

## Results from ASIA 2025 - 26

### ON THE ROAD

(-courtesy of newspaper websites - )

### UNITED ARAB EMIRATES

#### International Half Marathon at Ajman / 28.12.2025

Men:

Half Marathon:

Lulu Babsa Negera ETH 1:01:33; Yassir Echchaachoui MAR 1:01:38; Lencho Adugna ETH 1:02:09; Berhanu Feye ETH 1:03:03; Wabi Gidisa ETH 1:04:00; Abu Salam Mayanja UGA 1:04:47; Negesu Tadesse ETH 1:05:25; Sadem Desem ETH 1:05:59; Bayisa Aguma ETH 1:06:52; Najib Akhlij MAR 1:07:08; Saleh Al-Suwaidi UAE 1:08:43; Saeed Mohamed Obaid UAE 1:08:48; Abdalla Juma UAE 1:08:57; Asefa Misgun ETH 1:09:32; Saoud Al-Zaabi UAE 1:10:32; Sami Al-Maqbali OMA 1:11:28;

10 km Road Race:

Gadisa Assefa Regasa ETH 31:09; Julius Kyasanku UGA 31:40; Hamad Al-Zeyoudi UAE 32:01; Suhail Al-Bloushi UAE 32:16;

Women:

Half Marathon:

Bekeshe Olani ETH 1:10:20; Hiwet Tewelde Gebrewahid ERI/2006 1:10:24; Leslie Bedasa ETH 1:10:27; Tsige Alemu ETH 1:10:49; Tayitu Geshe ETH 1:12:55; Sarah Godfrey GBR 1:29:54; Hessa Al-Jassmy UAE 1:29:59; Andreia Gomes POR 1:30:50; Ruqaya Al-Marzooqi UAE 1:31:11; Vilma Leandri Fausto BRA 1:31:20; Phidilia Masanju KEN 1:31:42; Maria Markovicova SVK 1:31:49; Noura Sanah Al-Khalaf UAE 1:32:07;

10 km Road Race:

Edlawit Gashaw ETH 36:30 (2<sup>nd</sup> = 41:07 !!);

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## INDIA

### TATA Steel International World 25 km at Kolkata / 21.12.2025

(with thanks to Mr Ram.Muralikrishnan - )

Men:

Joshua Chegtegui UGA 1:11:49; Alphonse Felix Simbu TAN 1:11:56; Tebello Ramakongoana LES 1:11:59; Collins Kipkorir KEN 1:12:02; Gulveer Singh IND **1:12:06 / Asian Record & NR**; Fikadu Liche ETH 1:12:09; Wisley Yego KEN 1:12:12; Haymanot Alew ETH 1:14:35; Niguse Abera ETH 1:14:38; Harmanjot Singh IND 1:15:11; Reuben Rono KEN 1:15:24; Sawan Barwal IND 1:15:25; Stephen Kimutai KEN 1:15:29; Tamru Shifera ETH 1:15:48; Kartik Karkera IND 1:16:48; Anthony Kipchirchir KEN 1:17:04; Abhishek Pal IND 1:17:55; Hemant Singh IND 1:18:53; Gaurav Mathur IND 1:19:29; Abebe Mesfeh ETH 1:20:40; Puneet Yadav IND 1:22:00; Shanker Swami IND 1:24:00; Aneesh Chandel IND 1:26:15;

National Open Race:

Paul Avigiyan 1:18:08; Anupam Mahata 1:18:42; H.Prathames 1:21:12; Arjun Pradhan 1:21:42; Anant Gaonkar 1:22:32; Yogish Saini 1:22:41; Manav Sharma 1:23:20; Teiboklang Biam 1:23:32; Daivo Mitrc Suting 1:24:14; M.Chandra Kanth 1:24:20;

Women:

Degitu Azimeraw ETH 1:19:36; Sutume Asefa Kebede ETH 1:20:28; Meselech Alemayehu ETH 1:20:48; Kuftu Tahir ETH 1:23:32; Demilew Zemenaw ETH 1:23:34; Netsanet Tafere ETH 1:23:56; Rediet Daniel ETH 1:24:18; Aberash Minsewo ETH 1:24:48; Ergash Heshe ETH 1:24:59; Seema ?? IND **1:26:04 / NR**; Mastewal Sile ETH 1:26:36; Tibeb Tafere ETH 1:27:33; Agnes Keino KEN 1:29:21; Sanjivani Yadav IND 1:30:34; Nirmaben Thakor IND 1:32:02; Ujala ?? IND 1:32:49; Bhagirathi Bisht IND 1:33:23; Aarti Pawana IND 1:36:43; Phoolan Pal IND 1:41:18;

National Open Race:

Shampa Gain 1:38:27; Gargi Sharma 1:38:37; Bandana Subba 1:40:56; Samjana Subba 1:43:20; Stanzin Dolkar 1:43:41; Puja Mondal 1:43:57;

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## **BSF National Half Marathon at Qaisalmer / 21.12.2025**

Men:

Dharmender ?? 1:04:30; Dhiraj Yadav 1:04:49; Mukesh Kumar 1:05:07; Neeraj ?? 1:05:15; Harish Sheoran 1:05:40; Manjit Singh 1:05:54; Hukam Singh 1:07:56; Ravi Dass 1:08:35; Kailash Chaudhary 1:08:38; Pramod Singh 1:08:41;

Women:

Renu Singh 1:18:31; Nirmala ?? 1:18:32; Pooja ?? 1:18:33; Ankita Gavit 1:18:34; Sonika ?? 1:18:46; Khushbu Gupta 1:18:47; Chatru ?? 1:19:03; Pooja (II) ?? 1:19:25; Ekta ?? 1:24:07; Veerpal Kaur 1:27:01;

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## **CHINESE TAIPEI**

### **International Marathon at Taipei / 21.12.2025**

**(-with thanks to Mr Daniel Tseng, TPE Athletics Association - )**

Men:

Marathon:

Bethwel Kibet Chumba KEN 2:09:31; Jonathan Samanayo Korir KEN 2:09:51; Wilfred Kirwa Kigen KEN 2:10:30; Tafese Delelegn Abebe ETH 2:11:04; Aredom Tiunmay Degefa ETH 2:11:14; Maru Teferi ISR 2:11:48; David Barmasai Tumo KEN 2:13:43; Jeremia Njenga Njeri KEN 2:14:17; Samuel Mungara Kamiti KEN 2:14:30; Okubay Tsegay Gebretnsae ERI 2:17:00; Kiproton Tonui KEN 2:1:10; Takashi Mino JPN 2:19:11; Shimojo Daisuke JPN 2:22:00; Shih Yu-Tsuo TPE 2:22:59; Adrian Pawel Bednarek POL 2:23:00; Chou Ting-Yin TPE 2:23:42; Hiroki Nakajima JPN 2:25:14; Gen Hachisaka JPN 2:25:49; George Mbugua Ngur KEN 2:26:43; Li Han-Hsuan TPE 2:29:12; Tsao You-Rui TPE 2:29:51; Semir Naser Sheriff ETH 2:30:14; Jun Aoki JPN 2:32:18; Deng Hsin-Kuan TPE 2:32:56;

Half Marathon:

Kodai Toyota JPN 1:05:23; Victor Kiproton Kiplagat KEN 1:05:33; Francis Kioko Nzyoki KEN 1:05:43; Tien Tsui-Hsiang TPE 1:08:25 1:08:25; Chiang Yan-Lun TPE 1:08:38; Lin Che-Wei TPE 1:08:44; Huang Hua-Fan TPE 1:09:00; Tseng Ting-Wei TPE 1:10:12; James Drakeford GBR 1:10:32; Tsai Cheng-Hsuan TPE 1:10:44; Vincent Chan Chun Wing HKG 1:10:57; Jun Nishiyama JPN 1:11:03; Lau Tsun Ling HKG 1:11:05; Kwok Chung Hin HKG/2006 1:11:24; Chan Ka Ho HKG 1:11:24; Lai Hsien-Hung TPE 1:11:50; Luk Chok Yan HKG 1:11:52; Chou Hsien-Geng TPE 1:12:03; Liu Ming-Yang TPE 1:12:11; Liao Hsuan-Hao TPE 1:12:16; Chen Pei-Yu TPE 1:12:23; Huang Yang-Tsi TPE 1:12:29; Hsu Li-Hong TPE 1:12:39; James Orduna PHI 1:12:51; Robert Meyer USA 1:13:01; Lin Long Ki HKG 1:13:22;

Women:

Marathon:

Gadise Mulu Demissie ETH 2:24:17; Tirfi Tsegaye Beyene ETH 2:24:49; Volha Mazuronak BLR 2:29:39; Sharon Jerono Kiptugen KEN 2:33:52; Visiline Jepkesho KEN 2:36:10; Truphena Chepchirchir KEN 2:39:22; Jeminah Wayua Musau KEN 2:40:51; Tomomi Nakajima JPN 2:41:00; Yoshimi Tanaka JPN 2:46:26; Chang Chih-Hsuan TPE 2:47:14; Trillium Chang TPE 2:48:26; Yasutome Yukari JPN 2:51:53; Lee Chia-Mei TPE 2:53:48; Chu Ying-Ying TPE 2:55:33; Hsieh Chien-Ho TPE 2:56:20; Yamada Shiho JPN 2:58:34; Huang Hsing-Yi TPE 3:03:00; Lin Kuan-Ju TPE 3:03:04; Tsai Han-Chi TPE 3:04:17; Lin Chi-Yu TPE 3:04:22; Liu Ping-Ping TPE 3:04:52; Lin You-Ting TPE 3:05:41; Bai Tsi-Rui TPE 3:06:08; Ma Hui-Wen TPE 3:06:22; Song Dingyang CHN 3:06:28; Er Yi-Ru TPE 3:06:45;

Half Marathon:

Nancy Jebet Koech KEN 1:14:18; ?? ?? (no name reported) JPN 1:16:27; Kana Kurosawa JPN 1:16:47; Yiu Kit Ching HKG 1:17:43; Tsang Hiu Tung HKG 1:19:16; Wu Wan-Ching TPE 1:19:21; Wan Sze Wai HKG 1:19:27; Eunice Mukina Mutungi KEN 1:20:23; Tong Lok Yu HKG 1:20:30; Chen Mei-Tung TPE 1:20:50; Su Feng-Ting TPE 1:20:59; Vut Tsz Ying HKG 1:21:23; Siu Wai Yue HKG 1:21:32; Wong Cho Sum HKG 1:21:39; Tung Chia-Chi TPE 1:22:12; Lo Pei-Tzu TPE 1:22:52; Moa Elin Maria Stahlberg SWE 1:23:58; Chen Yi-Ning TPE 1:24:25; Cheng Chin Nung HKG 1:25:04; Hu Ting-Yun TPE 1:25:12; Bridget Tobias USA 1:25:20; Kwong Tsz Yu HKG 1:25:21; Chang Chi-Wen TPE 1:25:40; Yan Hsiao-Ching TPE 1:25:56;

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## **THAILAND**

### **Internat.Bangsaen 21 Half Marathon at Chonburi / 21.12.2025**

Men:

Samwel Nyamai Mailu KEN 1:02:59; Teresa Nyakola Gela ETH 1:03:22; Seyoum Beharu Regasa ETH 1:03:36; Gelana Teshome Jira ETH 1:04:20; Eyob Ghebrehiwet Faniel ITA 1:05:54; Abdi Asefa Kebede ETH 1:05:55; Nattawut Innum THA 1:10:10; Arthit Soda THA 1:10:50; Pongsakorn Suksawat THA 1:11:32; Panuwat Satapornjit THA 1:12:17; Jo Fukuda JPN 1:12:17; Anuphap Pothimete THA 1:13:14; Chutidech Tanomsup THA 1:13:49; Nattawut Srinat THA 1:14:30; Anuchit Jiw THA 1:14:27; Phongsit Chinpawo THA 1:14:42; Sodsai Dungkaew THA 1:14:59;

Women:

Dolphine Nyaboke Omare KEN 1:10:14; Beriha Gebreyohanes Gebreslasie ETH 1:11:12; Mehret Gameda Robe ETH 1:12:30; Lelise Bekele Bedasa ETH 1:13:49; Kalkidan Fentie Debeb ETH 1:17:59; Pareeya Sonsem THA 1:22:05; Ornanong Wongsorn THA 1:22:14; Linda Janthachit THA 1:24:13; Kawinthida Thadased THA 1:25:35; Thanaporn Phattanothai THA 1:25:37; Kamolwan Leeratermpong THA 1:27:42; Suphansa Pholami THA 1:28:52; Charinya Kanchanasevee THA 1:29:22; Parichat Assawaplugsachat THA 1:29:49; Kewalin Pengkham THA 1:30:21; Marie Pinnell USA 1:32:05; Soraya Saait THA 1:32:30; ...21. Santy Phoneprasith LAO 1:33:41;

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### **Muang Thai International Marathon at Chiangmai / 21.12.2025**

Men:

Marathon:

Wojciech Kopec POL 2:29:22 (no others under 2:40);

Half Marathon:

Paul Ngugi Wangari KEN 1:12:58;

Women:

Marathon:

Fravi Monthia THA 3:03:05;

Half Marathon:

?? ?? (no translation of name) THA 1:31:53;

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## **MALAYSIA**

### **Mualim International Half Marathon at Sultan Idris / 28.12.2025**

Men:

Evans Kiptoo Bomer KEN 1:10:42; Samson Karega Kamau KEN 1:11:26; Muh.Haziq Hamzah MAS 1:13:07; Ow Yong Jin Kuang MAS 1:15:35;

Women:

Lucy Liayaga KEN 1:20:18 (2<sup>nd</sup> = 1:41:50 !!);

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## **BRUNEI**

### **BMW Brunei Internat. Half Marathon at B.S.Begawan / 21.12.2025**

Men:

Martin Onesmus Muasya KEN 1:13:04; Dennis Isika KEN 1:15:21; Ruzaini Mahadi BRU 1:16:42;

Women:

Tho Siwa Khim MAS 1:43:25;

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## **VIETNAM**

### **International Heritage Marathon at Can Tho / 21.12.2025**

Men:

Marathon:

Huynh Anh Khoi VIE 2:30:38; Edwin Yebei Kiptoo KEN 2:35:03;

Half Marathon:

Ly Nhan Tin VIE 1:13:32;

Women:

Marathon:

Le Thi Ha VIE 2:59:49; Nguyen Thi Thu Ha VIE 3:11:58; Quach Thi Bich Thuy VIE 3:19:35;

Half Marathon:

Nguyen Khanh Ly VIE 1:24:00; Nguyen Thi Thu Thao VIE 1:31:29;

## **INDONESIA**

### **International 10 km Road Race at Semarang / 14.12.2025**

#### Men:

Frankline Saitoti KEN 30:31; Charles Munyua Njoki KEN 30:34; James Kahura KEN 30:59;  
Daniel Simanjuntak INA 31:00; Iqbal Saputra INA 31:09; Immanuel Hutasoit INA 31:27;

#### Women:

Lucy Nthenya Ndambuki KEN 33:45; Nefriana Ariance Daik INA 37:05; Agustina Mardika Manik INA  
37:30; Irma Handayani INA 38:45;

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## **PAKISTAN**

### **International Lok Sabaita Marathon at Islamabad / 21.12.2025**

#### Men / Marathon:

Abdelmadjid El Hissouf MAR 2:22:33; Miheretu Neber Ayalew ETH 2:38:28; Jackson Maina Miriu KEN  
2:30:58; Israr Muhammad Khattak PAK 2:35:31; Peter Mwikya Munyao KEN 2:36:56; Hamas Minhas  
Khalid PAK 2:39:55;

#### Women / 10 km Road Race:

Mueni Mutuku KEN 40:15;

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## **HONGKONG**

### **ASICS Hongkong Half Marathon / 21.12.2025**

#### Men:

Rimal Hari Kumar NEP 1:12:56 (1<sup>st</sup> Master); Leung Tak Yeung 1:13:12; Chow Ho Long 1:13:21;  
Chong See Yeung 1:14:00; Tse Kok Wai 1:14:13; Marcus Cheng Man Ho 1:14:49;  
...1<sup>st</sup> Junior: 9. Chung Tak Chak 1:15:52;

#### Women:

Lo Ying Chu 1:20:36; Leanne Szeto Shin Yan 1:23:32; Lea Chvalovska NED/CZE (??) 1:26:50;  
Ho Lok Man 1:29:14 (1<sup>st</sup> Masters); Lai Wing Yan 1:30:44; Pun Kam Ling 1:31:33; Fan Ching Yee 1:31:47;

# ON THE TRACK

## HONGKONG

### HKAAA Challenge & AgeGroup Champs / 20. - 21.12.2025

(-courtesy of the HKAAA - website -)

following are selected best performances from the 2<sup>nd</sup> part of this competition (see 1<sup>st</sup> part by Report No 25) / all HKG athletes except few guests from MAC

#### Men:

800 m (21): Chu Lok Yin 1:57.84;

H J (21): Cheung Ming Hung 2.04;

T J (21): Chan Chi Keung 14.62w/+2.1;

J T (21): Tse Tak Chi 58.93;

Decathlon (20/21): Leung Shing Hei 5925 (11.29; 6.71; 11.36; 1.66; 52.89 / 15.52; 33.17; 3.00; 40.34; 5:11.25); Tsang Sze Kwan 5791;

#### Junior Men / under 20:

100 m / heats (20) h5/+1.5: Xavier Wong Hoi Yuen/2007 10.84;

400 m (20): Huang Jing Song MAC/2006 49.29;

400 m H (21): Cyrus Chung Long Hei/2007 52.96;

H J (20): Lai Pak Hei/2007 2.01; Ho Ho Wai/2006 2.01;

#### Women:

200 m (21)/+1.4: Leung Kwan Yi 25.14;

H J (21): Cheung Tsz Ting 1.65;

T J (21): Sylvia Chow/2006 12.39/+0.2 / NJR;

#### Junior Women / under 20:

200 m (21)/+2.4: Chow Chi Kiu/2007 24.87w;

#### Youth Girls / under 18:

100 m / heats (20) h2//+1.5: Yip Man Yan/2008 12.26;

J T / 500 g (21): Poek Ying Lam 44.81; Kwan Yan Yi/2008 41.83;

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## KUWAIT

### National Preliminary Men Champs at Al Kuwait / 01. - 04.12.2025

(-courtesy of the World Athletics - website -)

following are the best results (out of the restricted information as published by the above website )

100 m (1)/-0.7: Mishal Khalifa Al-Mutairi 10.59; Yacoub Mohamed Al-Azmi 10.78; Hamoud Tarek Al-Ahmad 10.90;

200 m (3)/+1.2: Mer Sulaiman 21.58; Yacoub Mohamed Al-Azmi 21.73; Ali Ashkanani/2007 22.08;

400 m (1): Youssef Karam Dagher 47.66; Mer Sulaiman 47.99; Ali Ashkanani/2007 48.87;

800 m (3): Ibrahim Remaid Al-Zafairi 1:51.94; Bader Saad Al-Suweid 1:52.48;

1500 m (1): Bader Saad Al-Suweid 3:52.32; Ibrahim Remaid Al-Zafairi 3:53.86;

110 m H (1)/+0.3: Yacoub Mohamed Al-Yoha 13.55; Mohammed Badr Al-Enezi 14.10; Jassem Mohamed Al-Qanaei/2006 14.91; Abdallah Al-Maness 15.02;

400 m H (3): Mohamed Badr Al-Enezi 52.89; Abdelaziz Saad Al-Harbi 54.89;

L J (2): Abdullah Mohamed Al-Azmi/2006 7.13/-0.2;  
S P (2): Hussain Nasser Al-Qattan 17.48; Ibrahim Juma Al-Fadli 17.38;  
D T (4): Abdullah Mohamed Al-Zankawi 55.47; Essa Mohamed Al-Zankawi 55.23;  
HT (1): Youssef Mohamed Ali Rajab 63.45; Talal Badr Al-Rushoud 61.61; Mohamed Adel Khan 59.13;  
J T (2): Abdulrahman Fawaz Al-Azemi 69.85;

Youth Boys:

P V (1): Mahdi Al-Sabagha/2009 4.52 / NYR;  
H T / 5 kg (3): Bader Al-Tararwa/2009 50.42; Fares Al-Theyab/2010 57.78; Abdulrahman Al-Rashidi/2009 55.65; Abdulkarim Al-Hasan/2010 55.15;

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## **SAUDI ARABIA**

### **(-courtesy of the KSA Results - website - )**

following are selected best performances from National Qualifier Meetings for the Season 2025/2026 / all athletes from KSA except few foreigners competing for KSA-clubs / spelling for names pf some athletes unconfirmed

## **National Qualification Meeting at Qatif / 18. – 20.12.2025**

Men:

100 m (18)/+2.6: Ahmed Mabrouk Al-Majrashi 10.57w;  
800 m (19) Race 1: Amin Al-Ah (???) 1:55.07; Khalid Al-Shobaly/SUD 1:55.02; Race 2: Adel Hazazy (???) 1:56.45;  
3000 m St (20): Khalid Mohamed Hazazi 9:08.34; Mohamed Maeed Al-Barakati 9:23.53;  
110 m H (18)/+5.4: Mahdi Abdullah Al-Othman 14.67w; Mohamed Al-Khouajah 14.85w;  
400 m H (19): Bandar Abd.Al-Majrashi 53.28;  
P V (18): Mohamed Radhi Al-Qudaihi/2007 4.60; Ali Ghassan Al-Qassab 4.50; Haydar Ali Al-Ruqih/2009 4.50; Mohamed Qasim Al-Sadiq 4.20;  
D T (18): Hassan Mubarak Al-Ahsai 48.10; Mustafa Hassan Abu Shaheen 46.77; Hadi Nadir Al-Moualem/2006 43.06;  
H T (20): Mohamed Al-Hashem 53.00; Zakaria Dahim 48.74;  
J T (19): Suhaim Saad Al-Subaie 59.70;

Women:

100 m (18)+1.4: Hibah Mohamed Al-Amer NGR 12.26; Lujain Ibrahim Al-Hamid 12.41;  
L J (19): Khadijah Mohamed Amer 5.27/nwi;  
T J (19): Sarah Abdelkarim Al-Hilal **10.36/+0.1/NR**;  
D T (20): Moni V.Awmis **35.13/NR**;  
H T (19): Moni V.Awmis 38.88;  
4x100 R (19): Al Khaleej Team 52.49;

Junior Women / under 20:

H T (18): Asra Al-Farid 37.52 / NJR;

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## **National Qualif.Meeting for Junior Men at Qatif / 11. – 13.12.2025**

Junior Men / under 20:

110 m H / 99 cm (11)/-0.5: Ali Abdulfattah Al-Rumiyah/2007 14.23; Mohamed Al-Thuwini 14.80;  
P V (11): Mohamed Radhi Al-Qudaihi/2007 4.80; Haydar Ali Al-Ruqih/2009 4.60;

S P / 6 kg (12): Nasser Mubarak Al-Dosari 16.09;  
H T / 6 kg (13): Mohamed Siraj Al-Zayer/2008 69.20 / NJR;

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## **National Qualif.Meeting for Junior Men at Taif / 11. – 13.12.2025**

### Junior Men / under 20:

100 m (11)/+0.1: Faisal Hassan Al-Asmari/2008 10.81;  
110 m H / 99 cm (11)/+0.7: Rasheed Sharahili 14.79;  
H T / 6 kg (13): Mansour Hassan Daresh/2009 53.01;

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## **LEBANON**

### **National FLA Meetings at Jamhour / 23.11. - 29.12.2025**

#### **(-courtesy of Facebook - websites - )**

following are few results from smaller competitions (out of the restricted information about new NR's) / more detailed results (esp. from the competition on 29<sup>th</sup> Dec) would be welcome.

#### Men:

60 m (29<sup>th</sup> Dec)/nwi: Andrew Danny 6.76;

#### Junior Men / under 20:

60 m (14<sup>th</sup> Dec)/+0.2: Majid Akil 7.03 / NJR;

#### Youth Girls / under 18:

2000 m St (23<sup>rd</sup> Nov): Sama Moustafa/200 7:28.25 / NJR & NYR;

J T / 500 g (14<sup>th</sup> Dec): Zoulal Bezdjian 37.70 / NYR;

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## **QATAR**

### **Aspire Academy Development Pole Vault Meet at Doha / 16.12.2025**

#### **(-courtesy of the Aspire Academy Results website - )**

#### Youth Boys:

P V: Younes Eid Al-Baloushi/2008 4.85;

#### Youth Girls:

P V: Ariane Khajehpour/under 14 years (Nationality unconfirmed) 2.63; Nour Mohamad/under 16 years 2.37 / NYR;

## Delayed results

### MONGOLIA

#### National Sports Festival at Ulaanbaatar / 18. – 20.09.2025

(-courtesy of newspaper/Facebook – websites - )

following are new National records, which were achieved at this National competition in 6 events, and a very few performances as reported from other events / no wind-readings more detailed official results from the officials from Mongolian National Federation from their major National Champs/competitions would be very welcome

##### Men:

5000 m (19): Dorjpalam Batbajar 15:02.90; Orkhon Natsagdorj 15:12.40;  
L J (19): Lkhadorj Temuujin 7.03;

##### Women:

100 m (18): Munkhtumen Otgonpurev **12.25/NR;**  
200 m (20): Tsoodol Munkhherlen **24.74/NR;**  
400 m (19): Munkhtumen Otgonpurev 56.24; Batbold Solongo 57.30;  
5000 m (19): Bayartsogt Munkhzaya 16:53.00;  
L J (19): Enkhbat Oyundari 5.94;  
T J (20): Enkhbat Oyundari **13.17/NR;**  
4x100 R (19): Uchinber Club Team (M.Nandingoo, D.Otgon-Erdene, Ts.Munkhherlen, E.Oyundari) **48.04/NR;**  
4x400 R (20)/no details: Uchinber Club Team **3:51.50/NR;**

##### Mixed Relays:

4x400 R (18): Aldar Club Team (N.Jandos, Z.Gankshishig, G.Erdem-Undral, M.Otgonpurev) **3:38.25/NR;**

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### CROSS COUNTRY

#### LEBANON

#### National Cross Country Champs at Beyrouth / 08.12.2025

(-courtesy of the FLA – website -)

##### Men / around 10 km:

Zayed El Sayed 29:58; Ali Al Rida Kanaan 30:09; Mahmoud Abou Zeid 30:34; Ali Mourtada 31:02;  
Mounir Kabbara 31:06; Charbel Sejaan 31:13;

##### Women / around 10 km:

Karine Shraim 37:34; Nada Kurdi 38:38; Loaa Zaarour 39:04;

## **TURKMENISTAN**

### **National Cross Country Champs at Mary City / 30.11.2025**

**(-courtesy of Ms Tatyana Stepanisheva, TKM - Federation - )**

Men / around 10 km:

Dovletgeldi Bayramov 36:24;

Youth Boys / around 3 km:

Söyenen Berkeliyev/2008 10:36,

Women / around 10 km:

Sabina Kasymjanova/2007 47:00;

Youth Girls / around 3 km:

Tawus Garypjanova/2009 13:06;