

Results from ASIA 2026 - 09

ASIAN CONTINENTAL CHAMPS

KOREA

4th Asian Throwing Champs at Mokpo / 02. – 03.05.2026

(-courtesy of the Competition – website -)

following are the results for all medallists and advices to the (only 2) new Records

the official Results Book with the Medal Tally & complete results is attached by a separate file

Men:

S P (2): Chen Hongfei CHN **20.18/CR**; Chen Chengyu CHN 19.64; Ivan Ivanov KAZ 19.41;
...5. Jonah Chang Anak Rigan MAS **18.81/NR**;
D T (3): Wu Nanjun CHN 58.56 (& 60.32 in qualification on 1st day); Masateru Yugami JPN 57.18
(& 59.66 in qualif.); Xing Jiadong CHN 57.14
H T (2): Tatsuto Nakagawa JPN 71.89; Ayubkhon Fayozov UZB 71.33; Ashraf Amgad El Seify QAT
71.31;
J T (3): Sarvar Ismoilov UZB 77.39; Sumedha Ranasinghe SRI 76.95; Nam Tae-Poong KOR 76.93
(& 77.39 in qualif.on 1st day);

Women:

S P (2): Ding Zhuhui CHN 17.08; Meng Xiangyu CHN 16.87; Wu Tzu-En TPE 15.92;
D T (2): Huang Jingru CHN 56.55; Ma Chenyi CHN/2008 55.32; Maki Saito JPN 54.68;
H T (2): Zhang Axi CHN 69.72; Fang Ling CHN 69.64; Joy McArthur JPN 66.73;
J T (3): Momone Ueda JPN 58.84; Dilhani Lekamge SRI 56.79; Momoko Tsuji JPN 56.68;

CHINA

6th Asian Beach Games at Sanya (Phoenix Island) / 24. – 26.04.2026

(-courtesy of the “En.Sanya2026.cn” - Games – website -)

following are detailed results from the Athletics events at these Continental Multi-Sports Beach Games /
in Athletics (with only the following 10 events) with participants from 21 ASIAN AA Member Federations /
complete results are available at the Games - website (as above)

Men:

60 m (25)/+1.2: Puripol Boonson THA 6.62; Huang Youchao CHN 6.67; Liu Yang CHN 6.74; Chan Yat Lok HKG/2007 6.75; James Chan Ting Fong HKG 6.77; W.Malith Thamel SRI 6.87; Rashid Hwaishel Al-Aasmi OMA 6.90; Sami Ullah PAK 6.99;
heats (24) h1/ 0.0: Liu Yang CHN 6.90; Sami Ullah PAK 7.09; Wahala Tanthrige SRI 7.11; Hassan Saaid MDV 7.12; Abobakr Salem Ahmed Baghoot YEM 7.13; Pi Durden Wangkay PHI 7.14; h2/+1.2: Huang Youchao CHN 6.75; Boonson THA 6.78; Chan Yat Lok HKG/2007 6.83; Al-Aasmi OMA 6.89; Sulton Gafurjonov UZB 6.92; Wang Chiao-Hung TPE 6.97; h3/+0.5: Chan Ting Fong HKG 6.89; Thamel SRI 6.96; Tseng Hung-Shan TPE 6.97; Thawatchai Heem-Iad THA 7.01; Amir Reza Moein Pour IRI 7.07; Abdul Motalab BAN 7.21;

H J (24): Leonard Grospe PHI 2.05; Yeh Po-Ting TPE & Zhang Hao CHN 2.05; Namir Moh.Khamis Al-Busaidi OMA & Li Jialun CHN 2.00; Parsa Shadnia IRI 2.00;
 L J (25): Pham Van Nghia VIE 7.44/+0.7; Tao Yege CHN 7.41/ 0.0; Jayathra Sampath Miranda SRI 7.37/+0.5; Salim Saleh Al-Ya'arabi OMA 7.28/+1.2; Zheng Chengzhuo CHN 7.13/+0.6; Lin Chia-Hsing TPE 7.11/+0.2; W.I.Kavishan Piyasiri SRI 7.05/+1.0;
 S P (26). Hassan Ajami Bakhtiarvand IRI 20.17; Chen Chengyu CHN 19.95; Zhang Haochen CHN 19.69; Doston Rajabov UZB 18.39; Mehran Khorand IRI 17.63; Eakkarin Boonlap THA 17.46; Suseenthirakumar Mithunraj SRI 16.89; Thatchakorn Noisri THA 16.50; Bodhitha Dhanushka Delwita SRI 14.01;
 4x60 m R (26): CHN (Huang Youchao, Li Mengyuan, Wang Xinkai, Ailkuti Yishake) 26.06;
 THA (Chutithat Pruksorranan, Natawat Lamudom, Soraroat Dapbang, Puripol Boonson) 26.68;
 SRI (M.P.P.S.Bishshanka, D.S.Diyalawaththa, D.T.Wahala Thanthrige, W.Malith Thamel) 27.57;
 OMA (F.A.Qisan, S.S.Al-Ya'arabi, M.O.Al-Sadi, R.H.Al-Aasmi) 28.36 (only 4 teams);

Women:

60 m (25)/+0.5: Jirapat Khanonta THA 7.46; Xu Jialu CHN 7.49; Jessica Laurance PHI 7.52; Leung Kwan Yi HKG 7.63; Li He CHN 7.64; Supanich Poolkerd THA 7.67; T.A.Muthukumarana SRI 7.70; Faiqa Riaz PAK 7.75;
 heats (24) h1/+2.3: Le He CHN 7.65w; Poolkerd THA 7.73w; Lianne Pama PHI 7.75w; Yu Pui Yi HKG/2007 7.77w; Azza Sulta Al-Ya'arabi OMA 7.90w; Tameen Khan PAK 8.16w; Aishath Shabaa Saleem MDV 8.19w; h2/+3.5: Laurance PHI 7.50w; Xu Jialu CHN 7.60w; Muthukumarana SRI 7.67w; Jonbibibi Hukmova UZB 7.78w; Sumaiya Dewan BAN 7.90w; Aliya Samarkul kyzy KGZ 8.29w;
 h3/+1.4: Khanonta THA 7.45; Riaz PAK 7.56; Leung Kwan Yi HKG 7.59; Laylo Allaberganova UZB 7.77; W.V.Lakshika Sugandi SRI 7.78; Ahnaa Nizaar MDV 7.81; Ekaterina Pavlenko KGZ 8.16;
 H J (26): Barnokhon Sayfullayeva UZB 1.85; Hu Linpeng CHN & Shao Yuqi CHN 1.83; Duong Thi Thao VIE 1.78; Ranindi Pehansa Gamage SRI 1.70;
 L J (24): Ha Thi Thuy Hang VIE 6.16/+1.5; W.A.Ishara Samanmali SRI 5.87/+1.0; G.I.Sashikala Lankathilaka SRI 5.83w/+2.2 (& 5.75/+0.5); Vu Thi Ngoc Ha VIE 5.81/+1.5; Chen Liwen CHN 5.72/+0.2; Parinya Chuaimaroeng THA 5.72/+0.4; Supawat Choothong THA 5.66/-0.7; Jia Wai Yin HKG 5.60/+1.2;
 S P (25): Song Jiayuan CHN 19.15; Zhang Linru CHN 18.27; Wu Tzu-En TPE 16.40; Areerat Intadis THA 16.10; Ovin Chandrasekara SRI 12.96; Dulmaa Bazarsad MGL 12.90;
 4x60 m R (26): THA (Manatsada Sanmano, Jirapat Khanonta, Athicha Petkun, Supanich Poolkerd) 29.46;
 PHI (Kristina Knott, Shane Ponce, Lianne Pama, Jessica Laurance) 29.73;
 CHN (Li He, Zhou Jing, Dong Yuehua, Feng Lulu) 30.42;
 SRI (T.A.Muthukumarana, W.H.M.Fernando, W.S.H.Fernando, W.V.L.Sugandi) 30.93;
 HKG (Chan Pui Kei, Yu Pui Yi, Chloe Pak Hoi Man, Leung Kwan Yi) 31.00;
 MDV (A.S.Saleem, S.A.Rishfan, H.M.Faiz, A.Nizaar) 33.49; (UZB disq.)

Medal Tally: (10 events; 2 Silver medals each in both HJ)

THA 3 + 1 + 0 = 4
 CHN 2 + 8 + 3 = 13
 VIE 2 + 0 + 0 = 2
 PHI 1 + 1 + 1 = 3
 IRI 1 + 0 + 0 = 1
 UZB 1 + 0 + 0 = 1
 SRI 0 + 1 + 3 = 4
 TPE 0 + 1 + 1 = 2

ON THE TRACK

TUNISIA

Arab Junior/U20 Championships at Rades / 26. – 30.04.2026

(-courtesy of the Championships – website -)

following are the results for all medallists & detailed additional best performances from these Regional Champs with participation of athletes from 13 countries / new Championships (= CR) were achieved in 10 events / information about new NJR & NYR's is restricted to records by athletes from Asian AA Member Federations

Junior Men:

100 m (26)/-2.2: Ahmed Ali Abdul Quddus UAE/2007 10.59; Faisal Hassan Al-Asmari KSA/2008 10.81; Abdullahi Moshood UAE/2008 10.86; Mubarak Salem Al-Yami KSA/2008 10.94;

200 m (30)/+1.5: Ahmed Ali Abdul Quddus UAE/2007 **20.74/CR & NJR & 4th UAE All-Time**; Alaa Ahmed Sami BRN/2007 21.16; Faisal Hassan Al-Asmari KSA/2008 21.22; Adam Fourar MAR/2007 21.40; Saad Shoaib Omar UAE/2009 21.56;

heats (29) h1/-0.8: Abdul Quddus UAE/2007 21.06; Aimrane Bintaoui MAR/2007 21.90;

h2/-1.6: Al-Asmari KSA/2008 21.58; Fourar MAR/2007 21.60; Sami BRN/2007 21.63; Omar UAE/2009 21.64;

400 m (27): Youssouf Abdelaziz Djibrine QAT/2007 46.31; Aimrane Bintaoui MAR/2007 46.97; Ismail Bouziza ALG/2008 47.13; Alaa Ahmed Sami BRN/2007 47.15; Saeed Shoaib Omar UAE/2009 47.42; Imaeddine Hamida ALG/2007 47.62; Ahmed Islam EGY/2007 48.37; Khaled Foudhaili TUN/2008 49.08;

heats (26) h1: Hamida ALG/2007 47.47; Omar UAE/2009 47.61; Islam EGY/2007 48.28;

h2: Bintaoui MAR/2007 46.97; Sami BRN/2007 47.03; Djibrine QAT/2007 47.04; Bouziza ALG/2008 47.62; Foudhaili TUN/2008 48.42; Musaed Obaid Al-Subaie KSA/2008 48.43;

800 m (27): Imad Bouchadja MAR/2007 1:51.52; Zeyad Mohamed Farouk EGY/2008 1:52.38; Mohamed Sakka TUN/2008 1:52.55; Sajed Jabnoui TUN/2008 1:52.55; Mohamed Ahmed Al-Messabi UAE/2007 1:55.09; Abboud Ali Faqihi KSA/2008 1:55.53; Nasser Al-Kaabi UAE/2010 1:56.94; Al-Yazan Rashid Al-Shamsi OMA/2009 1:57.43;

1500 m (30): Mohamed El Moussalit MAR/2007 3:43.60; Imad Bouchacha MAR/2007 3:45.27; Mubarik Abdi Said QAT/2008 3:48.76; Hashem Ahmed Hakim KSA/2008 3:55.30; Ziad Hosni Abdulfath Al.Abedeen EGY/2007 3:55.78; Mahmoud Abou Zeid LBN/2008 3:59.65;

3000 m (26): Mubarik Abdi Said QAT/2008 8:15.34; Mohammed El Moussalit MAR/2007 8:16.90; Abdelhakam Bouhou MAR/2008 8:21.64; Abdullah Abdulkareem Al-Haswali YEM/2007 8:24.42; Med Amine Brahim TUN/2008 8:32.00; Mahmoud Abou Zeid LBN/2008 8:37.25; Hashem Ahmed Hakim KSA/2008 8:43.08;

5000 m (30): Bilal Raggad MAR/2007 **13:54.83/CR**; Reda Ouazzaouit MAR/2008 14:29.52; Aissa Fodil ALG/2007 14:41.72; Abdullah Abdulkareem Al-Haswali YEM/2007 14:52.19;

3000 m St (29): Zakaria Touahria ALG/2008 **8:40.81/CR**; Bellal Mahfoud MAR/2007 8:42.79; Abdelghafour Ahizoune MAR/2007 8:51.20; Aissa Fodil ALG/2007 9:12.25; Mohamed Ait Zinoubi TUN/2008 9:19.39;

110 m H / 99 cm (27)/-0.6: Gasmi Zehreddine ALG/2007 13.83; Moh.Wael Gamel Mohamed EGY/2008 13.87; Mahamat Abaker Hissein QAT/2008 14.00; Ali Abdulfattah Al-Rumayh KSA/2007 14.09; Aboubakar Adam Idriss QAT/2009 14.25; Hassan Issa Haqawi KSA/2008 14.35;

400 m H (30): Nayef Rashid Al-Subaie KSA/2007 50.84; Adam Nemar MAR/2007 50.91; Faycal Mahamat Abdallah QAT/2007 51.55; Abakar Idriss Djibrine QAT/2008 52.08; Yassine Chabane ALG/2007 53.17; Moussa Banour MAR/2008 53.22; Med Abderrahman Hannachi TUN/2008 54.31;

heats (29) h1: Al-Subaie KSA/2007 51.38; Nemar MAR/2007 51.42; Chabane ALG/2007 52.76; Djibrine QAT/2008 52.86; h2: Abdallah QAT/2007 52.97; Banour MAR/2008 54.32;

H J (30): Ahmed Sabri Mahmoud BRN/2007 2.07; Med Amine Abbassi TUN/2008 2.04; Mourad Brakmi ALG/2008 2.00;

P V (27): Mohamed Radhi Al-Qudaihi KSA/2007 4.90 / 4th KSA All-Time; Abdullah Saad Al-Abdullah QAT/2008 4.80; Zakaria Abdallah Ibrahim QAT/2007 4.70; Haydar Ali Al-Ruqayah KSA/2009 4.30;

L J (26): Issam Louadj ALG/2007 7.59/+1.0; Yassine Mririch MAR/2007 7.35/ 0.0; Med Khalil Ftouhi TUN/2008 7.27/-0.7;

T J (29): Zakaria Ghezali ALG/2007 15.27/ 0.0; Yassine Mririch MAR/2007 15.13/-0.9; Abdulrahman Ahmed Adam KSA/2008 15.03/-1.4; Adem Ben Afia TUN/2008 14.83/-0.8;

S P / 6 kg (26): Yahia Khaled Helmy Mohamed EGY/2009 17.90; Saleh Adoum Mahmoud QAT/2008 16.79; Zayed Essam Al-Bishi KSA/2008 16.28; Amjad Mrad TUN/2008 16.18; Yahya Abdullah Saleh Abdulmawla LBA/2009 14.48;

D T / 1.75 kg (27): Mahamat Gueme QAT/2007 60.09; Yahia Khaled Helmy Mohamed EGY/2009 58.86; Hamad Dhawi Al-Sultan QAT/2008 58.67; Muhammad Issa Ali Al-Subaie KSA/2009 52.37; Seifeddine Chouikh TUN/2008 50.08; Oussama Zara ALG/2007 49.45; Yahya Abdullah Saleh Abdulmawla LBA/2009 46.41;

H T / 6 kg (29): Abdelrahman Mohamed Ibrahim QAT/2007 72.79; Mohamed Abdullah Al-Zayer KSA/2008 70.09 / NJR; Amine Yahiaoui ALG/2007 61.49; Mohamed Adel Al-Ali UAE/2010 61.47;

J T (30): Mohamed Osama Hassan EGY/2007 66.88; Rayen Ben Saad TUN/2008 57.01; Adem Ayari TUN/2008 46.98 (!) – only 3 competitors -;

Decathlon (29/30): Walid Fares Ghetas ALG/2007 6507 (11.04/-1.9; 6.86/+1.2; 13.00; 1.89; 49.36 / 15.06/+0.8; 0.00; 3.80; 44.44; 4:29.68); Mahamat Abdullah Al-Shahrani KSA/2007 6395 (11.45/-1.9; 6.25/-0.8; 10.93; 1.86; 49.89 / 14.68/+0.8; 31.69; 3.50; 31.82; 4:28.30); Med Khalil Ftouhi TUN/2008 6355 (11.40/-1.9; 6.81/-1.1; 11.11; 1.83; 50.11 / 15.45/+0.8; 33.37; 2.80; 37.42; 4:28.43); Mohamed El Amine Belli ALG/2008 6213; El Hassan Belhassane MAR/2008 6029;

5000 m Walk (26): Med Amine Naiji TUN/2008 20:31.84/CR; Ziad Sherif Anis Hassan EGY/2007 20:40.75; Youssef Mohsen Ramadan EGY/2009 21:34.46; Rayen Jallali TUN/2008 21:51.42; Younes Mouas ALG/2007 22:21.25; Yassine Ferrache ALG/2007 22:52.13;

4x100 R (30): UAE (A.A.Abdul Quddus, A.Moshood, S.S.Omar, M.A.Al-Messabi) 41.62 / NJR; KSA (A.N.Al-Jeryen, H.I.Haqawi, F.H.Al-Asmari, M.S.Al-Yami) 41.77; TUN 45.84 (only 3 teams finished);

4x400 R (30): QAT (F.M.Abdallah, M.Musa, A.I.Djibrine, M.A.Abdelsadik) 3:10.89; ALG (A.Zebida, I.Hamida, Y.Bouhadja, I.Bouziza) 3:11.52; MAR (A.Fourar, M.Banour, A.Nemar, A.Bintaoui) 3:13.59; KSA (N.R.Al-Subaie, M.O.Al-Subaie, N.Bahkali, K.A.Al-Bishi) 3:15.81; EGY 3:21.15;

Junior Women:

100 m (27)/nwi: Raihanah Garoubah BRN/2007 11.55 / CR & NJR; Arwa Ashour Ali UAE/2009 12.00; Maria Saadi MAR/2010 12.03; Laila Safeenah Ahmed UAE/2009 12.11; Shaza Hossam Ahmed Shaler EGY/2007 12.17;

heats (27) h1/-1.5: Garoubah BRN/2007 11.89; Saadi MAR/2010 12.11; Ahmed UAE/2009 12.33; h2/+0.7: Ali UAE/2009 11.90; Shaker EGY/2007 12.12;

200 m (30)/-1.6: Raihanah Garoubah BRN/2007 23.36; Sufian Abdulghani BRN/2007 23.86; Ezza Nael Nasser UAE/2009 24.49; Shaza Hossam Ahmed Shaker EGY/2007 24.78;

heats (29) h1/-1.2: Abdulghani BRN/2007 24.35; Nasser UAE/2009 24.74; h2/-0.1: Garoubah BRN/2007 23.87; Shaker EGY/2007 25.08; Arwa Ashour Ali UAE/2009 25.35;

400 m (27): Aisha Abdullah BRN/2007 53.69; Sufian Abdulghani BRN/2007 53.85; Rania El Hamdaoui MAR/2008 54.08; Ezza Nael Nasser UAE/2009 55.13; Halima El Barbouchi MAR/2009 56.36; Souai Rayhan TUN/2008 57.97;

800 m (27): Saida El Bouzy MAR/2007 2:17.01; Khadija El Moustaqim MAR/2009 2:19.14; Hasnaa Ben Ouadah ALG/2007 2:19.24;

1500 m (29). Saida El Bouzy MAR/2007 4:24.84; Islam Chokri TUN/2008 4:28.87; Chaimaa Zahiri MAR/2007 4:31.94; Hasnaa Ben Ouadah ALG/2007 4:32.04;

3000 m (26): Malak Abdelghani Abdullah Ibrahim EGY/2008 9:39.12/NR & NJR; Chaimaa Zahiri MAR/2007 9:42.34; Ahlam El Kaddouri MAR/2007 9:47.29; Karima Achiche ALG/2008 9:58.12;

5000 m (29): Hanane Agoujdad MAR/2007 **16:36.61/CR**; Chifae Atouama MAR/2007 16:42.68; Karima Achiche ALG/2008 17:20.67 – only 3 competitors -;

3000 m St (27): Malak Abdelghani Abdullah Ibrahim EGY/2008 **10:19.69/NR & NJR**; Marwa Chrifa MAR 10:41.60; Wissal Azzaba MAR/2007 10:49.45; Alya Al-Mheiri UAE/2010 **12:28.60 / NJR & NYR**;

100 m H (27)/-1.0: Yasmine Ghouib TUN/2007 **14.12/NR & NJR**; Imane Mefhoul MAR/2007 14.78; Sara Fahd Mohamed UAE/2011 15.20 – only 3 comp.-;

400 m H (29): Rania El Hamdaoui MAR/2008 **58.16/CR**; Malak El Maaroufi MAR/2009 60.00; Yasmine Ghouib TUN/2007 61.93; Douaa Labiadh TUN/2008 62.71; Sara Fahd Mohamad UAE/2011 64.78;

H J (27): Habiba Hani Mahmoud Hussein EGY/2007 1.70; Fatma Zahra Jarbouï TUN/2008 1.60; Ritej Haddadi TUN/2008 1.55; Samar Saleh UAE/2010 1.55;

P V (29): Reem Tamer Roshdy Ahmed EGY/2007 3.50; Chahd Bouksir TUN/2008 3.30; Haneen Khaled Ahmed EGY/2009 3.00;

L J (26): Maria Saadi MAR/2010 5.99/-0.2; Feriel Chniba TUN/2008 5.72/+0.9; Ghita Mobtassim MAR/2007 5.50/+0.3;

T J (29); Kawtar Merzaq MAR/2008 12.48/-0.1; Feriel Chniba TUN/2008 12.04/-0.8; Ghita Mobtassim MAR/2007 11.91/-0.6;

S P (27): Alaa Tamer Elsayed Abdo Bilal EGY/2009 13.79; Nour Mohamed Ibrahim Khalil EGY/2007 13.49; Nour Yousfi TUN/2008 12.22; Kater Ennada Jaoued TUN/2008 12.08;

D T (26): Nour Mohamed Ibrahim Khalil EGY/2007 48.24; Kater Ennada Jaoued TUN/2008 45.74; Alaa Tamer Elsayed Abdo Bilal EGY/2009 45.58 – only 3 comp. -;

H T (30): Salma Haitham Rashid Al-Marri UAE/2008 52.58; Nour Khal TUN/2008 45.31; Mariem Bouzidi TUN/2008 45.22 – only 3 comp. -;

J T (29): Aseel Osama Abdel Hamid EGY/2008 **56.34/CR & NJR**; Remas Haytham El Welily EGY/2009 45.23; Alyaziah Tariq Abdel Salam UAE/2009 32.79;

Heptathlon (26/27): Boutheina Htit TUN/2008 4548 (14.74/-0.2; 1.51; 8.83; 26.34/ 0.0 / 5.28/-1.3; 32.24; 2:32.41); Rahma Rekik TUN/2008 4442 (15.25/-0.2; 1.51; 8.26; 26.51/ 0.0 / 5.26/-0.9; 31.20; 2:29.24); Kawtar Merzaq MAR/2008 3447 (15.11/-0.2; 1.54; 6.30; 26.70/ 0.0 / 5.17/ 0.0; 21.71; dnf) – only 3 comp. -

5000 m Walk (27): Imen Saii TUN/2008 **22:46.10/CR**; Fatma Zohra Guessoum ALG/2010 24:28.35; Rim Slimi TUN/2008 24:39.51;

4x100 R (30): UAE (L.S.Ahmed, A.A.Ali, E.N.Nasser, A.T.Muhammad) **46.65/NR & NJR**; MAR (I.Mefhoul, L.El Khadir, R.El Hamdaoui, M.Saadi) 47.62; TUN (F.Taysir, B.Ameni, B.Htit, F.Chniba) 49.35; EGY 52.43; (KSA disq.);

4x400 R (30): BRN (A.Abdullah, R.Garoubah, N.Othman, S.Abdulghani) **3:41.88/CR & NJR**; MAR (F.El Haoukali, M.El Maarouj, H.El Barbouchi, K.El Barbouchi) 3:44.17; TUN (D.Labiadh, S.Rayhan, T.Ben Ali, Y.Ghouib) 3:51.50 – only 3 teams -;

Medal Tally:

MAR 9 + 16 + 11 = 36
 EGY 9 + 6 + 3 = 18
 BRN 5 + 3 + 0 = 8
 ALG 5 + 2 + 6 = 13
 QAT 5 + 2 + 5 = 12
 UAE 5 + 1 + 4 = 10
 TUN 4 + 10 + 12 = 26
KSA 2 + 4 + 3 = 9

5 other teams with few participants only/ without medals: LBA; LBN; OMA; PLE & YEM

SINGAPORE

86th Open Track & Field Championships / 15. – 17.04.2026

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

following are detailed results from this traditional competition with participation of athletes from 13 foreign countries / athletes from Indonesia won 10 Gold medals followed by Chinese Taipei (9 Gold), Singapore (6 Gold) & Thailand (4 Gold)

Men:

100 m (15)/0.0: Chen Wen-Pu TPE 10.26; Marc Brian Louis SGP 10.48; Lai Po-Hsiang TPE 10.50; Tate Tan Fung SGP 10.63; Pengiran Aidil Auf Hajam MAS 10.70; Muhammad Dzul Danish Jamari MAS/2007 10.72; Ian Gan SGP 10.76;
heats (15) h1/+0.2: Jamari MAS/2007 10.59; Huang Tsuo-Chiun TPE 10.66; Xander Ann Heng Ho SGP 10.74; h2/+0.1: Tan Fung SGP 10.57; h3/+0.1: Gan SGP 10.71; Muhammad Umaira Subri MAS/2007 10.76; Calvin Quek Jun Jie SGP 10.77; Lin Po-Hsun TPE 10.79; h4/+0.3: Lai Po-Hsiang TPE 10.52; Prahars Ryan SGP 10.84; Ong Ying Tat SGP 10.85; Leong Lok Io MAC/2008 10.87; h5/+0.5: Louis SGP 10.70; Hajam MAS 10.72; Mark Lee Ren SGP 10.81; h6/0.0: Chen Wen-Pu TPE 10.41; Danish Irfan Tamrin MAS/2007 10.81; Ryan Raphael SGP 10.84;
200 m (16)/+0.1: Ke Wu-Yen-Ming TPE 20.74; Marc Brian Louis SGP 21.24; Calvin Quek Jun Jie SGP 21.29 / 5th SGP All-Time; Muhammad Sayyip Amin Roslan MAS/2007 21.30; Harry Irfan Curran SGP/2008 21.54; Mark Lee Ren SGP 21.77; Xander Ho Ann Heng SGP 21.78; Prahars Ryan SGP 22.01;
heats (16) h1/+0.1: Roslan MAS/2007 21.51; Curran SGP/2008 21.65; h2/+0.1: Quek SGP 21.42; Louis SGP 21.43; Gilang Satria Wibawa INA/2008 21.92; h3/+0.1: Ke Wu-Yen Ming TPE 21.01; Ho Ann Heng 21.71; Lee Ren SGP 21.72; Muhammad Rashd Emir SGP/2007 22.08; h4/+0.1: Prahars Ryan SGP 21.82; Ifeanyi Chukwu Ibrahim Molokwu SGP 21.99; Huang Jing Song MAC 22.08;
400 m (17): Umar Osman MAS 47.14; Ismail Maulana INA 47.79; Frederick Ramirez PHI 47.80; Michael Del Prado PHI 48.33; Subaraghav Hari Tamil Selvam SGP 48.44;
heats (17) h1: Alhryan Labita PHI 48.54; Benediktus Tsolme INA 48.89; h2: Ramirez PHI 47.68; John Lloyd Cabalo PHI 48.27; Muhammad Aiman Najmi Anuar MAS 48.43; Suyamprakash Aswin Kumar SGP 48.59; h3: Osman MAS 47.01; Calvin Quek Jun Jie SGP 47.73; Del Prado PHI 47.82; Lucas Bokai Hood SGP/2007 48.82; Kanishkan Nathan MAS 48.93; h4: Alfred Talplacido PHI/2007 48.14; Tamil Selvam SGP 48.15; Maulana INA 48.16; Harry Irfan Curran SGP/2008 48.56;
800 m (15) / Race A: Huang Chun-Hsiang TPE 1:50.96; Suyamprakash Aswin Kumar SGP 1:51.47 / 3rd SGP All-Time; Jayden Tan Khai Xin SGP 1:53.37; Fransisko Adrianto Makaminang INA 1:53.65; Li Yuxuan MAC/2007 1:54.09/NR & NJR; Oliver Fiore SGP/2009 1:55.11; Chiang Yi-An TPE 1:56.91;
Race B: Galuh C.Hidayat INA/2007 1:56.93;
1500 m (16): Yad Hafizudin INA 3:54.34; Aung Ye Yint MYA 3:58.63;
5000 m (15): Daniel Simanjuntak INA 14:35.25; Hsu Li-Hung TPE 14:59.20;
10000 m (16): Daniel Simanjuntak INA 31:20.79;
3000 m St (15): Pandu Sukarya INA 9:21.77; Ahmad Luth Hamizan MAS 9:45.60; Sung Yejun SGP/2009 9:47.30; Joshua Yeow SGP 9:49.33;
110 m H (15)/0.0: Muhammad Armin Zahryl Abdul Latif MAS 13.82 / 3rd MAS All-Time; Ang Chen Xiang SGP 13.85; Clinton K.Bautista PHI 14.22; Tochukwu Onoura Okolo PHI 14.36 / 5th PHI All-Time; Brian Bagas Swara INA 14.47; Awyong Liang Yi SGP 14.64; Idan Fauzan Richsan INA 15.15;
heats (15) h1/0.0: Ang Chen Xiang SGP 13.92; Okolo PHI 14.46; Richsan INA 15.11; h2/0.0: Abdul Latif MAS 14.13; Bautista PHI 14.22; Swara INA 14.41; Liang Qi SGP 14.63;
400 m H (16) Race A: Lin Chung-Wei TPE 49.98; Chen Chien-Jung TPE 50.47; Peng Ming-Yang TPE 51.89; Race B: Nazim Khairul SGP 54.92;
HJ (15): Haku Susehara JPN 2.06; Rei Tan Shou Yi SGP/2008 2.03; Ng Chi Kit MAC 2.00;

P V (17): Idan Fauzan Richsan INA 5.00; Low Jun Yu SGP 5.00; Hsieh Hung-Ta TPE 4.80; Koh Wei Shien SGP 4.60; Marin Kumagai JPN 4.60; Joseph Cheong Yin Yern SGP/2007 4.40; Khalel Zaid SGP/2008 4.40;

L J (16): Lin Yu-Tang TPE 7.59/ 0.0; Andre Anura Anuar MAS 7.48/ 0.0; Janry Ubas PHI 7.40/+0.1; Hiromichi Yoshida JPN 7.38/ 0.0; Joshua Lee Shyen SGP/2008 7.28/ 0.0; Andrew George Medina SGP 7.22/ 0.0; Lin Chia-Hsing TPE 7.21/ 0.0;

T J (17): Gabriel Lee Jing Yi 15.72/ 0.0; Muhammad Izzul Mohd Raffi MAS 15.53/ 0.0; Yuito Sueto JPN 15.24/ 0.0;

S P (15): Eakkarin Boonlap THA 17.88 / 3rd THA All-Time; Hsueh Mao-Hung TPE 16.72; Jakkaphat Noisri THA 15.77; Lo Tang-Hui TPE 15.20;

D T (16): Yuji Tsutsumi JPN 58.06; Kiadprasit Srisai THA 53.07; Eric Yee Chun Wai SGP 47.57; Jonathan Low Jun Jie SGP 46.41;

H T (17): Kittipong Boonmawan THA 61.04 (2nd = 39.91 !!);

J T (15): Wu Ping-Shen TPE 68.74; Lucas Wong Yijie SGP **64.01/NR**; Chit Min Aung MYA/2008 63.22 / NJR; Kai Lee Chai MAS/2008 60.82; John Paul Sarmiento PHI 59.50; Gabriel Ng SGP/2008 58.33; Kwa Eu Han SGP/2008 57.56;

10000 m Walk (17): Bayu Prasetyo INA 47:46.35; Tun Naing Lin MYA/2007 49:39.16;

4x100 R (17): TPE (Lai Po-Hsiang, Chen Wen-Pu, Huang Tsuo-Chiun, Ke Wu-Yen-Ming) 39.31; SGP/Team A (Ong Ying Tat, Tate Tan Fung, Mark Lee Ren, Marc Brian Louis) 39.78;

4x400 R (17): PHI (A.Talplacido, M.Del Prado, A.Labita, F.Ramirez) 3:11.25; MAS (M.A.Anuar, U.Osman, K.Nathan, W.M.Zahari) 3:12.60; SGP (Liau Fong Jun, H.Irfan Curran, L.Hood, S.Tamil Selvam) 3:12.68;

Women:

100 m (15)/ 0.0: Phung Thi Hue VIE 11.77; Elizabeth-Ann Tan Shee Ru SGP 11.89; Hoang Du Y VIE 11.96; Ha Thi Thu VIE 11.99; Shava Salvia Waranggani INA/2008 12.08; Yang Mei-Mei TPE 12.16; Lee Hau Yi HKG 12.22 (Veronica Shanti Pereira SGP injured/18.17);

heats (15) h1/+0.1: Ha Thi Thu VIE 11.97; Yang Mei-Mei TPE 12.07; Chomchaba Wattanasin THA 12.26; h2/+0.2: Tan Shee Ru SGP 11.83; Hoang Du Y VIE 11.84; Lee Hau Yi HKG 12.14; Amanda Loo SGP 12.24; h3/+0.1: V.S.Pereira SGP 11.49; Phung Thi Hue VIE 11.95; Waranggani INA/2008 12.09;

200 m (16)/+0.1: Le Thi Cam Tu VIE 23.64; Elizabeth-Ann Tan Shee Ru SGP 24.20; Yang Mei-Mei TPE 24.37; Mergina Asyerem INA 24.51; Kha Thanh Truc VIE 24.52; Kanon Ueno JPN 24.87; Nela Agustin INA 24.95;

heats (16) h1/+0.1: Le Thi Cam Tu VIE 24.02; Tan Shee Ru SGP 24.38; Asyerem INA 24.53; Yang Mei-Mei TPE 24.60; h2/+0.1: Kha Thanh Truc VIE 24.52; Ueno JPN 24.79; Agustin INA 24.80;

400 m (17): Shereen Samson Vallabouy MAS 54.24; Mergina Asyerem INA 55.96; Laavinia Jaiganth SGP 57.24;

heats (17) h1: Asyerem INA 55.52; Vallabouy MAS 56.67; Jaiganth SGP 57.12;

800 m (15): Chen Chieh-An TPE/2007 2:14.98; Romaine Soh Rui-Min SGP 2:17.04; Mui I Kei MAC/2008 **2:18.92/NR & NJR**;

1500 m (16): Clara Chua Hsin-Wen SGP/2007 4:47.39;

5000 m (15): Tabitha Ng Si En SGP/2009 18:16.62; Goh Shing Ling SGP 18:21.81;

10000 m (16): Nicole Low Sui Xuan SGP 36:59.41; Goh Shing Ling SGP 38:09.78;

100 m H (15)/ 0.0: Lau Tsz Yan HKG 13.71 / 4th HKG All-Time; Kerstin Ong Jing Rong SGP **13.81/NR**; Ivy Liu Hoi Yan HKG 14.37; Jelly D.Paragile PHI 14.59; Chomchaba Wattanasin THA 14.81; Kate Lo Wing Yee HKG 14.88; Nursheena Raja Azhar MAS 15.08;

heats (15) h1/ 0.0: Liu Hoi Yan HKG 14.30; Paragile PHI 14.48; Azhar MAS 15.28; h2/ 0.0: Ong Jing Rong SGP 13.87; Lau Tsz Yan HKG 14.11; Wattanasin THA 15.08; Lo Wing Yee HKG 15.19;

400 m H (16): Novi Anggun Lestari INA/2008 64.04;

H J (15): Jade Chew Yin Tse SGP 1.65;

P V (17): Ashlee Ong Yu Xi SGP/2007 3.62 / NJR & 2nd SGP All-Time; Lorraine Leong Jia En SGP/2007 3.30; Cherlin Sia Jia Yi SGP 3.10;

L J (16): Vinsensia Awutet Amjaram INA 5.78/ 0.0; Tia Louise Rozario SGP 5.73/ 0.0; Nurkhaleesa Yasmin Awang MAS 5.68/ 0.0;

T J (17): Maria Natalia Londa INA 12.94/ 0.0; Tia Louise Rozario SGP 12.80/ 0.0; Nurkhaleesa Yasmin Awang MAS 12.13/ 0.0; Kanon Okajima JPN 11.84/ 0.0;
S P (15): Areerat Intadis THA 15.35;
D T (16): Subenrat Insaeng THA 56.70; Jeong Ye-Lim KOR 54.87; Shin Yu-Jin KOR 52.68; Queenie Ting Kung Ni MAS 49.50; Taweejan Pummarin THA/2008 41.76; Nur Atiqah Sufiah Hanizam INA 41.41; Phonexay Paosavat LAO 38.29;
H T (17): Yu Ya-Chien TPE 66.89; Kim Tae-Hui KOR 64.10; Hung Hsiu-Wen TPE 59.29; Sawitree Kaewsuksri THA 53.14; Hung Chih-Hsien TPE 51.81;
J T (15): Atinna Nurkamilla Intan Bahtiar INA 49.86; Ng Jing Xuan MAS 47.49; Kresensia Ndiken INA/2007 41.15;
10000 m Walk (17): Htet Zin May MYA 54:32.64; Elizabeth Poh Yi Hui SGP/2010 58:47.32 / NJR & NYR;
4x100 R (17): VIE (Phung Thi Hue, Le Thi Cam Tu, Kha Thanh Truc, Ha Thi Thu) 45.18; SGP (K.Ong Jing Rong, E-A.Tan Shee Ru, A.Loo, L.Jaiganth) 50.94;

Mixed Relays:

4x100 R (16): Singapore Sports School Team (M.E.Rashid, Z.A.Abdul Aziz, A.R.Abdul Razak, Neo En Yu) 46.15;

Singapore Schools Athletics Games / 30.03. – 17.04.2026

(-courtesy of the Singapore Schools – website -)

following are selected best performances from the Athletics events during these Multi-Sports Games for different Junior & Youth categories / no wind-readings reported for several events

Boys / A-category:

100 m (15)/ 0.0: Jonathan Philip Hoare/2009 10.81;
110 m H/99 cm (8)/+1.2: Garrett Chua Je An/2008 14.28; (& 14.79 in heats on 2nd); Daryen Ko Xin Tze/2009 14.81;
400 m H / 91.4 cm (13): Daryen Ko Xin Tze/2009 53.75 (& 54.07 in heats on 10th);
H J (8): Rei Tan Shou Yi/2008 2.05;
P V (16): Khalel Zaid/2008 4.50; Jiang Yunfan/2009 4.40; Koo Jia Jun/2009 4.20; Chin Yu Zhi/2008 4.05;
L J (30): Joshua Lee Shyen/2008 7.25;
T J (13): Rei Tan Shou Yi/2008 14.47;
S P / 5 kg (9): Anson Loh Ding Rong/2008 19.36;
D T / 1.5 kg (15): Anson Loh Ding Rong/2008 52.06; Jaden Chew/2008 51.53; Lee Yu Foong/2009 48.55;
J T / 700 g (31): Gabriel Ng/2008 63.15;
5000 m Walk (16): Lee Yee Feng/2009 24:16.49 / NYR; Wilbert Lai Junwei 24:34.44;
4x100 R (17): Hwa Chong Institution Team 42.13;
4x400 R (17): Raffles Institution Team 3:21.93;

Boys / B-category:

2000 m St (9): Liu Haoyue/2010 6:18.10;
110 m H / 91.4 cm (8)/+1.0: John Lim Zhi Kai/2010 14.31; Aidan Goh/2010 14.63; Feroz Syed Bilaal/2010 14.78; Michael Jude Sofyan/2011 14.81;
P V (15): Denver Chua Jit An/2010 4.05;

Girls / A-category:

100 m (15)/+0.1: Chloe Tan Hui En/2008 12.14;
2000 m St (9): Megan Puah/2008 7:52.24;
H J (13): Amelia Goh Yen Young/2008 1.67;
L J (30): Chloe Chee En-Ya/2008 5.87;
3000 m Walk (16): Faith Ling Xiao En/2009 16:35.01; Klarisse Ng Shee Chin/2009 16:51.94;

4x100 R (17): Hwa Chong Institution Team 48.83;
4x400 R (17): Hwa Chong Institution Team 4:06.15;

Girls / B-category:

J T / 500 g (10): Kristel Lam Xin/2010 41.50;

Girls / C-category:

3000 m (10): Sommer Lim Yuqi/2012 10:25.62 / NYR;

4th Singapore Athletics All Comers Meet / 02. – 03.05.2026

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

Men:

110 m H (2)/+0.8: Awyong Liang Qi 14.75;
P V (3): Nicholas Southgate NZL 5.36; Low Jun Yu 5.03; Joseph Cheong Yin Yern/2007 4.43; Jian Yunfan/2009 4.23;
4x100 R (2): National Junior Team (Joshua Lee Shyen/2008, J.P.Hoare/2009. Wang Qiyue/2009. H.Irfan Curran/2008) 40.67 / NJR;

Women:

200 m (3)/+0.5: Laavinia Jaiganth 25.03;
100 m H (2)/+0.5: Kerstin Ong Jong Rong 14.12;
P V (3): Ashlee Ong Yu Xi/2007 3.34;
L J (2): Chloe Chee En-Ya/2008 5.69/ 0.0;
4x100 R (2): National Team/A (A.Loo, E-A. Tan Shee Ru, L.Jaiganth, K.Ong Jing Rong) 45.96;

MALAYSIA

1st Pole Vault Challenge Series Event at Serdang / 19.04.2026

(-courtesy of the Malaysia Athletics Federation -)

following are the best performances from this Regional competition / all athletes from Malaysia except few foreigners from SGP & THA as noted

Men:

Low Jun Yu SGP 5.00; Muh.Naufal Shahrul Afzam 4.80; Muh.Hafidzul Ain 4.60; Aiman Sufian Shahrizal 4.20;

Youth Boys / U18:

Tanakorn Daengmanee THA/2009 5.00; Gerfan Nigel Frank/2010 4.60; Muh.Azwan Syarul Nizam Azman/2009 4.20; Mohd Naufal Iman Zufri/2010 4.20;

Women:

Nor Sarah Adi 4.00; Ashlee Ong Yu Xi SGP/2007 3.65 / NJR & 2nd SGP All-Time; Samantha Mae Godfrey Binting 3.40; Noor Shahreena Jamizan 3.30; Lorraine Leong Jia En SGP/2007 3.10;

Youth Girls / U18:

Syafiqah Azrul Ikram/2008 3.20;

1st Varsity Track & Field Series Meet at Penang / 17. – 19.04.2026

(-courtesy of the Competition – website -)

Men:

100 m (17)/+2.2: Danish Iftikhar Muhammad Roslee/2007 10.46w; Ahmad Amir Aiman Kamaruddin 10.49w; Reeve Kua Man Hong 10.58w; Muh.Haziq Akhir 10.61w; Mohd Thaqif Hisham 10.63w; Eldrick Feivel Florentius 10.66w; Tan Zhi Hang 10.78w;

semis (17) s1/-1.1: Roslee/2007 10.70; s2/-1.6: Akhir 10.83; Hisham 10.88; s3/+0.3: Kamaruddin 10.63; Kua Man Hong 10.79;

heats (17) h2/+0.2: Kua Man Hong 10.88; h8/+0.7: Roslee/2007 10.69; Mohd Raimi Mustaffa Kamal 10.88;

200 m (19)/+3.3: Danish Iftikhar Muahmmad Roslee/2007 21.11w (& 21.89/-1.2 as 1h6); Reeve Kua Man Hong 21.28w; Muh. Daniel Haqiem Azma 21.57w; Muh.Abdul Mateen 21.73w; Ryan Wong Zhen Nam 21.84w;

400 m (18): Ahmad Amir Aiman Nor Azmi 47.98 (& 48.70 as 1h2);

800 m (17): Varunesh Selvaraj 1:57.00;

110 m H (19)/+1.2: Elvin Yap Zhi Xian 14.06; Muh.Hazriq Cik Mat Kilau 14.16; Shareem Aleimran Abdul Raheem 15.01; Muh.Zaim Mukhlis Nozih 15.20;

heats (19) h1/+0.6: Elvin Yap Zhi Xian 13.81 / 3rd MAS All-Time; Abdul Raheem 15.05; Nozih 15.28; h2/-1.5: Kilau 14.61;

400 m H (17): Shazril Ashraff Shamsurbahry/2007 53.22; Muh.Fakrul Afizul Nasri 53.68;

H J (18): Mohd Khye Doong 2.00; Dyllon Thye Weng Ratchaja 2.00;

L J (19): Andre Anura Anuar 7.45/-2.3; Tan Zhi Hang 7.29/ 0.0; Adam Haqimi Azrail 7.19/-1.0;

T J (17): Mohd Shah Sholikin Azshar 14.67/+1.2;

S P (19): Jonah Chang Anak Rigan 18.32; Pang Hong Seng 15.06; Nathaniel Majid 14.43;

D T (17): Jonah Chang Anak Rigan 50.71 / 5th MAS All-Time; Kamal Farhan Abdul Rahman 48.98; Syed Ali Ahmad/2008 46.59;

H T (18): Sadat Marzuqi Ajisan 59.64;

J T (19): Elrick Roslee 58.40;

10000 m Walk (19): Sriven Tan 49:55.84;

4x100 R (18): University Putra Team 40.52;

4x400 R (19): University Putra Team 3:15.60;

Women:

100 m (17)/+2.2: Nurul Wardatul Huwaida Hamka 11.97w (& 12.19/-0.1 as 1h2); Nur Afrina Batrisyia Rizal 12.11w; Fatin Ilyana Mat Nayan 12.23w;

200 m (19)/+3.0: Nurul Wardatul Huwaida Hamka 24.74w; Nur Afrina Batrisyia Rizal 25.01w;

3000 m St (19): Teo Sze Hui 13:06.03;

100 m H (19)/+3.7: Nur Shaqirah Cik Mat Kilau 14.46w; Lie Yee Teng 14.56w; Dhanea Marsyella Eefsan Faiz 14.91w;

400 m H (17): Frenynila Sherly Lucius 64.93;

T J (17): Nurul Ashikin Abas 12.08/-1.0;

S P (19): Nani Sahirah Maryata 14.83; Asyherina Kuja Ujoh 12.43;

H T (18): Nurul Hidayah Lukman 50.27; Nur Salsabila Zam Sairon 42.40;

J T (19): Ng Jing Xuan 47.76;

4x100 R (18): University Pendidikan Sultan Team (F.I.Nayan, E.S.Sapawi, N.I.Suhaidi, N.W.Huwaida Hamka) 47.17;

Mixed Relays:

4x100 R (17): University Putra Team 44.84;

4x400 R (17): University Putra Team 3:38.27;

QATAR

(-courtesy of Mr Mohammad Abdulwahab & the Aspire Academy - website -)

following are few results from two National Events & from three Aspire Invitational Meetings/
from the Federation Cup only results from 1st day available without any info about the events from 2nd day /
from the National Champs results for Track events (Men) and for Field events (Juniors) only /
overall the nationality of some foreign athletes (competing for QAT Clubs or for the Aspire Academy teams)
is unconfirmed (= ??) / at the 2nd Aspire Series Meeting only 3 Middle Distance events were held

4th Aspire Invitational Series Meeting at Doha / 29.04.2026

Men:

100 m/+3.0: Abdullah Othman Masoud NGR 10.06w; Salem Faisai NGR/2013 (!) 10.24w; Magnus Koester Goehring DEN/2007 10.44w;

800 m / Race A: Mohamed Hussein Ahmed SOM 1:50.05; Ilyas El Ouali MAR 1:51.75; Mustafe Muhumed SOM/2008 1:51.79; Zineddine Ferrah ALG 1:52.81; Wail Allou QAT/2007 1:55.43; Race B: Samer Ismail QAT/2008 1:50.62; Ahmed Alaoui Amrani QAT/2008 1:51.82; Ilyas Lachhab MAR/2008 1:51.97; Tarik Greych MAR/2009 1:52.84; Abderrahmane Zammouri TUN/2008 1:53.21; Mohamed Lyamine Zemam (ALG/QAT ??)/2009 1:53.60;

110 m H/+2.4: Kendry Menendez Fuentes CUB 13.14w;

H T: Khalil Adel Bedoui 64.14;

Junior Men:

110 m H / 99.1 cm/+2.4: Adolfo Alvarez CUB/2007 13.35w;

Youth Boys:

S P / 5 kg: Omar El Badri QAT/2011 17.84;

D T / 1.5 kg: Ibrahim Hamdan QAT/2009 58.56; Omar El Badri QAT/2011 54.51; Ali El Absy EGY/2010 51.55;

H T / 5 kg: Ali El Absy EGY/2010 53.21;

3rd Aspire Invitational Series Meeting at Doha / 22. – 23.04.2026

Men & Junior Men:

800 m (22): Mohamed Hussein Ahmed SOM 1:51.42; Ilyas El Ouali MAR 1:53.24; Mustafe Muhumed SOM/2008 1:53.56; Ali Abubaker Koko Dauouk SUD/2008 1:54.16; Othmane Dani (MAR/QAT ??)

1:54.33; Youssef El Malyani MAR 1:54.62; Chaker Afli TUN 1:55.61;

1500 m (22): Abdullah Abdulkareem Al-Haswali YEM/2007 **3:48.60/NR**; Mohamed Khattab MAR 3:51.27; Zineddine Ferrah ALG 3:51.62; Oussama Zeroual MAR 3:53.21; Mohamed Amimi MAR 3:55.97; Adam El Kalil MAR/2008 3:56.56;

3000 m (22): Mohamed Mamoun Rageh YEM **8:19.35/NR**; Abdelkhalek Saeed SUD 8:22.69; Harry Tongue GBR/2007 8:30.33; Sheriff Sowe GAM 8:43.71;

400 m H (22): Yoao Ilyas Puentes CUB 49.24; Haroun Hassan Mahamat Adoum QAT/2007 51.02; Mounir Mahamat Moussa QAT/2007 51.77; Mahamat Abaker Abdrahaman QAT 51.80; Hassane Ramadan QAT/2007 52.64; Ibrahim Mahamat Bechir QAT/2008 53.98;

H J (22): Abdulrahman Mohamed Al-Malki QAT/2007 2.04; Ibrahim Gassan Rakinan QAT/2007 2.04;

P V (22): Abdullah Saad Al-Abdullah QAT/2008 4.70; Nasser Ahmed Al-Atbi QAT/2009 4.40;

H T (23): Khalil Adel Bedoui QAT 63.44;

Junior Men:

H T / 6 kg (23): Bourma Hissein Abba Mahamat CHA/2008 47.06;

Youth Boys / under 18:

800 m (22): Omar Adil Khalid SUD/2009 1:57.10; Mouad Ait Aissa QAT/2009 1:57.48;
1500 m (22): Mohamed Lyamine Zemam (ALG/QAT ??)/2009 3:57.50;
400 m H (22): Idriss Youssouf Hissein QAT/2009 54.49;
P V (22): Malik Hamdan JOR/2011 4.50;
H T / 5 kg (23): Ali El Absy EGY/2010 55.29;

2nd Aspire Invitational Series Meeting at Doha / 14.04.2026

(-courtesy of the Aspire Academy - website -)

800 m: Abderrahmane Houam/2007 1:51.20; Ali Abubaker Koko Dauouk SUD/2008 1:52.46; Abderrahmane Zammouri TUN/2008 1:52.86; Nacim Abdelilah (QAT ??) 1:52.98; Mohamed Abdi (KEN ??) 1:53.08; Ilyas Lachhab MAR/2008 1:53.41; Mohamed Lyamine Zemam (ALG/QAT ??)/2009 1:53.86;
1500 : Abderrahmane Houam QAT/2007 3:51.59; Abdiaziz Hamdi Mohamed QAT/Youth 3:52.44; Ahmed Jama Dirie (QAT ??)/Youth 3:53.46;
3000 m: Yasser Youssef Khalid Komen (QAT/KEN ??)/2007 8:09.05; Abdullah Abdulkareem Al-Haswali YEM/2007 **8:22.17/(NR) & NJR**; Harry Tongue GBR/2007 8:33.67;

Youth Boys / under 16:

800 m: Mohammed Bouafia (QAT ??) 1:57.01;

Federation Cup for Men & Junior Men at Doha / 08. – 09.04.2026

Men:

P V (8): Omar Ali Shanan IRQ 4.90; Mohamed Salman Ahmed 4.20;
L J (8)/nwi: Mohamed Mounir Abdelsalam Suleiman 7.10;
D T (8): Mouath Mohamed Ibrahim 60.42;
H T (8): Khalil Adel Bedoui 63.46; Ahmed Amgad Al-Saifi 62.87;
J T (8): Radwan Ahmed Mansour 58.25;

Junior Men:

100 m (8)/nwi: Faroque Aman Nasser (Aremu) NGR (QAT ??)/2007 10.47;
200 m (8)/nwi: Abdullah Susso GAM/2007 21.03; Ali Sami Hassan NGR/2007 21.12;
1500 m (8): Abdel Nour Essalehy MAR/2008 3:54.73; Mohamed Mazen Brahmi TUN/2008 3:57.89;
5000 m (8): Yasser Youssef Khalid Komen (KEN/QAT ??)/2007 14:04.93; Abdullah Abdulkareem Al-Haswali YEM/2007 14:59.45;
3000 m St (8): Abderrahman Houam/2007 9:02.51; Abdelghafor Kabbad/2008 9:22.89;
110 m H/99.1 cm (8)/nwi: Mohamed Rabih 15.06; Youssef Moussa Issa CHA/2008 15.09;
400 m H (8): Abakar Idris Djibrine/2008 51.84; Ismail Mohamed Abdullah/2007 51.93; Mounir Mahamat Moussa/2007 52.52; Haroun Hassan Mahamat Adoum/2007 53.07;

National Champs for Men&Junior Men at Doha / 15. – 16.04.2026

Men:

400 m (15): Ismail Dawood Ibrahim 47.24;
400 m H (16): Yoao Ilyas Puentes CUB 50.97; Omar Obeid Abdulmajed 54.20; Abdul Rahman Mohamed Abubaker 54.37;

Junior Men:

L J (15): Louay Sharif (QAT ??) 7.18;
D T / 1.75 kg (16): Hamad Dhawi Faraj Al-Sultan/2008 56.13; Ibrahim Youssef Hassan 48.23;
J T (16): Taha Yahya Hassan/2007 70.81;

INDIA

24th National Junior Competition at Tumkur /24. – 26.04.2026

(-courtesy of Mr Ram.Muralikrishnan -)

following are detailed results (incl. several new Junior Records and other excellent performances) from this major National Junior event with athletes born 2006 (internationally = Seniors) and Juniors / Nitin Gupta improved his own Asian Junior Record at 5000 m Walk (& as the 2nd fastest Junior in the World AT) by more than 30 seconds

Junior Men / born 2006 or later:

100 m (24)/-0.2: Abhay Singh/(2006) 10.41; Vuvraj Singh/(2006) 10.53; Anshu Rajak/2007 10.53; Aditya Pisal/2008 10.56; J.Krishna/2008 10.58; Rudra Shinde/2007 10.59; Mehebul Ahmed/2009 10.71; Savin Thingalaya/2007 10.75;

semis (24) s1/-0.3: Abhay Singh/(2006) 10.65; Ahmed/2009 10.79; Abhishek Singh Naruk/2008 10.80; s2/+1.6: Krishna/2008 10.58; Pisal/2008 10.62; Shinde/2007 10.64; Thingalaya/2007 10.73;

h3/+0.2: Yuvraj Singh/(2006) 10.67; Rajak/2007 10.68; Neil Samraj/2009 10.78; Answaf K.Asharaf/2007 10.81;

heats (24) h2/+0.8: Aakash Choudhary/2007 10.75; Jinoy Jayan/(2006) 10.76; h3/+0.3: Jamil Ali/2008 10.78; h4/+1.6: Abhay Singh/(2006) 10.47; Krishna/2008 10.62; Rushiraj Singh Gohil/(2006) 10.77; h6/+0.1: Shinde/2007 10.66; Asharaf/2007 10.76; h7/+1.5: Rajak/2007 10.56; Singh Naruk/2008 10.68; P.Chiranth/2008 10.79; h8/+0.2: Yuvraj Singh/(2006) 10.61; Thingalaya/2007 10.74; Samraj/2009 10.75; Ritam Saha/2007 10.77; h9/+2.5: Pisal/2008 10.51w; Ahmed/2009 10.72w; h10/+0.8: Gourav Yadav/2007 10.71; Ahil Ali/2007 10.77;

200 m (26)/+0.9: Abhay Singh/(2006) 20.82 (this result is listed as NJR; however he is over-age/NOT a NJR); Rushiraj Singh Gohil/(2006) 21.25; Rudra Shinde/2007 21.26; J.Krishna/2008 21.32; Swapanile Ahir/2008 21.54; Ritam Saha/2007 21.61;

semis (25) s1/+0.2: Singh Gohil/(2006) 21.48; Saha/2007 21.52; Pratik Maharana/2007 21.79; Shubham Yadav/2008 21.83; Deepanshu ??/2008 21.93; s2/-0.4: Abhay Singh/(2006) 21.14; Shinde/2007 21.40; Ahir/2008 21.57; Seshu Duddu/2008 21.80; Thanish Vijay Gaddam/2008 21.82; Abhishek Singh Naruk/2008 21.86; Sarthak Rajendra/2008 21.89; s3/-0.4: J.Krishna/2008 21.59; Glenn Rodney Nazare/(2006) 21.60; Vuvraj Singh/(2006) 21.70;

heats (25) h1/-0.1: Deepanshu/2008 21.94; h2/-0.9: Abhay Singh/(2006) 21.55; Rajendra/2008 21.95; Mehebul Ahmed/2009 21.98; h3/-0.5: Duddu/2008 21.90; h4/-0.9: Nazare/(2006) 21.58; Yuvraj Singh/(2006) 21.87; Chirag ??/2007 21.88; h6/+0.1: Samraj/2009 21.73; Shubham Yadav/2008 21.81; h10/+1.1: Maharana/2007 21.51; Singh Gohil/(2006) 21.52; h11/-0.8: J.Krishna/2008 21.49; Shinde/2007 21.49; Ahir/2008 21.77; h12/+1.0: Saha/2007 21.79; Gaddam/2008 21.83; Jamil Ali/2008 21.92;

400 m (25): Mohammed Ashfaq/2007 46.05 / NJR; Piyush Raj/2007 46.62; Ranjith Kumar/2007 46.90; Sayed Sabeer/2008 47.02; Nakul Prabhu/2008 47.03; Abhay Kumar Dubey/2008 47.39; Sangu Singh/2007 47.61; Mayank Chikara/2007 48.08;

semis (24) s1: Ranjith Kumar/2007 46.84; Kumar Dubey/2008 47.46; Lodence Ramu/2009 47.56; Munna Kumar Brahma/(2006) 47.81; Anandhu Suku/2007 48.22; Vaibhav Bhardwaj/2008 48.33; s2: Piyush Raj/2007 47.25; Sabeer/2008 47.44; Prabhu/2008 47.50; Hariharan Ravichandran/2008 47.86; Jashanpreet Singh/2008 47.88; s3: Ashfaq/2007 46.83; Sangu Singh/2007 47.45; Chikara/2007 47.56; Amit Kumar/2007 47.94; Harinandhan ??/2008 48.02; Swapanile Ahir/2008 48.49;

heats (24) h1: Yugank Choudhary/2007 48.35; h2: Kumar Dubey/2008 47.83; h3: Sangu Singh/2007 47.84; Sabeer/2008 48.23; h5: Ranjith Kumar/2007 47.70; h6: Ashfaq/2007 47.39; Ramu/2009 47.65;

h9: Amit Kumar/2007 48.15; h10: Kumar Brahma/(2006) 48.17; h11: Piyush Raj/2007 47.86; Prabhu/2008 48.07; Suku/2007 48.50; h12: Jashanpreet Singh/2008 48.20; Anshul Kumar/2007 48.32;

800 m (26): Mogali Venkatram/2007 1:49.02; Mayank Yadav/(2006) 1:50.27; Harshal Joge/2007 1:50.69; Suraj Singh/2009 1:51.64; Mohit Yadav/(2006) 1:52.89; Abhaz Khan/2010 1:53.34;

heats (25) h1: Vabsh Kumar Sharawa/2008 1:52.40; Khan/2010 1:52.85; Uwin Anand Ananthan/2007 1:52.92; Saransh Malik/2007 1:54.38; Sohith Vijender/2008 1:55.01; h2: Mayank Yadav/(2006) 1:50.82; Joge/2007 1:50.97; Mohit Yadav/(2006) 1:51.50; Deepender ??/2007 1:52.37; Krishna Rathod/(2006) 1:52.44; S.Dhanush/2007 1:52.57; Lokesh Magendhiran/2007 1:54.96; Himanshu Swami/2009 1:55.03; h3: Venkatram/2007 1:52.71; Suraj Singh/2009 1:53.33; Abhinav Singh/(2006) 1:54.01; Pranay Upase/2008 1:54.42;

1500 m (25): Vansh Kumar Sharawa/2008 3:52.29; Hitesh ??/2008 3:53.76; Rohit Sagar/(2006) 3:53.91; H.D.Pratham/2007 3:54.23; Umair Khan/2007 3:56.92; Vikas Kumar/2008 3:57.00;

heats (24) h1: Hitesh/2008 3:54.74; Rohit Vaidya/(2006) 3:54.93; Aakash ??/2007 3:54.94; Chirag Chaudhary/2007 3:55.94; Deepak Kumar/2007 3:56.65; h2: Deepender ??/2007 3:56.73; Pratham/2007 3:56.77;

3000 m (26): Sourabh Rawat/(2006) 8:25.63; Sandeep Yadav/2007 8:26.88; Vikas Kumar/2008 8:29.15; Raj Sinha/2008 8:29.97; Aniket Deshmukh/(2006) 8:30.25; Siddhanath Jagtap/2007 8:30.57; Pankaj Verma/2008 8:30.84; Ankit Indoliya/2008 8:33.90; Gopi Saroj/2007 8:38.67; Nilesh Yadav/2007 8:39.73;

5000 m (24): Dinesh ??/2008 14:36.50; Ravi Yadav/(2006) 14:37.25; Gurpreet Kamboj/(2006) 14:37.29; Vikash Saroj/2008 14:37.89; Aniket Deshmukh/(2006) 14:45.80; Gopi Saroj/2007 14:47.26; Sourabh Rawat/(2006) 14:54.53; Shekhar Choudhary/(2006) 14:54.55;

3000 m St (26): Sumit Rathee/(2006) 9:28.04; Vedant Sanjay Tikone/(2006) 9:31.48; C.Nikhil/2008 9:35.25;

110 m H / 99.1 cm (25)/-1.0: K.Kiran/2007 13.75; Saif Farooq Chafekar/2007 13.86; Fasalul Haque/2008 14.05; P.Surya/(2006) 14.17; Nakul ??/(2006) 14.44; Subhash Saini/2007 14.49;

semis (25) s1/-1.5: B.Nived/2008 14.03; Saini/2007 14.26; Nakul/(2006) 14.32; Shreyash Jadhav/2008 14.39; Rohan Rathod/2008 14.49; Abhay Sived/2008 14.49; Samrudh Pai/2007 14.70; S.Swaroop/2007 14.91; s2/-1.3: Haque/2008 13.98; Surya/(2006) 14.33; Rahul Prabhu/2007 14.44; Dhruv Milind Lawand/2008 14.49; Aryan Dagar/2008 14.66; Saksham Chhikara/2010 14.74; S.Chandan/2007 14.81; s3/+0.1: K.Kiran/2007 13.66 / NJR; Chafekar/2007 14.00; Rahul Marwade/2007 14.25; Sisant Das/2009 14.33; Manish Kumar Rajbhai/2007 14.35; R.Manikanda/2007 14.54; Rishu Pathak/2008 14.71; Tarun Bauri/(2006) 14.94;

heats (25) h1/-0.6: K.Kiran/2007 13.98; Chafekar/2007 14.04; Kumar Rajbhai/2007 14.56; Saini/2007 14.61; Swaroop/2007 14.87; h2/-0.3: Surya/(2006) 14.48; Prabhu/2007 14.48; Pathak/2007 14.58; Marwade/2007 14.68; Rathod/2008 14.71; K.Abhinav/2009 14.84; h3/+0.2: Haque/2008 14.06; Sisant Das/2009 14.32; Lawand/2008 14.48; Manikanda/2007 14.71; h4/-0.1: Nived/2008 14.29; Jadhav/2008 14.53; Dagar/2008 14.62; Chhikara/2010 14.68; h5/-0.1: Nakul/(2006) 14.36; Sived/2008 14.68; Pai/2007 14.74; S.Chandan/2007 14.84;

400 m H (26): Jashanpreet Singh/2008 51.80; Amit Kumar/2007 51.98; Sahil Raj/2008 52.96; Rajveer Bishnoi/2008 53.27; Lusan Khamari/(2006) 53.58; Jatin Kumar/(2006) 54.04;

heats (25) h2: Jashanpreet Singh/2008 53.22; Raj/2008 53.90; Bishnoi/2008 53.92; h3: Amit Kumar/2007 51.96;

H J (26): Basant ??/2007 2.21; Afroz Ahmad/2008 2.09; Akash Kumar Verma/(2006) 2.06; K.Ambriesh/2008 2.03;

P V (25): S.Kavinraja/(2006) 5.12; Ashish Kumar Yadav/2007 4.70; R.Vishal/2007 4.60;

L J (25) / qualification (24): Shahnabat Khan/2008 8.23/+1.4 / NJR & 3rd ASIA Junior All-Time & 3rd IND Senior All-Time; (Q/7.74/-0.9); R.C.Jithin Arjunan/2007 7.78/+1.3 (7.41/+0.5); M.Dhanish Raj/2007 7.37/+1.0 (7.61/+0.9); Shivam Yadav/2009 7.25/-1.4; Ayush Yadav/2007 7.25/+0.9 (7.10/-1.0); Parth Singh/2007 7.23/+1.6 (7.40/+0.7); C.Tharun Vikash/(2006) 7.17/-0.5; Hemanga Borgohain/(2006) 7.12/+0.8;

T J (26) / qualification (25): P.Royshan/2007 15.75/+0.5 (15.05/+0.5); Bhushan Shinde/(2006) 15.67/+0.9 15.13/+0.6); Dhanush Raj/2007 15.60/+1.1 (15.14/-0.9); Akarshit Partap Singh/2007 15.52/+0.8 (14.84/-0.8); Daksh Bishnoi/2007 15.51/+0.6;

S P / 6 kg (25) / qualification (24): A.Sai Kiran/(2006) 18.65 (18.11); Akhand Pratap Singh/2008 17.81 (17.57); Ommkar Prasad Nand/2007 17.52 (16.55); Harpartap Singh/2008 17.48 (17.26); Yash Chhikara/2007 17.16 (17.30); Harshit Gahlot/(2006) 16.76 (16.13);

D T / 1.75 kg (26) / qualification (25): Nishchay ??/2008 57.02 (56.53); Vaibhav ??/(2006) 56.09 (52.03); Ravi ??/2008 54.34 (52.65); Hansraj Dhayal/2007 53.32 (52.01); Usman Ali Khan/2007 52.51 (52.54); Vishal Kumar/2008 52.49 (50.07); Yashraj Jain/2007 51.98 (50.94); Dhanush Babu/(2006) 50.95 (49.24);

Yash Dabas/(2006) 50.01 (50.50); Avinash Talakeri/2008 49.67 (50.62); in qualification: Manjeet ??/2007 50.29;
 H T / 6 kg (25): Ashuvendra Pratap Singh/2007 67.87; Aman ??/2007 67.39; Kartik ??/2007 65.08; Shubham ??/(2006) 63.52; Sandeep Kumar/(2006) 63.42;
 J T (26) / qualification (25): Rohan Yadav/(2006) 73.37 (69.07); Ashish Yadav 73.12 (67.43); Rishabh Giri/2007 72.96 (72.10); Rajat Kumar/2008 72.83 (69.83); T.Dharanidharan/2007 72.04 (70.65); Krishan Chandra/2009 70.55 (70.81); Himanshu ??/2008 69.39 (66.74); Pankaj Gavale/(2006) 69.14 (68.11); Mangal Singh/2007 66.20 (66.51); Chetan Jat/2007 64.04 (65.34); Kallolleppa Bandivade/2007 63.03 (65.75); Virendra Yadav/2007 61.65 (64.24);
 Decathlon (24/25)/nwi: Upkar ??/2007 7039 / NJR (11.30; 6.89; 12.16; 1.80; 50.62 / 15.23; 36.96; 4.00; 60.27; 4:45.94); Jakhar Rahul/2008 6939 (11.04; 6.81; 12.64; 1.86; 50.44 / 14.35; 36.86; 3.30; 51.46; 4:48.45); Abhay Singh/2007 6931 (11.11; 6.92; 11.34; 1.80; 50.89 / 15.61; 35.98; 3.90; 57.75; 4:40.22); Aryan Parkash/2007 6037 (11.67; 6.09; 11.11; 1.74; 52.06 / 15.61; 32.99; 3.30; 50.26; 5:03.86);
 5000 m Walk (24): Nitin Gupta/2008 **18:54.37 / AJR & 2nd Junior World All-Time & NR & NJR**;
 Tushar Panwar/2008 19:48.77; Himanshu Panwar/2007 19:56.74; Vivek Bholabhai/2008 20:03.87; Firdous Alam/2009 20:04.13; Praveen ??/2007 20:36.68; Rohit Kumar Bhaira/2007 20:39.02; Tushar Giri/(2006) 20:41.35; Prashant Kumar/2008 20:52.03; Anshul Sajwan/2007 21:10.57; Shyam Ji Dubey/2007 21:11.80; Subhash Kumar Bhame/2009 21:13.68; Dinkar Verma/2008 21:16.86; Elangbam Gungcha/2008 21:26.82; Ningombam Malembgam/2007 21:27.59; Pawan Singh Gurjar/2009 21:49.23; Pankaj ??/2008 21:50.66; Yogesh Singh/2008 22:02.94; Darshan Bharamappa/2006 22:15.88; Harman Singh/(2006) 22:24.47; Dhruv ??/2007 22:24.72; Gaurav Prajapati/2008 22:26.28; Hanuman ??/2008 22:27.43; Tuyasar Mallick/2007 22:35.86; Shubham Kumar/2007 23:35.47;

Junior Women:

100 m (24)/-0.4: Nipam Chandan/2007 11.53 / NJR; G.Bhavana/2007 11.87; Kajal Hirabhai Vaja/2007 11.88; Aarti ??/2008 11.90; Rujula Amol Bhonsle/2007 11.92; Rashi Singh/2008 12.06; Prisha Mishra/2008 12.13; Lovejot Kaur/(2006) 12.21;
 semis (24) s1/+0.2: Nipam Chandan/2007 11.60; Aarti/2008 11.81; Bhonsle/2007 11.91; Lovejot Kaur/(2006) 12.19; s2/-0.3: Vaja/2007 11.96; Mishra/2008 12.16; s3/+0.7: Bhavana/2007 12.03; Rashi Singh/2008 12.17; Ananya Suresh/2008 12.20;
 heats (24) h1/+1.0: Rashi Singh/2008 11.98; h2/+1.3: Heeral Johri/(2006) 12.20; Siya Abhijit Sawant/(2006) 12.22; h3/+0.5: Nipam Chandan/2007 11.66; Aarti/2008 11.95; Lovejot Kaur/(2006) 12.23;
 h4/-0.3: Vaja/2007 11.92; Bhonsle/2007 11.96; Mishra/2008 12.15; Suresh/2008 12.20;
 h5/+0.7: Bhavana/2007 12.00; Mansi Rajak/2007 12.18; Yashashree Sakpal/2008 12.23;
 200 m (26)/+0.6: Bhoomika Nehate/2009 24.21; Aarti ??/2008 24.46; Neeru Pahtak/2007 24.50; Prisha Mishra/2008 24.67; Monika Raha/2007 24.71; Rashi Singh/2008 24.98; Sehnoor Bawa/2010 25.03; Mansi Rajak/2007 25.11;
 semis (25) s1/-0.7: Pahtak/2007 24.75; Mishra/2008 24.95; s2/-0.1: Aarti/2008 24.20; Nehate/2009 24.69; s3/-0.4: Raha/2007 24.91; Bawa/2010 25.09; Rashi Singh/2008 25.18; Rajak/2007 25.18;
 heats (25) h1/-0.4: Bawa/2010 25.17; h2/-0.6: Pahtak/2007 24.77; Rajak/2007 25.08; h3/-0.4: Aarti/2008 24.76; h4/+0.3: Raha/2007 24.68; Heeral Johri/(2006) 25.15; h5/+1.1: Nehate/2009 25.03;
 h6/-0.6: Mishra/2008 24.95;
 400 m (25): Neeru Pathak/2007 54.31; Tahura Khatun/2007 54.39; Bhoomika Nehate/2009 54.68; Sehnoor Bawa/2010 54.83; Kavita ??/2007 55.10; Mehardeep Kaur/2007 55.16; Maya ??/2007 55.33; A.K. Thiya/2007 56.30;
 semis (24) s1: Nehate/2009 54.59; Kavita/2007 55.08; Mehardeep Kaur/2007 55.45; Bawa/2010 55.64; Supreet Kaur/2007 56.11; Vanshika Rathi/2008 56.82; Riya Bisht/2008 57.64; s2: Khatun/2007 55.00; Thiya/2007 55.83; Kashish Bhagat/2008 55.90; Lakshita Sharma/2009 55.91; Vanshika ??/(2006) 57.27; Tannu ??/2009 57.64; s3: Pahtak/2007 55.22; Maya/2007 55.49; A.Dharani/2008 56.59; Punam Kumari/2007 56.60; Vanshika ??/2008 56.84; Tanisha Bhait/(2006) 57.58;
 heats (24) h1: Sharma/2009 56.35; Vanshika/2008 56.72; Vanshika/(2006) 56.95; Bhagat/2008 57.47; h2: Maya/2007 56.51; Khatun/2007 56.56; h3: Pahtak/2007 56.61; h4: Supreet Kaur/2007 57.43;

h5: Thiya/2007 56.70; Dharani/2008 57.05; Kanika Saini/2007 57.14; Kumari/2007 57.51;
h6: Kavita/2007 56.23; Mehardeep Kaur/2007 56.38; Nehate/2009 56.77; Rathi/2008 57.20; Latika Dharan/2008 57.67;
800 m (26): Nagini ??/2009 2:12.06; Vanshika ??/(2006) 2:13.30; Geetika Dahiya/(2006) 2:13.49;
heats (25) h2: Heena ??/2007 2:14.55; h3: Nagini/2009 2:14.8; Pallavi Dongarwar/(2006) 2:14.99; Shilpa Rakesh Hosama/2007 2:15.0;
1500 m (25): Radha Yadav/2007 4:32.64; Snehal Kharat/2008 4:36.71; Janhavi Dnyaneshwar/2008 4:38.39; Manisha Rai/2008 4:41.55; Deepika ??/2009 4:41.65; Vartika Patel/(2006) 4:42.65; Muskan ??/2007 (IOCL Team) 4:45.30; Amruta Gajkwad/(2006) 4:45.45;
3000 m (26): Sakshi Bhandari/(2006) 9:45.43; Shraddha Yadav/2009 9:45.49; Dipika Sharma/2008 9:45.57; Radha Yadav/2007 10:02.50; Kumari Sheetal Kushwaha/2008 10:04.37; Tamanna ??/(2006) 10:12.55; Mamata Patil/(2006) 10:13.98;
5000 m (24): Muskan ??/2008 (Haryana Team) 16:42.88; Sonam Parmar/(2006) 16:47.89; Sakshi Bhandari/(2006) 17:04.93; Lajo Saroj/2009 17:17.09; Dipika Sharma/2008 17:23.73; Anjali Patidar/(2006) 17:51.35; Sonika Rajwade/(2006) 17:55.90; Mamata Patil/(2006) 18:09.05; Vartika Patel/(2006) 18:14.88;
3000 m St (26): Mansi Yadav/2007 11:10.59; Aisha Verma/2008 11:13.79; Anshu ??/2009 11:25.23; C.Chithra/(2006) 11:38.72; Versha ??/2008 11:54.47; Sunita Santa/2007 12:13.04; Bavaliya Janki Bharat/2007 12:13.57; Swapna Kodavath/2007 12:15.17; Teena Kumari Gurjar/2007 12:15.67; Sonam Pal/(2006) 12:22.56; Harman ??/2007 12:24.39; Gaytri ??/2007 12:26.88;
100 m H (25)/-0.4: Yamini Karthikeyan/(2006) 13.79; G.Bhavana/2007 14.07; Nupura Holla/2009 14.22; Adithya Aji/2007 14.23; Aerrolla Pranathi/(2006) 14.41; Sonali Jana/2009 14.60; Tiasha Chakraborty/2007 14.83; Isha Elizabeth Renjith/2007 15.08;
heats (25) h1/-0.8: Karthikeyan/(2006) 14.07; Pranathi/(2006) 14.69; h2/-0.1: Bhavana/2007 14.30; Holla/2009 14.58; Aji/2007 14.60; Chakraborty/2007 15.05;
400 m H (26): Tanu Chaudhary/2009 59.38; Apurva Anand Naik/(2006) 61.42; Latika Dharan/2008 61.43; Swanandi Santosh/2008 61.52; Poonam Gehlot/(2006) 61.68; Shivani Kumari/2007 62.56;
heats (25) h1: Chaudhary/2009 60.29; Dharan/2008 62.48; Santosh/2008 63.82; h2: Kumari/2007 62.93; Naik/(2006) 63.30; Gehlot/(2006) 63.62;
H J (26): Pooja Singh/2007 1.80; Juin Mantusa/2008 1.69;
P V (24): B.Sowndhary Balakirshnan/(2006) 3.60; Shruti Rathaur/(2006) 3.40; Chuki Birda/2007 3.40; Tanishka Dayma/2007 3.20;
L J (25): Munmun Chetia/(2006) 6.03/-0.6; Sadhana Rani/2007 5.74/-0.9;
T J (26): Sadhana Ravi/2007 12.97/+0.5; Jasleen Kaur/(2006) 12.72/-0.8; Shashi ??/(2006) 12.12/+1.2; Renuka Devi/2009 12.02/+1.3;
S P (25): V.S.Anupriya/(2006) 14.35; Pooja Kumari/2007 13.80; V.Madhumitha/(2006) 13.38;
D T (24): Amanat Kamboj/2007 52.27; Riddhi ??/2007 48.92; Supriya Attri/2007 48.07; Purabi Padhi/2008 46.50; Oshin ??/2009 43.65; Tanu Choudhary/2007 42.62; Lakshita Mahlawat/2008 42.17; Yashi Mangat/2007 41.37;
H T (26): Nandni ??/2008 58.78; Anushka Yadav/2008 58.02; Gunjan Singh/2007 50.52; Deepanshi ??/2007 48.81; Nikita Poonia/2008 48.76; Aastha Gujjar/2009 48.17; Rashmi ??/2008 46.23; Vedika Chavanke/2007 45.74; Khushi ??/(2006) 45.40;
J T (26): Poonam ??/2007 51.64; Bhavya Pilonia/2007 48.87; C.J.Bhavya/2009 47.23; Shivani Patel/2009 43.79; Durva Dattatray/2008 43.39; Sabita Murmu/2008 43.08; Misti Karmakar/2009 42.93; Tanushri Mahalder/2008 41.81; Navreet Kaur/2007 41.50;
Heptathlon (25/26)/nwi: Jaskiran Kaur/2007 4367 (15.06; 1.49; 9.15; 26.67/5.25; 26.74; 2:32.20); Alfaz Kaur Grewal/2007 4194 (15.63; 1.46; 9.22; 27.42 / 5.02; 32.91; 2:37.35); Khushi ??/2007 4157 (15.96; 1.61; 10.23; 28.45 / 4.64; 30.99; 2:38.41); Avika Baliyan/2008 4075 (15.86; 1.43; 8.15; 27.04 / 5.03; 22.77; 2:23.70);
5000 m Walk (25): Ranjana Yadav/2009 23:22.12; Yogita ??/2008 23:27.32; Manisha ??/(2006) 23:43.94; Simran Gusain/2008 23:44.23; Ritika ??/2008 23:47.77; V.B.Nayana/(2006) 24:14.95; Riya Rathore/2009 24:34.78; Pooja Lohar/2009 25:08.43; Bandana Yadav/2008 25:21.07; Komal ??/2008 25:31.50; Bhumi ??/2008 25:43.23; Sarojani ??/2007 25:49.10; Divya Chaudhary/2007 25:57.19; Lalita Khileri/2008 26:01.12; Muskan ??/2008 26:01.20; Shikha Yadav/2007 26:37.19;

KOREA

National Cup Championships at Iksan / 08. – 11.04.2026

(-courtesy of the KAAF - website -)

following are selected best results from this competition for different categories / only few events held for the University Women category

University Men:

100 m (8)/-0.1: Lee Jin-Seo 10.52; NohHo-Jin 10.76; Choi Seong-Won/2007 10.80;
heats (8) h1/+0.2: Kim Jeong-Yoon 10.69; h3/-0.3: Lee Jin-Seo 10.68;
200 m (9)/-1.0: Kim Jeong-Yoon 21.44; Choi Seong-Won/2007 21.79;
heats (9) h1/-0.1: Kim Jeong-Yoon 21.55; h2/-1.1: Kim Jun-Sung 21.91;
400 m (8): Kim Jun-Sung 48.26; Park Jong-Eun 48.72;
800 m (10): Jung Min-Kuk 1:55.87;
5000 m (8): Hwangbo Han-Bin 14:39.64;
10000 m (11): Hwangbo Han-Bin 30:56.75;
110 m H (9)/-1.7: Shin Eui-Jin 14.72;
400 m H (11): Park Jong-Eun 53.66; Choi Ji-Won 53.72;
L J (8): Lee Chan-Hyung 7.49/+0.4;
S P (11): Seo Seung-Woo 16.48; Oh Ye-Chan 16.08; Kang Mu-Sung 16.08; Ju Jae-Hoon 15.99;
D T (10): Lee Jun-Hee 50.29; Kim Seong-Woo 49.17; Park Ju-Hwan 47.85; Cho Byung-Uk 45.35;
H T (8): Lee Do-Yeon/2007 56.58; Kim Young-Wook 55.35; Oh Jae-Hyuk 53.85;
J T (9): Jung Jun-Seok 72.38; Choi Woo-Jin 68.12; Lee Seo-Jun 67.06;
10000 m Walk (9): Kim Ka-Ram 41:52.75; Song Seong-In/2007 41:57.83;

High School Boys:

100 m (8)/+0.9: Choi Myung-Jin/2008 10.62;
200 m (9)/-1.1: Choi Myung-Jin/2008 21.92;
T J (11): Yang Yu-Bin/2008 15.15;
S P / 6 kg (10): Lee Su-Hwan/2009 16.80;
10000 m Walk (8): Kim Ju-Han/2008 43:39.42; Cho Dae-Hee/2008 44:55.22;

University Women:

L J (8): Lim Chae-Young 5.71/+1.0;
T J (11): Lim Chae-Young 12.39/-0.7;
S P (11): Park So-Jin 13.92;
D T (9): Yong Su-Jin 48.64; Im Chae-Yeon 42.59;
J T (10): Yang Suh-Ju 53.15; Yoon Eun-Hwan 50.81;

High School Girls:

400 m (8): Park Chae-Kyong/2008 57.92;
T J (11): Seo Ye-Ji/2008 12.15/-0.2;
D T (11): Hyung Ah-Young 41.30;
H T (8): Moon Ka-On/2008 51.20;
J T (9): Ahn Tae-Hyun/2010 45.61;

Middle School Girls:

S P / 3 kg (9): Lee Yu-Mi/2011 14.16;

KAZAKHSTAN

(-courtesy of the Sport-Online.kz - website -)

following are selected best results from two National Champs / at the Youth Champs (for athletes born 2009 or later) some older Senior & Junior athletes incl. few foreigners competed (ex-competition) as noted / all events at the Youth Champs reported as hand-timed & without wind-readings

National Junior Championships at Shymkent / 22. – 24.04.2026

Junior Men:

400 m (22): Nurzhan Seydrakhman/2007 48.59; Radmir Giniyatulin/2007 48.68; Kirill Savchenko/2008 48.92;
800 m (24): Ramazan Shayiyev/2008 1:51.92; Olzhas Muminkulov/2008 1:55.98; Viktor Epov/2009 1:56.69; Alizhan Doszhan/2007 1:57.95;
heats (23) h1: Nikita Izotov/2007 1:53.88; h2: Shayiyev/2008 1:55.63;
110 m H / 99.1 cm (23)/nwi: Bogdan Goncharov/2007 14.06; Dmitriy Kulibaba/2008 14.31; Georgiy Kozma/2008 14.38; Niyattulla Aibol/2007 14.90;
400 m H (24): Kirill Savchenko/2008 53.63; Niyattulla Aibol/2007 53.79;
H J (23): Anatoliy Lyutsko/2007 2.08;
P V (22): Dmitriy Shkerdin/2008 4.40; Maxim Petenev/2008 4.20;
L J (22)/nwi: Alexander Kuzmichev/2007 7.13;
T J (23)/nwi: Georgiy Kozma/2008 14.78; ex-competition: Maksym Vanyaikin UKR 16.36; Arsen Umerzhanov 14.85;
S P / 6 kg (22): Konstantin Uteshev/2007 17.15; Vadim Pessotskiy/2008 15.82;
D T / 1.75 kg (23): Maxim Sazhnev/2009 57.97 / NJR; Ailaidar Myrzagazyev/2007 50.17;
H T / 6 kg (24): Aldiyar Kayrollayev/2007 53.90;
Decathlon (22/23)/nwi: Askar Omirzak/2008 6451 (11.54; 5.99; 11.00 1.73; 50.37 / 15.22; 37.07; 4.00; 47.01; 4:49.53); Ayan Zhanbakiyev/2007 6382 (11.65; 7.04; 11.76; 1.88; 55.64 / 15.63; 34.84; 4.00; 46.60; 5:12.98);
5000 m Walk (22): Sherkhan Egizbay/2008 20:41.92 / NJR; Yegor Strukov/2007 21:20.77; Yuriy Volkov/2009 23:07.89; Nurasy Erkin/2009 24:22.68; Murat Moldash/2010 24:40.88;
4x100 R (22): Karaganda Junior Team 42.24;
4x400 R (24): Almaty Junior Team 3:23.01;

Junior Women:

100 m (22)/+0.7: Yuliya Demkina/2010 12.22 (& 12.23/+0.6 as 1h2);
200 (23)/+0.3: Yuliya Demkina/2010 25.04;
400 m (22): Sofiya Kidenko/2007 55.09; Margarita Kossinova/2010 55.48; Milana Zubareva/2007 56.29; Mariya Zinevich/2007 57.26;
heats (22) h2: Kossinova/2010 57.41; h3: Kidenko/2007 56.04; Zubareva/2007 57.05;
800 m (24): Darya Potocheskaya/2010 2:14.87;
1500 m (22): Viktoriya Melnikova/2010 4:40.42;
3000 m (24): Abilhan Uldanai/2007 10:15.71;
3000 m St (23): Abilhan Uldanai/2007 10:47.91; Yekaterina Tamulina/2009 12:01.15; Anastasiya Mihailyova/2007 12:30.43;
100 m H (23)/+0.1: Alina Golovina/2008 14.04; Angelina Shrubyanets/2009 14.69; Alexandra Evtseyeva/2010 14.75; Olga Bychenko/2008 14.85; Antonina Chernyshova/2007 15.11;
heats (23) h1/-1.9: Shrubyanets/2009 14.62; Evtseyeva/2010 14.73; h2/-1.0: Golovina/2008 14.12; Bychenko/2008 15.00;
400 m H (24): Yulia Shukashvili/2010 63.09; Olga Bychenko/2008 64.43;
heats (23) h1: Margarita Kossinova/2010 62.17; h2: Shukashvili/2010 64.14;

H J (22): Milena Merts/2009 1.70; Malika Zhomart/2008 1.70; Olga Izyumnikova/2009 1.65; Zhasmin Begalinova/2007 1.65;
P V (23): Anna Cherkashina/2008 3.90;
L J (23)/nwi: Mariya Shchipacheva/2007 5.75; Yekaterina Mikhaylenko/2010 5.70;
T J (22)/nwi: Mariya Shchipacheva/2007 12.31; Alisa Isayeva/2009 12.27; Darya Martin/2008 12.09; Yekaterina Mikhaylenko/2010 12.07;
D T (23): Tomiris Yermatova/2008 42.87;
H T (24): Tomiris Yermatova/2008 47.98; Viktoriya Kassymova/2010 40.73;
J T (22): Aigerim Manasbai/2007 43.66; Uibolsyn Esirkep/2008 41.78;
Heptathlon (23/24)/nwi: Assylzat Kydyrbay/2009 4365 (15.53; 1.55; 10.22; 26.48 / 5.15; 24.80; 2:34.82);
5000 m Walk (22): Margarita Storozhenko/2008 23:26.59; Dominika Pukhareva/2008 26:17.00;
4x100 R (22): Almaty Junior Team 47.85;
4x400 R (24): Pavlodar Junior Team 4:03.18;

Mixed Relays:

4x400 R (23): Karaganda Junior Team 3:40.82;

National Youth Championships at Shymkent / 15. – 16.04.2026

Youth Boys:

100 m/ex-competition (15) 1h7 Beybarys Batyruly/2008 10.7;
800 m /ex-competition (16): Nikita Izotov/2007 1:56.3;
H J /ex-competition (16): Yegor Oleshko 2.00;
L J /ex-competition (16): Maksym Vanyaikin UKR 7.43;
S P / 5 kg (15): Maxim Sazhnev/2009 17.87;
D T / 1.5 kg (15): Maxim Sazhnev/2009 58.24;
3000 m Walk (15): Sanzharbek Muhammadzhanov/2009 14:07.9; Nurasyil Erkin/2009 14:27.1;

Youth Girls:

400 m/ex-competition (15) 1h3 Diana Abdullayeva TJK/2007 58.0;
2000 m St (15): Sabina Mukhamedova/2009 8:22.0;
100 m H / 76.2 cm (16): Marya Dyachenko/2010 14.6;
400 m H /ex-competition (16): Aruzhan Alrybai 61.3; Ekaterina Koloda 62.2;
H T / 3 kg (16): Viktoriya Kassymova/2010 45.04;
3000 m Walk (15): Ayaru Bakytzhan/2011 16:00.5; Aelina Erkin/2011 16:28.2;

UZBEKISTAN

National Junior/U20 Champs at Tashkent / 22. – 24.04.2026

(-courtesy of the UZB-Federation - website -)

following are selected best performances (incl. several new NJR's) from these Champs / all athletes born 2007 or later / no exact dates per event reported

Junior Men:

200 m/+0.6: Amir Ishankhodjayev/2007 21.49;
400 m: Hasanbek Rustamjonov/2007 48.83; Amir Ishankhodjayev/2007 48.85;
800 m: Islomjon Tilaboldiyev/2007 1:53.00; Alibek Abdullayev/2008 1:56.18;
5000 m: Asilbek Tukhtamurodov/2009 15:05.95;

3000 m St: Shokhjakhon Khayrullayev/2008 9:27.60;
110 m H/99 cm/+0.1: Zayniddin Ravshanov/2008 13.94 / NJR; Mukhamed Kadirov/2008 14.47; Rustambek Rustamov/2009 14.76; Umid Khoshbokov/2009 14.93;
heats: h1/ 0.0: Rustamov/2009 14.89; h2/-0.1: Kadirov/2008 14.25; Ravshanov/2008 14.37;
400 m H: Zayniddin Ravshanov/2008 52.59; Hasanbek Rustamjonov/2007 54.17;
H J: Samir Buvabekov/2007 2.07; Matvey Ignatkov/2009 & Donier Holmamatov/2009 2.00;
L J: Sarvar Meyliyev/2007 7.37/+0.3; Khursandbek Mamatsalayev/2007 7.05/+0.7;
T J: Radmir Zaripov/2008 15.41/+0.6; Khursandbek Mamatsalayev/2007 14.91/-1.7;
Decathlon: Jahongir Joraboyev/2008 6314 (11.55/-1.2; 6.25/ 0.0; 11.86; 1.82; 52.44 / 14.79/+0.3; 36.46; 3.30; 40.20; 4:47.17);
10000 m Walk: Ozodbek Saidov/2007 43:36.72 / NJR; Sherzod Zubayev/2007 43:37.63;

Junior Women:

200 m/+1.4: Sofiya Lepyoshkina/2010 25.39;
400 m: Surayyo Zaripova/2007 56.92 (& 57.31 as 1h1);
800 m: Surayyo Zaripova/2007 2:14.65;
1500 m: Dilnoza Khoshimova/2007 4:42.27;
5000 m: Dilnoza Khoshimova/2007 18:15.29;
3000 m St: Nasima Mamirova/2009 10:21.43 / NJR & NYR; Sadafbonu Nusratilloeva/2008 10:47.95;
Mehrinoza Umaraliyeva/2010 11:44.32;
100 m H/nwi: Shodiyona Rakhmonova/2009 14.77 (& 14.88/-0.6 as 1h2);
H J: Leyla Kanbarova/2008 1.64;
L J: Yana Normatova/2010 5.67/+1.0;
T J: Elyanura Olimbayeva/2010 12.39/-1.1; Dilnura Obidova/2008 11.85/-0.5;
Heptathlon: Shakhrozoda Khodirova/2007 4303 (15.21/-0.9; 1.48; 9.25; 26.34/ 0.0 / 5.15/+0.8; 24.39; 2:31.88);
Parizoda Bolbekova/2008 4024 (15.75/-0.9; 1.48; 9.73; 26.64/ 0.0 / 4.87/+1.3; 28.68; 2:51.31);
10000 m Walk: Gullola Amanova/2008 56:52.66; Dilnura Aliyeva/2009 56:59.36;

TAJIKISTAN

National Junior & Youth Champs at Dushanbe / 24. – 27.04.2026 **(-courtesy of Mr Evgeniy Shumarin, TJK - Federation -)**

following are few selected best performances from these Champs for two Age-Categories

Junior Men / under 20:

400 m H (25): Sharafullo Abdufayzov/2007 54.96;
H T / 6 kg (24): Timur Diorditsa/2007 61.38;

Youth Boys / under 18:

J T / 700 g (27): Bunedbek Hudoykulov/2009 57.31 (NYR ??);

Junior Women / under 20:

400 m (26): Diana Abdulloeva/2007 57.36;

Youth Girls / under 18:

H T / 3 kg (27): Safiya Diorditsa/2010 43.03;

IRAQ

(-courtesy of Mr Mohammad Abdulwahab -)

National Athletics Championships at Al Najaf / 18. – 19.04.2026

following are the best performances from the 1st part of these Champs (as usually only few events held separately from all other events / hand-timing confirmed for Decathlon)

Men:

Half Marathon (18): Bahaa Jassim Mhalhal 1:10:29; Aqeel Jaber 1:11:44; Shibah Ahmed Jaber 1:13:57; Hamza Faisal Raheem 1:14:10; Mustafa Qusay Mohamed 1:15:10; Maitham Jassim Hassan 1:15:34; P V (18): Amir Subeih Sehioud 5.00; Amir Faleh Abdulwahid 4.30; Decathlon (18/19): Hussein Ali Karam 7108 / 3rd IRQ All-Time (11.3; 6.81; 13.77; 1.94; 51.2 / 14.1; 41.39; 3.80; 56.34; 5:09.0); Abdul Sajjad Saadoun Nasser 6651 (11.4; 7.01; 12.20; 1.88; 50.9 / 14.6; 35.54; 4.10; 42.23; 5:17.0);

Junior Men / under 20:

P V (19): Mohamed Fadhel Abbas 4.35;

Women:

P V (18): Nasreen Mohamed Hassoun 3.00;

National Athletics Championships at Baghdad / 22. – 24.04.2026

only the following few results were available until now from the Main part of these Champs / complete officials results would be very welcome from the officials of IRAQI Athletics Federation

Men:

L J (23)/nwi: Abdullah Jalal Ghomar 7.25; Abdul Sajjad Saadoun Nasser 7.21; Zain Al Abidin Subaih 7.04;

Women:

S P (24): Honya Bakhtiar Mahmoud 12.60/NR;

D T (23): Bint Al Huda Ibrahim 43.14/NR;

OMAN

National Challenge Champs at Muscat / 17.04.2026

(- courtesy of the Roster Athletics - website -)

following are few selected best results with thanks to Mr Mohammad Abdulwahab for his translations from information in ARAB figures / no wind-readings for most events

Men:

100 m / 0.0: Mulhim Darwish Al-Balushi 10.46; Anas Nasser Al-Riyami 10.69; Saif Khalfan Al-Obaidani 10.82;

400 m: Ahmed Khalifa Abdel Salam 46.97 / 5th OMA All-Time; Hamza Abdullah Al-Jabri 47.45; Alhasan Al-Rudaini 47.75;

800 m: Jihad Salem Al-Muharrami 1:53.80; Majid Mohammed Al-Jadhmi 1:54.09;

H J: Fatik Yaaqoob Abdulghafoor 2.10;

L J/nwi: Khaled Salem Al-Rawahi 7.01;

Junior Men:

100 m/nwi: Ahmed Qais Al-Jabri/2008 10.75;

H T / 6 kg: Mohamed Salah Salim Al-Balushi/2008 51.28;

Youth Boys:

H T / 5 kg: Nibras Abdullah Al-Hajri/2010 50.76;

Younger Boys:

100 m/+0.4: Omar Saleh Ibrahim Al-Kamshki/2011 10.95;

Women:

100 m/nwi: Mazoon Khalfan Al-Alaoui 12.25;

SAUDI ARABIA

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

following are selected best results (incl. several new records) from two Champs for Women, Junior Women & Youth Girls incl. female athletes from other countries, who are competing for KSA Club Teams

National Women Champs at Qatif / 01. – 02.05.2026

Women:

100 m (1)/+1.7: Maryam Mahmoud Ahmed Rejal EGY 11.37; Mazoon Khalfan Al-Alaoui OMA 11.95; Hibah Aamar NGR 12.05; Azza Sultan Al-Ya'arabi OMA 12.34;

200 m (2)/-0.8: Maryam Mahmoud Ahmed Rejal EGY 23.86; Hibah Aamar NGR 25.14; Azza Sultan Al-Ya'arabi OMA 25.16;

400 m (1): Nelly Jepkosgei BRN 56.56; Fatemeh Aamir Al-Khalifah KSA/2009 59.49 / NJR & NYR;

800 m (2): Nelly Jepkosgei BRN 2:04.23; Fatemeh Aamir Al-Khalifah KSA/2009 2:25.10/NR & NJR & NYR;

1500 m (1): Violah Jepchumba Motosio BRN 4:28.75; Hadil Al-Mabrouk KSA 5:05.24/NR;

3000 m (2): Violah Jepchumba Motosio BRN 9:20.98; Hadil Al-Mabrouk KSA 10:58.29/NR;

H J (2): Khadijah Mohamed Amer ALG 1.50;

L J (1)/nwi: Esraa M.Owis EGY 6.07; Mazoon Khalfan Al-Alaoui OMA 5.60/NR;

T J (2): Esraa M.Owis EGY 12.04/+1.0;

S P (2): Nadia Cheroudi TUN 13.46; Noor Mohamed Ibrahim EGY/2007 13.38; Nof Al-Dosary KSA 9.68/NR;

D T (1): Noor Mohamed Ibrahim EGY/2007 45.10;

H T (2): Moni V.Awmis KSA 42.00/NR; Arij Mehdi Al-Mutlaq KSA 40.07;

Heptathlon (1/2)/nwi: Sarah Abdelkarim Al-Hilal KSA 3999/NR (15.29; 1.39; 8.45; 26.99 / 4.55; 24.30; 2:26.11); Rinada Khalil/u16 3143 / NJR & NYR (16.61; 1.42; 5.66; 28.44 / 4.48; 13.50; 2:43.94);

4x100 R (2): Al Safa Team (A.S.Al-Ya'arabi/OMA, H.Al-Hamid/KSA, H.Al-Mabrouk/KSA, M.K. Al-Alaoui/OMA) 50.35;

Youth Girls:

200 m (2)/-2.8: Naeema Othman BRN/2009 25.14;

1500 m (2): Zahra Jamaah/u16 5:42.64 / NJR & NYR;

100 m H / 76.2 cm (1)/nwi: Zahra Al-Fadhil KSA 16.23 / NYR;

H T / 3 kg (1): Asra Al-Farid KSA 41.00 / NYR;

National Junior & Youth Women Champs at Qatif / 17. – 18.04.2026

Junior Women:

S P (18): Noor Mohamed Ibrahim EGY/2007 12.82;

D T (17): Noor Mohamed Ibrahim EGY/2007 46.07;

Heptathlon (17/18)/nwi: Alkothar Hamadhah 3071 / NJR (17.07/NJR; 1.36; 7.67; 29.24 / 4.31; 19.69; 2:52.98);

4x100 R (18): Al Khaleej U20 Team (Z.Al-Fadhal, F.A.Al-Khalifah, A.S.Hamadhah, S.Mubarak) 52.89 / NJR;

MACAO

Review of National Records not yet reported during 2025 & 2026

(-courtesy of the MAC-Federation – website -)

following are new National Records (NR, NJR & NYR) during this season & last months of 2025 according to the official Records information at this website

Men:

800 m: Li Yuxuan/2007 1:55.34/(NR & NJR) at Macau/29 Mar 2026 (before improved to 1:54.09 at Singapore as reported above)

L J: O Kai Leong/2008 7.26/-1.0 / NR & NJR at Macau/29 Mar 2026

Junior Men:

100 m: Leong Lok Io/2008 10.55/+0.3 / NJR & NYR (4th) at Huangshi/29 Jun 2026 (CHN Nat.Youth Champs)

400 m H/91.4 cm: Huang Iat Hin/2009 55.15 / NJR & NYR at Hongkong/ 7 Feb 2026

S P / 6 kg: Fong Chi Cheong/2008 14.83 / NJR at Macau/28 Mar 2026

Youth Boys:

800 m: Lei Man Kin/2009 1:58.62 / NYR at Macau/11 Oct 2025

J T / 700 g: Zheng Junxi/2008 49.14 / NYR at Hongkong/21 Dec 2025

Junior Women:

T J: Lei Chi Kio/2008 10.79/+0.9 / NJR & NYR at Hongkong/13 Dec 2025

Youth Girls:

400 m H / 76.2 cm: Ng Ka Fu/2009 72.81 / NYR at Hongkong/21 Dec 2025

L J: Lei Chi Kio/2008 5.34/+0.9 / NYR at Macau/12 Oct 2025

INDOORS

INDIA

Indoor Combined Event & Pole Vault Competition at Bhubaneswar / 02. – 03.05.2026

(-courtesy of Mr Ram.Muralikrishnan -)

Men:

P V (2): Kuldeep Kumar 5.41 / NIR & Overall NR; Ganesan Reegan 5.25; Dev Kumar Meena 5.20; Avneesh Kumar 5.00; Raj Meena 4.70; Sohan Ram 4.70; Aniket Kumar Patel & Sakhti Mahendran & Tanuj Kumar 4.50;

Heptathlon (2/3):

N.Thowfeeq 5350 (7.11; 7.09; 11.65; 1.86 / 8.33; 4.40; 2:48.97); Usaid Khan 5288 (7.13; 6.40; 12.02; 1.83 / 8.31; 4.60; 2:44.92); Jashbir Nayak 5250 (7.10; 6.47; 11.82; 1.99 / 8.52; 4.40; 2:52.80); S.Gokul 5126 (7.20; 6.83; 12.49; 1.74 / 8.54; 4.30; 2:49.33); S.Harish 5088; Abhijit Bhosale 5070;

Junior Men / born 2006 or later:

P V (2): S.Kavinraja/(2006) 4.90; R.Vishal/2007 4.70;

Heptathlon (2/3): Kirthik Vasan/2008 4609 (7.45; 6.36; 10.15; 1.76 / 8.91; 4.00; 2:52.16); Jinoy Jayan/(2006) 4518; Aryan Parkash/2007 4509;

Women:

P V (3): Baranica Elangovan **4.23 / NIR & Overall NR**; Nitika Anup Akare 3.90; Blessy Kunjumon 3.90; A.Deepika 3.90; Krishna Rachan 3.80; Archana Singh 3.80; Mariya Jaison 3.80; Babita Patel 3.70; M.Akshaya 3.50; Baje Nagamma Ravinder 3.30;

Pentathlon (3): Purnima Hembram 3835 (8.62; 1.61; 12.52; 5.51; 2:29.56); Isha Chander Prakash 3671 (8.84; 1.58; 10.42; 5.62; 2:27.61); Bidisha Kundu 3600 (8.83; 1.64; 9.54; 5.77; 2:38.38); Sheetal ?? 3225; Doly Sonker 3033;

Junior Women / born 2006 or later:

P V (3): Tanishka Dayma/2007 3.40;

Pentathlon (3): Jaskiran Kaur/2007 3272 (9.14; 1.43; 9.33; 5.32; 2:28.39); Priya ??/(2006) 3133; Alfaz Kaur Grewal/2007 3066; Khushi ??/2007 3062;

ON THE ROAD

(-courtesy of newspaper websites -)

INDIA

TCS World 10k Road Race at Bengaluru / 26.04.2026

(-courtesy of Mr Ram.Muralikrishnan -)

Men:

Rodrigue Kwizera BDI 27:31; Harbert Kibet UGA 27:39; Gilbert Kiprotich KEN 27:43; Saymon Amanuel ERI/2007 27:44; Benjamin Ratsim TAN 27:47; Victor Kiprono KEN 27:52; Vincent Ngetich KEN 27:53; Dan Kibet UGA 27:56; Eyob Smegn ETH/2007 28:01; Gabriel Gerald Geay TAN 28:14; Vincent Kimaiyo KEN 28:15; Dolphine Chelimo UGA 28:21; Mao Ako TAN 28:40; Yismaw Dilu ETH 28:59; Tadese Worku ETH 29:10; Harmanjot Singh IND 29:13; Muktar Edris ETH 29:15; Shailesh Kushwaha IND 29:21; Deepak Bhatt IND 29:52; Mrunal Sarode IND 30:30; Sunil Joliya IND 30:30; Abhishek Pal IND 30:31; Sunil Kumar IND 30:38; Lovepreet Singh IND 30:39; Gaurav Mathur IND 30:40; Sandeep Choudhary IND 30:41; Harish Sheoran IND 30:55;

Women:

Florence Niyonkuru RWA 30:45; Brenda Jephchirchir KEN 30:59; Chaltu Dida ETH 31:03; Melal Siyum ETH 31:08; Judy Jepngetich KEN 31:14; Janeth Chepngetich KEN 31:15; Asefu Abreha ETH 31:32; Wede Kefale ETH 31:43; Veronica Loleo KEN 32:04; Esther Chebet UGA 32:08; Meselech Alemayehu ETH 32:22; Rebecca Chelangat UGA 32:29; Abigael Chepkoech KEN 32:31; Margaret Chacha KEN 32:32; Sarah Chelangat UGA 32:35; Tigist Teshome ETH 32:12; Sanjivani Jadhav IND 35:01; Soniya ?? IND 35:31; Bhagirathi Bisht IND 35:32; Ravina Gayakwad IND 36:05; Jyoti ?? IND 36:16; Sonam ?? IND 36:17; Nirmaben Thakor IND 36:34; Ujala ?? IND 36:54; Reenu ?? 37:00; Aradhana Kumari IND 37:42; Aarti Pawara IND 37:48; Phoolan Pal IND 38:00;

KYRGIZSTAN

International Issyk-Kul Half Marathon at Cholpon-Ata / 02.05.2026

Men:

Marathon:

Hu Tian CHN 2:21:19; Valeriy Lukin RUS 2:22:54; Ilia Tyapkin KGZ 2:30:20; Hirofumi Nakamura JPN 2:30:30; Eggeny Doga RUS 2:35:48;

Half Marathon:

Nursultan Keneshbekov KGZ 1:05:30; Zhusup Sulaiman uulu KGZ 1:07:00; Alexey Popov RUS 1:07:57; Tilekjan Jekshenaly uulu KGZ 1:10:09; Mikhail Kulkov RUS 1:10:15; Nurisbek Seksembai KAZ 1:10:53; Alexander Salakhudinov KGZ 1:12:52; Alexander Shardakov RUS 1:13:25; Kei Tsuboi JPN 1:13:56; Ruslan Minadirov KGZ 1:14:25;

Women:

Marathon:

Wang Linying CHN 2:46:05; Yi Tian CHN 2:46:34; Ekaterina Tunguskova UZB 2:48:44; Marina Khmelevskaya UZB 2:52:04; Alexandra Afanasova RUS 2:56:38; Kana Numata JPN 2:57:54; Aliaksandra Cherkas BLR 3:09:26; Yuliya Fernas KGZ 3:18:25;

Half Marathon:

Svetlana Aplachkina RUS 1:15:18; Tatsiana Shabanava BLR 1:15:52; Maria Korobitskaya KGZ 1:20:00; Alexandra Vdovina RUS 1:27:11; Rimma Rodko RUS 1:31:51; Aida Diushenbiyeva KGZ 1:34:21;

TAJIKISTAN

16th International Half Marathon at Dushanbe / 18.04.2026

(-courtesy of Mr Evgeniy Shumarin, TJK-Federation -)

Men:

Nursultan Keneshbekov KGZ 1:04:40; Eduard Batryshin RUS 1:05:07; Tiruneh Kindu Sewmehon ETH 1:05:13; Aleksey Popov RUS 1:05:32; Shokhrukh Davlatov UZB 1:06:05; Khasan Mirsoatov UZB 1:06:29; Vitaliy Shafar UKR 1:06:37; Qobilion Yaqinov TJK 1:12:34; Mehrobjon Odinayev TJK 1:13:55; Umedjon Qurbonzoda TJK 1:14:11; Bobojon Yaqinov TJK 1:14:27; Shukrullo Safarov UZB 1:14:38; Sukhrob Tobilzoda TJK 1:15:55;

Women:

Deme Ayelu Lema ETH 1:15:34; Marjona Akhmadaliyeva UZB 1:17:14; Mariya Korobitskaia KGZ 1:17:36; Elena Tolstykh RUS 1:19:24; Rajabmo Abdulloyeva TJK 1:29:49; Nigora Akramzoda TJK/2007 1:37:16;

INDONESIA

International Kemala Bali Half Marathon at Gianyar / 19.04.2026

Men:

Half Marathon:

Harrison Muchira Wanjiru KEN 1:05:46; Bekele Teklu Kebede ETH 1:06:07; James Kahura KEN 1:06:09; Amos Cheruiyot Kirui KEN 1:06:10; Martin Ndungu Njenga KEN 1:06:12; Geoffrey Birgen KEN 1:06:28;

Gilbert Cheruiyot Muge KEN 1:09:18; Samuel Mungara Kamiti KEN 1:10:03; Rikki Marthin Simbolon INA 1:10:05; Robi Syianturi INA 1:10:05; Immanuel Hutasoit INA 1:10:07; Sedilta Pilon Nubatonis INA 1:10:08; Pandu Sukarya INA 1:10:11; Iqbal Saputra INA 1:10:21; Fery Fadri INA 1:10:27; Rashif Amila Yaqin INA 1:10:32; Sardianus Sanam INA 1:11:11; Edo Surya Shaputra INA 1:11:44; Efrianto Saputra INA 1:12:25; Musa ?? INA 1:12:31;

10 km Road Race:

Edwin Yebei Kiptoo KEN 30:44; Daniel Simanjuntak INA 30:51; Elias Oloiptip Taiswa KEN 30:59; Joseph Mwangi Ngare KEN 31:08; Yad Hapizudin INA 31:11; Evans Kiptoo Bommer KEN 31:20; Benard Kiplagat KEN 31:27; Ibnu Sidik INA 31:39;

Women:

Half Marathon:

Evangelina Makena Kathebnya KEN 1:13:19; Eunice Nyawira Muchiri KEN 1:13:23; Tsige Debay Tadese ETH 1:13:51; Odekta Elvina Naibaho INA 1:16:29; Ruth Waithira Karanja KEN 1:18:16; Nefriana Atiance Daik INA 1:18:59; Lucy Liavoga KEN 1:19:35; Nancy Waigumo Githaiga KEN 1:23:01; Irma Handayani INA 1:24:51; Fwi Tiansi Anggraini INA 1:25:16; Ina Lydia INA 1:28:07; Eva Desiana INA 1:28:24; Marina ?? INA 1:28:25; Angelina Shelin INA 1:29:15; Sharfina Sheila Rosada INA 1:29:17; Aprilia Kartina INA 1:30:52; Matilda Bere INA 1:30:58;

10 km Road Race:

Sharon Ndanu Mwanthia KEN 35:14; Elizabeth Rumokol KEN 35:36; Judy Cherotich KEN 36:03; Emily Chemutai Ngetich KEN 36:50; Pamela Chepkoech Bundotich KEN 37:04; Novia Nur Nirwani INA 37:10;

MALAYSIA

International Marathon at Kuala Terengganu / 01.05.2026

Men:

Marathon:

Tan Huong Leong MAS 2:39:09; Muhammad Haziq Hamzah MAS 2:39:09;

Half Marathon:

James Kahura KEN 1:06:46; Amos Cheruiyot Kirui KEN 1:06:46 (same time for both); Harrison Muchira Wanjiru KEN 1:06:48; Simon Itoti Lopeiyok KEN 1:06:53; Benard Kiplangat KEN 1:07:29; Sanjay Manimaran MAS 1:11:22; Darren James Nair MAS 1:12:56; Prabudass Krishnan MAS 1:13:01; Wan Izzul S.Rusley MAS 1:13:59; Nikos Tai Lee Onn MAS 1:14:31;

Women:

Marathon:

Chua Khit Yeng MAS 3:18:13; See Ler Goh MAS 3:20:43; Noor Amelia Musa MAS 3:21:06; Lee Siok Chin MAS 3:21:37; Lai Wei Ling MAS 3:22:57; Yap Yee Ling MAS 3:24:31;

Half Marathon:

Iveen Chepkemai KEN 1:17:10; Lucy Liavoga KEN 1:18:18; Emily Chemutai Ngetich KEN 1:18:32; Nancy Waigumo Githaiga KEN 1:19:50; Judy Cherotich KEN 1:22:39; Yu Hui Khing MAS 1:32:43; Chew Jia Qi MAS 1:32:53; Nurul Juliana Shakira Abdul Halim MAS 1:34:16;

KL City Day Intern.Half Marathon at Kuala Lumpur / 26.04.2026

Men:

Gilbert Cheruiyot Muge KEN 1:13:55; Thomas Maritim Kipkorir KEN 1:14:53; Tan Huong Leong MAS 1:16:44;

Women:

Mercy Jebiwott Kigen KEN 1:29:45; Jackline Nzivo KEN 1:30:46; Chua Khit Yeng MAS 1:32:39;
Linh Vu Khanh VIE 1:35:19; Tiew Jing Jing MAS 1:36:08; Nurul Juliana Abdul Halim MAS 1:36:20;
Noor Amelia Musa MAS 1:36:47;

Perlis International Marathon at Kangar / 25.04.2026

Men:

Half Marathon (Marathon winner – from Kenya - only 2:43:16 !!)

Joseph Mwangi Ngare KEN 1:12:48; Sanjay Manimaran MAS 1:12:58; Willy Koech KEN 1:13:41;
Vimal Govindarajoo MAS 1:13:46; Prabudass Krishnan MAS 1:14:22;

Women:

Marathon:

Ruth Waithira Karanja KEN 3:03:03; Chew Jia Qi MAS 3:18:57; Lee Siok Chin MAS 3:23:53;

Half Marathon:

Ong Ee Ling MAS 1:35:26;

PHILIPPINES

Bukidnon International Marathon at Malaybalay / 24.04.2026

Men:

Marathon:

Nickson Kosgei KEN 2:38:00;

Half Marathon:

Daniel Boiwo KEN 1:12:16;

Women:

Marathon:

Christine Hallasgo PHI 3:01:33; Sally Kurui KEN 3:12:21; Abigael Jeroo (??) (PHI/???) 3:16:25;
Roselyn Tadas PHI 3:20:01;

Half Marathon:

Artjoy Torregosa PHI 1:27:18; Teresiah Kabui KEN 1:29:14;

Singlife International Marathon at Iloilo / 12.04.2026

Men:

Marathon:

Richard Salano PHI 2:22:57; Eric Chepsiror KEN 2:24:25; Eduard Flores PHI 2:26:15; Edsel Moral PHI
2:34:37; Joseph Muriuri KEN 2:37:52; Randolph Magbanua PHI 2:38:08;

Half Marathon:

Daniel Boiwo KEN 1:10:10; Rogen Ahuirre PHI 1:10:12; Stephine Delariarte PHI 1:10:28; James Cruz
PHI 1:11:22; Jan Brixel Moncal PHI 1:13:01;

Women:

Marathon:

Artjoy Torregosa PHI 2:49:11; Pamela Chepkoech Bundotich KEN 2:56:07; Peris Kiprono KEN 2:59:16; Maricar Camacho PHI 3:08:37; Lizane Abella PHI 3:16:42; Kay Razel Cundangan PHI 3:23:41; Eloisa Cusi PHI 3:27:25;

Half Marathon:

Edna Magtubo PHI 1:21:55; Jamine Cruz PHI 1:29:14;

VIETNAM

National Ecopark Half Marathon at Hung Yen/ 26.04.2026

Men (winner = 1:20:40 only);

Women:

Le Minh Tuan 1:27:14; Pham Thi My Duyen 1:27:54;

UNITED ARAB EMIRATES

International Expo City Half Marathon at Dubai / 19.04.2026

Men:

Sameh Al-Zghoul JOR 1:13:09; Matt Mould GBR 1:15:13;

Women:

Nora Mamadra PHI 1:25:27; Ruth Draisey GBR 1:32:11; Rebecca Dallimore GBR 1:32:59; Laura Reidy IRL 1:33:24;

NEPAL

14th National Half Marathon at Kantipur / 18.04.2026

(-courtesy of Mr Diwakar Lal Amatya -)

following are the results for the TOP 3 finishers from this race / according to my correspondent this course is not officially measured and with regards to the exceptional fast times (1:04:03 even faster than the NR) therefore the following results can not be valued for regular rankings

Men:

Rajan Rokaya 1:04:03; Arjun Budha 1:06:04; Sushil Shahi 1:06:05;

Women: