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ASIAN AA.

7th Digest Edition

Results from ASIA 2011-07

ON THE TRACK

SAUDI ARABIA

GCC Regional Championships at Makkah / 02. – 04.04.2011

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

- these championships were held for Senior Men & Youth Boys categories with athletes from the 6 GULF countries; however, Bahrain entered only few Youth Boys and did not participate in the Senior Champs and overall several TOP athletes (such as from QAT) did not compete in these Regional Champs –
- following are detailed results for Men events & the results for all winners plus additional best performances for the Youth category; unfortunately times in some middle- and long-distance events on 2nd day were recorded in full seconds only and can not be valued for statistics –

Men:

100 m (2)/ 0.0: Barakat M.Al-Harathi OMA 10.30; Femi Seun Ogunode QAT 10.34; Yasser Belghith Al-Nashiri KSA 10.57; Yahya Hassan Habib KSA 10.61; Ahmed Jouma Sanqour Al-Zaabi UAE 10.71; Essa Abdullah Al-Yoha KUW 10.72; Fahad Khamis Al-Jabri OMA 10.82;
-heats- (2) h1/+1.2: Al-Harathi 10.32; Ogunode 10.44; Al-Nashiri 10.61; h2/+1.2: Al-Zaabi 10.69; Habib 10.75; Al-Jabri 10.77;
200 m (4)/ 0.0: Femi Seun Ogunode QAT 20.79; Abdullah Saeed Al-Sooli OMA 21.05; Yahya Salem Al-Nofali OMA 21.21; Hamed Hamadan Al-Bishi KSA 21.22;
400 m (2): Ismail Mohamed Al-Sabyani KSA 46.78; Mohamed Ali Al-Bishi KSA 47.89; Obaid Abdullah Al-Quraini OMA 48.31; Youssef Karam Mohamed Daher KUW/93 48.55; Othman Ali Al-Bousaidi OMA/92 48.98;
800 m (3)/times in full seconds: Abdulrahman Musaeb Balla QAT 1:49.0; Abdulaziz Abdullah Ladan KSA 1:50.0; Jamal Hiran Abdulatif QAT/93 1:52.0; Othman Ali Al-Bousaidi OMA/92 1:53.0;
1500 m (4): Abubaker Ali Kamal QAT 3:39.90; Imad Hamed Nour KSA 3:42.00; Abdulrahman Musaeb Balla QAT 3:57.61 (only 3 finishers)
5000 m (4): Hussein Jamaan Al-Hamdah KSA 17:59.43 (!) – only 2 competitors - ;
10000 m (2): Hussein Jamaan Al-Hamdah KSA 28:33.04; Moukhled Mohamed Al-Outaibi KSA 29:42.09;
Half Marathon (4): Abdullah Abdulaziz Al-Joud KSA 1:07:19.1; Qais Salim Al-Mahrooqi OMA 1:12:59.7 (only 2);
3000 m St (3)/times in full seconds: Abubaker Ali Kamal QAT 8:39.0; Ahmed Mohamed Burhan KSA/93 9:09.0; Qais Salim Al-Mahrooqi OMA 9:35.0;
110 m H (2)/ -0.4: Ali Hussein Al-Zaki KSA 13.84; Ahmed Khader Al-Moualed KSA 13.87; Fawaz Dahesh Al-Shammari KUW 13.94; Youssef Mohamed Bilal Saad KUW/92 14.57; Jalal Salem Al-Gabshi OMA 14.75; Ammar Salim Mayouf OMA 14.87;
400 m H (3): Fawaz Dahesh Al-Shammari KUW 50.59; Abdullah Saeed Al-Haidi OMA 51.82; Bandar Yahya Al-Sharahili KSA 53.07; Youssef Karam Mohamed Daher KUW/93 54.95;
H J (4): Moataz Essa Barshim QAT 2.21; Rashid Ahmed Al-Mannai QAT 2.14; Nawaf Ahmed Al-Yami KSA 2.08; Sayed Abbas Al-Alaoui UAE 2.08;
P V (2): Fahad Bader Al-Mershad KUW 5.05; Ali Makki Al-Sabagha KUW 4.95 (only 2 competitors);
L J (2): Mohamed Jassim Al-Qaree KSA 7.42/ 0.0; Majid Saeed Al-Kahes KSA 7.29/ 0.0; Sami Issa Al-Bohadi KUW 7.18/ 0.0; Jassim Mohamed Abdelraouf UAE 7.18/ 0.0;
T J (3): Mohamed Abbas Abd.Darwish UAE 15.93/ 0.0; Malik Abbas Al-Salem KSA 15.41/ -0.4; Haidar Abdul Rahim Ismail KUW 14.89/ 0.0; Majid Ghazi Marzouk KSA 14.88/ -0.2;
S P (2): Ahmad Abdullah Hassan Gholoum KUW 17.42; Ahmed Ali Mohamed Hassan UAE 16.77; Rashid Saif Al-Makbali UAE 16.21; Khalid Abdallah Kidallah KSA 15.40;
D T (3): Rashid Saif Al-Makbali UAE 50.27; Saeed Saber Salem Baiha UAE 50.21; Osama Hassan Al-Oqali KSA/93 46.52;
H T (4): Ali Mohamed Al-Zankawi KUW 75.31; Mohamed Omar Khatib UAE 57.99; Ismail Mohamed Qasim QAT 57.60; Jamal Mohamed Al-Dehghani UAE 56.95; Nasser Abdulhameed Dashti KUW 55.17;
J T (2): Khamis Gabash Al-Qutaiti OMA 67.30; Adnan Abdullah Al-Ameeri KUW 66.10; Mohamed Ibrahim Kaida QAT/92 63.90; Abdullah Abdulwahab Al-Cherida KSA 61.18; Mohamed Fadel Al-Mohannadi QAT 59.95; Abdullah Mohamed Al-Ghamdi KSA 59.64; Fahad Mohamed Al-Baloushi KUW/92 58.36;
Dec (2/3)/nwi: Mohamed Reza Al-Matroud KSA 7236 (10.95; 7.21; 12.70; 1.79; 48.81 / 14.88; 37.35; 4.20; 56.53; 5:06.0); Majed Radhi Al-Sayed KUW 5664 (12.03; 5.94; 9.40; 1.70; 51.43 / 16.17; 28.56; 2.70; 54.12; 4:51.0) –only 2-;

10 km Walk (2): Mabrouk Saleh Nasser QAT 47:38; Mohamed Ayoub Ali Sarwash UAE 47:45; Hussein Mohamed Muthanna QAT/92 51:01;
4x100 R (3)/no details: OMA **39.51/NR**; KSA 40.18; UAE 40.92 (only 3 teams);
4x100 R (4)/no details: KSA 3:11.46; OMA 3:14.51; KUW 3:16.90; UAE 3:20.87;

Medal Tally:

(only two medals/finishers in 5000 m, Half Marathon, Pole Vault & Decathlon)

KSA 8 + 9 + 4 = 21 / QAT 6 + 2 + 5 = 13 / KUW 4 + 3 + 4 = 11 / OMA 3 + 5 + 3 = 11 / UAE 2 + 4 + 3 = 9

Youth Boys (born 1993 or later)

100 m (2)/ 0.0: Mohamed Sekou Ibrahim KSA/93 10.84 (& 10.83/ 0.0 as 1h1); Hammoud Ali Al-Alwani KSA 10.99;
200 m (4)/ -0.3: Mohamed Sekou Ibrahim KSA/93 22.05; Faisal Jassim Mohamed BRN 22.20;
400 m (2): Ibrahim Mohamed Saleh KSA/93 48.51; Mohamed Abdullah Al-Sooli OMA 49.43 (& 49.08 as 1h1);
800 m (3)/times in full seconds: Faisal Abdou Al-Majrashi KSA 1:57.0;
1500 m (4): Hamza Driouch QAT/94 3:54.00 (winner by more than 23 seconds !!);
3000 m (2): Abdullah Obaid Al-Salhi KSA 8:50.10;
2000 m St (3)/times in full seconds: Mohamed Al-Barakati KSA 5:59.0; Hashim Salah Abbas QAT 6:13.0;
110 m H / 91.4 cm (2)/ 0.0: Moussa Mohamed Al-Sabyani KSA 14.12; Saad Bader Al-Azmi KUW/95 14.57;
Saleh Abdulrahman Saleh UAE/94 14.66; Abdulrahman Abdullah Al-Marzouk QAT 14.77;
400 m H / 84 cm (3): Yahya Ibrahim Barnaoui KSA 53.75;
H J (3): Muammar Aissa QAT/94 1.98;
P V (4): Abdullah Shakir Jawad KUW 3.80;
L J (2): Ahmed Reda Abdulwahab KUW/94 6.90/ 0.0;
T J (4): Adnan F.Al-Saker KUW 14.01/ -0.2;
S P / 5 or 6 kg ? (2): Mohamed Bader Al-Mejadi KUW/94 15.56;
D T / 1.5 or 1.75 kg ? (3): Khalid Mohamed Dheeb QAT 45.65;
H T 5 kg (or 6 kg ?) (4): Amjad Mohamed Ashraf QAT **73.80/NJR**; Abdulrahman Ismail Ibrahim KUW/94 64.22;
Abdelrahman Bader Abdelwahed KUW/95 62.40; Mubarak Emad Yacoub KUW 61.36;
J T / 700 g (2): Amjad Mohamed Ashraf QAT 55.69;
5 km Walk (3): Shaali Hassan Jassim Obeid UAE 25:21; Abdullah Ali Al-Marri QAT 26:46 (only 2 competitors);
Octathlon (3/4): Abdullah Mubarak Suroor KUW/94 4821 (11.80; 5.92; 12.18; 52.99 / 16.96; 1.70; 37.82; 2:58.55);
Saleh Abdulrahman Saleh UAE/94 4757 (11.70; 5.69; 9.30; 52.21 / 15.02; 1.70; 27.80; 2:55.84);
Hussein Ali Fadhli OMA 4705 (12.75; 5.76; 12.25; 56.32 / 17.27; 1.76; 54.70; 3:02.19);
Medley Relay (4)/no details: KSA 1:57.20; KUW 2:00.37; OMA 2:01.11; BRN 2:01.13; UAE 2:13.28;

Medal Tally:

-only 2 medals in 5 km Walk-

KSA 9 + 4 + 3 = 16 / KUW 5 + 9 + 6 = 20 / QAT 4 + 2 + 3 = 9
UAE 1 + 1 + 1 = 3 / OMA 0 + 2 + 4 = 6 / BRN 0 + 1 + 1 = 2

CHINESE TAIPEI

National Secondary School Champs at Kaohsiung / 17. – 19.03.2011

(-courtesy of Ms Doris Hung, CTTF A-)

-following are the best performances from these championships for High School athletes; Year-of-birth added where for few Juniors where known to me by other sources; all athletes obviously born 1992 or later; low hurdles and light implements for throws used for HS Boys events; the following results are restricted to TOP 2 per event -

High School Boys:

100 m (18)/ 0.0: Huang Yung-Wei 10.76;
200 m (19)/+1.5: Lo Yen-Yao 21.85; Ku Chia-Hao 21.91;
110 m H (18)/+0.1: Cheng Yun-Yin/94 13.92; Wu Han-Wei/93 13.99;
400 m H (19): Wu Sheng-Chieh 53.46; Chiu Yen-Lin 53.61;
H J (17): Tai Po-Yi/92 2.05; Cheng Chun-Chieh 2.02;
P V (17): Ye Ko-Cheng 4.53; Liao Yung-Chen 4.43;
S P (17): Li Wei-Lin 16.54; Lin Yu-Ting 16.51;
D T (19): Weng Chih-Yang 50.24;

H T (17): Pan Chieh-Ying 59.92; Chen Hao 59.44;
J T/ 800 g ? (18): Cheng Chao-Tsun/93 69.89; Chiu Shih-Chieh 64.50;
4x100 R (18): Chienkuo HS Team 42.31;
4x400 R (19): Taipei Chungcheng HS Team 3:19.95;

High School Girls:

100 m (18)/ -0.8: Hsu Hsiang-Ju/92 12.22;
400 m (18): Hsieh Yu-Ting 57.02;
800 m (19): Hsu Ju-Wen/94 2:16.21;
5000 m (17): Li Ting-Yu/94 17:59.16;
3000 m St (19): Li Ting-Yu/94 11:06.18; Liu Hsin-Tzu 11:31.83;
100 m H (18)/+1.1: Hsieh Ching-Ju 14.41; Lo Pei-Lin 14.86;
400 m H (19): Tsai Chih-Han 64.83;
H J (19): Cheng Yun-Huai/93 1.73; Wu Meng-Chia/94 1.73;
P V (18): Liu Yu-Yao/93 3.52; Liu Chia-Ying/94 3.31;
L J (17): Tsai Chia-Chun/92 5.83/ -0.1; Huang Chia-Yi/94 5.74/ -0.2;
T J (19): Hung Pei-Ning/94 12.21/ -0.1; Lai Yi-Ling/93 11.94/+1.0;
S P (17): Lai Li-Chun/93 13.40; Wu Nien-Tzu 13.08;
D T (18): Lin Chia-Huei 42.87; Chen Yen-Yu/92 41.41;
H T (17): Tseng Hsiao-Lien/92 49.57; Hung Hsiu-Wen 47.78;
J T (19): Wen Chia-Jung/93 44.49; Lin Chia-Huei 44.06;
4x100 R (18): Hualien Physical HS Team 47.84;
4x400 R (19): Peimen HS Team 3:52.94;

HONGKONG

2nd Round of Athletics League for Seniors / 02. – 03.04.2011 **(-courtesy of the HKG AA-website -)**

-following are the best performances; all athletes from except some athletes from KOR & MAC as noted –

Men:

100 m (3)/+0.7: Tsui Chi Ho 10.37; Lai Chun Ho 10.42; Tang Yik Chun 10.55; Lim Hee-Nam KOR 10.58;
Ho Man Lok 10.63; Yip Siu Keung 10.70; Cho Kyu-Won KOR 10.73; Jang Kyung-Wo KOR 10.80;
-heats- (3) h1/+1.2: Lai Chun Ho 10.36; h2/+0.9: Lim Hee-Nam KOR 10.62; h3/+1.5: Kim Min-Kyun KOR 10.69;
h4/+1.1: Cho Kyu-Won KOR 10.59; Leung Ki Ho 10.76; h5/+2.0: Yip Siu Keung 10.61; Jang Kyung-Wo
KOR 10.63; h6/+2.1: Ho Man Lok 10.54w; Hwang Hyun-Tae KOR/92 10.71w; h7/+2.1: Tsui Chi Ho
10.34w; h8/+1.8: Leung Chun Wai 10.90; h11/+2.2: Tang Yik Chun 10.56w; h14/+0.5: Wong Ka Chun 10.73;
200 m (2)/+1.7: Leung Ki Ho 21.13;
-heats- (2) h2/+1.7: Leung Ki Ho 21.69; h5/+2.0: Kim Kuk-Young KOR 21.50 (dns in final);
3000 m St (3): Gi Ka Man 9:22.01;
110 m H (3)/+1.6: Iong Kim Fai MAC **14.71/NR**; Lo Ngai Fung 14.80; Mui Ching Yeung/93 15.15;
-fastest time in heats- (3) h2/+1.3: Lo Ngai Fung 15.05;
400 m H (2): Chan Ka Chun 54.51;
H J (3): Daniel Lui Tsz Hin 2.02; Chan Chi Shing 2.02;
L J (2): Wong Lok Wei 7.42w/+2.4 (& 7.19/+1.8);
T J (3): Si Kuan Wong MAC 14.72/+0.2;
S P (3): Chiu Lap San 15.11;
H T (3): Lam Wai 55.55;
J T (3): Wong Ip Hoi MAC 54.86;
4x100 R (3)/no details: KOR/National Team 39.94;

Women:

100 m (3)/+0.8: Poon Pak Yan 11.92; Leung Hau Sze 12.00; Chan Ho Yee 12.21; Fong Yee Pui 12.28;
Hui Hoi Man 12.36;
-heats- (3) h2/+0.9: Fong Yee Pui 12.21; h3/+2.0: Poon Pak Yan 11.90; h6/+1.4: Leung Hau Sze 11.97;
200 m (2)/+1.8: Fong Yee Pui 25.26;
-heats- (2) h2/+1.4: Chan Ho Yee 25.22; h5/+1.9: Leung Hau Sze 24.79 (disq. in final);
5000 m (held on 30 March): Alison Chow Chi Ngan 18:05.1/hand-timed;
10000 m (3): Alison Chow Chi Ngan 38:09.20;
3000 m St (3): Yiu Kit Ching **10:59.14/NR**; Kong Lai Ming 12:30.06; Wong Ching Yee/94 13:18.78;

100 m H (3)/+1.2: Poon Pak Yan 13.92; Lui Lai Yiu/94 15.03;
-heats- (3) h1/+0.7: Lui Lai Yiu/94 15.01; h2/+0.6: Poon Pak Yan 14.08;
H J (3): Jessica Fung Wai Yee/94 1.72; Lam Lai Shan 1.66; Mui Yuen Ying 1.66;
L J (3): Cheung Lai Yee **6.06/+1.6/NR**; Wong Hiu Yan 5.67/+0.5;
T J (2): Tse Mang Chi 12.33/-1.2;
H T (3): Lam Sau Kwan 41.83;
J T (3): Kim Kyong-Ae KOR 54.46; Suh Hae-An KOR 53.24;
4x100 R (3): TCAA Team 51.03;

MYANMAR

59th National Championships at Yangon / 02. – 06.02.2011

(-courtesy of MYA-Federation -)

-all events hand-timed / no wind-measurement / no exact dates per event; following are the best performances –

Men:

100 m: Chit San Maung 10.8;
200 m: That Zaw Win 22.0;
400 m: That Zaw Win 49.0;
800 m: That Zaw Win 1:53.9; Maung Chat 1:54.9;
1500 m: Maung Chat 3:55.5;
5000 m: Thaug Aye 15:38.8;
10000 m: Kyi Min Soe 31:59.1;
P V: Tun Tun Lin **4.60/NR**;
D T: Di Ye Wu 42.09;
J T: Kyaw Swar Moe 57.40;
20000 m Walk: Kyaw Zaw Oo 1:42:19.5; Zaw Win Tun 1:48:41.4;
4x100 R: MOD Team 44.8;
4x400 R: YCDC Team 3:29.0;

Women:

100 m: Kay Khine Lwin 11.7; Lai Lai Win 11.9;
200 m: Kay Khine Lwin 24.3; Lai Lai Win 25.1;
400 m: Yin Yin Khine 55.4; Aye Aye Than 56.3; Naw Ka Paw Phaw 56.7;
800 m: Aye Aye Than 2:09.5; Than Toe Khin 2:12.3;
1500 m: Than Toe Khin 4:36.4; Ni Lar San 4:42.3; Khin Mar Se 4:47.9;
5000 m: Than Toe Khin 17:05.8; Ni Lar San 17:20.1; Khin Mar Se 18:20.5; Phyu Phway 18:37.7;
10000 m: Ni Lar San 35:18.2; Kay Khine Myo Tun 38:07.2; Khin Mar Se 38:37.3;
L J: Aye Aye Than 5.45;
20000 m Walk: Kay Khine Myo Tun **1:42:14.8/NR**; Saw Mar Lar Nwe 1:47:15.4; Phyu Min Own 1:54:34.2;
Than Than Soe 2:06:0; Aye Nandar Myint 2:07:42.6;
4x100 R: MOH Team 50.1;
4x400 R: MOH Team 3:59.4;

SINGAPORE

3rd Meeting of SAA Track & Field Series / 02. – 03.04.2011

(-courtesy of Mr Sha, Singapore AA -)

Men:

100 m (3)/+2.0: Gary Yeo 10.67;
5000 m (3): Mok Ying Ren 15:17.09;
P V (2): Ang Guo Jun 4.30; Edwin Chong 4.30; Desmond Boey/92 4.30;
D T (2): James Wong Tuck Yim 46.79;
4x400 R (3): National Team 3:19.99;

Junior Boys / under 18:

800 m (3): Zachary Ryan Devaraj/95 1:54.15 /NYR;
2000 m St (3): T.Harrishankar/93 6:23.87;
110 m H/91.4 cm (3)/ 0.0/hand-timed: Sean Toh Ren Jie/93 14.4;
S P / 6 kg (2): Wong Kai Yuan/94 **15.37 /NYR**;

Women:

200 m (3)/ 0.0/hand-timed: Dipna Lim Prasad 24.5;
100 m H (3)/+0.5/hand-timed: Dipna Lim Prasad 14.3;
P V (2): Justina Chan 3.20;
D T (2): Wan Lay Chi 46.84; Chan Zhi Xuan/93 40.29;
J T (2): Teo Hui Juen 40.79;

4x400 R (3): National Team 3:59.04;

Junior Girls / under 18:

100 m H / 76.2 cm (3)/ -2.4: Goh Wei Ning/93 14.2; Jannah Wong/95 14.8;

MALAYSIA

Results from Regional early-season competitions during last weeks

(-courtesy of Mr Jad Adrian Washif-)

-at Kota Kinabalu / 06. – 08.03.2011

Men:

100 m (6): Sebastian Lee 10.6;
200 m (8): Sebastian Lee 21.9;

-at Kuala Lumpur / 13.03.2011

Men:

100 m: Mohd Latif Nyat 10.7;
200 m: Ajmal Aiman Mohd Hasan/93 21.7;

Women:

L J: Noor Amira Mohd Nafiah 5.79;

-Perak Games at Ipoh / 17. – 18.03.2011

Men:

L J (17): Mohd Hakimi Ismail 7.43;
T J (18): Mohd Hakimi Ismail 14.96;
10000 m Walk (17): Muhammad Syahmi Mohd Syukri 50:02.2;
20000 m Walk (18): Muhammad Syahmi Mohd Syukri 1:45:01.04;

8th Sarawak Junior Champs at Kuching / 02. – 03.04.2011

Junior Men:

H T (): Jackie Wong Siew Cheer/92 56.14;

TAJIKISTAN

National Outdoor Championships at Dushanbe / 06. – 07.03.2011

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

-following are the best performances ; no relevant performances in Women events /hand-timing –

Men:

60 m (6)/ 0.0: Davron Atabayev/93 6.7; Igor Khan 6.8;
200 m (7)/+1.2: Davron Atabayev/93 22.0;
400 m (6): Farkhod Kuralov/93 49.9;
800 m (7): Farkhod Kuralov/93 1:53.5;
H T (6): Alisher Eshbekov 66.66;

INDOORS

CHINESE TAIPEI

International Pole Vault Indoor Meetings

(-courtesy of Ms Doris Hung, CTTEFA -)

- TOP 6 results from International Meet at Tsaotun / 24.03.2011

Men :

Sergey Kucheryanu AUS 5.65; Jeremy Scott USA 5.55; Naoya Kawaguchi JPN 5.15; Rory Quiller USA 5.15; Hsieh Chia-Han TPE 4.95; Yang Mu-Huei TPE 4.95;

Women:

Martina Strutz GER 4.45; Megumi Nakada JPN 4.05; Amanda Bisk AUS 3.95; Ho Chieh-Ying TPE/93 3.65; Riezel Buenaventura PHI 3.65; Liu Yu-Yao TPE/93 3.45;

-detailed results from International Meet at Taipei / 26.03.2011

Men / International:

Sergey Kucheryanu AUS 5.45; Rory Quiller USA 5.35; Jeremy Scott USA 5.25; Naoya Kawaguchi JPN 5.15 & Hsieh Chia-Han TPE **5.15 / NIR equalled**; Oh Dae-Jung KOR & Liao Shu-Kai TPE 4.75; Sompong Saombankuay THA 4.75; Yang Mu-Huei TPE 4.75; (Kim Do-Kyun KOR 0,00 / 3 fouls at 5.05 m);

Men / National:

Li Tzung-Mu TPE 4.40;

Women / International:

Martina Strutz GER 4.40; Megumi Nakada JPN 3.85; Roslinda Samsu MAS 3.65; Sukanya Chomchuee THA 3.65; Amanda Bisk AUS 3.65; Riezel Buenaventura PHI 3.65; Liu Yu-Yao TPE/93 3.45; Lee Young-Ah KOR & Ho Chieh-Ying TPE/93 3.45; Chiung Ya-Han TPE 3.25;

Women/National:

Liu Yu-Yao TPE/93 3.45; Liu Chia-Ying TPE/94 3.35;

ON THE ROAD

VIETNAM

National Road Race Championships at Gia Nghia / 20.03.2011

(-courtesy of the VIE-Federation website -)

Men:

Half Marathon:

Nguyen Van Long 1:17:16; Nguyen Truong Dinh 1:17:19; Phuong Dinh 1:17:30; Tran Van Loi 1:19:21;

10 km Race:

Nguyen Van Lai 33:24.89;

Junior Men / 7 km:

Le Trong Giang/93 23:06.87;

Women:

Half Marathon:

Pham Thi Binh 1:29:45; Pham Thi Hien 1:30:06; Nguyen Thi Dong 1:31:57; Nguyen Thi Ngoc Yen 1:34:26;

Le Thi Tuoi/94 1:37:52;

5 km Race (times reported in full seconds):

Truong Thanh Hang 17:10; Nguyen Dang Thanh Thuy 17:11; Nguyen Thi Phuong 17:14; Nguyen Thi My Thoa 17:28; Le Thi Thom 17:41; Phung Thi Hang/94 17:46;

Junior Women / 3 km:

Nguyen Thi Bich Tram/94 9:49.17; Dinh Thi Loan/94 9:55.21; Phung Thi Huong/92 9:57.70;

Youth Girls/ 3 km (times reported in full seconds):

Tran Thi Mai/97 9:46; Nguyen Thi Thuong/95 9:57; Nguyen Thi Hang/95 10:00; Hoang Thi Trang/99 (!!) 10:01;

MALAYSIA

BARENO RUN Half Marathon at Kuala Lumpur / 13.03.2011

(-courtesy of the Race – website -)

Men:

Moses Kipkorir Kiptoo KEN 1:06:50; Mok Ying Ren SIN 1:08:18; Kupchumba Kiprop KEN 1:09:26; Johnson Kipkosgei Tarus KEN 1:13:56; Mohd Hanafy Anas MAS 1:14:51; Ahmad Lamchannak MOR 1:15:43; Jason Paul Lawrence NZL 1:18:34; Mark Williams GBR 1:18:56 (1st Veteran/over 40);

Women:

Noor Amelia Musa MAS 1:29:18; Koh Leng Leng SIN 1:35:55 (1st Veteran/over 35);

LEBANON

Cedar Green Marathon from Beyrouth to Byblos / 27.03.2011

(-courtesy of the RRALebanon – website -)

Men:

Bikas Shahi NEP 2:40:42; Daoud Moustafa LIB 2:42:01;

Women:

Melissa Rizk LIB 3:15:39; Elga Trad LIB 3:23:56; Frances Guy GBR (= British Ambassador in Lebanon) 3:27:58 (1st Veteran);

ULTRA RUNNING

KOREA

2nd IAU 100 km Asian Championships at Jeju Island / 26.03.2011

(-courtesy of Ultra Running – wbsites -)

- overall 417 athletes (incl. 222 at 100 km) from 12 countries participated at 3 different distances – following are the best results from the official Asian Champs Race; other results not yet available –

Men:

Yoshikaza Haro JPN 6:52:07; Chou Pin-Chi TPE 8:01:52; Kim Dae-Soo KOR 9:06:40; Jeong Chan-Jin KOR 9:14:40 (5th = over 11 hours !!);

Women:

Mai Fujisawa JPN 8:28:10; Yung Hee-Kyung KOR 9:22:15; Park N-Rae KOR 9:40:35; (4th = over 11 hours !!);

Results from ASIA 2011-06

ON THE ROAD

KOREA

(-courtesy of Mr Mirko Jalava, TILASTOAJA & the KOREA AF – website -)

- for both races all runners from KOREA except foreigners as noted-

International DONG-A Marathon at Seoul / 20.03.2011

Men:

Abderrahim Goumri MAR 2:09:11; Jeong Jin-Hyeong 2:09:28; Oleg Kulkov RUS 2:10:13; Wegayehu Girma Tefera ETH 2:13:19; Dereje Abera ETH 2:14:18; Maregu Zewdie ETH 2:15:15; Park Ju-Young 2:16:02; Oh Suh-Jin 2:16:06; John L.Cassallo PER 2:16:10; Hwang Jun-Suk 2:16:22; Kim Ki-Yeon 2:16:31; Ko Jun-Suk 2:16:35; Lee Myong-Seun 2:17:15; David Kisang KEN 2:17:24; Park Kyung-In 2:18:12; Kim Byong-Hyun 2:18:24; Sung Ji-Hun 2:18:27; Park Kyong-Kwon 2:19:04; Kim Hyo-Su 2:19:23; Lee Kyo-Shik 2:19:33; Lee Da-Hoon 2:19:34; Kim Jae-Hoon 2:19:43; Lee Myoung-Ki 2:19:53; Shin Chul-Woo 2:20:13; Park Myung-Hun 2:20:35; Jaime Caldua PER 2:20:44; You Dae-Rae 2:21:05; Paulino Canchanya PER 2:23:33; Lee Win-Tae 2:24:01;

Women:

Robe Guta ETH 2:26:51; Wei Yanan CHN 2:27:13; Chung Yun-Hee 2:32:26; Gladys Tejeda PER **2:32:32/NR**; Lee Sun-Young 2:32:57; Asnakech Mengistu Egiyayehu ETH 2:33:58; Lee Sook-Jung 2:34:01; Choi Bo-Ra 2:34:13; Anne Cheptanui KEN 2:36:35; Amane Gobena ETH 2:37:31; Zehara Kedir ETH 2:39:47; Kim Su-Jin 2:40:09; Jung Hyung-Sun 2:40:33; Kang Su-Jung 2:41:06; Judith Toribio PER 2:41:12; Kim Mi-Sun 2:42:16; Kim Young-Jin 2:45:25; Kim Ji-Eun 2:45:33; Xu Junliang CHN 2:45:41; Park Myong-Nyo 2:46:19; Chung Jin-Woo 2:46:28; Lee Yeon-Jin 2:47:13; Yun Eun-Hee 2:47:20; Lee Mi-Ok 2:48:14; Park Ko-Eun 2:48:30; Lim Eun-Ha 2:49:51; Lee Eun-Hye/92 2:52:32;

International Women's Half Marathon at Goyang / 06.03.2011

-following are the TOP 25 finishers (incl. a new PB for the winner)

Priscah Jeptoo KEN 70:26; Alice Timbili KEN 71:11; Zehara Kedir Datu ETH 72:20; Elizabeth Rumokol KEN 73:33; Belaynesh Jida Bekele ETH 73:49; Yeshi Esayas Tesemma ETH 73:51; Olga Kimaiyo Cherono KEN 74:27; Winfridah Kwamboka Nyansikera KEN 74:32; Wei Yanan CHN 74:38; Malika Benlafkir MAR 74:52; Irene Jerotich Kosgei KEN 75:28; Genet Adeke Agteu ETH 75:58; Noh Yu-Yeon 76:00; Jung Hyung-Sun 76:31; Kim Hee-Yeon 77:19; Choi Kyung-Hee 77:30; Lee Se-Jung 77:33; Lee Eun-Hae 77:50; Kim Mi-Sun 78:22; Suh Ok-Yeon 79:24; Kim Eun-Mi 79:30; Satoko Uetani JPN 79:44; Choi Seon-Ju 79:46; Xu Junliang CHN 79:52; Oh Jung-Hyun 80:11;

ON THE TRACK

CHINESE TAIPEI

National Cup Athletics Meet at Taipei / 09. – 12.03.2011

(-courtesy of Ms Doris Hung, CTTF -)

-competition for Senior and High School athletes; following are the best performances; Year-of-birth included for Junior (HS athletes/born 1992 or later) where known to me by other sources –

Men:

100 m (11)/ 0.0: Wang Wen-Tang 10.75 (& 10.81/+0.7 as fastest time in semis);

200 m (12)/ 0.0: Wang Wen-Tang 21.65;

800 m (12): Chang Chia-Hsing 1:53.88; Chou Chun-Yi 1:54.59;
5000 m (12): Ho Chin-Ping 14:40.05; Chiang Chieh-Wen 14:44.46;
10000 m(10): Ho Chin-Wen 30:33.09; Chiang Chieh-Wen 30:33.14; Wang Chiu-Chun 31:01.14;
3000 m St (9): Chou Ting-Yin 9:24.31;
110 m H(11)/+3.0: Ko Wen-Pin 14.60w; Ko Wen-Ting 14.71w;
400 m H(11): Chen Shu-Wei 52.73; Chen Yu-Teh 52.92;
H J (10): Tsao Chih-Hao 2.04;
P V (10): Hsieh Chia-Han 5.05; Yang Mu-Huei 4.70;
L J (9): Chiao Chih-Chien 7.30/+0.3; Lin Ching-Hsiuan/92 7.26/ 0.0; Tsai Yi-Da 7.24/+0.7;
T J (10): Tsai Yi-Da 15.07/ -0.2;
S P (9): Cheng Yung-Hsin 16.67; Liu Chung-Lung 15.23;
D T (12): Wang Yao-Huei 53.37; Tai Shih-Hao/92 46.53;
H T (9): Cheng Yu-Da 63.26; Cheng Tzu-Chi 55.21; Tseng Hao-Chan 55.09;
J T (11): Chung Cheng-Hung 71.52; Huang Shih-Feng/92 70.66;
4x400 R (12): NTCPE Team 3:21.20;

High School Boys:

110 m H/low hurdles ?? (11)/+1.3: Liu Hsuan-Hung 14.65; Chien Shih-Hsiang 14.68;
400 m H (12): Yu Chia-Hsuan 53.72;
H J (12): Cheng Chun-Chieh 2.05;
S P / 6 kg (10): Lin Yu-Ting 16.41;
H T / 6 kg (11): Pan Chieh-Ying 58.09;
J T / 800 g (9): Cheng Chao-Tsun/93 69.76; Lin Chun-Ping/92 66.86;
4x100 R (11): Shanchung HS Team 42.09;
4x400 R (12): Yuanli HS Team 3:21.85;

Women:

100 m (11)/ -1.0: Lin Wen-Wen 12.22;
200 m (12)/ 0.0: Lin Wen-Wen 25.30;
5000 m (12): Wu Min 18:32.43;
10000 m(10): Yu Ya-Chun 38:02.43; Li Ying-Ju/94 38:16.31;
3000 m St (9): Liao Pei-Ling 11:15.00; Wang Wen-Hsien/92 11:39.59;
100 m H (11)/+3.7: Lin Ya-Chu 14.40w;
400 m H (12): Kang Lin-Hsiang 63.65; Kuo Mi-Jung 63.97;
H J (9): Li Yi-Jung 1.73;
P V (10): Hsu Hsueh-Chin 3.40; Liu Hsiang-Wen 3.20; Chen Ying-Meng 3.20; Chung Ya-Han 3.20;
T J (9): Wei Shu-Chuan 12.12/ -0.3;
S P (11): Lin Li-Wen 14.52;
D T (10): Huang Wan-Ting 47.54; Chen Yi-Wen 43.22;
H T (9): Huang Chih-Feng 53.15; Chen Yu-Ting 51.37;
J T (12): Wu Yi-Wen 52.57; Hsu Chiao-Ya 48.99;

High School Girls:

400 m (11): Hsu Yu-Wen/94 57.05;
800 m (12): Hsu Ju-Wen/94 2:15.01; Hsieh Yu-Ting 2:15.12;
5000 m (12): Li Ting-Yu/94 18:15.47;
3000 m St (9): Chen Yu-Hsuan/93 11:07.95; Liu Hsin-Tzu 12:03.99;
100 m H(11)/+0.6: Hsieh Ching-Ju 14.88; Liu Ya-Chun 15.03;
400 m H(12): Wu Yu-Ju 62.86; Huang Chia-Lin 64.27;
H J (12): Wu Meng-Chia/94 1.70; Cheng Yun-Huai/93 1.67;
P V (10): Liu Yu-Yao/93 3.40;
L J (11): Wu Meng-Chia/94 5.63/ -0.7;
T J (9): Hung Pei-Ning/94 12.20/+0.3; Lai Yi-Ling/93 11.95/ -1.0;
S P (10): Lai Li-Chun/93 13.54; Wu Ning-Ting 13.16;
D T (9): Chen Yen-Yu/92 41.59;
H T (11): Hung Hsiu-Wen 44.97; Tseng Hsiao-Lan/92 44.05;
J T (12): Wen Chia-Jung/93 45.97; Wang An-Li/92 45.25;
4x100 R (11): Hualien Physical HS Team 48.63;
4x400 R (12): Kaohsiung HS Team 3:53.66;

PHILIPPINES

86th NCCA Championships at Manila / 28.02. – 03.03.2011

(-courtesy of Ms Maricor Pacheco, PATAFA -)

-following are the best performances; competition for Men only; all events hand-timed –

100 m / heats (28) h2/+0.7: Daniel Noval 10.6; John R.Bulatao 10.7; h4/+0.6: Archand C.Bagsit 10.6;
200 m (3)+1.9: Archand C.Bagsit 21.4 (& 21.7/+1.1 as 1h1 on 1st); Daniel Noval 21.8;
400 m (3): Archand C.Bagsit 48.4 (& 48.7 as 1h5 on 28th); Edgardo Alejan 48.8;
800 m (28): Mervin Guarte/92 1:52.0; Edgardo Alejan 1:53.2; Roldan Verano 1:53.6;
3000 m St (28): Mervin Guarte/92 9:34.3; Roldan Verano 9:34.4;
P V (1): Robin Bunda 4.21;
J T (2): Rejie Abraham 60.69;
4x100 R (3): CSJL Team (Bagsit, Lugmao, Molenilla, Mariano) 42.7;
4x400 R (3): CSJL Team (Bagsit, Fajiculay, Molenilla, Mariano) 3:23.8;

UNITED ARAB EMIRATES

2nd GCC Women's Games at Abu Dhabi / 10. – 11.03.2011

(-courtesy of Mr Lounes Madene, BRN-Federation -)

-this Regional competition was held with participants (Junior Women born 1992 or later, although at least the winner if the 400 m/800 m was NOT a Junior/official DOB = 18th May 1991) from 5 GULF countries;
following are the winners of all (= 10) events + all additional new national records; hand-timing / no wind-measurements-

100 m (10): Nora Hussein Al-Malki QAT 12.8;... 4. Aida Al-Balooshi UAE **13.7/NR & NJR**;
200 m (11): Shanoona Salah Al-Habsi OMA/93 **26.4/NR & NJR**;
400 m (10): Alia Mohamed Saeed UAE/91 **63.0/NR**;
800 m (11): Alia Mohamed Saeed UAE/91 2:15.4;
H J (10): Maryam Moh. Al-Ansari BRN/92 **1.65/NR & NJR**;
L J (11): Maryam Moh. Al-Ansari BRN/92 5.16;...5. Aida Al-Balooshi UAE **4.83/NR & NJR**;
6. Hana Faraj Al-Farhan KUW/93 **4.65/NR & NJR**;
S P (10): Basma Mohamed Abdou BRN/92 10.26;
D T (11): Basma Mohamed Abdou BRN/92 32.78;... 6. Warda Mohsen Al-Mahrooqi OMA **20.61/NR & NJR**;
J T (10): Saeeda Al-Nasawi UAE **29.75/NR & NJR**;
4x100 R (11): QAT 52.3; BRN 52.5; UAE **55.9/NR & NJR**; KUW **56.3/NR & NJR**

Medal Tally:

BRN 4 + 4 + 2 = 10; UAE 3 + 0 + 3 = 6; QAT 2 + 4 + 2 = 8; OMA 1 + 1 + 0 = 2; KUW 0 + 1 + 3 = 5

SAUDI ARABIA

National 1st League Clubs Championships at Riyadh / 16. – 17.02.2011

(-courtesy of Mr Ktaifi Ezzeddine, KSA-Federation -)

400 m (16): Mahdi Hussein Al-Garni 48.46;
110 m H (16)/+0.3: Hayder Ali Al-Jomaa/92 14.74;
400 m H (17): Khalid Ali Al-Bishi 54.10; Hayder Ali Al-Jomaa/92 54.11;
J T (16): Abdullah Mohamed Al-Ghamdi 56.72;

Addition to Super League Clubs Champs at Qatif / 16. – 17.02.2011 (Report No 5):

Details to Decathlon (16/17):

Mohamed Reda Al-Matroud 6864 = 11.18/ -0.4; 6.92; 13.08; 1.75; 50.38 / 15.28/ -0.7; 38.66; 3.90; 51.09; 5:02.32

INDOORS

KAZAKHSTAN

National Indoor Championships at Karaganda / 23. – 25.02.2011

(-courtesy of Mr Aleksey Kondrat, KAZ-Federation-)

-this competition included the championships for Combined events (for all age-groups) and for Youth athletes (born 1996 or later); following are the best result -

Heptathlon :

Men: Ilya Kuznetov 5340 (7.17; 6.67; 11.11; 1.98 / 8.80; 4.40; 2:35.78); Alexandr Chernov 5291 (7.31; 6.71; 14.05; 1.95 / 8.34; 4.30; 2:58.29); Kayrat Koshekov 5264 (7.11; 7.06; 11.92; 1.95 / 8.31; 4.10; 2:58.17);

Junior Men: Dmitriy Shkarupin/92 4604 (7.74; 6.16; 11.85; 1.98 / 9.23; 3.60; 2:50.67);

Pentathlon:

Women: Lidiya Perivalova 3439 (9.72; 1.68; 9.50; 5.33; 2:29.72); Mariya Sozykina 3274 (9.18; 1.68; 9.50; 5.33; 2:29.72);

Youth Girls: Alina Temirbayeva/94 3061 (9.44; 1.50; 9.56; 5.32; 2:49.32); Lyubov Lebedeva/95 3006 (9.54; 1.53; 8.32; 5.31; 2:47.91);

Youth Boys:

60 m H / 91,4 cm (24): Vitaliy Sems/96 8.54 (& 8.52 in heats);

Youth Girls:

H J (23): Sofia Obukhova/97 1.64;

P V (23): Marina Khuseynova/96 3.00;

Amendments to Results by Report No 4

-following are additional results after receipt of transcriptions of names for the following athletes-

-at National Indoor Champs / Karaganda / 05. – 06.02.2011-

Women / 60 m (5): Yuliya Botnarchuk 7.82;

-semis & heats- (5): Anastasiya Vanchurina 7.71 & 7.72; Yuliya Botnarchuk 7.86 & 7.90;

-at National Junior Champs / Karaganda / 08. – 10.02.2011-

Junior Women / 60 m (8): Anastasiya Shavrina/92 7.96 (& 7.99/semis & 8.02/heats);

Youth Girls / 60 m (8): Veronika Stepanyuga/94 8.09;

Results from ASIA 2011-05

ON THE ROAD

JAPAN

ASIAN 20 km Race Walk Championships at Nomi / 13.03.2011

(-courtesy of the JPN-Federation website & thanks to transcriptions from Mr Akihiro Onishi -)

-following are the complete results for all ASIAN CHAMPS competitors (incl. official intermediate times and the overall placings from this event shown in brackets) followed by additional walkers, who participated outside of the official ASIAN CHAMPIONSHIPS competition –

Men

1. (1.) Kim Hyun-Sub	KOR/310185	1:19:31/NR (19:47; 39:48; 59:53 at 5 km, 10 km, 15 km)
2. (2.) Wang Gang	CHN/??	1:22:18 (20:33; 41:20; 1:01:54)
3. (4.) Park Chil-Sung	KOR/080782	1:22:28 (20:16; 40:40; 1:01:31)
4. (5.) Isamu Fujisawa	JPN/121087	1:24:32 (20:04; 40:32; 1:01:31)
5. (7.) Gurmeet Singh	IND/030785	1:25:43 (20:41; 41:42; 1:03:21)
6. (10.) Ebrahim Rahimian	IRI/290681	1:27:43 (21:01; 42:19; 1:04:15)
7. (11.) Lo Choon Sieng	MAS/161185	1:28:04 (21:08; 42:43; 1:05:00)
8. (17.) Teoh Boon Lim	MAS/151177	1:29:27 (21:53; 43:40; 1:06:08)
9. (23.) Vahid Sepahi Badjani	IRI/220485	1:30:57 (21:43; 43:47; 1:06:52)
10.(35.) Kristian L.Tobing	INA/240779	1:33:32 (22:42; 45:38; 1:09:24)
dnf Tse Chun Hung	HKG/231281	--- (23:29; 46:20; 1:09:31)

additional JPN finishers (under 1:30):

...3. Yusuke Yachi 1:22:27 (20:05; 40:33; 1:01:31);...8. Daichi Aono 1:26:13 (21:01; 42:19; 1:04:14); 9. Motofumi Suzuki 1:27:38 (21:52; 43:30; 1:05:21);...12. Yuki Sasagawa 1:28:23 (21:19; 42:41; 1:04:14); 13. Takuma Kozaka 1:28:25 (21:52; 43:41; 1:05:54); 14. Yohei Otake 1:28:42 (21:52; 43:29; 1:05:21); 15. Kento Tamura 1:28:47 (21:32; 43:31; 1:06:08); 16. Masataka Kuribayashi 1:28:48 (22:02; 44:05; 1:06:19); ...18. Itaru Murakami 1:29:29 (22:26; 45:03; 1:07:27); 19. Takafumi Yamaguchi 1:29:34 (21:52; 43:30; 1:06:08);

additional non-JPN finishers:

...6. Byun Young-Jun KOR/200384 1:24:32 (20:16; 41:17; 1:03:21);...42. Dhiban Raj Theyagason MAS/150392 1:36:24 (22:28; 45:41; 1:11:02);

Women:

1. (1.) Kumi Otoshi	JPN/290785	1:30:44 (21:58; 44:32; 1:07:40 at 5 km, 10 km, 15 km)
2. (5.) Wang Min	CHN/021291	1:35:14 (23:02; 47:03; 1:11:05)
3. (10.) Ayman Kozhakhmetova	KAZ/230491	1:38:14 (24:13; 48:07; 1:12:22)
4. (11.) Sholpan Kozhakhmetova	KAZ/230491	1:39:26 (24:30; 49:01; 1:13:59)
5. (18.) Inayati	INA/310589	1:44:38 (25:04; 50:43; 1:17:16)
6. (19.) Jessica Ching Siu Nga	HKG/87	1:45:31/NR (25:41; 51:53; 1:18:58)
7. (23.) Gaurav Kumari	IND/050988	1:49:59 (25:15; 52:13; 1:20:59)
8. (24.) Norliana Mohd Rusni	MAS/261089	1:51:34 (26:45; 54:47; 1:23:15)
9. (28.) Chang Chia-Feng	TPE/150893	2:26:31 (34:42; 1:11:04; 1:49:08)

additional JPN finishers (under 1:45)

...2. Masumi Fuchise 1:31:52 (22:07; 44:52; 1:07:49); 3. Chiaki Asada 1:34:01 (22:55; 46:35; 1:10:49); 4. Kumiko Okada 1:34:30 (22:57; 46:35; 1:10:49);...6. Fumika Kiryu 1:35:45 (23:30; 47:18; 1:11:23); 7. Hiroi Maeda 1:36:26 (23:26; 47:35; 1:12:28); 8. Rei Inoue 1:34:47 (23:11; 47:17; 1:11:33); 9. Ai Michiguchi 1:38:10 (23:42; 48:07; 1:12:58);...12. Miki Miyamoto/92 1:41:33 (24:51; 49:59; 1:15:52); 13. Shiho Takagi 1:41:42 (24:51; 49:58; 1:15:51); 14. Kazuna Kuwabara 1:41:46 (24:51; 49:58; 1:15:52); 15. Yuri Yamaga 1:41:56 (24:51; 49:59; 1:15:52); 16. Mutsumi Hasegawa 1:42:47 (25:17; 50:45; 1:16:53); 17. Chiaki Yamato 1:43:15 (25:03; 51:00; 1:17:03);

INDIA

2nd International Marathon at Chandigarh / 13.03.2011

(-courtesy of newspaper – websites -)

-only incomplete results available (restricted to TOP 2 or TOP 3 per event/category) –

Men

Marathon:

James Mutua KEN 2:17:22; Patrick Kamau KEN 2:29:57; Arvind Yadav IND 2:20:55;

Half Marathon:

Elam Singh IND 64:35; Liditu Tekelu ETH 64:43;

Women:

Marathon:

Bhagwati IND 3:08:10; Vaheeda Khan 3:19:35;

LEBANON

ISF Wissam Eid International Half Marathon at Dbayeh / 27.02.2011

(-courtesy of the Rralebanon-website -)

-all Lebanese runners except few foreigners as noted –

Men:

Bilal Awadeh 74:01; Hussein El Haj Hasan 74:02; Malek Nasr 74:03; Hussein Kays 74:08;
Omar Faour 75:04; Roberto Manzanos Hernaez ESP 76:00; Omar Abed Ellatif 77:25 (1st Masters);

Women:

Melissa Rizk 90:46; Sonia Hanna 94:08; Frances Guy GBR 94:54 (1st Masters/over 50); Elga Trad 95:33;

CROSS COUNTRY

LEBANON

National Cross Country Championships at Jamhour / 13.02.2011

(-courtesy of different websites -)

Men / 12000 m:

Ahmad Darkouchi 38:17; Hussein Awada 39:09; Mohammad Al-Ajami 39:10;

Junior Men / 8000 m:

Habib Hatem 32:33;

Women / 6000 m:

Hoda Awadi 28:10; Melissa Risk 28:19; Elga Trad 29:24;

Junior Women / 4600 m:

Aseel Basmal 23:53;

ON THE TRACK

THAILAND

(-courtesy of THA-Federation -)

-following are delayed results from two major competitions after receipt of translated information –

38th National University Games at Bangkok / 15. – 20.01.2011

Men:

100 m (19)/+0.1: Thossaporn Boonharn 10.68 (& 10.73/+0.7 as 1s1 on same day); Poommanus Jankhem 10.75;
200 m (18)/ 9.0: Nutthapol Maneechot 21.93;
400 m (16): Nitat Kaewkhong 48.98;
800 m (18): Watcharin Waegaji 1:52.37; Jakkrit Phatthasai 1:54.71;
1500 m (20): Patikarn Pechsricha 3:56.08;
5000 m (17): Sunchai Namket 14:56.50;
3000 m St (18): Patikarn Pechsricha 9:27.22;
110 m H (16)/ 0.0: Jumrus Rittidet 14.18; Suriya Judasri 14.49;
400 m H (18): Phatyos Klong-Ngan 52.24;
H J (17): Torlarp Sudjinta 2.10; Pramote Poom-urai 2.07;
P V (15): Kreetha Sinthawacheewa 5.02; Phichitphol Singthongthom 4.60;
L J (16): Theerayuth Philakong 7.54/+0.8; Suphanara Suksawat Ayudhaya/92 7.54/+0.7;
T J (19): Theerayuth Philakong 16.05/ 0.0; Warunyu Kongnil 15.52/ 0.0; Suphanara Suksawat Ayudhaya/92 15.39/+0.4; Jaruphat Phuangmai 15.33/ -0.2;
S P (20): Promrob Jantima 15.44;
D T (19): Sathaporn Khajorn 44.35;
H T (17): Ekkachai Maneephancharoen 53.01; Patiphan Saengsing 50.45;
J T (19): Nonthuch Phalanuphat 67.27; Hutsadin Rodmanee 66.47; Peerachet Janthra 63.70;
Dec (16/17)/no details: Kreetha Sinthawacheewa 6087;
10000 m Walk (19): Prasit Mak-Ead 54:38.68;
4x100 R (16): Physical of Education Institute Team (Chairprasert, Lhaodee, Thongaram, Ensawana) 41.05;
4x400 R (20): Rattana Bundit University Team (Kaewpoolsri, Nguenklang, Chotwanawan, Phatthasai) 3:19.53;

Women:

100 m (19)/ -0.3: Jinhara Seangdee 12.01; Nongnuch Sanrat 12.02; Tassaporn Wannakit 12.11;
200 m (18)/+0.1: Tassaporn Wannakit 24.44; Jinhara Seangdee 24.66; Amphaporn Songkuea 24.80;
400 m (16): Treewadee Yongphan 56.04; Atchima Aeng-chuan 57.60; Juthamas Khonkham 57.88;
800 m (18): Treewadee Yongphan 2:15.05; Kanyaphat Buatharat 2:16.03;
1500 m (20): Sonthiya Saiwaew 4:43.21;
5000 m (18): Sonthiya Saiwaew 18:21.58;
100 m H (16)/+0.4: Wallapa Pansoongneun 14.31; Phanida Ratanajan 14.50; Pharichart Boonjan 14.60;
400 m H (18): Phanida Ratanajan 62.20; Juthamas Konkham 62.77;
H J (18): Wanida Boonwan 1.75; Chalinee Kaewniam 1.72;
L J (17): Sirada Sichaichana 5.81/+1.8; Jenjira Pummak 5.72/ -0.1;
T J (20): Sirada Sichaichana 12.70/+0.7; Jenjira Pummak 12.69/+1.2; Mulliga Phanchomphoo 11.98/ 0.0;
S P (15): Nutchath Rattana 12.95;
D T (16): Reawadee Suksawat 45.01;
H T (16): Rujira Kohwangchai 45.86; Ratana Suraprasert 44.19;
J T (15): Nuttha Nacharn 45.27;
Hept (19/20)/no details: Janya Sophon 4389; Kittiya Thaninpong 4371; Sunisa Khaw-Ead 4169;
5000 m Walk (18): Rapeephan Iyagaisorn 28:28.52;
4x100 R (16): Mahidol University Team (Kaewkling, Srichumphuang, Pongprom, Songkuea) 47.63;
4x400 R (20): Mahidol University Team (Srichumphuang, Jannok, Kaewkling, Songkuea) 3:50.80;

Delayed additions to 2010 Season

39th National Games at Chonburi / 11. – 15.12.2010

-following are selected results (out of incomplete information by THA 2010 Rankings – restricted to Seasonal Bests) –

Men:

400 m (11): Arnon Jai-Aree/92 48.23; Nitipol Thongpoon/94 48.38;
Marathon (15): Boonchu Chandecha 2:36:49;
110 m H (13)/ 0.0: Narongdech Janjai 14.51;
P V (12): Kreetha Sinthawacheewa **5.22/NR**; Phichitphol Singthongthom 4.80; Aniwat Damtub 4.65;
Charnvitiya Kunphong/jr 4.60;
T J (13): Theerayuth Philakong 15.79/ 0.0;
S P (14): Promrob Janthima 15.84;
D T (11): Kwanchai Namsomboon 52.18;
H T (13): Yongjaros Gunju 54.21; Patiphan Saengsing/91 50.26 / NJR;
20 km Road Walk (12): Veerapun Anunchai 1:43:22; Chatchai Jakkaew 1:43:23;

Women:

200 m (12)/+0.2: Suphawan Thiphat/94 24.79;
400 m (11): Pornphan Hermhuek/93 56.35;
800 m (12): Kanyaphat Buatharat 2:13.25; Treewadee Yongphan 2:13.79;
1500 m (14): Phatcharee Chaitongsri 4:44.45;
5000 m (11): Woraphan Nuansri/91 17:40.66; Sonthiya Saiwaew 17:44.18; Saiphon Piawong 17:58.08;
10000 m(13): Saiphon Piawong 37:37.81; Woraphan Nuansri /91 37:44.56 / NJR; Phatcharee Chaitongsri 37:54.06;
Marathon (15): Thanaporn Piamsakul 3:18:30;
3000 m St (13): Sonthiya Saiwaew **11:24.88/NR**; Warunee Taweephat 12:22.99; Jannipha Boonwong/jr 12:41.58 / NJR; Mayuree Kanonthanakul/jr 13:08.22; Muttiga Rakkhaphan 13:23.66;
400 m H (12): Amornrat Winatho 59.94; Phanida Ratanajan 62.90;
P V (13): Sunisa Khaw-Ead 3.65;
L J (12): Amornrat Winatho 6.06/ 0.0;
S P (13): Juthaporn Krasaeyan 14.30;
D T (12): Subenrat Insaeng/94 51.30 / NJR; Juthaporn Krasaeyan 45.97;
H T (12): Sunisa Boonprasarn/jr 44.31; Rujira Kowangchai/91 42.51;
J T (13): Chatwadee Suthorn 43.60;
20 km Road Walk (11): Thanaporn Piamsakul **1:52:31/NR**; Saiphon Patakkhinang 2:07:53;

Review of some other leading performances at earlier competitions during 2010 season

- restricted to Seasonal Best results from those national competitions, where information was NOT available during last year at all –

Junior competition at Phetchaburi / 19. – 21.01.2010

Junior Men:

200 m (20)/+0.2: Benjarong Chairak/92 21.54;
2000 m St (19): Wuthichai Khunklaew 6:15.34; Boonchoo Wongkamta 6:15.38;
400 m H (20): Benjarong Chairak/92 53.96;
T J (21): Suphanara Suksawat Ayudhaya/92 15.36/ 0.0;

Junior Women:

100 m (21)/+0.5: Phensri Chairerk/92 12.07;
200 m (20)/ 0.0: Phensri Chairerk/92 25.06;

Competition at Nakhon Ratchasima / 09.03.2010

Men:

110 m H/+0.6: Suriya Judasri 14.41; Surapong Sisaohae 14.83;
D T: Narong Benjaroon 48.98;

Junior Competition at Phetchaburi / 21. - 24.03.2010

Junior Men:

10000 m Walk (24): Athiphan Ubla/92 51:52.97;

Junior Women:

400 m (21): Sunisa Phetbanna/92 56.92; Kanchana Boonrung/93 57.18;

2000 m St (23): Surisa Ritthaprom 8:03.71;

P V (22): Phenhisut Prasai 3.30;

T J (23): Jamjuree Kwansong/92 12.35/+1.3;

5000 m Walk (21): Janthraporn Wongsuwakhan/93 26:49.00 / NJR;

HONGKONG

1st Round of HongKong Athletics League for Seniors / 26. – 27.02.2011

(-courtesy of the HKG AA – website -)

Men:

100 m / heats (27) heat 2/ 0.0: Yip Siu Keung 10.88;

200 m (26)/ -1.1: Ng Ka Fung/92 21.65; Leung Ki Ho 21.72;

5000 m (already held on 23rd Feb/hand-timed): Gi Ka Man 14:56.6;

3000 m St (26): Gi Ka Man 9:30.05;

110 m H (27)/+0.5: Chan Chung Wang 14.63; Shum Chik Lai 14.65; Lo Ngai Fung 15.21;

-heats- (27) h1/ -0.2: Shum Chik Lai 14.91; Iong Kim Fai MAC 15.33; h2/+0.4: Chan Chung Wang 15.03;
Lo Ngai Fung 15.13;

S P (27): Chiu Lap San 15.04;

D T (27): Chiu Lap San 44.79;

H T (26): Lam Wai 54.38;

J T (26): Cheong Fong Heng MAC 59.15;

Women:

100 m (27)/+0.7: Chan Ho Yee 12.27; Fong Yee Pui 12.32;

-heats- (27) h2/+0.7: Poon Pak Yan 11.95; h6/+0.8: Angie Lam On Ki/92 12.13 (both did not start in final);

3000 m St (26): Yiu Kit Ching 11:12.48/NR; Kong Lai Ming 12:13.50; Wong Ching Yee/94 13:10.86;

100 m H (27)/ -0.5: Wong Wing Sum 15.33;

-heats- (27) h1/ -0.1: Poon Pak Yan 14.53; Wong Wing Sum 14.81;

400 m H (26): Lui Lai Yiu/94 64.52 / NJR;

L J (27): Cheung Lai Yee 6.00/ -0.1;

T J (26): Tse Mang Chi 12.50/ -0.1;

D T (26): Woo Wing Yan/92 40.22;

J T (26): Woo Wing Tung 41.48;

SAUDI ARABIA

(-courtesy of Mr Ktaifi Ezzeddine, KSA-Federation -)

National Super League Clubs Championships at Qatif / 16. – 17.02.2011

Men:

100 m (16)/ -0.4: Mohamed Ali Al-Fardan 10.79; Mahmoud Hafedh Ibrahim/93 10.81;

200 m (17)/+4.2: Younes Ibrahim Al-Houssaoui 21.31w; Mahmoud Hafedh Ibrahim/93 21.39w; Abdullah Ahmed Abkar/93 21.59w;

400 m (16): Mohamed Obeid Al-Salhi 48.06; Abdullah Ahmed Abkar/93 48.30; Younes Ibrahim Al-Houssaoui 48.42;

800 m (17): Emad Hamed Moh.Noor 1:54.30; Naif Yahya Rezgallah/92 1:56.73;

1500 m (16): Emad Hamed Moh.Noor 3:47.36; Mokhled M.Al-Otaibi 3:51.75;
 3000 m (16): Abdullah Abd. Al-Joud 8:08.46; Baker Berikan Al-Mowaled 8:27.89;
 5000 m (17): Abdullah Abd. Al-Joud 13:51.63; Saeed Abbas Al-Thumali 14:26.89; Baker Berikan Al-Mowaled 14:44.79;
 3000 m St (17): Hamza Saoud Al-Sharif 9:11.48; Ahmad Mohamed Al-Burhan/93 9:21.00;
 110 m H (16)/ -0.7: Ali Hussein Al-Zaki 14.24; Attia Mohamed Al-Shamrani 15.06;
 400 m H (17): Ibrahim Moh. Al-Hamadi 52.87; Imad Hamithi Al-Qaree 53.02; Nasser F. Al-Bishi 54.09;
 H J (17): Omar Moussa Al-Masrahi 2.00; Ibrahim Ahmad Al-Ajlan 2.00; Khalid Essa S.Al-Kahes 2.00;
 P V (16): Mohamed Jassem Al-Qaree 4.20;
 L J (16): Mohamed Salman Al-Khuwailidi 7.84/ 0.0; Mubarak Jasser Al-Jassem 7.39/ 0.0; Malek Abbas Al-Salem 7.28/+1.1;
 T J (17): Malek Abbas Al-Salem 15.45w/+4.6; Abdou Saeed Madkhaly 15.25w/+3.6; Mansour Moussa Al-Masrahi 15.16w/+3.1;
 S P (16): Amin Attia Al-Aradi 16.46; Khalid Abdullah Kaid Allah 15.46; Hassan Abdullah Al-Bakheet 14.94;
 D T (17): Hassan Abdullah Al-Bakheet 47.46; Saeed Mubarak Rabie Al-Yami 45.60;
 H T (17): Talal Mahmoud Abdelbaki 51.80; Abdullah Ahmad Majrashi 51.68; Faisal Youssef Darouiche 50.32;
 J T (16): Walid Hassan Al-Hamad 57.44;
 Dec (16/17)/no details: Mohamed Reda Al-Matroud 6864;
 4x100 R (17): Al Hilal Club Team 42.49;
 4x400 R (17): Al Ahly Club Team 3:24.57;

National Junior Clubs Championships at Riyadh / 23. – 24.02.2011

-following are the best performances; Junior hurdles and implements for throws; athletes born 1991 or later -

100 m (23)/ - 1.3: Mahmoud Hafedh Ibrahim/93 10.78;
 200 m (24)/ -2.3: Mahmoud Hafedh Ibrahim/93 21.83;
 5000 m (24): Abdullah Obaid Al-Salhi 15:11.32; Ahmad Mohamed Borhan/93 15:11.46;
 110 m H/ (23)nwi: Haydar Ali Al-Jomaa/92 14.39;
 400 m H (24): Haydar Ali Al-Jomaa/92 54.36; Fares Yamani Al-Zahrani/92 54.49;
 H J (24): Nawaf Ahmad Al-Yami 2.10;
 D T (24): Oussana Hassan Al-Aqili/93 50.15;
 H T (24): Mohamed Hussein Al-Debissi/92 56.70;

SINGAPORE

37th National Junior Championships / 05. – 06.03.2011

(-courtesy of the Federation-website-)

-following are the best performances from these champs for different age-groups –

Junior Men / under 20:

110 m H / 99 cm (5)/+0.9: Ang Cheng Xiang/94 14.55;
 400 m H/ 91.4 cm (6): Zaki Sapari/92 55.76;
 P V (6): Sean Lim Zi Qing/93 4.50;

Youth Boys / under 18:

2000 m St (5): T.Harrishankar/94 6:21.76;
 110 m H/ 91.4 cm (5)/+1.6: Timothy Yap Jin Wei/94 14.74; Ang Dinghui/96 14.96;

Junior Women / under 20:

100 m H/ 84 cm (5)/+1.2: Goh Wei Ning/94 15.21;
 S P (5): Hannah Lee/92 12.08;

MALAYSIA

ASEAN Team Walk Championships at Cheras / 06.03.2011

(-courtesy of Mr Jad Adrian Washif -)

- these Champs were held on the Track with teams from only 2 SEA countries; following are the best results-

Men / 10000 m:

Mohd Afiz Firdaus Kamaruzaman MAS 52:50; Mohd Azizi Anuar MAS 54:52; Edmund Sim Soon Chye SIN 55:34;

Women / 3000 m:

Elena Goh Ling Yin MAS 15:33; Song Gie Chee MAS 16:06; Serene Seah Gie Chee SIN 18:13;

Teams (incl. times for 2 Men & 2 Women each):

MAS 2:19:20; SIN 2:34:29;

UNITED ARAB EMIRATES

2nd GCC Women's Games at Abu Dhabi / 12. – 13.03.2011

(-courtesy of newspaper websites-)

-only inaccurate results available from these official Regional Games for Women/Girls until now; only 10 events held –
-all events hand-timed; times for 400 m & 800 m reported in full seconds; more detailed information would be welcome –

200 m (13): Shanoona Al-Hibsi OMA **26.4/NR;**

400 m (12): Alia Saeed Mohamed UAE **63.? /NR ??;** Samira Al-Harrasi OMA **66. ? /NR ??;**

800 m (13): Alia Saeed Mohamed UAE 2:15.??;

HJ (12): Maryam Mohamed Al-Ansari BRN/92 **1.65/NR & NJR;**

4x100 R (13): QAT 52.3; BRN 52.5; UAE **55.9/NR;**

LEBANON

One Hour Track Run at Beyrouth / 05.03.2011

(-courtesy of the Rralebanon – website -)

Hussein Awada **18548 m /NR;** Ahmed Darkouchi 18399 m; Mohamed Al-Ajami 18.107 m

INDOORS

KYRGHIZSTAN

National Indoor Championships at Bishkek / 16. – 17.02.2011

(-courtesy of Mr Ivan Sherbakov, KGZ-Federation-)

-following are the best results; all events hand-timed; some athletes from KAZ competed as guests –

Men:

60 m: Valeriy Ponomaryev/92 6.8 (& 7.0 in heats); Vitaliy Karnaukhov/94 7.0 (& 7.1 in heats);

800 m: Rinat Valiyev KAZ 1:57.5;

Women:

60 m: Anna Bulanova/94 7.6 (& 7.8 in heats);

TURKMENISTAN

National Indoor Championships at Ashgabat / 05.02.2011

(-courtesy of TKM-Federation-)

-following are new National Indoor Records and few other results from these champs / all events hand-timed –

Men:

60 m: Akmyrat Orazgeldyyev **6.6/NIR**; Ildar Hojayev 6.7; Begench Durdymov/93 6.8;

1500 m: Perhat Annagylyjov **4:05.4/NIR**;

Women:

60 m: Yelena Ryabova **7.4/NIR**;

1500 m: Merjen Ishanguliyeva **4:47.5/NIR**;

60 m H: Yelena Ryabov **9.2/NIR**;

Results from ASIA 2011-04

ON THE ROAD

UNITED ARAB EMIRATES

International Half Marathon at Ras-al-Khaimah / 18.02.2011

(-courtesy of the Race – website -)

Men:

Deriba Merga ETH 59:25; Bernard Kipyego KEN 59:45; Leonard Langat KEN 59:52; John Kiprotich KEN 1:00:10; Titus Masai KEN 1:00:40; Getu Feleke ETH 1:01:28; Maregu Terefe Zewdie ETH 1:02:03; Dickson Marwa TAN 1:02:04; Hafid Chani MAR 1:02:23; Alemayehu Shumye ETH 1:02:58; Edwin Kipkorir KEN 1:03:02; Patrick Makau KEN 1:03:52; Siraw Kebede Gelaw ETH 1:04:07; Birbo Guta Bulbula ETH 1:05:19; Ihya Ben Youssef MAR 1:05:57; Othmane Chaibi MAR 1:07:07; Melkamu Tegegne Deyeme ETH 1:07:19; Yassin Kedir ETH 1:10:25; Saif Hamad Al-Rashidi UAE 1:11:07; Ali Khalifa Al-Wahshi UAE 1:12:05; Faris Al-Sultan GER 1:12:12; Tezera Wolle ETH 1:13:17; Khalifa Al-Alaoui UAE 1:13:39; Alemayehu Sitotaw NOR 1:4:03 (1st Masters);

Women:

Mary Keitany KEN 1:05:50 / new WORLD RECORD (official intermediate times including 50:05 as WORLD BEST at 10 miles & 1:02:30 as WORLD RECORD at 20 km); Dire Tune ETH 1:08.52; Mare Dibaba ETH 1:08:57; Rose Kosgei KEN 1:09:04; Agnes Kiprof KEN 1:09:11; Hilda Kibet NED 1:09:35; Sultan Haydar TUR 1:00:02; Eunice Kales KEN 1:10:41; Christelle Daunay FRA 1:11:14; Aniko Kalovics HUN 1:13:25; Emebet Belew Adane ETH 1:16:01; Belainesh Yami Gurmur ETH 1:20:09; Kristin Möller GER 1:20:21; Emma Phillips GBR 1:20:48; Sonja Ellmann GER 1:23:05; Connie Bouverot AUS 1:24:50 (1st Masters); Svetlana Blazevic SRB 1:24:51;

HONGKONG

International Standard Chartered Marathon / 20.02.2011

(-courtesy of the Race – website -)

-following are detailed results -

Men:

Marathon:

Nelson Kirwa Rotich KEN 2:16:00; Julius Kiplimo Maisei KEN 2:16:06; Tesfaye Girma Bekele ETH 2:16:31; Robert Kiplagat Koskei KEN 2:16:53; Hammou Moudouji MAR 2:16:55; Julius Kiprono Mutai KEN 2:17:04; Japhet Kipkorir KEN 2:17:29 (1st Masters/over 40); Joseph Mwangi Ngare KEN 2:17:30; John Tubei KEN 2:17:33; Towfik A.Heilu ETH 2:17:58; Joel Kiplimo Kemboi KEN 2:18:08; Wilson Chepkwony KEN 2:18:48; Philemon Kemboi KEN 2:20:33; Cyprian Mwobi KEN 2:20:53; Gao Yuxue CHN 2:21:17; Christopher Kipkering KEN 2:24:37; Eric Panique PHI 2:27:34; Elmer Sabal PHI 2:28:16; Yosuke Maeda JPN 2:30:12; Arjun Prasad Dhakal NEP 2:30:34; Jonny Lai Hok Yan HKG 2:30:34; Batbayar Sorjpalam MGL 2:31:35; Stefano Passarello ITA/HKG 2:34:31; Wang Chiu-Chun TPE 2:34:41; Mendel Lopez PHI 2:36:14; Paul K.Wanyoike KEN 2:36:28; Hashim Shaharuddin MAS 2:37:44;

Half Marathon:

Thomas Kiprotich KEN/HKG 1:07:14; Gi Ka Man HKG 1:09:05; Curtis Barclay-Grundler USA 1:13:18 (1st Masters/ over 40); Adrian Horvath CAN 1:14:05; Ip Hoi Yeung HKG 1:14:06; Wong Wang Keung HKG 1:14:26; Ahar Sefli Ahar BRU 1:15:26; Henry Wanyoike (blind runner) with Joseph Kibunja Gachuchi KEN 1:16:09; Motoharu Fukunaga JPN 1:16:45; Mak Yun Leung HKG 1:18:41 (1st Junior); 12. Li Chun Yiu HKG 1:18:48 (2nd Junior); Hui Siu Tung HKG 1:18:50; Wong Wai Chung HKG 1:18:52 (3rd Junior);

Women:

Marathon:

Janet Jelagat Rono KEN 2:33:42; Samira Raif MAR 2:33:51; Bifa Yeshimabet Tadesse ETH 2:34:14; Negash Hadush Letay ETH 2:35:35; Cheng Wenrong CHN 2:35:49; Rose Chesire KEN 2:38:06; Margaret Wangui KEN 2:44:33; Victoria Beck NZL 2:45:28; Reiko Kobayashi JPN 2:51:55; Toshiko Yoshikawa JPN 2:55:28; Anne Qi Hui Date SIN 2:56:30; Kuniko Nakamura JPN 2:57:30 (1st Masters/over 30); Fan Sui Ping HKG 2:58:23; Shireen Crumpton NZL 2:58:41; Mandy Choy Mun Tse HKG 3:03:06; Chan Kit Yee HKG 3:04:47; Wang Man See HKG 3:08:32; Hiromi Deno JPN 3:09:49 (2nd Masters); Mok Chi Ling HKG 3:10:15; Chan Pui Shan HKG 3:11:39 (3rd Masters); Cheung Chui Fong HKG 3:11:57; Leong Yuen Fan HKG 3:13:29; May Chong Min Ying HKG 3:16:33 (4th Masters); Yoko Yamazawa JPN 3:17:00 (5th Masters);...27. Baartarkhuu Battsetseg MGL 3:21:03;

Half Marathon:

Yiu Kit Ching HKG 1:20:33; Jane Hodgskin AUS/HKG 1:27:13; Mary Grace de los Santos PHI 1:28:22; Holly Warren ???/HKG 1:29:09; Fan Ching Yee HKG 1:29:56; Evelyn Meier SUI 1:30:55; Elaine Hall GBR 1:34:21 (1st Masters/over 40); Sian Abate GBR 1:34:49 (2nd Masters); Chan Chun Hing HKG 1:35:00 (3rd Masters); Wong Ching Yee CHN 1:36:15 (1st Junior);

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INDIA

Mawana Sugars National Marathon at New Delhi / 20.02.2011

(-courtesy of the BCDAAA-website-)

-following are detailed results: however, official measurement for these races unconfirmed and due to the depth of performances (esp. for the Half Marathon with 18 Indian runners under 1:10 & 23 under 1:11) by partly unknown runners there are strong questions about the correct (full) distances –

Men:

Marathon:

Deep Chand Saharan 2:19:34; Rajesh Thankachan 2:21:39; Durgabux Yadav 2:22:49; Adesh Kumar 2:24:47; Vikram Singh 2:27:27; Narendra Shahi 2:27:26; Ashish Singh 2:31:36; Chandrapal Phogat 2:32:34; Rajkumar Nishad 2:33:35;

Half Marathon:

Rashpal Singh 1:05:22; Karan Singh 1:05:23; Prem Singh 1:06:27; O.Sanotam Singh 1:06:31; Param Singh 1:07:07; Santosh 1:07:15; Jagmal 1:07:19; Prehad Saha 1:07:21; Pemaram Saran 1:08:12; Mahesh Kumar 1:08:26; B.S.Dhouni 1:08:28; Sohanveer Singh 1:08:37; Kunnal Kumar 1:08:46; R.S.Bind 1:09:17; Biplap Roy 1:09:25; Sunil Kumar (??) 1:09:32; Sunil Kumar (??) 1:09:45; Brajesh Kumar 1:09:50;

Women:

Marathon:

Shastri Devi 3:04:18; M.Sudha 3:10:43; Anisha Devi 3:10:56; Wahida Khan 3:22:26;

Half Marathon:

Sunita Pal 1:23:26; Neetu Singh 1:28:29; Seema 1:30:13;

SDAT International Marathon at Chennai / 13.02.2011

(-courtesy of newspaper websites -)

-only TOP 3 results (& inaccurate names of runners) for each category available -

Men:

Marathon:

Antony Ngudu Mugu KEN 2:15:04; Ram Singh IND 2:22:03; Teivice Kiplangat (??) KEN 2:23:01;

Half Marathon:

Erappa Dik (??) IND 1:06:02; Bahadur Singh Dhoni IND 1:08:06; Alex Kirwa KEN 1:09:04;

Women:

Half Marathon:

V.S.Suganya IND 1:26:43; Margaret Kiplagat KEN 1:31:51;

CHINESE TAIPEI

International Marathon at Kaohsiung / 20.02.2011

(-courtesy of newspaper websites -)

-only the following results are available; more detailed information would be very welcome -

Men:

Alex Melly KEN 2:20:48; Richard Mutua Mutisya KEN 2:28:49;

Women:

Susan Jemutai Chepkwony KEN 3:08:12;

NEPAL

18th National Half Marathon at Kantipur / 19.02.2011

(-courtesy of Mr Diwakar Lal Amatya -)

-exact distance (measurement acc. to AIMS standards) unconfirmed; in positive case 66:56 would be a new Nepalese NR;

-however, due to the depth of performances with 5 additional runners within one minute most probably shorter distance -

Men:

Arjun Bahadur Basnet 1:06:56; Letter Singh Khatri 1:07:19; Kalyan Baniya 1:07:37; Jit Bahadur Dhimi 1:07:39;

Hem Lal Shrestha 1:07:41; Raj Kumar Bista 1:07:49;

Women:

Kanchi Maya Koju 1:19:32; Bimala Shrestha 1:21:45; Gita Khatri 1:25:53; Som Jaya Rai 1:26:42;

PHILIPPINES

(-courtesy of the Pinoymiler – and the Race websites -)

Condura Skyway Marathon at Manila / 06.02.2011

Men:

Marathon:

Fredrick Mathiu KEN 2:23:28; James Tallam KEN 2:26:00; Benjamin Kipkazi KEN 2:29:32; Eduardo Buenavista PHI 2:33:17;

Half Marathon:

Willy Tanui KEN 1:12:34; Elmer Sabal PHI 1:12:48; Philip Ronoh KEN 1:14:52;

Women:

Marathon:

Susan Jemutai Chepkwony KEN 3:19:42; Peris Poywo KEN 3:20:13; Michelle Gilbuena PHI 3:21:00;

Half Marathon

Mercedita Fetalvero PHI 1:27:03; Irene Kipchumba KEN 1:29:08; Nhea Ann Barcena PHI 1:30:19;

Smile Charity Half Marathon at Cebu City / 20.02.2011

Men:

Philip Ronoh KEN 1:14:34; John Philip Duenas PHI 1:16:05; Elmer Bartolo PHI 1:16:20;

Women:

Mary Joy Tabal PHI 1:16:05; Irene Kipchumba KEN 1:30:53;

OUTDOORS

INDIA

34th National Games at Ranchi / 16. - 21.02.2011

(-courtesy of the Games – website & additional information by Mr Ram.Muralikrishnan -)

-following are detailed results -

Men:

- 100 m (17)/+0.9: Sameer Mon 10.55; Abdul Najeeb Qureshi 10.62; Sujith Kuttan/92 10.65; Hemant M.Kirulkar 10.67; Krishna Kumar Rane 10.70; Mohd Al Ameen 10.76; Manish Singh/93 10.80; Praveen Viswanathan 10.86;
- semis- (16) s1/+0.4: Rane 10.69; Viswanathan 10.70; Manish/93 10.85; s2/+3.3: Mon 10.52w; Kuttan/92 10.62w; Kirulkar 10.67w; s3/-0.1: Qureshi 10.68; Al Ameen 10.74;
- heats- (16) h1/-1.0: Viswanathan 10.77; Manish/93 10.83; h2/-0.4: Qureshi 10.80; Rane 10.84; Kirulkar 10.85; h3/-0.2: Mon 10.79; h4/-0.9: Al Ameen 10.86;
- 200 m (21)/-0.7: Nitin Kumar 21.74; Murugiah Manikanda Raj 21.74; Abdul Najeeb Qureshi 21.75; M.G.Joseph 21.95;
- semis- (20) s1/0.0: Qureshi 21.16; Prakash Manickavasagam 21.45; Nitin 21.64; Rahul G.Pillai 21.91; s2/-0.5: Joseph 21.50; Raj 21.52; Mayur Malviya 21.61; Vishal Saxena 21.71;
- heats- (20) h1/-0.3: Nitin 21.65; Prakash 21.72; Qureshi 21.86; h3/-0.1: Joseph 21.71; h4/+0.4: Malviya 21.78; Raj 21.86;
- 400 m (17): P.P.Kunhu Muhammed 47.68; Bibin Mathew 47.86; Ajay Kumar Singh 47.94; Jithin Paul 48.08; Jayakumar Premanand 48.19;
- semis- (16) s1: Premanand 48.12; Mayur Malviya 48.26; Suhesh Jayanti 48.42; s2: Mathew 47.71; Ajay 48.03; s3: Kunhu 48.03; Paul 48.11; Davinder Singh 48.23;
- fastest time in heats- (16) h1: Paul 48.62;
- 800 m (19): Sajeesh Joseph 1:48.43; Satnam Singh 1:48.48; Ghamanda Ram 1:49.03; Manjeet Singh 1:49.10; Nirvair Singh 1:52.22; Girish Ramachandran 1:53.18; Soundarajan Arokia Rajiv 1:53.39; Korra Ramulu/92 1:53.99;
- heats- (18) h1: Nirvair 1:53.18; Rajiv 1:53.77; h2: Manjeet 1:53.05; Joseph 1:53.09; Ram 1:53.36;
- 1500 m (20): Sandeep Karan Singh 3:48.05; Ravinder Singh 3:48.47; Sajeesh Joseph 3:48.91; Kariappa K.Ranjan 3:49.36; Jagdeep Singh 3:51.91;
- heats- (17) h1: Sandeep 3:50.33; Ghamanda Ram 3:52.41; Poomani Ebenazer 3:52.93;
- 5000 m (21): Soji Mathew 14:11.99; Rahul Kumar Pal/93 14:14.35; Mohamed Yunus Khan 14:15.26; Suresh Kumar Patel 14:15.48; Vishnu Lal Dangi 14:27.26; Kheta Ram 14:27.29; Nitender Singh Rawat 14:29.13; P.Nagendra Rao 14:42.52; Tejinder Singh 14:43.43; Yashwant Singh 14:47.52; Vishram Meena 14:56.67;
- 10000 m (16): Suresh Kumar Patel 29:59.65; Soji Mathew 30:02.48; Sunil Kumar 30:03.24; Mohamed Yunus Khan 30:07.07; Kheta Ram 30:07.12;
- 3000 m St (19): Jaiveer Singh 8:48.68; Sanjit T.Luwang 8:49.29; Elam Singh 8:55.41; Vinit Malik 8:56.76; Karamveer Singh 9:06.05; Pritam Bind 9:17.62; Giresha Lakshmana Gowda 9:23.26; Jasveer Singh 9:23.38;
- 110 m H (18)/+1.0: Jayakumar Surendhar 14.46; Sandeep Parmar 14.61; Ratheesh Kumar/92 14.62; Krish Beethovan Mohan 14.63; Dharmadhar Mahanta 14.68; Sabha Bhagat/92 14.95; Akhil Krishnan 14.98;
- heats- (17) h1/+1.3: Parmar 14.50; Krishnan 14.74; Ratheesh/92 14.79; Mohan 14.92; h2/+0.8: Surendhar 14.54; Mahanta 14.63;
- 400 m H (20): Kuldev Singh 50.31; Joseph G.Abraham 50.38; Satinder Singh 50.39; Avin A.Thomas 51.31; Shejil Verghese 52.73; Chandra Shekar S.Bangera 53.08;
- heats- (19) h1: Kuldev 52.19; Verghese 53.04; h3: Satinder 53.10;
- H J (20): Hari Shankar Roy 2.13; Jithin C.Thomas & G.Benedict Starli 2.13; Lakshmanan Yogaraj 2.13; Nikhil Chittarasu 2.05;
- qualification- (17): 2.05 m by 8 athletes (H.S.Roy; B.Elangumaran, Chittarasu, Supreeth Sugadan Devang, J.C.Thomas, Yogaraj, Arun S.Kumar & Harshit Shashidhar/93);
- P V (17): K.P.Bimin 4.90; Sunder Singh 4.80; Bineesh Jacob 4.80; Naveen Kumar 4.80; Parmender Patil/93 4.70; Shaji Ajimon 4.60; Avdesh Kumar 4.60;
- L J (19): Ankit Sharma/92 7.61/+0.1; Shamsheer Pratap Singh 7.59/+0.2; Kumaravel Premkumar/93 7.58/+0.4; Sudhir Singh 7.55/+0.5; Maha Singh 7.53/+0.5; Raja Oommen 7.50/+0.2; Rajpal Singh 7.32/-1.1;

-qualification- (18)/nwi: Maha 7.38; Sharma/92 7.36; Premkumar/93 7.34; Basil George 7.29; Rabi Das/92 7.28; Oommen 7.26; Sudhir 7.23; Sabha Bhagat/92 7.20;

T J (20): Arpinder Singh/92 16.62 /+0.1/ NJR; Amarjeet Singh 16.10/ 0.0; Renjith Maheswary 16.09/+0.3; Malkit Singh 16.00/ -0.1; Deepan Kumar Velusamy 15.94/+0.5; Saurabh Singh 15.69/ -0.2; Dhiraj Mishra 15.60/ -0.4; Leon D'Souza 15.37/+0.2; A.V.Rakesh Babu 15.07/ -0.1;

S P (16): Saurabh Vij 18.90; Om Prakash Singh 18.13; Jagroop Singh 18.00; Bodhisatav Banerjee 17.38; Sandeep Kumar Singh 17.27; Jasdeep Singh 16.96; Mukesh Singh Kumar 16.89; Shakti Singh 16.68;

D T (20): Vikas Poonia 53.47; Kirpal Singh Bath/92 51.59; Anshu Rai 51.35; Sunil Kumar 49.90; Vikas Singh/93 49.49; Rambir Sahu 48.85; Om Prakash Singh 48.76; Susheel Kumar Tripathi/93 48.23;

-qualification- (20): Poonia 53.32; Anshu 50.35; Kirpal/92 50.16; Dharam Raj 49.07; Sunil 48.60;

H T (18): Harvendra Singh Dagar 66.79; Chandrodaya Narajan Singh 65.22; Nirbhay Singh 61.99; Mohd Ejaj Ahmad 60.35; Lovejeet Singh 59.44; Shahnawaj Khan 57.90; Rama Shankar Yadav 57.32; Sukhdev Singh 56.81;

-qualification- (18): Harvendra 62.52; Chandrodaya 61.56; Ahmad 59.83; Nirbhay 59.16; Lokesh Yadav 59.08; Lovejeet 58.51;

J T (19): Vipin Kasana 77.22; Rohit Kumar/94 75.03 / NJR & NYR; Kashinath Naik 73.14; Amit Majumder 71.48; Jagmohan Singh 68.64; Arun Kumar 68.52; Nitin Rathi 68.35; Samarjeet Singh 67.48;

-qualification – (19): Rohit Kumar/94 73.68; Kasana 71.44; Naik 71.09; Majumder 69.53; Arun Kumar 67.71; Jagmohan 67.66;

Decathlon (17/18): Chandrasah Kuswaha Singh 6511 (11.78; 6.42; 12.43; 1.84; 54.00 / 16.17; 43.08; 4.00; 54.60; 5:13.14); Dhanesh Stephan 6412 (11.70; 6.52; 10.98; 1.84; 51.76 / 16.82; 30.66; 4.10; 47.85; 4:31.27); V.Raveendran Raneesh 6388 (11.84; 6.77; 10.10; 1.75; 50.93 / 16.19; 29.68; 4.10; 46.56; 4:30.05); Pulimootil J.Vinod 6387 (11.97; 6.40; 13.04; 1.81; 53.05 / 16.07; 33.78; 4.00; 48.50; 4:49.44);

20000 m Walk (17): Gurmeet Singh 1:23:26,0; Mani Ram Patel 1:24:51,0; K.Somendro Singh 1:27:11,0; K.T. Irfan 1:28:09,0; Ashok Kumar Patel 1:28:11,0; Sandeep Kumar 1:28:45,9; Jai Bhagwan 1:30:02,0; Yumnam Khamba Singh 1:34:15,0;

4x100 R (19): Services Team (M.G.Joseph, Nitin Kumar, Hemant Kirulkar, Sameer Mon) 39.94;

4x400 R (21): Services Team (R.K.George, J.Prmanand, Kunhu Muhammed, S.K.Mortaja) 3:09.54;

Women:

100 m (17)/+0.7: Hiriyyur Manjunath Jyothi 11.84; Gaddam Mounika/92 11.87; Priyanka Panwar 11.98; Sathi Geetha 12.11; Mandeep Kaur 12.24; Arjina Khatun 12.25; P.K.Priya 12.25; Manisha Dhankar 12.31;

-semis- (16) s1/+2.2: Jyothi 11.81w; Mounika/92 11.87w; Priyanka 12.01w; Priya 12.04w; Manisha 12.06w; Meena Kancharena Kumari 12.26w; s2/+0.3: Geetha 12.00; Mandeep 12.21; Khatun 12.25; Navjot Kaur 12.28;

-heats- (16) h1/ -0.1: Asha Roy 12.14; h2/ -0.2: Geetha 12.08; Mandeep 12.26; h3/ -0.4: Jyothi 11.81; Mounika/92 12.04; h4/ -0.1: Manisha 12.14; Khatun 12.20; Priyanka 12.22;

200 m (21)/ -0.5: Gaddam Mounika/92 24.05; Hiriyyur Manjunath Jyothi 24.27; Vallikkad Santhini 24.73; Priyanka Panwar 24.84; Chinta Gunti Santhi 24.88;

-heats- (20) h1/ -0.5: Jyothi 24.62; Santhi 24.90; h2/ -0.1: Santhini 24.79; Mrudula Korada 25.17; h3/ -0.1: Mounika/92 24.47; Priyanka 24.90;

400 m (17): Sini Jose 53.76; Charivila Arya/92 54.21; Mrudula Korada 54.69; Anu Mariam Jose 55.88; Ambika Sreedharan 56.43; Ranjana Roy 57.07; Debasri Majumdar 57.23;

-heats- (16) h1: Arya/92 56.29; Anu M.Jose 56.88; h2: Sini Jose 57.53; h3: Korada 56.71;

800 m (19): Sushma Devi 2:18.17; Pratima Tudu 2:18.42 (& 2:17.46 as 1h1 on 18th);

1500 m (20): Orchatteri P.Jaisha 4:24.14; Sushma Devi 4:25.69; Jhuma Khatun 4:27.07; Surya Loganathan 4:33.49; Fulan Khatun/92 4:36.70; Chinnasamy Mohanal 4:37.14; K.C.Shruthi 4:44.87;

5000 m (21): Kavita Raut 15:54.26; Preeja Sreedharan 15:54.98; Orchatteri P.Jaisha 16:31.47; Thabaton Chanu 16:59.56; Lalita Babar 17:16.54; Surya Loganathan 17:20.27; Jijimol Jacob 17:47.82; Geeta Rai 17:53.52;

10000 m(16): Kavita Raut 34:28.26; Preeja Sreedharan 34:29.79; Lalita Babar 36:08.05; Ritu Pal 37:50.28;

3000 m St (18): Priyanka Singh Patel 10:40.81; Kiran Tiwari 10:41.19; Jayshree Patil 11:06.05; Reshma Patil 11:19.32; M.V.Remeswari 11:43.29 (only 5 competitors);

100 m H (18)/+0.3: M.M.Anchu 14.09; Arvinda Rathwa 14.27; P.Mukundah Manju 14.85;

400 m H (20): Rajan Elavarasi 60.17; Anu Raghavan/93 60.69; K.A.Soniya 60.75; Shiji John Chiriyani 61.26;

-heats- (19) h1: Soniya 63.74; h2: Elavarasi 61.88; Chiriyani 62.31; Raghavan/93 62.42;

H J (18): Sahana Kumari 1.81; K.C.Chandana 1.76; Mallika Mondal 1.76; Reena Singh 1.73; N.K.Siji 1.70;

P V (19): Kayati Vakaharia 3.65; Tapasi Nandi 3.50; K.Chandran Diya 3.30; K.P.Anoosha 3.30; Geetanjali Bora 3.30; Kiranbir Kaur 3.10;

L J (16): Mayookha M.Johny 6.26/+0.4; Shardha Ghule 6.15/+1.1; Piyali Paul 5.91/+1.7; Resmi Bose 5.89/+1.1; Asha Roy 5.83/ -1.6;

T J (21): Mayookha M.Johny 13.31/ -0.1; Maliakkal Prajusha 13.20/ -0.1; Shardha Ghule 13.11/ -0.1; Joyline Mural Lobo 12.95/+0.1; Amitha Baby 12.74/+0.1;

S P (17): P.Udaya Lakshmi 14.36; Neelam 13.77; Steffi Cardozo 13.69; Manjeet Kaur 13.43; Simritkana Manna 13.33; Sundaram Saraswathi 13.30; Pinki Dey 13.19; Suparna Ghosh 12.77;
D T (20): Harwant Kaur 54.54; Rinku Sangwan 46.50; Baljit Kaur 44.65; Pramila 42.86;
H T (21): Manju Bala 56.73; Anitha Abraham 55.77; Gunjan Singh 54.97; Hardeep Kaur 54.41; Sarita 51.59; Reena Kumari 49.61; Archana Bara 49.12; Meenakshi 46.50;
J T (17): Suman Devi 51.84; Sundaram Saraswathi 51.69; Sanjo Devi 48.52; Pramila Phogat 47.47; Annu Rani/92 45.24; Gurpreet Kaur 45.08;
Heptathlon (19/20): Navpreet Kaur 5079 (14.61; 1.67; 10.11; 25.45 / 5.51; 33.89; 2:27.02); K.D.Sindhu 4844 (15.58; 1.64; 9.90; 27.04 / 5.35; 34.67; 2:18.74); Dharmabalan Karpuramala 4728 (15.08; 1.55; 9.99; 26.32 / 5.58; 31.72; 2:30.27); Antana Khatun 4692 (15.00; 1.58; 8.92; 26.43 / 5.66; 26.21; 2:24.21); Lindamol N.Rajan 4573 (15.34; 9.44; 25.73 / 5.49; 32.89; 2:35.67); Purnima Hembram 4368 (15.03; 1.49; 8.65; 26.09 / 4.89; 32.46; 2:34.57);
20000 m Walk (18): L.Deepmala Devi 1:43:04,0; Gaurav Kumari 1:43:31,0; L.Sharda Devi 1:49:10,0; Meena Chikara 1:50:23,0; Ranjana Gupta 1:50:55,0; M.Ibeton Devi 2:04:34,0; Subhasmita Rath 2:06:19,0; Charulata Gajpal 2:06:40,0;
4x100 R (19): Kerala Team (P.K.Priya, Neethu Rajan, V.Santhini, Shamna Muhammed) 46.49;
4x400 R (21): Kerala Team (C.Arya, A.Sreedharan, A.Raghavan, Sini Jose) 3:39.14;

corrections to Indian Railway Champs at Chennai / 09. – 11.02.2011 (by Report No 3)

100 m (9): 2. Murugiah Manikanda Raj (not Manikandan Arumugam) 10.79
20000 m Walk (10): 1. Gurmeet Singh **1:23:05.84 = new NR;**

SINGAPORE

SAA Meeting / 19. – 20.02.2011

(-courtesy of SIN-Federation -)

-following are the best results -

Men:

100 m (19)/+2.8: Calvin Kang Li Loong 10.70w; Tan Zong Yang/93 10.87w;
P V (20): Sean Lim Zi Qing/93 4.40; Edwin Chong Ming Xun 4.25;
T J (20): Stefan Tseng Ke Cheng 15.19/nwi;
D T (20): James Wong Tuck Yim 48.44;

Junior Men / under 20 years:

110 m H/99 cm (19)/+1.1: Ang Cheng Xiang/93 14.24;

Youth Boys / under 18 years:

110 m H/91.4 cm (19)/+1.9: Timothy Yap Jin Wei/94 14.55;

Women:

100 m (19)/Race 1/+2.2: Nadiyah Hussein 12.20w; Shanti Veronica Pereira/95 12.33w; Eugenia Tan/95 12.36w;
Race 2/+1.9: Dipna Lim Prasad 12.16;
200 m (20)/+1.7: Dipna Lim Prasad 25.03;
100 m H (19)/+0.7: Dipna Lim Prasad 14.72;
P V (20): Rachel Yang Bing Jie 3.63;
S P (19): Wan Lay Chi 14.28;
D T (20): Wan Lay Chi 45.15;

Delayed 2010 Results

UZBEKISTAN

National Championships at Tashkent / 28. – 30.09.2010

(-courtesy of UZB-Federation-)

-the results from these championships received finally very late; following are the best performances incl. some relevant results as late amendments to World & Asian Continental 2010 Rankings -
- all athletes from UZB except some guests from ISR & KAZ as noted; exact dates per event not reported –

Men:

5000 m: Andrey Petrov 14:47.26;

10000 m: Andrey Petrov 30:20.73;

400 m H: Artem Dyatlov 52.57; Dmitriy Korabelnikov KAZ 53.44;

P V: Viktor Zaytsev 4.80;

L J: Yochai Halevi ISR 7.56/+0.9; Vasilis Manolis 7.18/+1.0;

T J: Yochai Halevi ISR 16.14/+2.0; Ruslan Kurbanov/93 15.49/+1.9; Vasilis Manolis 15.41/+1.7;

S P: Sergey Dementyev 18.50; Grigoriy Kamulya 16.85;

D T: Nikolay Khramov 50.39; Maksad Mamedov 49.86;

H T: Sukhrob Khodjayev/93 62.37; Viktor Ustinov 54.86;

J T: Bobur Shokirjanov 74.73; Rinat Tarzumanov 74.12; Ivan Zaytsev 70.47;

Dec: Rifat Artikov 7116 (11.63/+0.4; 6.40/+0.6; 14.83; 1.91; 53.34 / 15.16/ -0.8; 45.75; 4.60; 55.71; 4:58.11);

Marat Khaydarov 7025 (11.48/+0.4; 6.62/+0.5; 13.00; 2.00; 51.38 / 15.43/ -0.8; 37.96; 4.40; 45.60; 4:44.75);

Sergey Timshin/92 6733 (11.62/+0.4; 6.80/+0.7; 11.32; 2.00; 51.65 / 15.61/ -0.8; 33.21; 4.00; 49.91; 4:49.56);

Anatoliy Minenko ISR 6682 (11.09/+0.4; 6.88/+0.6; 12.95; 1.82; 51.15 / 15.66/ -0.8; 32.07; 3.40; 52.31; 4:48.35);

Konstantin Krenitskiy ISR 6452 (11.68/+0.4; 6.43/+0.5; 11.88; 2.00; 54.16 / 15.77/ -0.8; 37.00; 4.20; 42.28; 5:07.85);

Women:

100 m/+1.9: Lidiya Shakhvorostova 11.96; Yuliya Jichkina 12.06; Oksana Koshelyeva 12.14;

200 m/ -0.4: Lidiya Shakhvorostova 24.74; Lyudmila Kozlova/92 25.04;

400 m: Natalya Asanova 55.40; Lyudmila Kozlova/92 56.92;

800 m: Anna Sidorova 2:07.42;

1500 m: Yekaterina Tunguskova 4:20.97;

3000 m: Yekaterina Tunguskova 9:25.79; Sitora Khamidova 9:29.54;

5000 m: Sitora Khamidova 16:39.20;

100 m H/+2.0: Anastasiya Proshkina 13.65; Valentina Kibalnikova 14.68;

400 m H: Batalya Asanova 58.15; Viktoriya Nemtsova/92 63.63;

L J: Darya Akhmadova/91 6.26/ -0.6; Aleksandra Kotlyarova 6.23/ -0.3; Tatyana Konisheva KAZ 6.10/ -0.3;

T J: Anastasiya Juravlyeva 13.86/ -1.8; Aleksandra Kotlyarova 13.57/+1.2; Anastasiya Baykova/93 12.50/+1.2;

S P: Sofia Burkhanova 17.19; Tatyana Tikayeva/91 14.11;

H T: Anastasiya Aslanidu/92 45.31;

J T: Anastasiya Svechnikova 58.62; Maftuna Shokirova/91 43.73; Nozima Mukhtarova/92 43.50;

INDOORS

KAZAKHSTAN

(courtesy of Mr Aleksey Kondrat, KAZ-federation -)

National Indoor Championships at Karaganda / 05. – 06.02.2011

-this competition was held as National Championships for Seniors and for U23-athletes;
-following are the best results (combined for both categories) –

Men:

60 m (5): Grigoriy Volodin 6.84; Vyacheslav Muravyov 6.95; Ilya Sidorov 6.96; Aleksandr Viktorenko/93 6.97;
Dmitriy Illin KGZ 7.00; Denis Gulyayev 7.01;

-semis & heats- (5) Volodin 6.89 & 6.94; Viktorenko/93 6.96 & 6.97; Sidorov 6.97 & 6.99; Muravyov 6.99 & 7.00; Gulyayev 7.00 & 7.06; Rinat Galiyev 7.02 & 6.99; Illin 7.01 & 7.03; Rustam Bayzakov 7.03 (in heats);
400 m (5): Dmitriy Korobeynikov 49.20;
800 m (6): Ivan Obezchik 1:53.36; Pavel Tebenkov 1:54.37; Aleksandr Kalashnikov 1:54.37;
1500 m (5): Ivan Obezchik 3:57.22;
3000 m (6): Andrey Leymenov 8:43.41;
60 m H (6): Denis Semenov 8.18 (& 8.31 in heats); Kayrat Koshekov 8.35;
H J (6): Sergey Zasimovich 2.12; Batyrkhan Baymakhamatov/92 2.08; Anton Bodnar/92 2.08; Sergey Oleshko/93 2.04;
P V (5): Nikita Filipov 5.50; Vasiliy Kovalkov 5.00;
L J (5): Yevgeniy Piskun 7.60; Yevgeniy Kleyev 7.55; Konstantin Safronov 7.19; Roman Valiyev 7.16;
T J (6): Yevgeniy Chettykhubayev 16.24; Roman Valiyev 15.42; Aleksandr Nizhebtortsev 15.00;
S P (5): Oleg Istominov 17.20; Dmitriy Karpov 15.60;
4x400 R (6): VKO Team (Komkov, Kolganov, Chettykhubayev, Leshin) 3:25.80;

Women:

60 m (5): Anastasiya Vanchurina 7.71; Isabella Metlitskaya 7.77; Svetlana Ivanchikova/93 7.81; Natalya Tukova 7.82; (7.81 or 7.82 ?) Yuliya ??? 7.82; Asemgul Aytishkina/92 7.84;
-semis & heats- (5): ??? 7.71 & 7.72; Ivanchukova/93 7.78 & 7.86; Metlitskaya 7.82 & 7.88; Tukova 7.85 & 7.94; Yuliya ??? 7.86 & 7.90; Aytishkina/92 7.92 & 7.90;
400 m (5): Aleksandra Kuzina 55.92; Yelena Dombrovskaya 56.10; Liliya Nizamova 56.79; Regina Kondrat 57.77;
-heats- (5): Kuzina 56.22; Dombrovskaya 56.84; Nizamova 57.07;
800 m (6): Regina Kondrat 2:13.45; Tatyana Yurchenko/93 2:16.29; Olesya Konovalova 2:16.91;
1500 m (5): Anna Pyatkina 4:36.06; Irina Smolnikova 4:40.07;
3000 m (6): Anna Pyatkina 10:09.97;
60 m H (6): Anastasiya Soprunova 8.56 (& 8.78 in heats);
H J (5): Lidiya Perivalova 1.74;
P V (5): Olga Lapina 4.00; Tatyana Turkova 3.80; Olesya Yermolenko 3.20; Svetlana Valeyskaya/92 3.20;
L J (5): Anastasiya Kudinova 5.98; Natalya Malmalayeva 5.88;
T J (6): Anna Bondarenko 13.23; Lyudmila Grankovskaya 13.12; Yekaterina Ektova/92 13.00; Darya Shushenkova 12.89; Bazhena Chastnykh 12.25;
S P (5): Aleksandra Fisher 16.50; Nadezhda Barabanova 12.62; Valeriya Sychkova 12.43;
4x400 R (6): Karaganda Team (Kuzina, Metlitskaya, Nizamova, Malmalayeva) 3:56.99;

National Junior & Youth Championships at Karaganda / 08. – 10.02.2011

-these champs were held with participation of some Senior athletes and some guests from KGZ (ex-competition) –

Junior Men:

60 m (8): Aleksandr Viktorenko/93 6.97 (& 7.00/semis & 7.10/heats); Valeriy Ponomaryev KGZ/92 7.21;
60 m H / 91.4 cm(9): Dmitriy Koblov/92 8.24 (& 8.34 in heats); Artem Sablin/93 8.29 (& 8.29 in heats);
H J (8): Batyrkhan Naymakhamatov/92 2.04; Sergey Oleshko/93 2.04; Aleksandr Yasko/92 2.04;
P V (9): Aleksandr Mukhamedishev/94 4.70;
S P / 6 kg (9): Ivan Ivanov/92 18.18; Yevgeniy Milovatskiy/94 16.28;

Youth Boys:

60 m (8): Sergey Rassadnikov/94 7.08;
H J (8): Yuriy Dergachev/94 2.00;
P V (9): Artem Ablenko/94 4.60; Anton Mesentsev/95 4.40;
T J (10): Aleksey Mashentsev/94 15.00; Takhir Kadyrkulov/94 14.65;

Junior Women:

60 m (8): Svetlana Ivanchukova/93 7.76; Aygerim Shynazbekova/92 7.91; Anastasiya ??/92 7.96;
-semis & heats- (8): Ivanchukova/93 7.83 & 7.98; Shynazbekova/92 7.86 & 7.86; ??/92 7.99 & 8.02;
400 m (8): Tatyana Yurchenko/93 57.70;
800 m (9): Tatyana Yurchenko/93 2:17.23;
H J (9): Lidiya Perivalova 1.74 (ex-competition); Regina Sarsekova/93 1.70;
P V (8): Olga Lapina **4.15 / NIR** (ex-competition); Svetlana Valeyskaya/92 3.20;
L J (9): Natalya Malmalayeva 6.08 (ex-competition); Kseniya Redko/92 5.70;
T J (10): Yekaterina Ektova/92 12.62;

Youth Girls:

60 m (8): Anna Bulanova KGZ/94 7.90; Rimma Kashafutdinova/95 7.97; ??/94 8.09;
60 m H/ 76.2 cm (9): Anna Bulanova KGZ/94 9.10;
P V (8): Viktoriya Kibler/95 3.20;
T J (10): Dilyara Abuyova/94 12.54;
S P (9): Mariya Ogritsko/94 12.35;

KYRGHIZSTAN

National Indoor Cup for Juniors & Youth at Bishkek / 27. - 28.01.2011 **(-courtesy of Mr Ivan Sherbakov, KGZ-Federation -)**

-following are the best performances (out of rather modest results in other events); hand-timing -

Junior Men:

60 m (27): Valeriy Ponomaryev/92 7.0;
60 m H (28): Aleksey Namuratov/92 8.8;

Youth Girls:

60 m (27): Anna Bulatova/94 7.6 (& 7.7 in heats); Karolina Totolina/96 7.8;

IRAN

19th Fajr International Championships at Mashad / 17. – 18.02.2011 **(-courtesy of the IRI-Federation website -)**

-following are the best performances (out of incomplete TOP 3 results); all athletes from IRAN except some foreigners as noted.; hand-timing / exact dates per event not available; (probably Men events on 1st day & Women events on 2nd day ?) –
-more detailed accurate results would be very welcome -

Men:

60 m: Reza Ghasemi 6.5; Hossein Ghaemi 6.5; Hassan Taftian/93 6.7;
400 m: Edward Mangasar 49.4;
800 m: Esmaeil Mosadeghi 1:52.6; Ali Meghdadipoor 1:53.4; Mostafa Ebrahimi 1:53.6;
3000 m: Ahmad Foroud 8:44.7;
60 m H: Mojtaba Poostchi 7.9; Ahmad Reza Khanfari 7.9;
H J: Mohammad Reza Vaziefheidoost/93 2.05; Mojtaba Fathabadi 2.05;
P V: Ali Makki Al-Sabagha KUW 4.50;
L J: Ali Reza Habibi 7.37; Mosayeb Naseri 7.34;
T J: Ali Reza Habibi 15.78; Levon Aghasyan ARM/95 14.93; Mustafa Khosravi 14.92;
S P: Morteza Nazemi 17.03; Muhammad H. Askandari 16.64; Maysam Kayani 15.92;
Heptathlon/no details: Abdul Jalil Toumaj 4554; Saeid Koulivand 4411; Jamil Saadat 4393;
4x400 R: Khuzestan Team 3:19.53;

Women:

60 m: Soodabeh Sobhani 7.5; Yelena Ryabova TKM (no time); Jamila ?? 7.9;
400 m: Lusine Karayan ARM/92 58.9;
800 m: Gayane Bulghadaryan ARM 2:18.5;...3. Sabina Sultanova TKM **2:23.5 / NIR**;
60 m H: Jamileh Seifi 9.0;
H J: Elaine Babaki 1.60;
L J: Anna Telesheva ARM 5.61; Haykanush Beklaryan ARM 5.55; Yekaterina Chalikova TKM **5.40 / NIR**;
T J: Haykanush Beklaryan ARM 12.75; Javaher Zamani 11.78;
Pentathlon: Sepideh Tavakoli 3470;
4x400 R: ARM 4:03.7; FARS Team/IRI 4:06.1;

CROSS COUNTRY

The ASIAN Continental Cross Country Championships 2011, to be scheduled for Kathmandu on 18th Feb 2011, were cancelled within few days before the start of the championships

TURKMENISTAN

National Cross Country Championships at Ashghabat / 29.01.2011 **(-courtesy of Haji Rahmanov, TKM-Federation-)**

Men / 12 km: Perhat Annagylvjov 38:40.5;
Junior Men / 8 km: Shakirjan Durdiyev/93 28:59.9;

Women / 8 km: Sabina Sultanova 37:49.0;
Junior Women / 6 km: Aishirin Haidarova/96 27:01.2

Results from ASIA 2011-03

ON THE TRACK

INDIA

76th Railway Championships at Chennai / 09. – 11.02.2011

(-courtesy of Mr Rahul Pawar -)

-following are detailed results: information restricted to finals / no wind-readings reported / no results for PV & Decathlon –

Men:

100 m (9): Bharmappa G.Nagaraj 10.78; Manikandan Arumugam 10.79;
200 m (11): Manikandan Arumugam 21.81;
400 m (10): Jithin Paul 47.82; Bibin Mathew 47.97; P.Sreedharan Srijith 48.31;
800 m (9): Sajeesh Joseph 1:54.35; Satnam Singh 1:54.38;
1500 m (10): Sajeesh Joseph 3:59.24,
5000 m (10): Soji Mathew 14:35.22; Ajay Veer Singh 14:37.89; Rati Ram Saini 14:39.24; Ashwani Kumar 14:40.17;
Rajan Singh 14:57.11;
10000 m (9): Soji Mathew 30:08.99; Ajay Veer Singh 30:12.90; Ashwani Kumar 30:13.14; Rati Ram Saini 30:26.00;
Rajan Singh 30:52.41; Tejinder Singh 31:07.46;
3000 m St (11): Ravindra Khade 9:16.76; Amardeep Singh 9:21.40;
110 m H (10): Pandi E.Muthusamy 14.85; K.A.Harish 14.86; Satinder Singh 15.05; Anandan Karuppusamy 15.10;
400 m H (9): Joseph G.Abraham 51.67; Avin A.Thomas 52.19; Satinder Singh 52.38;
H J (11): Hari Shankar Rai 2.18; Lakshaman Yogaraj 2.18; A. Karthikeyan 2.10; Nikhil Chittarasu & Vinodh Kumar
2.05; Vipin Singh 2.05;
L J (11): Rositto Sax 7.54; Maha Singh 7.47; Raja Oommen 7.29;
T J (9): Amarjeet Singh 16.00; Deepan Kumar Velusamy 15.98; Renjith Maheswary 15.20;
S P (9): Shakti Singh 17.18; Sailendra Singh 16.23;
D T (10): Vikas Poonia 55.34; Rashpal Singh 50.13; Sunil Kumar 50.11; Simranjit Singh 49.06;
H T (11): Diwakar Singh 56.22; Bhupinder Singh 55.01; Chamkaur Singh 54.97;
J T (10): Sharath Raj 69.28; Anil Kumar 68.95; Dharmendra Singh 68.78; Gajender Singh Kumar 67.22;
20000 m Walk (10): Gurmeet Singh 1:23:05.84; Mani Ram Patel 1:25:57.93; Ashok Kumar Patel 1:31:20.97;
Sumith Kumar 1:38:19.28;
4x100 R (10): Western Railway Team (K.A.Harish, Jamaluddin, T.Kamat, B.G.Nagaraj) 42.09;
4x400 R (11): Southern Railway Team (P.S.Sreejith, B.Mathew, S.Joseph, J.Abraham) 3:12.75;

Women:

100 m (9): Sathi Geetha 12.03; Priyanka Panwar 12.12; Arjina Khatun 12.15; Mandeep Kaur 12.18; M.M.Anchu
12.25; Merlyn Joseph 12.28; P.K.Priya 12.29;
200 m (11): Priyanka Panwar 24.68; Sini Jose 24.71; Arjina Khatun 24.97; Soujanya 25.09; Shreema Priyadharshani
25.15;
400 m (10): Sini Jose 54.54; V.J.Sona 56.41; K.A.Soniya 57.73;
800 m (9): Orchatteri P.Jaisha 2:12.32; Sushma Devi 2:12.53; M.C.Mohanal 2:13.40; Simon Rajam Bindu 2:13.90;
1500 m (10): Jhuma Khatun 4:46.54; Orchatteri O.Jaisha 4:47.25; Priyanka Singh Patel 4:47.74;
5000 m (11): Preeja Sreedharan 16:24.65; Surya Loganathan 17:32.50; Jhuma Khatun 17:34.65; Jijimol Jacob 17:35.74;
Sangita Yadav 17:38.27; Lalita Babar 17:53.57; Thippavva Sanakki 18:01.71;
10000 m (9): Preeja Sreedharan 34:00.28; Surya Loganathan 36:26.72; Lalita Babar 35:41.55; Pampa Chanda 36:11.09;
Thippavva Sannakki 37:14.45; Geetha Rani 37:32.93; Jijimol Jacob 38:03.40;
3000 m St (11): Priyanka Singh Patel 10:36.34; Kiran Tiwari 10:37.05; Rajshree Patil 11:15.96; Laxmi 12:34.13;
100 m H (10): M.M.Anchu 14.38; Sreema Priyadharshani 14.46;
400 m H (9): K.A.Soniya 61.19; Shiji John Chiriyam 61.67; Pooja Jakkur 62.12; Elumulai Prathiba 63.06;
H J (11): Sahana Kumari 1.76; Mallika Mondal 1.76; N.K.Siji 1.73; K.C.Chandana 1.73;
P V (10): Tapasi Nandi 3.30; R.Remya 3.20; Madhusini Devi 3.20; Gitanjali Borah 3.10;
L J (10): Susan K.Joy 6.12; Shalu Choudhary 5.92; Reshmi Bose 5.86;
T J (9): Maliakhal A.Prajusha 12.64; Reshmi Bose 12.02;
S P (10): P.Udayalakshmi 13.92; Manpreet Kaur 13.84; Neelama 13.76; Sundaram Saraswathi 13.51;
Rinku Sangwan Rani 13.38; Mukesh Banewal 13.36;

D T (9): Rinku Sangwan Rani 47.13; Amanpreet Kaur Singh 46.16; Pramila 45.45;
H T (11): Manju Bala 54.78; Anitha Abraham 53.64; Saritha Prakash Singh 50.71; Reena Kumari 47.89;
Gunjan Singh 47.59;
J T (9): Sundaram Saraswathi 50.60; Mukesh Kumari 44.99; Megha Pardeshi 43.78; N.M.Hemalatha 41.98;
Bincy 41.72;
Heptathlon (10/11)/no details: Liksy Joseph 4871; D.Karpuramala 4551;
20000 m Walk (11): Deepmala Devi 1:50:56.81; Anitha Mahala 1:55:50.98; Supriya Adak 1:59:54.71;
V.S.Sandhya 2:03:34.34; Manjula 2:08:44.03;
4x100 R (10): Western Railway Team (P.M.Manju, M.Joseph, P.Jakhar, P.Panwar) 47.75;
4x400 R (11): Southern Railway Team (D.Clinton, K.A.Sonia, M.C.Mohanal, Sini Jose) 3:51.95;

PHILIPPINES

UAAP Championships at Pasig / 26. – 31.01.2011

(-courtesy of the PATAFA – website -)

-following are the best performances; events were held on 26th, 27th, 29th & 31th January ; hand-timing -

Men:

200 m (27)/+0.9: Carlos X.Soriano 21.8;
800 m (27): Wenlie Maulas 1:55.8;
3000 m St (29): Richard Salano 9:41.5;
110 m H (26)/+0.5: Jose Renate Unso 14.7; Emmanuel de los Angeles 14.8; Jesson Ramil Cid 15.0; Mark Madera 15.2;
400 m H (31): Jesson Ramil Cid 53.1;
H J (31): Andrew Wilson 2.03;
Dec (26/27): Jesson Ramil Cid 6137 (11.1/+0.9; 6.44/ -1.3; 8.99; 1.81; 50.1 / 15.2w/+2.5; 28.72; 3.30; 39.71; 4:40.7);
10000 m Walk (31): Marl Anthony Salinas 51:48.1;
4x100 R (31): FEU Team (Bardos, Lobos, Landasan, Cid) 42.4;
4x400 R (31): FEU Team (Bardos, Lobos, Landasan, Gonqob) 3:23.6;

Women:

100 m (26)/+2.8: Hanelyn Loquinto 12.1w; Luville Dato-on 12.1w; Viena M.Banebane 12.2w; Keizel Pedrina 12.2w;
-heats- (26) h1/+4.0: Loquinto 12.0w; Banebane 12.2w;
400 m (29): Keizel Pedrina 57.3; Josie Malacad 57.4;
800 m (27): Josie Malacad 2:15.7;
3000 m St (29): Dalyn Carmen 11:43.8; Mary Ann de la Cruz 11:50.9; Nancy Pilaro 11:54.2; Jila de la Rosa 11:56.7;
Jenismyll Mabunga 12:08.1; Meriam Miranda 12:17.3; Janice Marquez 12:43.6; Ranya Bumpus 13:00.7;
100 m H (26)/ -0.1: Viena M.Banebane 15.1; Aleah Gatmaitan 15.2;
-heats- (26) h2/ -0.2: Banebane 15.2; h3/+1.4: Gatmaitan 15.1;
400 m H (31): Josie Malacad 62.9; Keizel Pedrina 63.1; Irene Gullos 64.4; Aleah Gatmaitan 64.5;
-heats- (31) h1: Malacad 63.4; Pedrina 63.7;
P V (31): Bettina M.Maclang 3.10;
T J (26): Felyn Dolloso/83 11.80/+0.3; Aleah Gatmaitan 11.79/ -0.1;
4x100 R (31): UST Team (Pedrina, Colanqoy, Dato-on, Banebane) 48.3;
4x400 R (31): UST Team (Pedrina, Banebane, Dato-on, Claveio) 3:57.5;

HONGKONG

Junior Age Group Meeting / 29. – 30.01.2011

(-courtesy of the HKG AAA – website -)

-following are the best results; all athletes born 1992 or later-

Junior Boys:

100 m (30)/+0.6: Ng Ka Fung/92 10.59 (& 10.63/+1.4 as 1h3 on same day);
110 m H/99 cm ?? (30)/+0.6: Kwong Ming Kin/93 14.90;

Junior Girls:

100 m (30)/+0.8: Lam On Ki/92 12.40;

ON THE ROAD

INDIA

3rd International Marathon at Nagpur / 30.01.2011

(-courtesy of the Race - website -)

- following are detailed results; inaccurate spelling for names of some runners -

Men / Marathon:

John Kyui KEN 2:15:19; Afeework Ayele Kibret ETH 2:15:31; Fredrick Sumbei KEN 2:16:01; Alemseged Negussie Rege ETH 2:16:06; Wondimnew Melkamu Abate ETH 2:16:18; Boniface Wambua Nduva KEN 2:17:34; Mark Nunguti KEN 2:17:54; Noah Chepngabit KEN 2:18:13; Joseph Kithuka KEN 2:18:53; Enock Birir KEN 2:19:10; Salomon Soy KEN 2:19:18; Eston Nyaga KEN 2:20:20; Joseph Kimisi Muia KEN 2:22:10; Vince Kiplangat Mitei KEN 2:24:27; Eric Nzioki KEN 2:24:50; David Chumbo KEN 2:26:31; Kendagoa Rotich KEN 2:26:50; Koech Cheruiyot KEN 2:27:52; Gobeze Ayalew Mare ETH 2:28:35; Vipul Saharia IND 2:29:08; Gilbert Cheruiyot KEN 2:29:20; Dattatray Jaybhay IND 2:29:41; Nilesh Bohde IND 2:29:49;

Women / Half Marathon:

Jane Muia Mwikali KEN 1:13:12; Josephine Kimuyu Muthio KEN 1:13:14; Adimas Kasahun Mamo ETH 1:13:45; Yegrugal Melese Arage (??) ETH 1:13:57; Mildred Kiminy KEN 1:14:11; Paulino Kamulu ??? 1:15:20; Hellen Nzembi KEN 1:15:24; Yeshimebet ?? ETH 1:15:31; Tadelech ?? ETH 1:15:39; Pauline Mutuwa KEN 1:15:55; Eunice Mumbua KEN 1:17:46; Yenealem ?? ETH 1:19:03; Kavita Raut IND 1:19:21; Adanech ?? ETH 1:19:44; Nelly Chepkurui KEN 1:19:45; Rohini Raut IND 1:26:11; 17. Monica Raut IND 1:27:09; M.Sudha IND 1:29:17;

International Half Marathon at Vadodara / 23.01.2011

(-courtesy of the Race website-)

-following are detailed results; however, spelling of names is very inaccurate for several runners, who could not be identified by their correct names and partly not by their nationality, which was included to the results report -

Men:

Bamtebe Kew (???) ETH 1:01:02; Tesfaye Girma ETH 1:04:03; Atsedu (??) ETH 1:05:04; Ashish Kumar IND 1:05:07; Karan Singh IND 1:06:20; Sandeep Jayde IND 1:06:45; Elly Rotich KEN 1:10:08; C.F.N.Srinidasa IND 1:10:21; Brij Lal Bind IND 1:11:21; Berihun Woldeselassie ETH 1:12:04;

Women:

Berhane Ababe (???) 1:09:00; Merima Hashim ETH 1:09:50; Genet Adeke ETH 1:11:18; Eunice Orwaru KEN 1:12:05; Nelly Chepkurui KEN 1:13:08; Cahitu Talawaha (???) 1:13:32; Megarsa Bedane ETH 1:13:48; Manisha Salunkhe IND 1:17:21; Preethi Lakshmi Rao IND 1:17:40; Urmila Parmar IND 1:18:02; Meseret Terfe ETH 1:18:29; Depher Magoma KEN 1:19:06; Khatum Banu IND 1:19:20; Reena Thomar IND 1:21:22;

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PHILIPPINES

(-courtesy of the Race – websites -)

3rd International Marathon at Subic / 09.01.2011

Men:

Marathon:

Fredrick Mwingirwa KEN 2:23:57; Eliud Kering KEN 2:28:35; Daniel Koringo KEN 2:29:24; Albert Omboga KEN 2:31:49; Douglas Mwiti KEN 2:32:34 (no local runners under 2:47);

Half Marathon:

Eduardo Buenavista PHI 1:10:17; Eric Panique PHI 1:12:22; Roy Vence PHI 1:13:40; Isagani Tagotoco PHI 1:15:51;

Women:

Marathon:

Peris Poywo KEN 3:25:50;

Half Marathon:

Irene Kipchumba KEN 1:28:58; Luisa Raterta PHI 1:30:25; Miscelle Gilbuena PHI 1:34:00;

International Marathon at Cebu City / 09.01.2011

Men:

Marathon:

Benjamin Kipkazi KEN 2:34:58; Philip Ronoh KEN 2:37:33; Abraham Missos KEN 2:37:42;

Anthony Nerza PHI 2:39:00;

Half Marathon:

Ian Barrido PHI 1:13:56; Willy Kipkemoi Rotich KEN 1:14:12; Adonis Singaon PHI 1:14:20;

Mendel Lopez PHI 1:14:31;

Women:

Marathon:

Mona Liza Ambasa PHI 3:14:51; Mary Joy Tabal PHI 3:15:27; Susan Chemutai Chepkwony KEN 3:16:37;

Madalyn Carter PHI 3:19:06;

Half Marathon:

Mary Grace de los Santos PHI 1:31:07;

CROSS COUNTRY

INDIA

45th National Championships at Jodhpur /31.01.2011

(-courtesy of Mr Rahul Pawar -)

Men / 12 km (96 finishers):

Mohammad Yunus Khan 36:23.5; Nitender Singh Rawat 36:26.1; Soji Mathew 36:29.3; Rati Ram Saini 35:33.9;

Kheta Ram 36:41.5; Ashwani Kumar 36:43.8; Elam Singh 36:44.9; Rashpal Singh 36:46.5;

Junior Men / under 20 / 8 km (63 finishers):

Rahul Kumar Pal 25:31.5; Indra Jeet Patel 25:31.9; Chandrakant Manwadkar 26:01.9; Uttara Kumar Pal/93 26:04.5;

Surendra Kumar Pal 26:11.5; Gopal Patel/91 26:13.5;

Youth Boys / under 18 / 6 km (40 finishers):

Ravi Patel/93 20:12.5; Rajendra Bind 20:13.6; Vikas Malik 20:23.6;

Women / 8 km (62 finishers):

Priyanka Singh Patel 30:05.3; Reshma Patil 30:09.0; Juma Khatun 30:15.1; Lalita Babar 30:19.1; Pampa Chanda

30:21.6; Anita 30:22.3; Ritu Pal/92 30:33.6; Thippavva Sannakki 30:40.6;

Junior Women / under 20 / 6 km (42 finishers):

Monika Athare/92 23:22.6; Rekha Patel/91 23:40.8; Fulan Khatun 23:49.4; V.V.Sobha/92 24:44.4; K.C.Shruthi/91

24:50.9;

Youth Girls / under 18 / 4 km (27 finishers):

M.D.Thara/94 14:30.9; Bachhau Kojagiri 14:49.2; K.K.Vidhya/95 15:10.6;

Results from ASIA 2011-02

ON THE ROAD

UNITED ARAB EMIRATES

Standard Chartered Marathon at Dubai / 21.01.2011

(-courtesy of the Race – website -)

-following are detailed results incl.full names of the pre-dominant African runners (as published by the official results) -

Men:

Marathon:

David Barmasai Tumo KEN 2:07:18; Evans Kiprop Cheruiyot KEN 2:08:17; Eshetu Wendimu Tsige ETH 2:08:54; Deressa Chimisa Edae ETH 2:09:08; Stephen Kosgei Kibet KEN 2:09:27; Berhanu Bekele Berga ETH 2:09:54; Emanuel Pilan Samal KEN 2:10:27; Adil Annani MAR 2:11:15; Dereje Tesfaye Gebrehiwot ETH 2:13:26; Alebachew Debas Wale ETH 2:13:39; Diriba Demissie Haile ETH 2:14:46; Belete Mekonen Gezu ETH 2:15:15; Luka Chelimo KEN 2:15:28; Debebe Tolosa Wolde ETH 2:16:37; Ambesse Tolosa Wolde ETH 2:18:38; Dennis Musembi Ndiso KEN 2:18:49; Redouane Bouchemale MAR 2:20:31; Matthew Kosgei Bowen KEN 2:20:41; James Kimat Ebenyo KEN 2:22:54; Dominic Pius Ondoro KEN 2:23:40; Mustafa Yoldar TUR 2:24:55; Francis Keitany KEN 2:26:37; Alemayehu Shiferaw Hailu ETH 2:28:22; Henry Tarus KEN 2:30:10; Aliasghar Latifi IRI 2:36:58 (= 1st ASIAN finisher);

10 km Road Race:

Ikya Ben Youssef MAR 30:38; Othmane Chaibi MAR 31:14;

Women:

Aselefech Mergia Medessa ETH 2:22:45; Lydia Cheromei KEN 2:23:01; Isabella Andersson SWE **2:23:41/NR**; Atsede Habtamu Besuye ETH 2:24:26; Atsede Baysa Tesema ETH 2:25:08; Diana Chepkemai Sigei KEN 2:26:53; Genet Getaneh Wendimagednehu ETH 2:27:13; Werknesh Kidane ETH 2:27:15; Helena Kirop Loshanyang KEN 2:27:41; Feysa Tadesse Boru ETH 2:30:23; Tsega Gelaw Reta ETH 2:31:48; Hellen Wanjiku Mugo KEN 2:36:38; Minna Kainlauri FIN 2:58:53; Callen Areba KEN 3:01:38; Lucie Custance GBR 3:04:01; Tracey Watson GBR 3:05:59 (1st Veteran/over 45); Kutlwano Ramaboa RSA 3:06:21; Anna Berrill GBR 3:09:05 (2nd Vet/over 40); Christina Kersey NZL 3:13:53;

10 km Road Race:

Mariam Abdallah Mubarak UAE/91 33:07; Alia Saeed Mohamed UAE/91 33:21; Belainesh Yami Gurmu ETH 35:04; Emebet Belew Adane ETH 36:15; Emma Philips GBR 37:25; Anne-Mari Hyryläinen FIN 37:33; Dr Sonja Ellmann GER 38:00;

INDIA

Standard Chartered Marathon at Mumbai / 16.01.2011

(-courtesy of the Race website -)

-another Marathon race dominated by runners from ETH & KEN; Half-Marathon mainly national races -

Men:

Marathon:

Girma Assefa ETH 2:09:54; Botor Tsegaye Wolde ETH 2:09:57; Patrick Muriuki KEN 2:10:00; Tariku Jifar ETH 2:10:08; Haile Haja Gameda ETH 2:10:42; John Kelai KEN 2:11:05; Japhet Kipkorir KEN 2:11:21; Justus Kipchirchir KEN 2:12:13; Dereje Tulu ETH 2:12:44; Bernard Rotich KEN 2:12:47; Evans Rutto KEN 2:13:39; Hailu Seifu ETH 2:15:39; Hillary Bett KEN 2:16:00; Julius Mutuku KEN 2:16:01; Daniel Yego KEN 2:20:19; Ashebir Demissu ETH 2:20:39; Ketema Amensisa ETH 2:20:43; Tariku Aboset ETH 2:20:47; Tesfaye Tola ETH 2:20:55; Binning Lynghoi IND 2:21:16; Eshetu Feysa ETH 2:22:08; Angad Kumar IND 2:24:32; John Mutai KEN 2:25:11; Ram Singh Yadav IND 2:25:33; Matthew Pierson GBR 2:32:02; Jonah Kemboi KEN 2:32:40; Laxman Das IND 2:33:05; Nilesh Bodhe IND 2:33:12;

Half Marathon:

B.C.Tilak IND 1:04:45; Soji Mathew IND 1:05:04; Kheta Ram IND 1:05:32; Parsaram Bhoi IND 1:05:36; O.Sanatan Singh IND 1:06:20; Amardeep Singh IND 1:09:34; Deepak Kumbhar IND 1:09:41; Gopal Singh Jat IND 1:10:59; Salameh Karim Al-Aqra JOR 1:11:05; Sunil Kumar IND 1:12:16; Robinson Kwemoi Cherop KEN 1:12:35; Swapnil Sawant IND 1:14:00; I.K.Gupta IND 1:14:49;

Women:

Marathon:

Korene Jelilal ETH 2:26:56; Merima Mohammed Hasen ETH/92 2:26:57; Elfenesh Alemu ETH 2:29:04; Meseret Legesse ETH 2:32:05; Bizunesh Urgessa ETH 2:32:28; Makda Harun ETH 2:32:28; Fatuma Sado Dergo ETH 2:33:39; Irene Mogaka KEN 2:36:56; Meseret Hailu Debele ETH 2:38:26; Sisay Measo ETH 2:39:59; Haile Kebebush ETH 2:44:59; Ayelech Worku ETH 2:45:25; Anastasia Ndereba KEN 2:47:54; Rosalyne David KEN 2:52:05; Zeddy Chepkoech KEN 3:03:59; Jyoti S.Gawate IND 3:05:30; Tadelech Birru ETH 3:05:56; Shashtri Devi IND 3:08:15; M.Sudha IND 3:10:52; Anuja Bijagare IND 3:11:46;

Half Marathon:

Priyanka Singh Patel IND 1:22:34; Sangeeta Yadav IND 1:23:45; Jayashree Borge IND 1:24:43; Sunita Kanna IND 1:36:15;

addition to 2010 results

GOA RIVER Half Marathon at Vasco / 19.12.2010

(-courtesy of the Race website -)

Men:

Robinson Kwemoi Cherop KEN 1:08:03; Siddappa Chandrappa IND 1:09:34; Ravindra Khade IND 1:10:04; Rajkumar Nishad IND 1:12:49; Tanaji Nalavade IND 1:13:09; Peter Mгатia KEN 1:13:29;

Women:

Vijaymala Patil IND 1:25:59; Sudha Mani IND 1:26:00;

CHINESE TAIPEI

International Marathon at Kinmen Island / 16.01.2011

(-courtesy of Ms Doris Hung, CTTFA -)

- following are the best results; all athletes from TPE except few Kenyan runners as noted-

Men:

Marathon:

Peter Kiprotich Cherus KEN 2:19:22; Lawrence Kiptoo Saina KEN 2:20:49; Chiang Chieh-Wen 2:20:51; James Tallam KEN 2:25:01; Sammy Kiproop Kiptoo KEN 2:30:17; Ho Chih-Feng 2:32:57; Huang Shih-Chang 2:33:40;

Half Marathon:

Wu Wen-Chien 1:09:14; Ho Chin-Ping 1:09:17; Wang Chiu-Chun 1:11:28; Chen Shih-Hsuan 1:13:38; Chang Shih-Ying 1:14:11; Lin Yu-Hung 1:14:35; Yang Yung-Chun 1:14:39;

Women:

Marathon:

Viola Chepleting Bor KEN 2:40:56; Emily Chepkorir KEN 2:43:17; Chen Ya-Fen 3:03:57; Li Hsiao-Yu 3:04:19; Tsao Chun-Yu 3:10:48;

Half Marathon:

Hsu Yu-Fang 1:19:50; Hsieh Chien-Ho 1:22:42; Yu Ya-Chun 1:24:50; Chen Shu-Hua 1:26:45; Su Feng-Ting 1:29:27;

Ancient Capital Marathon at Tainan / 23.01.2011

(-courtesy of the Race – website -)

-transcriptions of names for TPE runners not available; times at Half Marathon races (both with local participants only) were 1:05:57 for the winner & 7 runners under 1:11 (Men) and 1:16:09 for the 1st female finisher –

Men:

Elijah Muturi Karanja KEN 2:21:37; ??? TPE 2:33:15; ??? TPE 2:33:56;

Women:

Carolyne Chemutai Komen KEN 2:50:36; Irene Cherop Loritareng KEN 2:54:26; ??? TPE 3:04:56; ??? TPE 3:08:51;

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THAILAND

8th International Marathon at Khon Kaen / 23.01.2011

(-courtesy of the Race website -)

-all runners from KENYA except as noted–

Men:

Marathon (TOP 13 runners under 2:30 all from Kenya):

Kennedy Lilan Kiproo 2:16:44, Eliud Kapchanga Cheptei 2:16:49; David Kiprono 2:18:05; Fredrick Mathiu 2:18:52; Elisha Kipchumba 2:20:55; Edwin Kiprono Kipchumba 2:21:14; Amos Kipchirchir Bore 2:23:51; Francis Kiproo 2:24:11; Edwin Kibor Kiptanui 2:24:27; Joseph Ngare 2:26:39; Abraham Cheruiyot Kilimo 2:27:28; John Kipkosgei Ngeny 2:29:38; Sammy Kiproo Kiptoo 2:29:43,

Half Marathon (TOP 8 runners all from Kenya):

Kiproo Kipchumba 1:05:10; Josphat Kiptanui Too 1:06:56; Moses Kandie 1:07:23; Onesmus Muindi 1:08:41; Sila Kipruto Sematei 1:09:07; Daniel Kipkemei Koringo 1:09:18; Eliud Kipkosgei Rutto 1:09:37; Edwin Kipkemei Lagat 1:11:53; Amnuay Tongmit THA 1:12:18; Dickson Kiplagat Kesebe 1:12:19; Norman Kosgei 1:12:50; Henrik Jannborg SWE 1:14:17;

11.5 km Road Race:

Hillary Kimutai 35:59;

Women:

Marathon:

Fridah Jepkite Lodepa 2:40:50; Jacqueline Nyetipei Kiplimo 2:40:58; Immaculate Chemutai UGA 2:44:42; Eunice Mwangi Orwaru 2:47:23; Sunisa Sailomyen THA 2:56:07; Arpassara Prasarthinpimai THA 3:12:06; Amnuay Kiam-Nguleuan THA 3:13:57 (1st Veteran/over 40);

Half Marathon:

Dorcus Chesang 1:14:10; ??? THA 1:19:53; Mary Kiguru 1:24:33; Thanaporn Asswawongcharoen THA 1:28:56; Nicola Green GBR 1:30:17; Kan Kusuwan THA 1:30:41 (1st Veteran/over 40);

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BAHRAIN

National Seef Mall Half Marathon at Manama / 17.01.2011

(-courtesy of Bahrainathletics – website -)

Men:

Abul Noor 1:13:28; Essam Abdeen 1:13:29; Ameen Basheer 1:14:35;

Women:

Lorna Bradford USA/BRN 1:31:56 (1st Veteran/over 40);

ULTRA RUNNING 2010

Review of best results at races in ASIA during last months of 2010

(-courtesy of the UltraRunning – website-)

11th International Ultra-Marathon at Soochow / 11. – 12.12.2010

Men:

24 Hours (intermediate distances after 12 hours in brackets)

Ryoichi Sekiya JPN 268.126 km (145.200 km); Martin Fryer AUS 259.481 km (132.800 km);
Lo Mei-Wing TPE 229.222 km (120.800 km); Yasuhiro Hiura JPN 226.095 km (136.000 km);
Chou Pin-Chi TPE 222.036 km (133.200 km); Kim Kwang-Bok KOR 207.657 km (126.000 km);
Yang Hung-Hui TPE 204.345 km (119.040 km); Chen Chin-Tsai TPE 202.791 km (127.200 km);
Wu Ching-Chang TPE 200.782 km (114.165 km);

other intermediate distance after 12 hours: Ulrich Gross ITA 131.200 km;

12 Hours / National race:

Yeh Fang-Chi 133.050 km; Chen Hsiung-Hai 128.092 km; Hsu Chiu-Feng 126.439 km; Zou Shuang-Xi 123.134 km;
Hu Jung-Ching 120.654 km;

Women:

24 hours (intermediate distances after 12 hours in brackets)

Mami Kudo JPN 239.323 km (136.800 km); Anne-Cecile Fontaine FRA 223.639 km (127.200 km);
Huang Yan-Ling TPE 204.455 km (115.200 km); Kimie Noto JPN 203.048 km (114.000 km);
Yasuko Kanehira JPN 175.014 km (104.800 km); Wang Yu-Chen TPE 171.076 km (100.757 km);

other intermediate distance after 12 hours: Chia Luh-Hsin TPE 115.384 km;

12 Hours / National Race:

Li Kuei-Fang 114.456 km;

KOREA

National 100 km Race Cup at Gumi / 14.11.2010

Men:

Kim Wan-Su 8:10:00; Jang Sun-Dong 8:37:10; Chung Chan-Jin 8:42:21;

Women:

Park Na-Rae 9:07:26; Jeong Hi-Gyeong 9:28:44;

CROSS COUNTY

MALAYSIA

FTAA Cross Country Championships at Kuala Lumpur / 23.01.2011

(-courtesy of the FTAA – website -)

Men:

Raneer Selvam Jenarathanan 38:22; Arul Thevar Muniandy 40:00; Murali Rasu Muniandy 40:10;

Women:

Noor Amelia Musa 39:15; Sheela Samivellu 44:35; Lian Bee Hoon 44:59 (1st Veteran);

ON THE TRACK

SINGAPORE

National Meeting Series / 16.01.& 23.01.2011

(-courtesy of the SIN-Federation website -)

-following are the best performances from the 1st and 2nd Meeting out of the National Series 2011 –

Men:

S P (16): Scott Wong Gen Gen 14.01;

D T (23): James Wong Tuck Yim 47.82; Scott Wong Gen Gen 45.98;

Junior Boys / under 18:

110 m H / 91 cm ? (23)/+1.2: Chen Xiang Ang/94 14.33;

S P / 6 kg or 5 kg ? (16): Wong Kai Yuen/94 17.16;

D T /1.5 or 1.75 kg ? (23): Wong Kai Yuen/94 47.53;

Women:

100 m (16)/ -0.1: Dipna Lim Prasad/91 12.21; Komalam Selveratnam MAS 12.34;

100 m H (23)/+0.1: Dipna Lim Prasad/91 **14.56/NR & NJR**;

-heats- (23) h1/+1.9: Dipna Lim Prasad/91 **14.69 (NR & NJR)**; Goh Wei Ning/94 15.21 (disq.in final);

P V (23): Rachel Yang Bingjie 3.60;

S P (16): Wan Lay Chi 13.64;

D T (23): Wan Lay Chi 43.99;

Addition to 2010 Season

SOUTH KOREA

-the following information about two excellent performances received now with delay of several months; these (Seasonal best) results were achieved by invitation as guests at the 64th National University Meeting at Youngkwang / 07. – 08.09.2010) –

Men/110 m H (7): Lee Jung-Joon 13.65/+0.3;

Women / L J (8): Lee Soon-Ok 6.71/+1.3;

Doping cases at ASIAN GAMES 2010 at Guangzhou

Two competitors were subsequently disqualified for doping cases; as a result there is a major important change to the results for Men's Discus Throw, because **Ahmed Mohamed Dheeb**, the Silver medallist, is one of the two suspended athletes. Following are the corrected results, which leaves another medal for the successful INDIAN team at Guangzhou:

1.Ehsan Hadadi IRI 67.99; 2. Mohammad Samimi IRI 63.46; 3. Vikas Shive Gowda IND 63.13

(all following athletes move up by one place)

The other suspended athlete was 800 m runner **Abdulnasser Awajna** from PLE, who had finished 5th in heat 2

As for Ahmed Mohamed Dheeb his 64.56 m at Guangzhou has to be excluded from the NR-lists and the former NR (64.43 m by Rashid Shafi Al-Dosari in 2002) is still the correct record, while the PB/SB for Ahmed Mohamed Dheeb before his doping case was 63.70 m at Bilbao/19 Jun 2010

Results from ASIA 2011-01

ON THE TRACK / 2010 season

VIETNAM

National Sports Games at Danang / 27.- 30.12.2010

(-courtesy of Mr Hoang Minh Quyet, VIE-Federation -)

-following are detailed results from these major important national championships for different sports, which confirms the improvement (depth of performances) in this country esp. in several events for (Junior) Women -
-please consider some changes to the few results by Report No 32, which were based upon inaccurate information
by newspaper websites; all events with automatic timing / no wind-readings reported –

Men

100 m (27): Truong Van Lam 10.64; Tran Quoc Thuc 10.68; Nguyen Van Huynh 10.84; Nguyen To Hien 10.86; Hoang Thanh Viet 10.86; Pham Tien Cong 10.93;
-heats- (27) h2: Tran Quoc Thuc 10.83; Nguyen Van Huynh 10.84; h3: Truong Van Lam 10.79; Hoang Thanh Viet 10.83; Pham Tien Cong 10.91;
200 m (29): Bui Van Tuan 21.58; Tran Thanh Trung/92 21.68; Truong Van Lam 21.88;
-heats- (29) h1: Tran Thanh Trung/92 21.77; Truong Van Lam 21.90; h2: Bui Van Tuan 21.82; h3: Nguyen Van Quang 21.86;
400 m (28): Ho Ngoc Cuong 48.07; Quach Tu Pho 48.16; Dinh Cong Luc 48.73;
800 m (28): Nguyen Dinh Cuong 1:53.55; Duong Van Thai/92 1:54.00; Tran Trung Tri 1:54.04; Nguyen Xuan Truong 1:55.71;
-heats- (28) h3: Tran Trung Tri 1:53.91; h4: Nguyen Xuan Truong 1:55.46; Duong Van Thai/92 1:55.88;
1500 m (30): Nguyen Dinh Cuong 3:58.15;
5000 m (26): Nguyen Van Lai **14:38.92/NR**; Nguyen Dang Duc Bao 14:39.88; Pham Ngoc Hoang 14:42.54; Nguyen Van Sy 14:45.79; Nguyen Ngoc Quang 14:45.88;
10000 m (30): Nguyen Hoang Phong 31:46.77;
3000 m St (28): Nguyen Van Ly 9:09.69; Pham Ngoc Hoang 9:09.73; Le Canh Minh 9:14.58; Tran Van Thang 9:17.19; Le Trong Giang/93 9:20.96; Nguyen Van Sy 9:24.16; Pham Tien San/91 9:24.31;
110 m H (28): Truong Duc Binh 14.40; Nguyen Ngoc Quang 14.43; Nguyen Van Sy/91 **14.66 / NJR**; Nguyen Cong Loi 14.70; Tran Nghia Nhan 14.75; Vo Van Hung 14.76;
400 m H (30): Vu Van Tinh 52.19; Dao Xuan Cuong 52.27; Le Thanh Phong 52.96; Pham Ba Bac/91 53.46; Diep Minh Trung 53.48; Vuong Thien Nhan 53.90;
H J (29): Dao Van Thuy 2.09; Tran Thanh Binh & Tran Cong Phuoc 2.06; Vo Hoang Phuong 2.06; Nguyen Thanh Phong & Nguyen Duy Bang 2.03; Lu Be Can 2.03; Nguyen An Son/92 2.00;
P V (28): Vu Van Huyen 4.60; Truong Van Tien 4.50; Nguyen Van Hue 4.40;
L J (28): Nguyen Van Mua 7.48; Ho Quang Thanh 7.25; Vu Van Quy 7.17;
T J (30): Nguyen Manh Hieu 15.98; Nguyen Van Hung 15.77; Nguyen Van Mua 15.19; Nguyen Ngoc Hieu/91 15.04; Dang Vu Hiep 15.03;
S P (30): Nguyen Khac Huy 13.77;
D T (28): Nguyen Khac Huy 46.02; Dinh Duc Thien 42.96;
H T (27): Tran Hoang Thien **49.63/NR**; Trinh Tan Nhanh 48.20;
J T (29): Nguyen Truong Giang 66.12; Vien Van Vinh 62.40; Nguyen Trang Tan 60.50;...6. Nguyen Hoai Van/93 **55.94 / NJR**;
Decathlon (29/30): Nguyen Van Hue 7128 (11.03; 7.16; 11.48; 1.87; 51.07 / 15.42; 32.16; 4.60; 58.30; 4:55.43); Nguyen Van Dat 5932; Vu Tien Luc/92 5849 ;... Vu Van Huyen dnf (stopped as the leader after 4 events with 10.88; 6.98; 12.05; 1.87);
4x100 R (28): Khanh Hoa Team (Tran Van Pham, Nguyen To Hien, Huynh Van Thoai, Tran Quoc Thuc) 40.75;
4x200 R(30): Nam Dinh Team (Bui Van Tuan, Pham Ba Bac, Nguyen Van Si, Tran Thanh Trung) **1:26.15/NR**;
4x400 R (27): Hanoi Team (Nguyen Tuan Hiep, Ho Huy Toan, Dao Xuan Cuong, Le Thanh Phong) 3:16.12;
4x800 R (29): Dak Lak Team (Tran Van Cat, Ngo Dang Thanh, Nguyen Van Han, Pham Cao Son) **7:37.76/NR**;

Women:

- 100 m (27): Vu Thi Huong 11.66; Le Ngoc Phuong 11.85; Do Thi Ly 12.10; Nguyen Thi Ngoc Tham 12.12; Bui Thi Kim Thuy/91 12.13;
-heats- (27) h1: Vu Thi Huong 11.68; Bui Thi Kim Thuy/91 12.29; h2: Le Ngoc Phuong 12.05; Nguyen Thi Ngoc Tham 12.25;
- 200 m (29): Vu Thi Huong **23.27/NR**; Le Ngoc Phuong 23.73; Bui Thi Kim Thuy/91 24.69; Nguyen Thi Thuy/91 24.84; Tran Thi Hang/93 24.99; Luong Thi Mui/91 25.29;
- heats- (29) h1: Vu Thi Huong 24.44; Bui Thi Kim Thuy/91 24.96; h2: Le Ngoc Phuong 24.57; Nguyen Thi Thuy/91 25.14; Tran Thi Hang/93 25.29;
- 400 m (28): Nguyen Thi Thuy/91 54.62 / NJR; Nguyen Thi Huyen/93 55.10; Nguyen Thi Bac 56.32; Nguyen Thi Thuy (II)/91 57.83;
- 800 m (28): Truong Thanh Hang 2:06.13; Do Thi Thao/93 2:07.43; Pham Thi Ngot 2:08.25; Nguyen Thi Ha Trang/93 2:13.12; Chu Thi Thanh Huyen 2:14.99;
- 1500 m (30): Truong Thanh Hang 4:25.21; Do Thi Thao/93 4:36.74; Giap Thi Hoi/91 4:37.59; Nguyen Thi My Thoa 4:38.11; Nguyen Thi Bich Tram/94 4:44.86; Nguyen Thi Loan/92 4:45.18;
- 5000 m (27): Truong Thanh Hang 17:06.05; Nguyen Thi Phuong 17:07.26; Nguyen Dang Zhanh Thuy 17:09.49; Pham Thi Hien 17:19.18; Phan Thi Thach/91 17:19.63;
- 10000 m (30): Bui Thi Hien 36:24.25; Pham Thi Binh 36:32.04; Pham Thi Hien 36:33.93; Nguyen Dang Thanh Thuy 37:12.62; Phan Thi Thach/91 37:22.71; Nguyen Thi Dong 37:27.61; Nguyen Thi Xuan Tot 38:12.77; Do Nguyen Thi Thanh Dieu/92 38:19.01; Le Thi Thom 38:23.32; Nguyen Thi Lien/93 38:24.33;
- 3000 m St (29): Nguyen Thi Phuong **10:02.98/NR** (improved previous NR by more than 40 seconds !!); Bui Thi Hien 10:29.44; Nguyen Thi Quyen 10:45.46; Nguyen Thi My Thoa 10:56.87; Nguyen Thi Lien/93 11:25.25; Nguyen Thi Thu Huong/91 11:29.32; Nguyen Duong Lieu/91 11:32.13; Nguyen Thi Hai/93 12:07.43;
- 100 m H (29): Bach Phuong Thao 13.49; Cao Thi Hang 13.88; Do Thi Ly 14.31; Vu Thi Hang Ni 14.37; Hoang Luc Kieu My/92 14.58; Ngo Thi Hoa 14.77; Mai Pham Xuan Quynh/91 14.80;
- 400 m H (30): Nguyen Thi Bac 59.50; Nguyen Thi Huyen/93 60.79; Le Binh Dinh/93 62.14; Dang Thi Thuy Trang 62.93; Nguyen Thi Van/91 63.09;
- H J (27): Bui Thi Nhung 1.80; Tran Hue Hoa/91 & Duong Thi Viet Anh/92 1.80; Pham Thi Diem 1.78;
- P V (28): Le Thi Phuong 3.80; Vo Thi Mong Thuong 3.30 (only 2);
- L J (27): Bui Thi Nhat Thanh 6.13; Vu Thi Mon 5.79; Le Ngoc Xuyen 5.79; Ha Thi Lan/91 5.71;
- T J (29): Bui Thi Nhat Thanh 13.69; Tran Hue Hoa/91 13.39 / NJR; Vu Thi Mon 13.34; Le Thi Hanh Phuc 12.68; Nguyen Thi Thu Trang 12.50; Pham Thi Le/91 12.39; Nguyen Thi Tuoi/93 12.08;
- S P (27): Nguyen Thi Yen Trang 13.05; Le Thi Lai/93 12.70; Le Thi Phien/94 12.32;
- D T (30): Kim Thi Tien 44.47; Nguyen Thi Yen Trang 42.24;
- H T (29): Phan Thi Hanh Huong 43.87 (& 43.00); Nguyen Thi Ngoc Ly 43.87 (& 42.80); Pham Thi Thanh Truc 42.98; Duong Thi Le 42.12;
- J T (28): Ca Thi Phong **48.86/NR**; Bui Thi Xuan 47.09; Tran Thi Tham 46.45; Le Thi Hang 45.96; Bui Thi Trang/93 44.40; Le Thi Phien/94 43.76; Danh Thi My Duyen 41.53;
- Heptathlon (28/29): Nguyen Thi Thu Cuc 5038 (14.93; 1.69; 11.79; 26.73 / 5.37; 31.71; 2:22.36); Nguyen Thi Chinh 4789 (15.05; 1.54; 9.52; 25.95 / 5.42; 36.12; 2:27.99); Nguyen Thi Dao 4604 (15.84; 1.54; 10.63; 27.34 / 5.50; 36.23; 2:33.14); Ngo Thi Hoa 4573 (15.00; 1.45; 9.11; 26.22 / 5.36; 27.23; 2:19.40); Bui Thi Thu Thao/92 4472 (15.05; 1.54; 9.26; 25.84 / 5.50; 28.34; 2:43.42);
- 4x100 R (28): An Giang Team (Le Ngoc Phuong, Truong Thi Nguyet, Nguyen Thi Ngoc Tham, Vu Thi Huong) 45.42;
- 4x200 R (30): An Giang Team (Le Ngoc Phuong, Nguyen Thi Ngoc Tham, Nguyen Thi Phuong Yen, Vu Thi Huong) **1:37.00/NR**;
- 4x400 R (27): Nam Dinh Team (Do Thi Quyen, Vu Thi Mon, Pham Thi Ngot, Nguyen Thi Huyen) 3:48.38;
- 4x800 R (29): Khanh Hoa Team (Tran Thi Thu Cuc, Nguyen Thi Bich Tram, Nguyen Dang Thanh Thuy, Nguyen Thi My Thoa) **9:09.79/NR**; Vinh Phuc Junior Team (Nguyen Thi Hong Tham/92, Vu Thi Hang/93, Hoang Thi Ly/91, Luu Thi Ngat/94) 9:12.55 / NJR;

INDIA

National Sports Festival for Women at Agra / 13. – 15.12.2010

(-courtesy of Mr Rahul Pawar -)

-following are the best performances; no wind-readings reported –

100 m (15): Dutee Chand/96 12.41 (& 12.29 as 1s1);
200 m (14): Dutee Chand/96 25.02;
400 m (15): Lakhbir Kaur 57.96;
1500 m (13): S.Thobaton Chanu 4:41.25; Reshma Patil/91 4:42.61;
3000 m (15): S.Thobaton Chanu 9:55.71; Reshma Patil/91 10:00.24;
100 m H (13):Arvinda Rathwa 14.77 (& 14.85 as 1h1);
400 m H (14): Sapinder Kaur 62.42; Santosh 63.00;
H J (13): Reena Singh 1.70;
S P (13): Rinku Sangwan 12.89; Narinder Kaur 12.83;
D T (15): Baljit Kaur 45.62; Amanpreet Kaur 45.15; Rinku Sangwan 42.86; Santosh 41.32;
J T (14): Sanjo Devi 46.67; Parmila 45.11; Gurpreet Kaur 42.59;

JORDAN

3rd Regional Club Meeting at Amman / 23. – 24.10.2010

(-courtesy of Mr Jehad Majed, JOR-Federation-)

-following are the best results from this competition with clubs from Jordan and Iraq –

Men:

800 m (24): Abdelaziz Al-Merdek JOR/92 1:54.80;
5000 m (24): Rafat Subhi Al-Zaboun JOR 15:22.00;
T J (24): Nizar Akram IRQ 14.02/nwi;

Women:

100 m (23)/+0.8: Mahmoud Kolestane Ieso IRQ/91 12.31;
200 m (24)/nwi: Mahmoud Kolestane Ieso IRQ/91 24.87;
400 m (24): Mahmoud Kolestane Ieso IRQ/91 57.99;
1500 m (23): Inam Khazaa Al-Sudani IRQ/92 4:57.04;
5000 m (24): Ala Ziad Khalifah JOR/91 19:37.69;
3000 m St (24): Ala Ziad Khalifah JOR/91 11:41.75;
L J (24): Rima Farid Taha JOR 5.73/nwi;
T J (24): Rima Farid Taha JOR **12.47/+0.5/NR**;
J T (23): Mahmoud Kolestane Ieso IRQ/91 **33.57/NR & NJR**;
4x100 R (24): Peshmegha Team/IRQ 51.14; Amman Team/JOR 52.32;

SAUDI ARABIA

Clubs Championships for Juniors at Riyadh / 22. – 23.12.2010

(-courtesy of Mr Ktaifi Ezzedine, KSA-Federation -)

following are the best performances; low Junior hurdles and Junior implements for throws –

100 m/ -0.2: Abdellah Othman Ahmed 10.91;
110 m H/+0.2: Hayder Ali Al-Jouma/92 14.38; Nader Ahmed Al-Hayder /93 14.49; Moussa Mohamed Al-Sabyani 14.67;
400 m H: Ibrahim Mohamed Salah 54.41; Abdullah Ahmed Abkar/93 54.42;
H J: Nawaf Ahmed Al-Yami/91 2.10;
S P: Mohamed Omar Moussa/92 17.45;
5000 m Walk: Fahd Abdullah Al-Faheed 27:17.00;

ON THE ROAD / 2010 season

VIETNAM

National Sports Games at Danang / 24.12.2010

-results from Road events in addition to the trackevents from these Games on page 1 & 2 -

Men:

Marathon: Nguyen Dang Duc Bao 2:31:33; Nguyen Van Long 2:32:13; Nguyen Van Thien 2:38:50;
20 km Walk: Nguyen Thanh Ngung/92 **1:31:33/NR & NJR**; Nguyen Van Tu/93 1:32:48; Pham Cong Hai 1:35:39;
Vo Xuan Vinh/91 1:38:23; Nguyen Van Loi/92 1:40:06;

Women:

Marathon: Pham Thi Hien 2:53:03; Pham Thi Binh 2:54:09; Le Thi Kha Ly 3:22:46;
20 km Walk: Nguyen Thi Thanh Phuc **1:40:00/NR**; Phan Thi Bich Ha/93 **1:51:33 / NJR**; Lai Thi Hoa 1:52:00;
Ngo Thi Thuy/91 1:53:38; Hoang Thi Trinh/93 1:55:28; Mai Thi Hoai/93 1:56:02;

ON THE ROAD / 2011 season

HONGKONG

MIZUNO Hong Kong Half Marathon Championships / 09.01.2011

(courtesy of the HKG AA website -)

Men:

Chan Ka Ho 1:10:11; Thomas Kiprotich KEN/HKG 1:10:15; Stefano Passarello ITA/HKG 1:11:25;
Gi Ka Man 1:11:26; Colin Fishwick USA/HKG 1:13:35; Johnny Lai Hok Yan 1:13:43; Que Yin Tik 1:14:56;
Yuen Ho Yin/92 1:15:26 (first Junior); Wong Wang Keung 1:15:30; Wun Yiu Cheong 1:15:34;

Women:

Chow Chi Ngan 1:22:56; Wong Siu Ping 1:24:11 (first Masters); Rebecca Yau 1:25:54; Yiu Kit Ching 1:27:02;
Fan Sui Ping 1:29:24; Leung Ying Suet 1:30:09; Chan Kit Yee 1:30:42; Christine Wang 1:31:24;
Fan Ka King 1:31:33; Chan Pui Shan 1:31:36 (2nd Masters);