62.21;  
R.Aswini 63.76;  
L J: Ancy Sojan 6.45/+0.9; Manisha Merel 5.78/ 0.0; Bidisha Kundu 5.73/+0.9; Nupur Pandey 5.71/+0.2;  
T J: Nupur Pandey 12.64/-0.2; Poorva Hitesh Sawant 12.58/-0.3;  
J T: Ramyashree Jain 49.80;  
Junior Women / born 2006 or later:  
100 m/-0.4: Anushka Kar/(2006) 12.19;  
800 m: Vaishnavi Rawal/(2006) 2:10.25;  
100 m H/+0.4: Tiasha Chakraborty/2007 14.80;  
J T: Sabita Murmu/2008 45.30; Misti Karmakar/2009 41.14;

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## **3<sup>rd</sup> Meet of National Athletics Series at New Delhi / 11.04.2026**

Men:

100 m / Race B/+1.4: Abhinash Sahu 10.80; Race C/+0.1: Nayan Shah 10.81; Race D/+0.6: Merone Wijesinghe SRI 10.52; Race E/+1.0: Sumit Patel 10.75; Race H/+0.5: Amiya Kumar Mallick 10.58; Rohit ?? 10.59; Adesh Garsa 10.61; Race I/+1.0: Animesh Kujur 10.28 (10.272); S.Tamilarasu 10.28 (10.280); Gurindervir Singh 10.40; Harsh Santosh Raut 10.46; Pranav Pramod Gurav 10.47; Dondapati Mrutyam 10.54; Tharmaraj Gitson 10.55; Nuzrat ?? 10.62;  
200 m / Race A/+0.2: Dharmveer Choudhary 21.03; Shekher Tomer 21.64; Race B/+2.2: Harpreet Gill 21.53w; Race C/+2.1: Sumit Patel 21.53w; Brajesh Singh 21.63w; Race D/+2.7: Rohit ?? 21.53w; A.Suraj 21.66w; Nayan Shah 21.87w; Race E/+1.3: Emmanuel Paul 21.83; Ankit Chouhan 21.89; Mukul Gupta 21.92; Sachin Pilwan 21.96; Race F/+0.7: Mohammed Ashfaq/2007 21.57; Race G/+0.5: Animesh Kujur 20.74; T.K.Vishal 21.01; Dondapati Mruty 21.27; Adesh Garsa 21.56; Ishan Kumar 21.70; Lakshay ?? 21.95;  
400 m / Race A: Mohammed Ashfaq/2007 46.83; Race B: Rihan Choudhary 47.58; Rakesh Kumar Bajiya 47.82; Sourabh Tak 48.17; Race C: A.Suraj 47.08; Brajesh Singh 47.73; Abhishek Kumar 48.16; Maninder Singh 48.39; Race D: T.Santhosh Kumar 47.50; Deepak Kaushik 48.15; Suresh Puniya 48.29; Race E: Harpreet Gill 47.07; Race F: Kapil Raika 47.41; Abhishek ?? 48.64; Race G: Tarandeep Singh 46.70; Muhammed Ajmal 47.22; S.Barath 47.33; D.Ajay 47.37; Shubham Dattatray Deshmukh 47.53;  
Race H: Vikrant Panchal 45.88; Dharmveer Choudhary 45.93; Setu Mishra 46.97; Beenu Sharma 47.79; Subhas Das 48.29;  
Race I: T.K.Vishal 45.44; Theerthesh P.Shetty 46.41; S.Santhosh 46.91; Joel W.Nihal 47.03; K.Avinash 47.58; Prakhar Sharma 47.75; Sahil Malik 48.18;  
800 m / Race A: Shakeel ?? 1:50.33; Shiva Tomar 1:50.80; Race B: Ashu ?? 1:51.10; Aman Kumar 1:52.16; Nilkantha Ray 1:52.77; Aviral Tiwari 1:53.27; Neeraj Nishad Malla 1:53.30; Nakul Godse 1:53.36; Prince Bhullar 1:53.55; Himanshu Yadav 1:54.07; Nitesh Rajora 1:54.16; Race C: Anu Kumar 1:49.87; Prathamesh Amarish Deore 1:49.90; Vinod Kumar Banoth 1:50.96; Harsh ?? 1:52.33; Virender ?? 1:52.74; Sahil Khan 1:52.79; Aman Ojha 1:54.88;  
1500 m / Race A: Sonu ?? 3:43.38; Ritesh Ohre 3:46.12; Mehedi Hassan 3:47.66; Balkishan ?? 3:48.58; Prakash Kumar 3:49.11; Kartik Jayraj Karkera 3:49.97; Om Sharad Phad 3:52.07; Chanderpal Maiya 3:52.16; Ritik Sharma 3:52.20; Nitin ?? 3:55.41; Narender Singh 3:55.61; Race B: Shyam Milan Bind 3:49.87; Arjun Waskale 3:50.22; Ritik Deol 3:51.00; Shivam Sharma 3:52.02; Sunil Yadav 3:52.51; Ranvir Kumar Singh 3:52.76; Harshdeep Singh 3:52.98; Navdeep ?? 3:53.19; Sahil Khan 3:55.82;

10000 m / Race A: Kartik Jayraj Karkera 30:08.94 Vinod Singh 30:09.62; Prakashrao N.Deshmukh 30:17.85; Vikas Kumar Bind 30:19.44; Mukesh Kumar 30:21.00; Amardeep Pal 30:21.56; Mukesh Kumar 30:24.05; Manav Sharma 30:25.61; Rahul Pal 30:36.56; Rinkesh Meena 30:48.14; Versi Ram 30:53.63; Race B: Shailesh Kushwaha 30:01.08; Panchana Bera 30:14.82; Simran Singh 30:15.89; Rajesh Manmya 30:15.98; Pawan Kumar Samariya 30:15.99; Naresh Chopra 30:17.90; Subhasis Ghosh 30:23.54; Ganesh ?? 30:43.06; Sahil Sagar 30:49.33; Pankaj Yadav 30:56.17; Tanmay Pawar 30:57.29; Abdul Maifooj 30:58.52; 110 m H / Race A/+0.5: Harmanjeet Singh 14.45; Shivdarshan ?? 14.86; Vikash Kumar Pathak 14.93; Race B/+0.3: Muhammed Lazan 14.23; Shubham Rawat 14.56; N.Thowfeeq 14.60; Ritesh Choudhary 14.82;

400 m H / Race A: Kunal Kumar 53.78; Race B: T.Santhosh Kumar 51.19; Subhas Das 52.14; Karna Bag 52.50; Aryan Prajwal Kashyap 52.52; Hardeep Kumar 52.61;

H J: Dhairyshil Dhanaji Gayakwad 2.10; Abhiraj Nair 2.10; Adarshpreet Singh 2.05; Adityansh Singh 2.05; Akash Bijender 2.05;

L J: Mohd Atta Sazid 7.86/-1.9; Rajat ?? 7.41/+1.3; Mandeep Singh 7.39/+0.7; Amitra Ghosh 7.35/-1.5; Vishnu Siva Sankar 7.29/-1.3; Aman Singh 7.13/+1.8; Amit Kumar Yadav 7.11/-0.9;

T J: Dablu Roy 15.52/-1.0; Jagseer Singh 15.18/-1.1; Himanshu Yadav 14.87/-0.5;

S P: Tajinderpal Singh Toor 21.03 (20.18; 19.76; 20.05; 20.27; 20.40; 21.03); Karanveer Singh 19.30; Anurag Singh Kaler 18.03; Aryan Tyagi 17.44; Ravi Kumar 17.36; Adhish Ghildiyal 16.90; Akash Grehwal 16.83; Atul ?? 16.67; Parth Lakra 16.54; Sahib Singh 16.40; Prabhkirpal Singh 16.13; Shivam Choudhary 16.00; D T: Abhimanyu ?? 56.75; Kirpal Singh Batth 56.25; Bhartpreet Singh 54.86; Deepak Yadav 53.64; P.Surya Prakash 53.44; Harendra Singh 52.92; Ajay Kumar 52.83; Anurag Patel 52.14; Prateek Maan 50.84; Ujjawal Choudhary 50.59; Ashish Kumar 50.50; Rishabh ?? 50.28; Varun Singh 50.06; Ritik ?? 50.00; Tansihq ?? 49.71; Bhanu Sharma 49.61; Rohit Kumar 49.48; Hansraj Dhayal/2007 49.27; Pulkit Choudhary 48.90; Arvind Sharma 48.80; Pradeep Kumar 48.57; Abhinav Vaishnav 48.49; Aditya Sharma 48.30; Satywan ?? 48.14; Aman Chauhan 48.12; Sachin Suhag 47.76; Amit Kumar 47.67; Deepak Choudhary 47.44;

H T: Damneet Singh 67.74; Ashish Jakhar 66.82; Devang ?? 63.00; Amit Pundir 61.72; Arnav Yadav 61.10; Sachin Yadav 59.50; Mukul ?? 59.25; Jai Chand 59.20; Shankar Nagarajan 58.97; Rahul Kumar 57.94; Dupinder Singh 57.90; Shebeeb ?? 57.28; Mohd Tabis 57.26; Afsar Ahmad 56.88; Ajay Kumar 55.93; Nirmal Raj 55.93; Nitin Malik 54.85; Pawan ?? 54.71; Shiv Kumar 54.67;

J T: Rohit Yadav 82.17; Sachin Yadav 81.95; Yashvir Singh 81.61; Shivam Lohakare 79.05; Kishore Kumar Jena 77.79; Anand Singh 76.97; Dipanshu Sharma 73.92; Vipul Yadav 72.23; Vikrant Malik 71.47; Nitesh Yadav 69.68; Abhishek Drall 69.54; Akash Bhati 69.03; M.Niraj 68.01; Nikunj Singh 68.00; Harish Kumar 67.30; Vikash Sharma 67.04; Lakshay Singh 66.63; Nitish Yadav 65.87; Vishal Chaudhary 65.67; Sujit ?? 65.15; Pravesh Kumar 65.12; Virendra Yadav/2007 65.00;

#### Junior Men / born 2006 or later:

200 m / Race A/+0.6: Abhishek Singh Naruk/2008 21.69; Harsh Sharma/2007 21.81; Race C/+1.4: Jinoy Jayan/(2006) 21.71;

400 m / Race A: Yashwant Singh/(2006) 47.90; Race B: Mayank Chikara/2007 48.00; Race D: Astik Pradhan/(2006) 46.61; Jashanpreet Singh/2008 47.81; Abhay Kumar Dubey/2008 48.10;

1500 m: Vikas Kumar/2008 3:53.85; Chirag Chaudhary/2007 3:55.68;

110 m H / 99 cm / Race A/+0.4: Aryan ??/(2006) 14.20; Subshash Saini/2007 14.34; Nitin Singh/2008 14.73; Race B/+0.8: K.Kiran/2007 13.80; Nakul ??/(2006) 14.49; Saksham Chhikara/2010 14.59;

T J/nwi: K.Yuvaraj/(2006) 15.31;

J T: Arjun ??/(2006) 73.53; Himanshu ??/2008 72.76; Rohan Yadav/(2006) 71.53; Rajat Kumar/2008 70.36; Pankaj Gavale/(2006) 70.20; Adarsh ??/(2006) 65.51; Yuvraj ??/(2006) 65.34;

#### Women:

100 m / Race A/-0.3: Preet Kaur 12.08; Rishita Kaur 12.08; Shatakshi Rai 12.10; Race c/+0.7: Priyanka Sikarwar 11.88; Sonia Dalel 11.92; Sanjana ?? 12.16; Sneha ?? 12.21; Race D/+0.6: Nithya Gandhe 11.59; S.S.Sneha 11.63; Tamanna ?? 11.64; Srabani Nanda 11.77; Sudeshna Shivankar 11.78; A.T.Daneshwari 11.92; Unnathi Bollanda Aiyappa 12.16;

200 m / Race B/+1.3: Preet Kaur 24.85; Race C/+0.1: Sonia Dalel 24.31; Rishita Kaur 24.57; Teena Pareek 24.75; Race D/+1.0: Priyanka Sikarwar 23.91; Unnathi Bollanda Aiyappa 24.12; Swathi Rongali 24.77; 400 m / Race A: Anchal Rani 55.40; Srividya Bala 55.99; Race B: Priya H.Mohan 54.24; Yogesh Kumari 55.16; Nitisha ?? 56.42; K.Anaswara 56.63; Sushma Yadav 56.75; Race C: Machettira Poovamma Raju 54.39; Dandi Jyothika Sri 55.80; Geeta ?? 56.57; Riya Nitin Patil 57.06; P.Pavithra 57.21; Anushka Kumbhar 57.52; Race D: Rashdeep Kaur 53.10; Aishwarya Mishra 53.30; Priya Thakur 54.98; Akshi Malik 56.03; Shivkanya Mukati 57.31; Saroj Kanwar 57.74; 800 m: Astha Mallick 2:11.79; Preeti Yadav 2:11.97; Kritika ?? 2:12.69; Payal ?? 2:12.85; Shivani Hudda 2:13.44; M.S.Kamla 2:13.97; 1500 m: Susmita Tigga 4:46.06; Sangam ?? 4:46.39; Anjali ?? 4:46.74; Anisha ?? 4:46.76; 10000 m/hand-timed: Babli Verma 35:08.2; Ujala ?? 35:09.5; Aarti Pawara 35:09.7; Sonam ?? 35:11.3; Bhagirathi Bisht 35:12.3; Soniya ?? 35:18.5; Chatru ?? 35:50.1; Suchika ?? 35:50.7; Reeba Anna George 35:51.6; Shilpa Dihora 36:11.9; Khushboo Patel 36:14.7; Sonika ?? 36:16.8; Neeta Rani 36:17.6; Ravina Gayakwad 36:28.7; Reena Patel 36:51.2; Sushila Prajapat 36:57.5; Anjali ?? 37:50.4; 100 m H/+0.8: C.Anjali 13.58; Pranjali Dilip Patil 13.61; Namayi Ruchitha 14.00; Puja Koleypandit 14.39; 400 m H / Race A: Monika ?? 64.19; Race B: Gudiya ?? 59.23; Lovely Rajput 61.99; Himanshi ?? 62.38; Ramandeep Kaur 63.69; H J: Pooja Singh 1.90 / NJR & 3<sup>rd</sup> IND All-Time; Khyati Mathur 1.80; Reet Rathor 1.78; Manshi ?? 1.75; Jonika Pahal 1.70; L J: Shaili Singh 6.24/-0.9; Pariksha ?? 6.10/+1.4; Mubassina Mohammed 6.05/+0.5; Nidhi ?? 5.91/+1.5; Deepanshi Singh 5.89/+1.2; Deesha Ganapathy 5.83/+1.4; T J: Niharika Vashisht 13.41/-0.9; Nidhi ?? 12.65/+1.6; Hema ?? 12.63/+0.7; Rishika Awasthi 12.61/+0.8; Khushabu Verma 12.59/+1.5; Preeti ?? 12.30/-2.5; Martina Ilisiyus Lakra 12.14/+1.8; Rinku Choudhary 12.11/+1.8; S P: Shiksha ?? 16.50; Manpreet Kaur 16.42; Krishna Jayasankar 16.28; Yogita Parmar 15.91; Rekha ?? 15.45; Kachnar Chaudhary 15.41; Ramneet Kaur 13.76; Kavita Kumari 13.30; Sonal Goyal 13.14; Nandini Sharma 13.13; Vanshika Shekhawat 13.12; D T: Seema Kaliramna/(1999) 59.55 / 6<sup>th</sup> IND All-Time; Sanya Yadav 52.72; Bhavana Yadav 51.67; Anisha ?? 50.33; Krishna Jayasankar 50.08; Nikita Kumari 49.98; Neetika Verma 48.73; Priya ?? 47.93; Priyanshi Kulhar 46.43; Neha Jaglan 46.23; Pramila ?? 45.76; Ramneet Kaur 45.28; Kritika Kumari 44.70; Neetu Kumari 44.22; Sonal Goyal 43.00; Anusha Yadav 42.39; H T: Tanya Chaudhary 61.29; Manpreet Kaur 59.50; Divya Shandilya 55.53; Pratibha ?? 55.26; Komal ?? 52.51; Grima ?? 52.37; Ranju Devi 52.32; Anmol Kaur 50.74; Ritu Dhiman 47.58; Neha Swami 47.00; Renuka Yadav 46.41; J T: Shilpa Rani 54.29; K.Rashmi 54.26; Jyoti ?? 52.49; Harita ?? 51.61; Deepika ?? 51.47; Shakshi Sharma 49.01; Uma Choudhary 47.67; Lalita Choudhary 46.46; Manpreet Kaur Gurja 43.27; Sapna ?? 43.13; Vishakha Panwar 42.80, Diksha Dwivedi 41.67; Junior Women / born 2006 or later: 200 m/+1.6: Bhoomika Nehate/2009 24.67; 400 m: Bhumi Singh/(2006) 57.27; Riya Bisht/2008 57.57; T J: Jasleen Kaur/(2006) 12.98/+1.5; D T: Oshin ??/2009 45.13; Lakshita Mahlawat/2008 44.77; Tanisha Chahal/(2006) 41.69; J T: Poonam ??/2007 49.35; Bhavya Paliana/2007 47.00; Navreet Kaur/2007 42.87;

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## **2<sup>nd</sup> Meet of National Athletics Series at Jaipur / 05.04.2026**

### Men:

100 m / Race A/-0.5: Rohit ?? 10.63; Race C/-1.0: Harsh Santosh Raut 10.70; Race D/+0.7: Aaditya Tomar 10.75; 400 m / Race A: R.Boopathi 47.17; Rakesh Kumar Bajiya 48.40; Race C: Vikrant Panchal 46.98; Kapil Raika 47.53; Race D: Mukul Gupta 47.57; Suresh Puniya 48.27; Harpreet Gill 48.34;

1500 m Race A: Sonu ?? 3:43.70; Prakash Kumar 3:48.65; Ritik Deol 3:49.92; Harshdeep Singh 3:50.04; Narender Singh 3:51.01; Sunil Yadav 3:51.14; Arjun Waskale 3:51.34; Ravi ?? 3:54.80; Shivendra Singh 3:55.65; Race B: Arjun Vaishnav 3:46.34; Gambhir Singh 3:46.42; Sunil Dawar 3:50.05; Ritesh Ohre 3:51.39; Rahul Yadav 3:51.98; Ankit Yadav 3:53.94;

3000 m St / Race A: Jujhar Singh 9:05.87; Anupam ?? 9:07.74; Shubham Dapake 9:10.20; Ashish Pal 9:10.96; Vikash Dalal 9:15.52; Surjeet Singh 9:19.69; Puran Rai 9:23.80; Raj Kumar 9:24.23;

Race B: Rahul Phartyal 9:09.70; Dhuladev Baban 9:11.26; Deepak Bishnoi 9:12.59; Vinayak Pratap Singh 9:13.13; Soheli Beg 9:14.51; Ankit Rajesh 9:19.01; Vikas Kumar 9:20.10; Rahul ?? 9:22.38;

110 m H/-0.6: Shiv Darshan 14.99;

H J: Sunil Kumar 2.05;

P V: Kuldeep Kumar 5.25; Dev Kumar Meena 5.25; Avneesh Kumar 5.00; Anshu Patel 4.80; Aniket Kumar Patel 4.70; Raj Meena 4.60;

L J: Mohd Atta Sazid 7.63/-0.6;

T J: Dablu Roy 15.63/-0.2; Jagseer Singh 15.31/-0.2;

S P: Adarsh Sanjeev Khan 16.86; Armandeep Singh 16.67; Ankur Dixit 16.17;

H T: Ashish Jakhar 65.99; Devang ?? 63.38; Sachin Yadav 61.79; Praveen Kumar 61.44; Jai Chand 58.85; Narpal Singh 58.36; Rahul Kumar 58.16; Nitish Tomar 54.58;

J T: Yashvir Singh 77.00; Mangal Singh 67.94; Gyan Ranjan Mahato 67.48;

Junior Men / born 2006 or later:

200 m/+1.3: Glenn Rodney Nazare/(2006) 21.30;

400 m: Ajay Baliyan 48.66/2007;

1500 m Race A: Rohit Sagar/(2006) 3:56.24; Race B: Mohit Jagtap/(2006) 3:55.37;

3000 m St: Vedant Sanjay Tikone/(2006) 9:29.82;

110 m H / 99 cm/-1.4: K.Kiran/2007 14.14; Dhruv Milind Lawand/2008 14.50; Subhash Saini/2007 14.68;

H T / 6 kg: Manjot Singh/2008 60.15;

J T: Rohit ??/2008 70.60; Deepanshu Ravinder/(2006) 68.42; Chetan Jat/2007 67.24; Vijay Yadav/2007 64.37; Taran Singh/2008 63.78; Gaurav Khatana/2007 63.34; Aashutosh Bishnoi/2008 63.33;

Women:

100 m/+1.4: Kusum Thakur 11.82;

400 m: Anchal Rani 54.99; Rishita Kaur 55.74; Madhura Tushar Birje 56.40; Sushma Yadav 56.69; Diska Alige 57.74;

1500 m: K.M.Deeksha 4:25.74; Shilpa Dihora 4:34.47; Shivechha Vikas Patil 4:37.33; Kajal Rangnath Kanwar 4:38.93;

3000 m St: Anju ?? 10:27.70; Komal Chandrakant Jagadale 10:28.77; Khushbu Gupta 10:44.76; Maneesha ?? 11:05.11; Jada Rinkal Vinobhai 11:17.31; Sakshi Gurjar 11:44.06;

100 m H/+0.8: Puja Koleypanidit 14.93;

H J: Payal Jamod 1.71;

P V: Babita Patel 3.80; Nitika Anup Akare 3.80; Archana Singh 3.70; Baje Nagamma Ravinder 3.65;

L J: Priya Rathore 6.05/-0.5; Pariksha ?? 5.94/-0.2; Soniya ?? 5.68/-0.3;

T J: Rinku Choudhary 12.29/-0.2; Preeti ?? 12.17/-0.4;

S P: Kachnar Chaudhary 15.75; Suman Sharma 15.09; Kavita Kumari 13.74; Nandini Sharma 13.23;

H T: Tanya Chaudhary 62.18; Manpreet Kaur 59.37; Kulvinder Kaur 54.26; Soniya ?? 53.24; Pratibha ?? 52.21; Poonam Jakhar 51.61; Mital Solanki 49.46;

J T: Uma Choudhary 47.02; Khushee Yadav 46.68; Manpreet Kaur Gurja 44.18; Diksha Dwivedi 43.52;

Junior Women / born 2006 or later:

400 m / Race A: Mehardeep Kaur/2007 55.66; Reshma ??/(2006) 56.37; Roshani Yadav/(2006) 56.77;

Race B: Isha Rajesh Jadhav/(2006) 56.91; P.V.Abhirami/(2006) 57.46;

1500 m: Deepika ??/2009 4:41.67;

3000 m St: Aisha Verma/2008 11:05.43; Swapna Kodavath/2007 11:14.70;

H T: Nikita Poonia/2008 47.93;

## **1<sup>st</sup> Meet of National Athletics Series at Bengaluru / 04.04.2026**

### Men:

100 m / Race A/+0.8: P.Shandosh 10.45; Race B/+1.5: Aryan Jagdish Kadam 10.69; Krishna Prakash 10.79; Race C/+0.2: R.Ajin 10.62; Akelaan Nagarajan 10.78; Nayan Shah 10.79; Race D/+0.4: Nikhil Sarjerao Patil 10.75; Kaushik Kamat 10.79; Race E/+0.3: Pal Dhan Singh 10.71; Mahendra Santa 10.73; Race F/+0.3: Vibhaskar Kumar 10.57; Race G/+1.3: R.Saisiddharth 10.66; Arijit Rana 10.70; Aryan Samson Francis 10.75; Race H/+1.3: S.Tamilarasu 10.23; G.Ragul Kumar 10.49; Varun Oori Manohar 10.64; Mohamed Shan 10.70;

200 m / Race A/+1.0: Ankur ?? 21.31; A.Vetrivelan 21.75; Akelaan Nagarajan 21.80; Race B/+0.7: Vash Sameer Joshi 21.44; Prasannakumar Mannur Virup 21.59; S.R.Shyam 21.92; S.Manojkumar 21.99; Race C/+0.2: R.Laiju 21.42; K.Lokesh 21.48; Ankit Bhadu 21.88; Ankith Jogi 21.89; Jonathan Samuel George 21.92; Race D/+0.4: J.Gokul Pandiyan 21.35; Arunan Nithin 21.37; Nayan Shah 21.77; Race E/+1.4: R.Saisiddharth 21.19; Aryan Jagdish Kadam 21.20; Varun Oori Manohar 21.91; Idul Hussain 21.96; Noah Nirmal Tom 21.98; Race F/+0.3: P.K.Jishnu Prasad 20.76; T.K.Vishal 20.80; S.Tamilarasu 20.83; G.Ragul Kumar 21.03; Abhin B.Devadiga 21.47; Hassan Saaid MDV 21.80;

800 m / Race A: Kamalakannan Sundaravadanam 1:49.71; Kasi Boyana Yaswanth 1:50.51; J.R.Kalyan 1:50.95; Nilkantha Ray 1:51.02; H.V.Chinthan 1:53.42; Race B: Tushar Vasant Bhokane 1:48.87; Jagdish ?? 1:49.75; Aman Kumar 1:50.83; Sakir ?? 1:51.54; J.Rijoy 1:51.92; Vivek Pal 1:52.29; Ajay K.Viswanath 1:52.53; Pratik Kanere 1:53.00; Race C: Anu Kumar 1:48.21; Satyajeet Suresh Puja 1:48.68; J.Bejoy 1:49.62; Salman Farookh 1:51.50; P.R.Rahul 1:51.56; Race D: Krishan Kumar 1:48.48; Mohammed Afsal 1:48.79; Prakash Balu Gadade 1:49.07; Aman Kumar 1:49.23; Shyam Milan Bind 1:49.91; Somnath Chauhan 1:52.04; Premnath Subramaniam 1:53.14;

5000 m / Race A: Rahul Baloda 14:30.37; Shailabh ?? 14:34.05; Sunil Joliya Jinabhai 14:34.21; Saurabh Kumar 14:34.24; Mrunal Sarode 14:36.38; Sunil Kumar 14:36.95; Sandeep Kumar Singh 14:38.26; Deepak Kumar Thakur 14:39.19; Sandeep Chaudhary 14:43.02; Rahul Pal 14:48.04; Race B: Harmanjot Singh 14:21.07; Sharuk Khan 14:36.42; Deepak Bhatt 14:39.95; Gaurav Bhaskar Bhosale 14:44.33; Rahul Singh 14:53.93;

110 m H / Race A/+0.4: M.Krishik 13.87; Sahil Jagdish Gedam 14.50; N.V.Sahad 14.53; M.Rithik Rahul 14.63; Aravindh Subramaniam 14.73; Race B/ 0.0: Aravindh Arumugam 14.26; Rathish Pandidurai 14.30; Dhanush Adithan 14.38; S.Shahul 14.56; C.B.Shintomon 14.70; Race C/+0.2: Manav Rajanarayan 13.97; Muhammed Lazan 14.14; A.Graceson Jeeva 14.19; Siddhanth Umananda 14.29;

400 m H / Race A: Shakti Singh 51.48; Sunil Mourya 52.73; M.Manooop 52.82; Pranam Devendra 53.98; Race B: Nikunj Zala 51.92; T.Aghosh 53.43; Race C: Yarravarapu Karthik 51.79; Aryan Prajwal Kashya 52.31; S.Magendran 52.41; R.Santhosh 52.58; B.R.Balalabramaniam 53.57; Race D: Arjun Pradeep 51.04; Madari P.Jabir 51.36; Natarajan Kalainithi 51.45; Subhas Das 51.71; Jerome Sanjay Nishant 53.08; H J: Sarvesh Anil Kushare 2.23; J.Aadarsh Ram 2.23 / 7<sup>th</sup> (eq.) IND All-Time; Jesse Sandesh 2.10; Sudeep ?? 2.10; D.Deva Karthick 2.05; Nishad Kumar 2.05; S.Mohamed Fazil 2.05;

P V: Ganesan Reegan 5.35 / 2<sup>nd</sup> IND All-Time; Ramratan ?? 5.20 / 5<sup>th</sup> (eq.) IND All-Time; Kamal Loganathan 5.10; Sohan Ram & P.Subash Chandran 4.60; Anand Manoj 4.60;

L J: Murali Sreeshankar 8.15/+1.2; Sunny Kumar 7.90; Purushotham ?? 7.87; Mohammed Muhassin 7.73/+0.7; Sanmath Darshan 7.63/+0.9; S.Arya 7.60/+1.1; Muhammed Anees Yahiya 7.35/-1.0; Sushan G.Suvarna 7.31/+0.7; R.Swaminathan 7.23/+1.4; Siddharth Mohan Naik 7.13/+1.7; B.Naveen 7.11/+1.3; T J: Abdulla Aboobacker 16.82/-0.8; Mohammed Muhassin 16.16/+0.7; Gailey Venister 16.08/-0.8; Unnikrishnan Karthik 15.96/+0.6; Vishal Bahadur 15.59/-0.5; Donald Makimairaj 15.27/+0.5; Jay Shah Pradeep 15.17/+0.6; Pradeep Kumar 15.08/-0.6;

S P: Samardeep Singh Gill 19.74; Sri Kumaran 17.10;

D T: Bhartpreet Singh 55.86; Dharamraj Yadav 54.88; Mohammed Saqlain 53.96; Nagendra Annappa Naik 52.44; P.Surya Prakash 52.04; Ujiwal ?? 51.74; Devanshi Jagga 50.96; Dhanush Babu 49.62; Yashraj Jain 49.06; G.Lokesh Raj 48.64; Sumit Kumar 47.88;

J T: Bibin Antony 77.53; Anand Singh 75.69; Vikrant Malik 73.59; Shashank Patil 72.51; Sahil Silwal 71.05; Arun Baby 70.76; T.Kanishkar 69.34; T.Sharukh Husensab 66.39; Rabindra Kumar 65.10; Braveman Heart 63.90; Sarvesh Bharat Sonar 63.46;

Junior Men / born 2006 or later:

100 m / Race A/+0.3: Neil Samraj/2009 10.62; A.Abubakar/2008 10.71; Race C/+0.4: J.Nived Krishna/2008 10.55; Answaf K.Asharaf/2007 10.76;

800 m: Mogali Venkatram/2007 1:49.92; Mayank Yadav/(2006) 1:50.59; Harshal Joge/2007 1:51.94; S.Dhanush/2007 1:52.68; Lokesh Magendhiran/2007 1:53.01; Abhinav Singh/(2006) 1:53.30;

5000 m: Harshad Kadam/(2006) 14:44.76; Dinesh ??/2008 14:54.68;

L J: R.C.Jithin Arjunan/2007 7.33/-0.6; Ayush Yadav/2007 7.20/+1.0;

S P / 6 kg: Vaidik Tiwari/(2006) 16.70; Aryan Prashant Satpute/2007 16.45;

J T: Krishan Chandra/2009 70.68;

Women:

100 m / Race A/+0.6: A.Arathy 12.15; S.Akshaya 12.21; Race B/-0.4: A.P.Shilbi 12.00; K.Sreena Narayanan 12.17; Race C/+0.1: Giridharani Ravikumar 11.53; Kiruthika Ravishankar 11.89; V.Sudheeksha 11.91; Moumita Mondal 12.12;

200 m / Race A/+0.1: S.Akshaya 24.42; Sreena Narayanan Kutty 24.62; Pravalika Narimalla 24.74; A.P.Shilbi 24.88; D.Sai Sanyuktha 25.05; Race B/+1.9: Swathi Rongali 24.59; Sukhi Baskey 24.98; Race C/-0.1: Rashdeep Kaur 24.09; Parthipa Selvaraj 24.18; Prachi Subha 24.32; V.Sudheeksha 24.38; B.Bala Murali 24.64;

800 m / Race A: Vineeta Gurjar 2:11.24; Nikita Sharma 2:13.01; Race B: V.Kavitha 2:07.57; Ankita Dhiyani 2:07.87; Priscilla Daniel 2:08.21; Stephy Sara Koshy 2:13.31; Race C: Huidrom Bhumeswory 2:08.74; Thota Sankeertana 2:08.93; Prateeksha Yadav 2:10.23; Babitha C.Balakrishnan 2:11.42;

5000 m: Prachi Devkar Ankush 17:14.12; Sanghamitra Mahata 17:16.63; Sunita Devi 17:20.04; C.Priyanka 17:34.79; Nikita ?? 17:38.58; Supriti Kachhap 17:39.94;

100 m H / Race A/+0.9: C.Anjali 13.44; Pranjali Dilip Patil 13.58; Namayi Ruchitha 13.95; Shiny Gladssia 13.98; S.Srireshma 14.26; Soumya Varghese 14.55; Aerrolla Pranathi 14.88; Race B/+0.5: Nandhini Kongan 13.55; Pragyan Prasanti Saha 13.66; Shreeya Rajesh 13.70; Sabita Toppo 13.71; Kanimozhi Chandrasekar 14.10; Anjaly Thomas 14.93;

400 m H / Race A: S.Atchaya 60.81; R.Harshitha 60.87; K.Prajna 62.14; P.Kumari 62.63; Megha Revana Siddayarth 63.66; Deekshita Ramakrishnan 63.86; Race B: Vithya Ramraj 57.10; Sinchal Kaveramma 59.12; Delna Philip 62.13; Monika ?? 62.42;

H J: Pallavi Patil 1.76 (!); S.B.Supriya 1.75 (!); Athira Somaraj 1.70;

P V: Baranica Elangovan 4.10; Blessy Kunjumon 3.95; Mariya Jaison 3.90; V.Karthika & Pavithra Venkatesh 3.80; Krishna Rachan 3.80; Vanshika Ghanghas 3.80; Bhavya Jain 3.70; Parameshwari ?? 3.60; A.Deepika 3.50; M.Akshaya 3.40;

L J: Ancy Sojan 6.54/+1.0; Shaili Singh 6.52/+2.0; Moumita Mondal 6.37/+1.3; Mubassina Mohammed 6.36/+0.6; A.Abinaya Sri 6.21/+0.9; Bhavani Yadav Bhagawati 6.09/+0.9; V.S.Shridevika 6.01/+1.0; Taranika Teta 5.97/+0.8; Deesha Ganapathy 5.75/+1.6; S.N.Lakshanya 5.71/-0.6;

T J: P.Babisha 12.80/+0.7; K.N.Bhumika 12.74/+1.3; Rishika Awasthi 12.65/+0.7; Jenimol Joy 12.58/+1.6; Akanksha ?? 12.34/+1.5; Manali Chauhan 12.25/+0.5;

D T: Bhavana Yadav 52.51; Akhila Raju 49.19; Neetu Kumari 46.50; Soni Kumari 45.29; Amera Anwar Shah 45.21; Madhurya ?? 42.78; A.Rekhana 42.62;

J T: Karishma S.Sanil 50.24; Shivani Patel/2009 43.46; Kanishka Tonger/2007 42.74; Shravya ?? 42.66;

Junior Women / born 2006 or later:

100 m / Race B/+0.9: Amanya Suresh/2008 11.98; G.Bhavana/2007 11.99; Rujula Amol Bhonsle/2007 12.01; A.K.Thiya/2007 12.23; S.Suchithra/2009 12.23;

800 m: Heena ??/2007 2:08.54; M.Akslin/(2006) 2:10.75; M.Anslin/(2006) 2:11.29 (= twins !); Rupika P. Periasamy/(2006) 2:13.96; Geetika Dahiya/(2006) 2:14.32;

3000 m: Sonam Parmar/(2006) 10:03.46; Tamanna ??/(2006) 10:15.04;

S P: Munesh ??/(2006) 13.84;

D T: Munesh ??/(2006) 43.51; K.S.Anushree/2007 41.22; Purabi Padhi/2008 41.15;

## **Khelo India Tribal Games at Jagdalpur / 30.03. – 02.04.2026**

### Men:

100 m (31)/ 0.0: Shiv Kumar Soren 10.58  
200 m (2)/-1.1: Shiv Kumar Soren 21.51 (& 21.65/+0.5 as 1h2);  
800 m (1): Dayanidhi Munda 1:53.33; Gajendra Thakur 1:53.82; Rahul Oraon 1:54.32;  
400 m H (1): Roshan Khadia 53.41; Dnyaneshwar Kru Vali 54.02;  
J T (2): Gulab Singh 62.80; Promod Hagjer 62.30;  
10000 m Walk (1): Dasharath Ninga Talwar 45:13.85; Darshan Bharama Bagadi 46:25.90;

### Women:

800 m (1): Nagini ?? 2:13.80;  
1500 m (2): Nagini ?? 4:43.87;  
400 m H (1): Shivani Kumari 62.06;  
J T (1): Dhanmati Xess 44.79; Sabita Murmu 43.12; Gamit Apiksha 41.77;

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## **SRI LANKA**

### **Selection Trials Competition at Diyagama / 01. – 02.04.2026**

**(-courtesy of the Ceylonathletics - website - )**

following are detailed results from this competition, which was mainly held as Trials for qualification to the Asian U 20 Champs Team / excellent performances at Boys 400 m & several new NJR 's were achieved as below

### Junior Men:

100 m (1)/-1.0: M.P.Sandaruwan Silva/2008 10.74; Thimesh Chanuka Costa/2007 10.76; K.H.Shihan Nadeeshana/2008 10.84; Saad Faleel/2007 10.86;  
heats (1) h1/+0.7: Sadew Himal Fernando/2008 10.82; h2/+0.6: Nadeeshana/2008 10.81; h4/-0.1: Faleel/2007 10.67;  
200 m (2)/+1.1: S.M.Sadew Rajakaruna/2007 21.07; J.Omel Shashintha Silva/2007 21.22; O.P.Thisen Ranvidu/2007 21.39;  
heats (2) h1/+0.1: Rajakaruna/2007 21.74; h2/-0.4: Shashintha Silva/2007 21.73; Ranvidu/2007 21.75;  
400 m (2): J.Omel Shashintha Silva/2007 45.79 / missed NJR by 0.01 seconds & 7<sup>th</sup> SRI All-Time;  
S.M.Sadew Rajakaruna/2007 46.39; O.P.Thisen Ranvidu/2007 46.83; Iresh Maduwantha Bogoda/2008 47.45;  
E.A.I.Sankalpa Edirisinghe/2008 47.52; Kalana Oshada Jayamanna/2007 48.33;  
heats (1) h1: Ranvidu/2007 46.95; h2: Shashintha Silva/2007 46.59; h3: Rajakaruna/2007 46.61; Bogoda/2008 48.29; h4: Edirisinghe/2008 47.78; Jayamanna/2007 48.49;  
800 m (1): G.L.N.Dineth Liyanage/2007 1:51.16; Vishwa Piyumika Dhanasekara/2007 1:51.55; Kalana Oshada Jayamanna/2007 1:51.68; N.Akonik Dilshan/2008 1:52.51; Ramaiya Yadhurshan/2008 1:53.66; Prasanna Samarakoon/2007 1:54.11; R.D.Amarasinghe/2010 1:55.05;  
heats (1) h1: Dilshan/2008 1:55.69; Samarakoon/2007 1:55.85; h2: Liyanage/2007 1:51.20; Jayamanna/2007 1:53.83; D.P.S.K.Akash/2007 1:53.95; h3: Dhanasekara/2007 1:52.90;  
1500 m (2): G.L.N.Dineth Liyanage/2007 3:57.95;  
3000 m (2): P.R.Vidushan/2007 8:36.67 / NJR;  
3000 m St (1): R.A.D.L.D.Ranathunga/2007 9:35.91;  
110 m H/ 99 cm (1)/-2.3: A.A.D.Yauwana Maleesha/2007 14.21; E.P.Pawan/2008 14.39; K.M.Kaveesha Dilshan/2007 14.44; H.M.Sadew Anuhas/2008 14.44; D.K.Kamesh/2008 14.65;  
heats (1) h1/-1.1: Pawan/2008 14.37; Sadew/2008 14.53; Kamesh/2008 14.66; H.D.Sandula Jayampathi/2007 14.75; h2/-0.7: Dilshan/2007 14.26; Maleesha/2007 14.40;

400 m H (2): Shavidu Nimasha Dias/2008 52.10; Kalapanith Uyanwaththa/2007 52.86; H.A.Madura Dilshan/2008 53.06; P.T.R.P.Rashmika/2007 53.27; R.M.Rivindu Jayathissa/2007 53.71; M.A.I.Riffail/2007 53.74;  
heats (2) h1: Riffail/2007 52.65; Dilshan/2008 53.19; h2: Dias/2008 52.65; Jayathissa/2007 53.97;  
h3: Uyanwaththa/2007 53.27;  
H J (2): Nethra Chandupa Fernando/2007 2.12; D.K.Dissanayaka/2007 & S.Thribashith/2009 2.04;  
P V (1): S.Kajanan/2007 4.40;  
L J (2): H.M.Desara Herath/2008 7.51/+1.1; D.L.I.Dissanayaka/2007 7.29/+0.9; Dinuka Sampath Bandara/2007 7.05/-0.5;  
T J (1)/nwi: Thehara Ravishka Fernando/2007 15.74; I.D.S.Hansana Jayasinghe/2008 15.64;  
S P / 6 kg (1): Hesara Udantha Jayasinghe/2007 16.92 / NJR;  
D T / 1.75 kg (1): Binuda Bojitha Gunasekara/2008 48.97;  
J T (2): T.B.Thabrew/2007 65.58; Isitha Lakmith Wickramarachchi/2008 60.01;  
5000 m Walk (2): W.G.Chathura Sampath/2007 23:06.62;

#### Junior Women:

100 m (1)/nwi: P.U.D.Ransini Perera/2007 12.06; Risansa Hirupama Silva/2008 12.08; Dhananjaya Sewmini Fernando/2008 12.08;  
heats (1) h1/+1.0: Silva/2008 11.92; h2/+1.0: Fernando/2008 11.89; h3/-0.3: Perera/2007 12.00;  
200 m (2)/+0.2: Risansa Hirupama Silva/2008 24.04; P.U.D.Ransini Perera/2007 24.37; Dhananjaya Sewmini Fernando/2008 24.87;  
400 m (2): Ronalee Malithi Anne Pieris/2008 55.79; Warsha Dewmini Wimalasekara/2007 57.09; Radini Waranga De Silva/2008 57.38;  
heats (1) h2: Pieris/2008 56.31; h3: Wimalasekara/2007 57.92;  
800 m (1): M.P.Ayesha Sewwandi/2008 2:15.87;  
1500 m (2): M.G.Tharushi Abishekha Pemasiri/2008 4:28.35 / NJR; B.D.C.Sandeepani Silva/2008 4:43.74; M.P.Ayesha Sewwandi/2008 4:49.87;  
3000 m St (1): D.P.Nadeesha Samanmali/2007 13:09.04;  
400 m H (2): U.M.Sansala Himashini/2008 61.34 (& 62.23 as 1h2);  
H J (2): Mihinsa Dewmini Abeyrathna/2008 1.75; P.L.Shenuri Upeksha/2008 1.68;  
P V (1): Paratham Abishalini/2007 3.50 / NJR;  
L J (2): W.G.Sithmini Ranaweera/2008 6.03/+0.6; W.D.Kaushalya Perera /2008 5.76/-0.6; Oshini Kavindya Kodikara/2007 5.70/-0.5; S.Umaya Rathnayaka/2008 5.67/+1.5;  
T J (1)/nwi: Oshini Kavindya Kodikara/2007 12.59; Tashya Sefani Fernando/2008 12.13; W.D.Kaushalya Perera /2008 11.96;

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## **NEPAL**

### **2<sup>nd</sup> Open Athletics Meeting at Pokhara / 11. – 13.04.2026**

**(-courtesy of Mr Diwakar Lal Amatya - )**

following are selected best performances from this competition for Senior & Junior events /all events surely hand-timed, although times were published in 1/100th seconds & the times at 100 m are obviously faked or wrong recorded / information about Junior Records in Relays unconfirmed, because official NJR´s not reported before / overall no wind-measurements

#### Men:

100 m (12)/ obviously irregular timing & much too fast times for unknown sprinters:  
Aadesh Kumar Yadav (10.4 ??); Prabin Rana (10.4 ??); K.C.Sushil (10.6 ??);  
200 m (13): K.C.Sunil 22.1;  
400 m (12): Keshav Budha 49.5;

800 m (13): Keshav Budha 1:50.7 (?? / absolutely unknown runner / would be 3<sup>rd</sup> NEP All-Time);

Kushal Prasad Joshi 1:55.3;

1500 m (12): Mukesh Bahadur Pal 3:53.8;

3000 m (13): Mukesh Bahadur Pal **8:19.6/NR**; Rupesh Karki 8:36.2;

5000 m (12): Rupesh Karki 15:00.8;

#### Junior Men:

100 m (11)/ obviously irregular timing & much too fast times for unknown sprinters:

Prabin Rana (10.5 ??); Sudip Bhandari (10.6 ??);

200 m (12): Sudip Bhandari 22.1;

J T (11): Sohel Mansuri 54.88;

4x100 R (11): Gandaki Junior Team (S.Bhandari, B.Gurung, S.Kumar, P.Khadka) 44.5 /probably NJR ??;

#### Women

100 m (12): Sima Chaudhary 12.2;

3000 m (13): Santoshi Shrestha **9:43.2/NR**;

L J (13): Sima Chaudhary **5.97/NR**;

T J (12): Sima Chaudhary 12.00;

J T (13): Chandra Kala Lamgade 37.86;

#### Junior Women:

400 m (11): Sangita Bk ?? 61.0 / NJR;

4x100 R (11): Bagmati Junior Team (D.Gopali, A.Tharu, B.Khadka, Jharma Bk) 53.1 / probably NJR ??;

#### Mixed Relays:

Juniors / 4x400 R (11): Bagmati Junior Team (T.Magar, H.Sunar, A.Tharu, B.Khadka) 3:51.1 / probably NJR;

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## **HONGKONG**

### **4<sup>th</sup> HKAAA Athletics Series Meeting / 11. – 12.04.2026**

**(-courtesy of the HKAAA – website -)**

following are detailed results / all HKG athletes except several foreigners as noted

#### Men:

60 m (12)/-0.9: Deng Xinrui CHN 6.59; Cheung Ho Hin/2007 6.82; Keith Lee King Him 7.07; Lai Ka Shing 7.08; Wong Ching Kwan 7.11; Angus Wong Pak Hin 7.16;

heats (12) h5/+1.9: Cheung Ho Hin/2007 6.95; Lai Ka Shing 7.15; Chau Long Yat 7.18; h4/+0.8: Keith Lee King Him 7.03; Angus Wong Pak Hin 7.14; Lau Chun Leung 7.14; Li Sing 7.17; h3/-0.5: Wong Ching Kwan 7.12; h2/+0.3: Deng Xinrui CHN 6.59;

100 m (11)/+0.7: Antony Ma King Yeung 10.46; Magnus P.Johannsson 10.56; Cheung Ho Hin/2007 10.57; Liu Hiu Long 10.57; Lai Long Ting 10.61; Cheng Cheung Hung 10.63; Chui Lok Hei 10.79;

heats (11) h20/-1.0: Antony Ma King Yeung 10.63; Magnus P.Johannsson 10.78; h19/-0.4: Cheung Ho Hin/2007 10.62; Chui Lok Hei 10.85; h16/+1.1: Cheng Cheung Hung 10.64; h1/-0.2: Liu Hiu Long 10.70;

200 m (12)/+1.7: Magnus P.Johannsson 20.99; Cheung Chun Yin 21.55; Ho Wai Lun 21.56; Jamie Kwok 21.69; Hui Ho Hin 21.95;

heats (12) h8/-0.2: Magnus P.Johannsson 21.28; Wesley Leung Ching Hang/2007 21.44; Ho Wai Lun 21.77; Cheung Chun Yin 21.82; h7/-0.2: Jamie Kwok 21.96; Hui Ho Hin 21.97;

400 m (11): Chan Chun Ho 47.59;

800 m (12) / Race 5: Khan Mohammad Kamran 1:52.41; Oliver Fiore SGP/2009 1:55.70; Wong Lok Ching 1:57.07; Howard Hoi Hoi Wai 1:57.99; Race 1: Chan Yu Hin 1:56.92;

110 m H(12)/-0.4: Cheung Wang Fung 13.92; Ang Chen Xiang SGP 14.02; Liu Hiu Long 14.07; Lee Ka Yiu 14.37; Mak Tsz Ching 14.79; Lui Chun Yan 14.80; Cheung Siu Hang 15.17;  
400 m H(11): Isaac Cheung Cheuk Hei 54.26; Isaac Tong Pak Hin 54.60;  
P V (12): Wu Yen-Han TPE 5.20; Huang Cheng-Chi TPE 5.00; Cheung Pui Yin 4.60;  
L J (11): Law Ngai Him 7.68/+0.2 / 5<sup>th</sup> HKG All-Time; Lin Mingfu 7.66/-0.4; Wong Pak Hang 7.30/ 0.0;  
T J (12): Zhong Ming Hei 14.83/+1.5; Wong Chun Wing 14.71/+0.6; Cheung Wing Lok 14.68/+1.0;  
S P (11): Wong Kin Ming 14.19;  
D T (12): Siu Kai Wing 46.60; Lai Chi Yam 44.58; Tong Ho Yin 44.31;  
H T (11): Tse Tat Man 48.94; Daniel Lau Hang Jung MAS/2007 46.39;  
J T (11): Ricky Hui Wai Hei 65.88; Lam Tsz Ching 59.63;  
Decathlon (11/12): Leung Shing Hei 6413 / missed NR by 56 points only (11.07; 6.85; 11.51; 1.66; 51.48 / 15.23; 35.32; 3.50; 42.62; 4:53.73); Lo Yung-Hsuan TPE 5920; Tsang Sze Kwan 5815; Lin Kwan Ho 5776;

#### Women:

60 m (12)/-0.2/hand-timed: Kwong Wai Ki 7.8; Ng Hoi Ki 8.1;  
100 m (11)/+0.5: Chloe Chan Pui Kei 11.69 / 2<sup>nd</sup> (eg.) HKG All-Time; Wong Wan Chi/2007 11.94; Yu Pui Yi/2007 11.96; Kong Chun Ki 11.98; Chloe Pak Hoi Man 12.00; Leung Kwan Yi 12.00; Nicole Yan Sin Ting/2007 12.10; Lee Hai Yi 12.16;  
heats (11) h6/+0.2: Chloe Chan Pui Kei 11.70; Yu Pui Yi/2007 11.94; Chloe Pak Hoi Man 12.08; Kong Chun Ki 12.08; h5/+0.8: Wong Wan Chi/2007 11.88; Leung Kwan Yi 12.00; Nicole Yan Sin Ting/2007 12.03; Lee Hau Yi 12.08;  
200 m (12)/-1.0: Nicole Yan Sin Ting/2007 24.41;  
heats (12) h4: Nicole Yan Sin Ting/2007 24.50; Wong Wan Chi/2007 24.51 (dns in final);  
400 m (11): Claudia Chow Chi Kiu/2007 56.00 / 3<sup>rd</sup> HKG All-Time; Tang Pui Kwan 56.98; Poon Hang Wai 57.36;  
heats (11) h3: Claudia Chow Chi Kiu/2007 56.76; Tang Pui Kwan 57.00;  
1500 m (11): Wong Cheuk Ning 4:47.55;  
5000 m (12): Wong Cheuk Ning 18:23.99;  
10000 m (11): Vut Tsz Ying 38:22.71;  
3000 m St (11): Hau Ka Yan 12:11.85; Angelina Au Oi Yu 12:20.63; Tsoi Wai Kiu 12:52.58;  
100 m H(12)/-0.2: Alicia Barrett GBR 13.90; Lau Tsz Yan 14.01; Chloe Pak Hoi Man 14.08; Tang Hiu Ching 14.57; Ivy Liu Hoi Yan 14.63; Iris Huang Zhi Xun 14.85; Kate Lo Wing Yee 14.92; Patricia Anne Yeung 15.22;  
heats (12) h2/+1.0: Alicia Barrett GBR 14.07; Lau Tsz Yan 14.10; Chloe Pak Hoi Man 14.12; Ivy Liu Hoi Yan 14.43; Iris Huang Zhi Xun 14.72; Patricia Anne Yeung 14.90; Kate Lo Wing Yee 14.97; Yu Pui Yi/2007 15.09; h1/+1.3: Tang Hiu Ching 14.59;  
400 m H(11): Ashleigh Ma Ying Wen 61.22;  
H J (11): Phoebe Chung Wai Yan 1.76; Priscilla Cheung Ching Laam 1.76; Wong Yuen Nam 1.73; Cheung Tsz Ying 1.65;  
P V (12): Liao Yi-Chen TPE 3.65;  
L J (11): Janice Cheung Yiu Gi/2008 6.00/+0.3; Lau Hoi Ying/2009 5.70/-0.1; Megan Lie Hiu Yee/2007 5.62/-1.3;  
D T (12): Heidi Foo Hoi Yi 41.37; Ng Ka Lee 40.71;  
H T (11): Tam Hiu Ki 47.67; Yoyo Wong Zhi Yao MAS/2008 45.78;  
J T (11): Sarah Kwong Sze Oi/2007 45.66; Cyrene Hui/2007 45.14; Chiu Wai Yan 41.54; Gianne Mak Tsz Yan 40.55; Bernice Tse Tsau Lam 40.37;

## **HKG Junior Age Group Championships / 28. – 29.03.2026**

**(-courtesy of the competition – website -)**

following are detailed results from these Champs for different Age-categories

### Men / under 23 years:

60 m (29)/+0.3: Cheung Man Tik 6.91; Chau Long Yat 6.93; Keith Lee King Him 7.04;  
100 m (29)/+0.8: James Chan Ting Fong 10.47; Cheng Cheung Hung 10.50; Liu Hiu Long 10.51;  
Cheung Man Tik 10.77; Jamie Kwok 10.80;  
heats (29) h1/+0.2: Liu Hiu Long 10.50; Cheung Man Tik 10.72; Jamie Kwok 10.74; h2/-0.4: James Chan  
Ting Fong 10.69; h4/+0.4: Cheng Cheung Hung 10.65;  
110 m H (28)/+0.6: Liu Hiu Long 14.14; Mak Tsz Ching 14.98;  
HJ (28): Cheung Ming Hung 2.05; Ho Ho Wai 2.01;  
LJ (28): Lin Mingfu 7.59/+0.8; Loi Hoi Lam 7.52/+1.9; Law Ngai Him 7.47/+0.1;

### Junior Men / under 20 years:

100 m (29)/+1.0: Chan Yat Lok/2007 10.51; Cheung Chun Yin/2009 10.76;  
heats (29) h1/+0.3: Chan Yat Lok/2007 10.56; h6/+1.0: Jun Chae-Min KOR/2008 10.56; Cheung Chun  
Yin/2009 10.79; Chui Lok Hei 10.80;  
60 m H / 99 cm (29)/ 0.0: Ng Yue Kiu 8.23; Wong Ming Hun 8.44;  
110 m H / 99 cm (28)/+1.2: Leung Wai Kwan/2008 14.07; Ng Yue Kiu 14.20; Chong Ho Lun/2008 14.22;  
Cheung Man Hei/2008 14.51; Lam Yu Hin 14.62; Wong Ming Hin 14.81;

### Youth Boys / under 18 years:

100 m / heats (29) h5/+0.6: Isaac Man Sau Ching/2009 10.77;  
200 m (28)/-0.1: Pan Choi Chun 21.97;  
60 m H / 91.4 cm (29)/+0.6: Lin Ming Kin 8.09; Zhan Yulin 8.30; Ce Nam Yuen 8.42; Lai Po Yi 8.46;  
Lee Wai Chun 8.47;  
110 m H / 91.4 cm (28)/+0.2: Guo Juanhao/2009 14.18; Lin Ming Kin 14.24; Regan Shum Chun Hei 14.40;  
So Chi Wing 14.85; Zhan Yulin 14.85; Ce Nam Yuen 14.91;  
heats (28) h1/-0.2: Lam Ho Chun 14.73; So Chi Wing 14.80; h2/+0.2: Guo Juanhao/2009 14.72; Ce Nam  
Yuen 14.80; Zhan Yulin 14.94; h3/+0.2: Lin Ming Kin 14.42; Regan Shum Chun Hei 14.48;  
400 m H (29): Issac Cheung Cheuk Hei 54.35;

### Women / under 23 years:

60 m (29)/-0.4: Kwong Wai Ki 8.02; Wu Hei Man 8.02;  
100 m (29)/+0.1: Pak Hoi Man 12.11; Lee Hou Yi 12.12;  
100 m H (28)/-1.0: Pak Hoi Man 14.11; Iris Huang Zhi Xun 14.75; Patricia Anne Yeung 15.08;

### Junior Women / under 20 years:

100 m (29)/+1.6: Yu Pui Yi/2007 11.85; Wong Wan Chi/2007 11.99;  
200 m (28)/+1.4: Wong Wan Chi/2007 24.73; Claudia Chow Chi Kiu/2007 25.04;  
100 m H (28)/+2.1: Richelle Wo Hoi Yiu/2008 14.98w;  
LJ (28): Megan Lie Hiu Yee/2007 5.75/-0.4;  
D T (28): Venus Lo Wing Lam/2008 39.72;  
JT (29): Cyrene Hui/2007 40.57;

### Youth Girls / under 18 years:

100 m (29)/+1.0: Wong Wing Tung/2009 12.18; (& 12.20(+1.4 as 1h2);  
200 m (28)/+1.9: Liu Hui Yuet 25.29;  
800 m (29): Lam Wing Chi/2010 2:17.44;