

# Asian Athletics Digest

January 6, 2016

Inaugural Number



## Contents

From the Editor's desk .....	2
2015 in Asian Athletics .....	3
Athletes of the Year .....	5
2016 Calendar of Events .....	6
Book Review .....	7
2015 Asian Men's Top-10 Lists .....	8
Asian Records (Men) .....	11
Recent Results from Asia .....	13

**No. 1/2016 (Inaugural Edition)**

**Editor & Publisher**  
**Ram. Murali Krishnan**

### Address for Communication

"Kausalyam"  
72/4, Sri Padmavathi Nagar  
NSN Palayam P.O.  
Coimbatore – 641031, INDIA

### Contact E-Mail

editor@asianathleticsdigest.com  
aadigest@gmail.com

### PHOTOS

Getty Images  
Rikkyo/Getsuriku  
Peh Siong San  
Punjabi University  
Ceylon Sports

**Designer**  
**N. Sasivarnan**

The *Asian Athletics Digest* is a FREE weekly e-Magazine distributed throughout the World through E-Mail to promote and publicize Asian Athletics.

The contents of this e-magazine, (excluding photographs) are allowed to be reproduced in any publications. However a mention of *Asian Athletics Digest* will be highly appreciated.

## From the Editor's desk



Hello All,

You are now reading the inaugural edition of *Asian Athletics Digest*, the FREE weekly e-Magazine, which will be delivered to your mailbox every Wednesday from now onwards. The frequency of this publication and day of publication may vary as and when major international competitions are being staged.

The *Asian Athletics Digest* was originally published by revered Asian Athletics Statistician Datuk G S Kler and thereafter by his son Balwant Singh Kler from Malaysia.

When your Editor approached Mr Balwant Singh Kler with a request to use the title for his proposed publication, he is gladly permitted him to do so with sincere wishes.

The *Asian Athletics Digest* is in fact your magazine. It is intend to cater the needs of everyone connected with our sport, viz., Athletes, Coaches or Trainers, Administrators, Technical Officials, Media and more importantly the enthusiastic fans of athletics.

The sole aim of *Asian Athletics Digest* is to promote and support athletics activities globally with particular emphasis on Asian Athletics.

The *Asian Athletics Digest* will act as your central source of information on everything connected with Asian athletics.

We value your opinion, comments and suggestions for the continuous improvement of this publication. Please feel free to write to us at the contact address mentioned herein.

Looking forward to hear from you!

Yours truly,  
*Ram. Murali Krishnan*

## 2015 in Asian Athletics

2015 had been an important year in Asian Athletics both in terms of organization as well as performance level of the athletes from the continent which accounted for two-third of World's population.

The year started with 15<sup>th</sup> edition of Asian Marathon championships which was held alongside the annual Standard Chartered Hong Kong Marathon on January 25.

Japan's Shingo Igarashi (2:14:29) and DPR Korea's Kim Hye Gyong (2:31:46) clinched the top spots in men and women categories of the above race respectively.

The 80<sup>th</sup> Asian Athletics Association Council Meeting was held at Fairmont Hotel in Jakarta, Indonesia, on March 12 in which council resolved to induct the former AAA President Mr. Suresh Kalmadi as Honorary Life President.

During the AAA Council meeting IAAF Presidential candidates Sergey Bubka and Sebastian Coe made presentations.

Three days later at the Asian 20 KM Race Walking championship at Nomi, Japan, on March 15 Japan's ace walker **Yusuke Suzuki** established a **WORLD RECORD** with a time of 1 hour 16 minutes 36 seconds that surpassed one week old WR of Frenchman Yohann Diniz (1:17:02) by 26 seconds.

Probably the most interesting sporting event in the continent that takes off in 2015 was the inaugural Asian Youth Athletics Championships, a brainchild of AAA President Gen. Dahlan Jumaan Al-Hamad, at Qatari capital Doha in May.

China's Yu Yuzhen delivered the 500g spear to a "World Best" 61.97m in Youth Girls (U18) javelin throw. As expected, her national team tops the medal tally with 16 gold, 11 silver and 5 bronze medals.

In the boys' section Vladislav Palyunin from Uzbekistan set out the 700g implement to a World Leading throw of the year in 79.11m.

The Doha meet also witnessed two more World Youth Leading performances by Bahrain girl Salwa Eid Nasser in 400m (53.02 secs) and Chinese youth boys' Medley Relay team consisting of Tang Yao, Wu Zhitao, Zeng Sen and Wu Yuang which clocked 1:53.34.

Salwa Eid Nasser went on to improve her time in a much superior 51.39 secs while taking the gold in CISM World Military Games at Mungyeong, Korea, in October.

Best home performance came from steeplechaser Mohammad Khamis Saifeldin (5:54.34) while Indian

'*wonderkid*' Beant Singh received much applause in his steady all-out victory over 800m clocking 1:52.26.

China's Wuhan city hosted two important meets in 2015. The first being 21<sup>st</sup> Asian Athletics championships from June 3 to 7 while ISF World Schools Athletics Championships together with 2<sup>nd</sup> edition of Asian Schools Athletics Championships have been conducted at the end of the month in the same town.

The Asian championships witnessed as much as 11 meet marks, including 2 asian records and 1 world lead, being created in five days of intensive competitions. The World Lead came from Oluwa "Kemi" Adekoya, former Nigerian national received Bahraini citizenship in 2014, clocked an impressive 54.31 secs in 400m hurdles. She also collected her second gold through 400m flat the same day (4 June) with an impressive 52.37s clocking.

Another athlete originated from Nigeria and now running under Qatari colours, sprinter Femi Seun Ogunode, improved his Asian Record to 9.91 secs after leading the final line-up with yet another sub-10 secs race in his semi-final with a fast 9.97 secs. Femi made it a three gold affair with victories in 200m (20.32 secs in final & 20.28s in semis) and 4x400m relay!

Qatari runner Mohamed Al-Garni garnered a distance-double with victories in 1500-5000m. In the longer distance he established a Championship Record 13:34.47. However their junior one-lapper **Abdelilah Haroun** was cynosure of all eyes as he inflicted a shocking defeat over reigning Asian Games champion Youssef Ahmed Al-Masrahi of Saudi Arabia (44.68 to 45.14 secs). Haroun's time was a **World junior best** for 400m in 2015.

Musaeb Abdelraham Bala completes the golden quest for Qatar by winning the 800m (1:49.40) that enabled the West Asian nation to finish second in the medals table with a tally of 7 gold, 2 silver and 1 bronze medals behind Asian Powerhouse China which once again occupied the "numero uno" position by collecting 15 gold, 13 silver and an equal number of bronze medals.

Chinese pole vaulter Li Ling successfully retained her title from Pune-2013 with a new continental record of 4.66m. Her teammate Liu Shiyong set a meet mark in javelin throw after battle it out with compatriot Yang Xinli for the top spot which she sealed in her fifth round throw of 61.33m. Further their sprint relay quartet of Tao Yujia, Yuan Qiqi, Lin Huijun and Wei Yongli also set a championship record in 43.10 secs while defending the title from the last edition.

Indian shot putter Inderjeet Singh continues his winning-streak with a new meet mark 20.41m. It was India's eighth gold medal in this event in Asian championships.

40 out of 45 AAA member countries took part in Wuhan, where athletes from 27 nations earned medals. Bethlehem Desalen from United States repeats her "double"

from Pune by taking the 1500-5000m gold medals in Wuhan. Qatar's Abdelrahman Bala (800m), Indian discus thrower Vikas Gowda and hammer thrower Dilshod Nazarov of Tajikistan have successfully defends their title among men.

Kazakh sprinter Viktoriya Zybkina (200m), Chinese pole vaulter Li Ling and discus thrower Su Xinyue were the successful women athletes to retain their title at Wuhan.

Prior to the Asian championships, the elections to the Asian Athletics Association were held. Gen. Dahlan Jumaan Al-Hamad was re-elected unanimously as AAA President for another term along with a new set of Council members for the four year period (2015-2019).

On June 6 in 29<sup>th</sup> Gran Premio Cantones de La Coruna, an IAAF Race Walking Challenge event, at the Spanish city La Coruna the Chinese race walker **Liu Hong** set a **WORLD RECORD** in women's 20 KM walk with a time of 1 hour 24 minutes 38 seconds.

In 28<sup>th</sup> South Asian Games athletics competitions, held in Singapore from June 6 to 12, Thailand dominated the scene with a rich haul of 17 gold, 13 silver and 9 bronze medals.

Indonesia's Asian Games champion Maria Natalia Londa retained her titles in jumping arena taking both Long and Triple Jump golds. In long jump she sets a new national record 6.70m, which was also the Asia leading mark in 2015 Vietnam's Bu Thi Thu Thao was her closest rival. Started with a marvelous 6.58m opening jump the Vietnamese settled with a silver at the end in 6.60m.

Philippines sprinter Eric Cray with American roots had won fastest man of the Games title in 10.25 secs. It was indeed a double-delight for the nation as 17-year-old Kayla Richardson, born in California, pips Thailand's Tassaporn Wannakit at the tape to clinch the women's crown in 11.76s.

Nguyen Thi Hyuen of Vietnam set another Asia leading mark in women's 400m dash clocking 52.00 secs. She also won two other gold medals through victories in 400m hurdles (56.25s) and 4x400m (3:31.46), setting Games Records in both the events.

Veronica Shanti Pereira brought cheer to the hosts Singapore as she registered a new national record 23.60s to win 200m gold.

In Asian Grand Prix series held in Thailand new AGP records have been created on three occasions. Iran's Hassan Taftian clocked 10.24 secs in 100m at the first leg held in Bangkok on June 22. Indian shot putter Inderjeet Singh recorded 19.85m to his victory in the second leg at Pathumthani three days later. Long jumper Tang Gongchen was the third one to achieve this honour with a leap of 8.17m in the final leg held at Chanthaburi on June 29. Syrian high jumper Ghazal Majd Eddin sailed over 2.29m to win his

maiden international medal in Pathumthani. As much as 9 athletes (5 men + 4 women) secured the top spot in all the three meetings as also the Chinese women's sprint relay team.

The 15<sup>th</sup> edition of IAAF World Championships in Athletics was held at Beijing National Stadium. Built for the 2008 Olympics in the capital of China, it is popularly known as "Bird's Nest" stadium for its innovative structure.

Hosts China was top among the Asian nations with 1 gold, 7 silver and 1 bronze medals. Tajikistan won a silver medal through hammer thrower Dilshod Nazarov (78.85m) while athletes from Bahrain, Kazakhstan and Japan have earned a bronze medal each.

Asian records have been improved in three times by Al-Masrahi in 400m (43.93 secs), China national team in men's 4x100m relay (38.01 secs) and their woman javelin thrower Lu Huihui (66.13m).

Korean city Mungyeong hosted the 6<sup>th</sup> CISM World Military Games from October 4 to 11. Asian athletes dominate the proceedings in most events with Bahrain finished second in the medal tally (7-2-5) behind Russians (11-7-2). Nine other Asian nations also won medals here.



### Asian Athletics Association

#### Executive Council (2015-2019)

President .....	Gen. Dahlan Jumaan Al-Hamad (QAT)
Senior Vice-President .....	Mr. Du Zhaocai (CHN)
Vice Presidents .....	Dr. Lalit K Bhanot (IND) Dr. Talib F Al-Saffar (IRQ) Mr. Alexey Kondrat (KAZ) Mr. Philip Ella Juico (PHI) Eng. Suhail Q Al-Zawawi (KSA)
Secretary-Treasurer .....	Mr. Maurice Nicholas (SIN)
Individual Members .....	Mr. Saad Al-Hiasat (JOR) Mr. Mohammad Jumah (KUW) Mr. Karim Ibrahim (MAS) Maj. Gen. Muhammad Akram Sahi (PAK) Maj. Gen. W Palitha P Fernando (SRI) Mr. Ching Cheng Wang (TPE) Mr. Nasser Sultan A S Al-Maamari (UAE) Mr. Hoang Manh Cuong (VIE)
Women Members .....	Ms. Mala Sakonhnhom (LAO) Ms. Ruqaya Manssor Ebrahim Al-Ghasara (BRN)

## 2015 Athletes of the Year



Several sports organizations and media houses, throughout the World, elect Sportspersons of the Year. The *International Association of Athletics Federations* (IAAF) also honouring top athletes every year selected by global voting from athletics fraternity and thereafter a panel of international experts of our sport.

Japan's 16-year-old sprinter **Abdul Hakim Sani Brown** (illustrated above), who has Ghanaian father and a Japanese mother, was adjudged the "Rising Star" of 2015 by the IAAF following his 100-200m double gold victories in the World Youth Championships at Cali, Colombia, with championship records of 10.28 and 20.34 secs respectively.

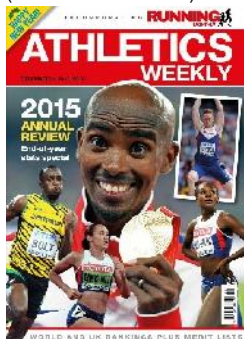
American decathlete **Ashton Eaton**, who astonished the fans with his world record 9,045 points at the Beijing World championship last year, named the **IAAF Athlete of the year**.

British journalist **Pat Butcher**, who first attended the Olympic Games in 1972 and subsequently covered all the World championships and Olympics as a writer or commentator since 1990, received the **IAAF World Journalist Award** for his lifetime contribution to the sport of athletics.

The following is the list of other male athletes who received Athletes of the Year award for 2015 from various org/media:

**Athletics Weekly** in association with *Athletics International*:

(Published since 1945)

**Men's Event-wise Merit Rankings:**

**100m:** Usain Bolt JAM .. **9. Femi Ogunode QAT**, **200m:** Usain Bolt JAM .. **8. Femi Ogunode QAT**, **400m:** Wayde van Niekerk RSA .. **8. Abdalleh Haroun QAT**, **9. Youssef Al-Masrahi KSA**, **800m:** David Rudisha KEN, **1500m:** Asbel Kiprop KEN, **5000m:** Mo Farah GBR, **10000m:** Mo Farah GBR, **Marathon:** Eliud Kipchoge KEN, **3000m Steeple:** Jairus Birech KEN, **110-H:** Sergey Shubenkov RUS, **400-H:**

Bershawn Jackson USA, **HJ: Mutaz Essa Barshim QAT** .. **4. Zhang Guowei CHN**, **PV:** Renaud Lavillenie FRA, **LJ:** Greg Rutherford GBR .. **6. Li Jinzhe CHN**, **7. Wang Jianan CHN**, **8. Gao Xinglong CHN**, **TJ:** Christian Taylor USA, **SP:** Joe Kovacs USA, **DT:** Piotr Malachowski POL .. **6. Vikas Gowda IND**, **HT:** Pawel Fajdek POL .. **3. Dilshod Nazarov TJK**, **10. Ashraf Amjad Al-Saifi QAT**, **JT:** Julius Yego KEN, **Deca:** Ashton Eaton USA, **20 KW:** Miguel Angel Lopez ESP, **2. Wang Zehn CHN**, **3. Yusuke Suzuki JPN**, **5. Cai Zelin CHN**, **6. Chen Ding CHN**, **50 KW:** Matej Toth SVK, **3. Takayuki Tani JPN**, **4. Hiroki Arai JPN**, **6. Zhang Lin CHN**, **7. Yu Wei CHN**

**Track and Field News:**

(Published since 1948)

**Men's Event-wise World Rankings:**

**100m:** Justin Gatlin USA .. **9. Femi Ogunode QAT**, **200m:** Usain Bolt JAM .. **8. Femi Ogunode QAT**, **400m:** Wayde van Niekerk RSA .. **10. Youssef Al-Masrahi KSA**, **800m:** David Rudisha KEN, **1500m:** Asbel Kiprop KEN, **5000m:** Mo Farah GBR, **10000m:** Mo Farah GBR, **Marathon:** Eliud Kipchoge KEN, **3000m Steeple:** Jairus Birech KEN, **110-H:** Sergey Shubenkov RUS, **400-H:** Bershawn Jackson USA, **HJ:** Mutaz Essa Barshim QAT .. **3. Zhang Guowei CHN**, **PV:** Renaud Lavillenie FRA, **LJ:** Greg Rutherford GBR .. **6. Wang Jianan CHN**, **8. Li Jinzhe CHN**, **9. Gao Xinglong CHN**, **TJ:** Christian Taylor USA, **SP:** Joe Kovacs USA, **DT:** Piotr Malachowski POL .. **6. Vikas Gowda IND**, **HT:** Pawel Fajdek POL .. **3. Dilshod Nazarov TJK**, **10. Ashraf Amjad Al-Saifi QAT**, **JT:** Julius Yego KEN, **Deca:** Ashton Eaton USA, **20 KW:** Miguel Angel Lopez ESP, **2. Wang Zehn CHN**, **5. Yusuke Suzuki JPN**, **7. Cai Zelin CHN**, **9. Chen Ding CHN**, **50 KW:** Matej Toth SVK, **3. Takayuki Tani JPN**, **4. Hiroki Arai JPN**, **6. Zhang Lin CHN**, **7. Yu Wei CHN**

**AIPS (International Sports Press Association):**

**Usain Bolt (Jamaica)** – It was the fifth time that Bolt has won the award, following his victories in 2008, 2009, 2012 and 2013. A panel of sports journalists from 91 countries voted in this year's poll.

**L'Equipe "Champion of Champions":**

**Usain Bolt (Jamaica)** - Bolt also won in 2008, 2009 & 2012.

**All-Athletics.com (Men's Asian Rankings):**

01	Mutaz Essa Barshim (QAT)	HJ	1397 pts
02	Zhang Guowei (CHN)	HJ	1381 pts
03	Femi Ogunode (QAT)	100-200m	1361 pts
04	Wang Zhen (CHN)	RW	1313 pts
04	Youssef Al-Masrahi (KSA)	400m	1313 pts
06	Abdalleh Haroun (QAT)	400m	1298 pts
07	Su Bingtian (CHN)	100m	1289 pts
08	Dilshod Nazarav (TJK)	Hammer	1285 pts
09	Musaeb Balla (QAT)	800m	1279 pts
10	Xie Wenjun (CHN)	110-H	1276 pts

In the national polls, **China voted sprinter Su Bingtian** (first native Asian sprinter to clock sub-10 secs in 100m) and **Japan elected race walker Takayuki Tani** (3<sup>rd</sup> in World champs 50 KW) as Athletes of the Year in their respective countries.

## 2016 CALENDAR of INTERNATIONAL EVENTS IN ASIA

### TRACK & FIELD / RACE WALKING:

<b>09-12 Feb</b>	<b>12<sup>th</sup> South Asian Games (athletics)</b>	<b>Guwahati, IND</b>
<b>19-21 Feb</b>	<b>7<sup>th</sup> Asian Indoor Athletics Championships</b>	<b>Doha, QAT</b>
<b>20 Mar</b>	<b>Asian 20 KM Race Walking Championships</b>	<b>Nomi City, JPN</b>
<b>23 Apr</b>	<b>2016 IAAF Race Walking Challenge</b>	<b>Taicang, CHN</b>
<b>24-25 Apr</b>	<b>South East Asian Youth Championships</b>	<b>Chanthaburi, THA</b>
28 Apr	Asian Grand Prix – 1 <sup>st</sup> leg	(TBD)
02 May	Asian Grand Prix – 2 <sup>nd</sup> leg	(TBD)
05 May	Asian Grand Prix – 3 <sup>rd</sup> leg	(TBD)
<b>06 May</b>	<b>IAAF Diamond League</b>	<b>Doha, QAT</b>
<b>08 May</b>	<b>Golden Grand Prix 2016</b>	<b>Kawasaki, JPN</b>
<b>14 May</b>	<b>IAAF Diamond League</b>	<b>Shanghai, CHN</b>
<b>18 May</b>	<b>2016 IAAF World Challenge</b>	<b>Beijing, CHN</b>
<b>02-06 Jun</b>	<b>17<sup>th</sup> Asian Junior Athletics Championships</b>	<b>Ho Chi Minh City, VIE</b>
18-19 Jun	International Competition T.Kolpakova	Bishkek, KGZ
25-26 Jun	XXVI Kosanov Memorial	Almaty, KAZ
23-31 Jul	Asean School Games	Chiang Mai, THA
01 Sep	7 <sup>th</sup> International Throws Meeting	Mokpo-si, KOR
<b>26-29 Sep</b>	<b>5<sup>th</sup> Asian Beach Games (beach athletics)</b>	<b>Da Nang, VIE</b>

### IMPORTANT ROAD RACES / CROSS-COUNTRY: (Jan-Mar)

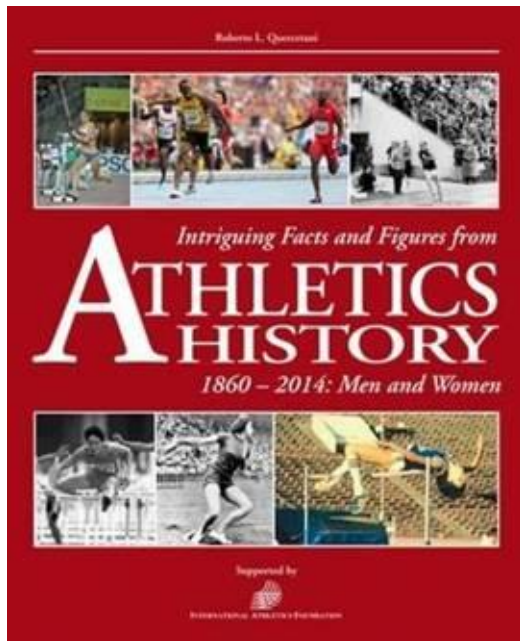
<b>02 Jan</b>	<b>Xiamen International Marathon</b>	<b>Xiamen, CHN</b>
17 Jan	Standard Chartered Mumbai Marathon	Mumbai, IND
<b>17 Jan</b>	<b>Standard Chartered Hong Kong Marathon</b>	<b>Hong Kong, HKG</b>
<b>22 Jan</b>	<b>Standard Chartered Dubai Marathon</b>	<b>Dubai, UAE</b>
24 Jan	Taipei Standard Chartered Charity Marathon	Taipei, TPE
<b>31 Jan</b>	<b>Osaka Women's Marathon</b>	<b>Osaka, JPN</b>
<b>07 Feb</b>	<b>Kagawa Marugame Int'l Half-Marathon</b>	<b>Marugame, JPN</b>
07 Feb	Vadodara International Half-Marathon	Vadodara, IND
14 Feb	Chiba International Cross Country Meet	Chiba, JPN
<b>28 Feb</b>	<b>Tokyo Marathon</b>	<b>Tokyo, JPN</b>
<b>29 Feb</b>	<b>13<sup>th</sup> Asian Cross Country Championships</b>	<b>Manama, BRN</b>
<b>06 Mar</b>	<b>Lake Biwa Mainichi Marathon</b>	<b>Otsu, JPN</b>
<b>13 Mar</b>	<b>Nagoya Women's Marathon</b>	<b>Nagoya, JPN</b>
<b>20 Mar</b>	<b>Seoul International Marathon</b>	<b>Seoul, KOR</b>
<b>20 Mar</b>	<b>New Taipei City Wan Jin Shi Marathon</b>	<b>New Taipei, TPE</b>
<b>20 Mar</b>	<b>Chongqing International Marathon</b>	<b>Chongqing, CHN</b>
<b>27 Mar</b>	<b>Incheon International Half-Marathon</b>	<b>Incheon, KOR</b>

### OTHER IMPORTANT EVENTS OUTSIDE ASIA:

<b>12-21 Aug</b>	<b>Games of the XXXI Olympiad (athletics)</b>	<b>Rio de Janeiro, BRA</b>
------------------	---	----------------------------

**Note: The venues yet to be decided for 2016 Asian Grand Prix series.**

## Book Review



### Intriguing Facts and Figures from Athletics History (1860-2014):

by **Roberto L. Quercetani**

Publisher: **Edit Vallardi**

(192 pages)

Roberto Luigi Quercetani, born in Florence (Italy) in 1922, is a widely acclaimed athletics historian in the World. RLQ, as he is fondly called in athletics circle, edited numerous historical and statistical books since 1948.

He was the Founder-President of Association of Track and Field Statisticians (ATFS), a well-known global organization and authoritative reference point for facts and figures on track and field sport.

For many years he was acting as European Editor to the prestigious *Track & Field News* magazine published in United States and also a regular contributor to the German marvel *Leichtathletik*.

His first book, *A World History of Track & Field Athletics (1864-1964)*, was published by Oxford University Press with a foreword by Harold Abrahams—the British Olympic champion and renowned global athletics administrator. Year after year he expanded the compendium and the latest volume published in 2014 covers the Bolt Era !!!

This apart, RLQ also authored several historical books through the years dedicated to the particular sections of athletics such as—

- \*World History of Sprint Racing (1850-2005)
- \*World History of the One Lap Race: 400m (1850-2004)
- \*Wizards of the Middle Distances: a History of the 800m
- \*World History of Long Distance Running (1880-2002)
- \*World History of Hurdle and Steeplechase Racing
- \*World History of the Jumping Events (1860-2010)
- \*World History of Throwing Events (1860-2011)

His latest book, *Intriguing Facts and Figures from Athletics History*, published in 2015 is a must have addition to every track buff's collection. The book reveals facts, figures, people, unpredictable results and events which took place behind the scene of modern athletics from the end of the 19<sup>th</sup> century up to present days.

Unlike the usual statistical and historical publications, the above book also includes some special studies such as the relation between height and personal bests of high jumpers:

Athlete	Record	Height	Difference
Javier Sotomayor (CUB)	2.45 m	1.95 m	50 cm
Mutaz Essa Barshim (QAT)	2.43 m	1.92 m	51 cm

Although many of the asides from his previous works have been included in the recent book, there are plenty of new stories hitherto unpublished also appeared in the *Intriguing Facts and Figures from Athletics History*.

For easy reading there are seven sections in men's events covering 1) Pre-1900 period, then 2) five double-decades up to 2000, and 3) the Last chapter until end of 2014. Women are grouped in four convenient divisions, viz., 1) 1860-1940, 2) 1941-70, 3) 1971-2000, and 4) 2001-14.

Athletes and happenings are hence listed as per the period in question mentioned above, as also the World All-Time Ranking at the end of each period.

Finally there is an interesting index of athletes mentioned in the book separately for men and women.

As in earlier years the latest work of Roberto Quercetani was also supported by the International Athletics Foundation.

Contact [segreteria@editvallardi.com](mailto:segreteria@editvallardi.com) for availability and mode of payment.

*To get your book reviewed here, please send a copy to:*

Ram. Murali Krishnan  
Editor & Publisher  
Asian Athletics Digest  
72/4, Sri Padmavathi Nagar  
NSN Palayam P.O.  
Coimbatore – 641031 INDIA

## 2015 Asian Top-10 Lists

### Men's events

#### 100m

9.91	Femi Ogunode (QAT)	Wuhan	04 Jun
9.99	Su Bingtian (CHN)	Eugene	30 May
10.09	Kei Takase (JPN)	Kawasaki	10 May
10.09	Yoshihide Kiryu (JPN)	Fuse	18 Oct
10.10	Hassan Taftian (IRI)	Almaty	25 Jul
10.12	Reza Ghasemi (IRI)	Almaty	25 Jul
10.13	Zhang Peimeng (CHN)	Beijing	22 Aug
10.16	Kim Kuk-Young (KOR)	Gwangju	09 Jul
10.16	Barakat Al-Harhi (OMA)	Mungyeong	06 Oct
10.19	Takuya Nagata (JPN)	Hiratsuka	14 Jun

#### Wind-assisted:

9.87	Yoshihide Kiryu (JPN)	Austin	28 Mar
10.05	Barakat Al-Harhi (OMA)	Manama	25 Apr
10.06	Meshal Al-Mutairi (KUW)	Manama	25 Apr
10.14	Kenji Fujimitsu (JPN)	Heusden	18 Jul
10.15	Ryota Yamagata (JPN)	Austin	28 Mar

#### 200m

19.97	Femi Ogunode (QAT)	Brussels	11 Sep
20.13	Kenji Fujimitsu (JPN)	Luzern	14 Jul
20.14	Kei Takase (JPN)	Kumagaya	17 May
20.34	Abdul Hakim Sani Brown (JPN)	Cali	19 Jul
20.42	Shota Izuka (JPN)	Niigata	26 Jun
20.47	Md Hussein Abaraghi (IRI)	Almaty	26 Jul
20.52	Liang Jinsheng (CHN)	Fuzhou	29 May
20.53	Yang Chun-Han (TPE)	Kaohsiung	21 Oct
20.56	Yoshihide Kiryu (JPN)	Hiroshima	18 Apr
20.57	Takuya Nagata (JPN)	Osaka	13 Sep

#### Wind-assisted:

20.09	Kei Takase (JPN)	Austin	28 Mar
20.43	Akiyuki Hashimoto (JPN)	Hiroshima	18 Apr
20.49	Shota Hara (JPN)	Austin	28 Mar

#### 400m

43.93	Youssef Al-Masrahi (KSA)	Beijing	23 Aug
44.27	Abdallah Haroun (QAT)	La Chaux-de-Fonds	05 Jul
45.15	Abbas Abubaker (BRN)	Plovdiv	25 Jul
45.22	Yuzo Kanemaru (JPN)	Niigata	27 Jun
45.52	Takamasa Kitagawa (JPN)	Niigata	27 Jun
45.57	Arokia Rajiv (IND)	Mungyeong	06 Oct
45.58	Kentaro Sato (JPN)	Niigata	27 Jun
45.66	Guo Zhongze (CHN)	Beijing	28 Jun
45.85	Kosuke Horii (JPN)	Niigata	27 Jun
45.88	Ali Khamis Abbas (BRN)	Stara Zagora	18 Jul

#### 800m

1:43.82	Abdulrahman Musaeb Balla (QAT)	Barcelona	08 Jul
1:45.33	Abraham Rotich (BRN)	Sotteville-les-Rouen	06 Jul
1:45.50	Ali Saad Al-Daran (KSA)	Mungyeong	06 Oct
1:46.16	Jamal Al-Hayrani (QAT)	Leuven	08 Aug
1:46.79	Sho Kawamoto (JPN)	Kawasaki	10 May

1:47.06	Abubaker H Abdalla (QAT)	Granollers	08 Aug
1:47.11	Md Ayoub Tiouali (BRN)	Ninove	01 Aug
1:47.15	Linus Kiplagat (BRN)	Mungyeong	06 Oct
1:47.20	Imad Yahya Al-Jayzani (KSA)	Rieti	13 Sep
1:47.58	Jinson Johnson (IND)	Mangaluru	02 May

#### 1500m

3:35.14	Benson Seurei (BRN)	Paris Saint-Denis	04 Jul
3:35.78	Mohamed Al-Garni (QAT)	Sollentuna	25 Jun
3:37.59	Rashid Ramzi (BRN)	Ninove	01 Aug
3:38.99	Youssef Saad Kamel (BRN)	Ried	17 Jul
3:39.18	Md Ayoub Tiouali (BRN)	Bern	29 Jul
3:39.62	Abdullah Obaid Al-Salhi (KSA)	Leuven	08 Aug
3:40.69	Abdulrahman Musaeb Balla (QAT)	Granollers	08 Aug
3:40.82	Said Aden Said (QAT)	Rieti	13 Sep
3:41.16	Kota Murayama (JPN)	Kumamoto	04 Apr
3:42.06	Hazuma Hattori (JPN)	Kitami	12 Jul

#### 5000m

13:06.74	Albert Rop (BRN)	Heusden	18 Jul
13:08.40	Suguru Osako (JPN)	Heusden	18 Jul
13:12.63	Tetsuya Yoroizaka (JPN)	Heusden	18 Jul
13:19.62	Kota Murayama (JPN)	Nobeoka	09 May
13:19.80	Aweke Ayalew (BRN)	Rome	04 Jun
13:25.00	Tariq Ahmed Al-Amri (KSA)	Leuven	08 Aug
13:26.19	Zouhair Aouad (BRN)	Mungyeong	08 Oct
13:28.61	Shuho Dairokuno (JPN)	Heusden	18 Jul
13:28.67	Hassan Chani (BRN)	Carquefou	19 Jun
13:32.72	Naohiro Domoto (JPN)	Hiroshima	18 Apr

#### 10000m

27:25.02	El Hassan El Abbassi (BRN)	Eugene	29 May
27:29.69	Kota Murayama (JPN)	Hachioji	28 Nov
27:29.74	Tetsuya Yoroizaka (JPN)	Hachioji	28 Nov
27:39.95	Kenta Murayama (JPN)	Nobeoka	09 May
27:42.71	Yuta Shitara (JPN)	Nobeoka	09 May
27:45.24	Suguru Osako (JPN)	Eugene	29 May
27:46.55	Shuho Dairokuno (JPN)	Hachioji	28 Nov
27:55.02	Tsuyoshi Ugachi (JPN)	Hachioji	28 Nov
27:55.40	Hiroyuki Yamamoto (JPN)	Hachioji	28 Nov
27:57.13	Yuki Sato (JPN)	Stanford	02 May

#### Marathon

2:07:20	Shumi Dechasa (BRN)	Tokyo	22 Feb
2:07:39	Masato Imai (JPN)	Tokyo	22 Feb
2:08:56	Satoru Sasaki (JPN)	Fukuoka	06 Dec
2:09:12	Hiroaki Sano (JPN)	Tokyo	22 Feb
2:09:21	Koji Gokaya (JPN)	Tokyo	22 Feb
2:10:15	Ser-Od Bat-Ochir (MGL)	Hamburg	26 Apr
2:10:46	Hiroki Kadota (JPN)	Oita	01 Feb
2:10:55	Chiharu Takada (JPN)	Fukuoka	06 Dec
2:11:14	Takehiro Deki (JPN)	Tokyo	22 Feb
2:11:39	Tomohiro Tanigawa (JPN)	Nagano	19 Apr

#### 3000m Steeplechase

8:14.75	John Koech (BRN)	Beijing	20 May
8:31.35	Nelson Kipkosgei (BRN)	Manama	25 Apr
8:32.89	Hironori Tsuetaki (JPN)	Niigata	26 Jun
8:33.25	Md Hasim Salah (QAT)	Sollentuna	25 Jun

8:33.52	Evans Chematot (BRN)	Mungyeong	08 Oct
8:33.69	Aoi Matsumoto (JPN)	Kawasaki	10 May
8:35.41	Jun Shinoto (JPN)	Lapinlahti	19 Jul
8:36.61	Minato Yamashita (JPN)	Niigata	26 Jun
8:42.79	Naveen Kumar (IND)	Kolkata	17 Sep
8:42.80	Kazuya Shiojiri (JPN)	Osaka	11 Sep

**110m Hurdles**

13.36	Xie Wenjun (CHN)	Shanghai	17 May
13.53	Kim Byung-Jun (KOR)	Gainesville	24 Apr
13.53	Zhang Honglin (CHN)	Shanghai	15 Jul
13.54	Hideki Omuro (JPN)	Kita-Kyushu	03 Nov
13.58	Yaqoub Al-Yoha (KUW)	Doha	31 Mar
13.61	Abdulaziz Al-Mandeeel (KUW)	Qatif	09 Apr
13.61	Jiang Fan (CHN)	Beijing	29 Jun
13.64	Genta Masuno (JPN)	Yokohama	15 May
13.68	Chen Kuei-Ju (TPE)	Kaohsiung	19 Oct
13.69	Jumrut Rittidet (THA)	Singapore	11 Jun

Wind-assisted:

13.32	Abdulaziz Al-Mandeeel (KUW)	Doha	29 Apr
13.37	Yaqoub Al-Yoha (KUW)	Manama	25 Apr
13.49	Kim Byung-Jun (KOR)	Clermont	18 Apr

**400m Hurdles**

49.05	Chieh Chen (TPE)	Kaohsiung	21 Oct
49.08	Keisuke Nozawa (JPN)	Gifu	26 Sep
49.12	Eric Cray (PHI)	George Town	16 May
49.14	Yuki Matsushita (JPN)	Chiba	15 Aug
49.17	Takayuki Kishimoto (JPN)	Tokyo	26 Jul
49.56	Cheng Wen (CHN)	Beijing	22 Aug
49.58	Yuta Konishi (JPN)	Wuhan	06 Jun
49.89	Takaoki Hashimoto (JPN)	Osaka	13 Sep
49.92	Yasuhiro Fueki (JPN)	Gifu	26 Sep
49.95	Kazuaki Yoshida (JPN)	Wuhan	06 Jun

**High Jump**

2.41	Mutaz Essa Barshim (QAT)	Eugene	30 May
2.38	Zhang Guowei (CHN)	Eugene	30 May
2.32	Yun Seung-Hyun (KOR)	Yeosu	01 Sep
2.31	Wang Yu (CHN)	Beijing	20 May
2.31	Majed El Dein Ghazal (SYR)	Mungyeong	05 Oct
2.29	Naoto Tobe (JPN)	Shanghai	17 May
2.29	Hsiang Chun-Hsieng (TPE)	Kaohsiung	21 Oct
2.28	Takashi Eto (JPN)	Fukuuroi	03 May
2.28	Hiromi Takahari (JPN)	Kawasaki	10 May
2.28	Yuji Hiramatsu (JPN)	Yokohama	16 May

**Pole Vault**

5.70	Seito Yamamoto (JPN)	Gifu	27 Sep
5.65	Hiroki Ogita (JPN)	Fukuuroi	03 May
5.65	Zhang Wei (CHN)	Beijing	27 Jun
5.65	Yao Jie (CHN)	Beijing	27 Jun
5.65	Nikita Filippov (KAZ)	Almaty	18 Jul
5.53	Jin Min-Sub (KOR)	Leverkusen	07 Aug
5.51	Hiroki Sasase (JPN)	Shizuoka	12 Jul
5.51	Han Du-Hyun (KOR)	Gangneung	18 Oct
5.50	Huang Bokai (CHN)	Jinan	29 Apr
5.50	Xia Xiang (CHN)	Beijing	27 Jun
5.50	Sergey Grigoryev (KAZ)	Almaty	25 Jul

**Long Jump**

8.34	Gao Xinglong (CHN)	Beijing	08 Aug
8.26	Li Jinzhe (CHN)	Beijing	08 May
8.25	Wang Jianan (CHN)	Shanghai	17 May
8.18	Yohei Sugai (JPN)	Walnut	18 Apr
8.17	Tang Gongchen (CHN)	Chanthaburi	29 Jun
8.17	Huang Changzhou (CHN)	Beijing	08 Aug
8.11	Ahmed Fayaz Al-Dosari (KSA)	Qatif	09 Apr
8.11	Shin-ichiro Shimono (JPN)	Fukuoka	02 Aug
8.08	Ted Hooper (TPE)	Irvine	01 May
8.04	Ankit Sharma (IND)	Thiruvananthapuram	10 Feb
8.04	K Prem Kumar (IND)	Walnut	18 Apr

Wind-assisted:

8.08	Kota Minemura (JPN)	Kobe	26 Apr
------	---------------------	------	--------

**Triple Jump**

17.12	Dong Bin (CHN)	Sapporo	12 Jul
17.00	Kim Duk-Hyung (KOR)	Sapporo	12 Jul
16.93	Xu Xiaolong (CHN)	Taiyuan	13 May
16.83	Wu Ruiting (CHN)	Suzhou	25 Sep
16.79	Fu Haitao (CHN)	Taiyuan	13 May
16.78	Li Jialei (CHN)	Taiyuan	13 May
16.77	Cao Shuo (CHN)	Wuhan	06 Jun
16.76	Md Hamimi Ismail (MAS)	Singapore	09 Jun
16.74	Roman Valiyev (KAZ)	Almaty	25 Jul
16.66	Renjith Maheswary (IND)	Thiruvananthapuram	12 Feb

Wind-assisted:

17.21	Dong Bin (CHN)	Sapporo	12 Jul
17.07	Kim Duk-Hyung (KOR)	Sapporo	12 Jul
16.98	Cao Shuo (CHN)	Sapporo	12 Jul

**Shot Put**

20.65	Inderjeet Singh (IND)	Mangaluru	02 May
19.69	Liu Yang (CHN)	Beijing	29 Jun
19.61	Tian Zhizhong (CHN)	Sapporo	12 Jul
19.56	Chang Ming-Huang (TPE)	Wuhan	03 Jun
19.55	Wang Guangfu (CHN)	Chanthaburi	29 Jun
19.49	Jung Il-woo (KOR)	Sapporo	12 Jul
19.37	Sergey Dementyev (UZB)	Almaty	25 Jul
19.35	Sultan Abdulmajeed Al-Hebshi (KSA)	Biala Podlaska	29 Aug
19.26	Guo Yanxiang (CHN)	Pathumthani	25 Jun
19.24	Tejinder Pal Singh (IND)	Gwangju	08 Jul

**Discus Throw**

65.75	Vikas Gowda (IND)	La Jolla	25 Apr
65.22	Ehsan Hadadi (IRI)	Grevenmacher	19 Jul
63.22	Essa Md Gharib Al-Zankawi (KUW)	Manama	27 Apr
63.08	Mahmoud Samimi (IRI)	Tehran	01 May
63.01	Ahmed Mohamed Dheeb (QAT)	Manama	27 Apr
60.60	Mustafa Kazem Dagher (IRQ)	Manama	27 Apr
60.43	Sultan Mubarak Al-Dawoodi (KSA)	Radom	27 Jun
60.42	Mohammad Samimi (IRI)	Shiraz	03 Sep
59.89	Wu Jian (CHN)	Jinan	01 May
58.51	Arjun Kumar (IND)	Mangaluru	04 May

**Hammer Throw**

79.36	Dilshod Nazarov (TJK)	Ostrava	25 May
-------	-----------------------	---------	--------

78.22	Sukhrob Khodyayev (UZB)	Almaty	25 Jul
78.04	Ashraf Amjad Al-Saifi (QAT)	Rhede	04 Jul
74.74	Wan Yong (CHN)	Grodno	24 Jul
74.61	Wang Shizhu (CHN)	Chengdu	31 Mar
74.30	Kaveh Mousavi (IRI)	Shiraz	02 Sep
73.08	Reza Moghaddam (IRI)	Tehran	20 May
73.07	Pejman Ghalelouei (IRI)	Tehran	20 May
72.86	Kamalpreet Singh (IND)	Tucson	21 May
71.98	Hiroshi Noguchi (JPN)	Niigata	27 Jun

**Javelin Throw**

84.66	Ryohei Arai (JPN)	Beijing	24 Aug
84.24	Bobur Shokirjonov (UZB)	Dushanbe	17 Oct
83.04	Sumedha Ranasinghe(SRI)	Diyagama	03 Dec
82.23	Rajender Singh (IND)	Thiruvananthapuram	12 Feb
81.78	Cheng Chao-Tsun (TPE)	Kawasaki	10 May
81.48	Huang Shih-Feng (TPE)	Taipei	17 Mar
81.04	Neeraj Chopra (IND)	Patiala	31 Dec
79.65	Devender Singh (IND)	Mangaluru	02 May
79.47	Zhao Qinggang (CHN)	Beijing	24 Aug
79.39	Ma Qun (CHN)	Chengdu	31 Mar

**Decathlon**

8058	Keisuke Ushiro (JPN)	Nagano	05 Jul
8043	Akihiko Nakamura (JPN)	Wakayama	25 Apr
7725	Takumi Otohe (JPN)	Nagano	05 Jul
7697	Tsuyoshi Shimizu (JPN)	Osaka	13 Sep
7679	Kazuya Kawasaki (JPN)	Nagano	05 Jul
7664	Hu Yufei (CHN)	Guilin	22 Jul
7568	Mohammed Al-Qaree (KSA)	Manama	27 Apr
7534	Guo Qi (CHN)	Jinan	30 Apr
7520	Chen Xiaohong (CHN)	Jinan	30 Apr
7492	Yuta Notoya (JPN)	Nagano	05 Jul

**20 KM Walk**

1:16:36	Yusuke Suzuki (JPN)	Nomi	15 Mar
1:18:00	Wang Zhen (CHN)	La Coruna	06 Jun
1:18:03	Eiki Takahashi (JPN)	Kobe	15 Feb
1:18:44	Chen Ding (CHN)	La Coruna	06 Jun
1:19:08	Isamu Fujisawa (JPN)	Nomi	15 Mar
1:19:08	Daisuke Matsunaga (JPN)	Nomi	15 Mar
1:19:12	Kai Kobayashi (JPN)	Nomi	15 Mar
1:19:13	Kim Hyun-Sub (KOR)	Nomi	15 Mar
1:19:42	Satoshi Maruo (JPN)	Nomi	15 Mar
1:19:45	Cai Zelin (CHN)	La Coruna	06 Jun

**50 KM Walk**

3:40:20	Hiroki Arai (JPN)	Wajima	19 Apr
3:42:01	Takayuki Tanii (JPN)	Wajima	19 Apr
3:43:40	Yuki Yamazaki (JPN)	Wajima	19 Apr
3:44:27	Koichiro Morioka (JPN)	Takahata	25 Oct
3:44:39	Zhang Lin (CHN)	Beijing	29 Aug
3:45:21	Yu Wei (CHN)	Beijing	29 Aug
3:46:07	Takuya Yoshida (JPN)	Wajima	19 Apr
3:47:35	Wu Qianlong (CHN)	Beijing	21 Mar
3:48:48	Luo Yadong (CHN)	Beijing	21 Mar
3:49:57	Xie Sichao (CHN)	Beijing	21 Mar

**4 x 100m Relay**

37.92	China	Beijing	29 Aug
38.20	Japan	Nassau	02 May
38.99	Thailand	Singapore	12 Jun
39.24	Singapore	Singapore	12 Jun
39.25	Hong Kong	Wuhan	04 Jun
39.26	Chinese Taipei	Taipei	16 May
39.32	Indonesia	Singapore	12 Jun
39.38	Sri Lanka	Wuhan	04 Jun
39.60	India	Pathumthani	25 Jun
39.67	Malaysia	Singapore	12 Jun

**4 x 400m Relay**

3:02.50	Qatar	Wuhan	07 Jun
3:02.62	Saudi Arabia	Wuhan	07 Jun
3:02.97	Japan	Beijing	29 Aug
3:05.14	India	Wuhan	07 Jun
3:05.79	Sri Lanka	Wuhan	07 Jun
3:05.94	Oman	Wuhan	07 Jun
3:05.96	China (Guangdong)	Taiyuan	13 May
3:06.23	Bahrain	Manama	27 Apr
3:06.60	South Korea	Gwangju	11 Jul
3:06.81	Thailand	Singapore	11 Jun

**NEXT WEEK****2015 Asian Women's Top-10 Lists****Country Codes for Asian nations:**

<b>AFG</b>	<b>Afghanistan</b>	<b>MDV</b>	<b>Maldives</b>
<b>BAN</b>	<b>Bangladesh</b>	<b>MGL</b>	<b>Mongolia</b>
<b>BHU</b>	<b>Bhutan</b>	<b>MYA</b>	<b>Myanmar</b>
<b>BRN</b>	<b>Bahrain</b>	<b>NEP</b>	<b>Nepal</b>
<b>BRU</b>	<b>Brunei</b>	<b>OMA</b>	<b>Oman</b>
<b>CAM</b>	<b>Cambodia</b>	<b>PAK</b>	<b>Pakistan</b>
<b>CHN</b>	<b>China</b>	<b>PHI</b>	<b>Philippines</b>
<b>HKG</b>	<b>Hong Kong</b>	<b>PLE</b>	<b>Palestine</b>
<b>INA</b>	<b>Indonesia</b>	<b>PRK</b>	<b>Korea (North)</b>
<b>IND</b>	<b>India</b>	<b>QAT</b>	<b>Qatar</b>
<b>IRI</b>	<b>Iran</b>	<b>SIN</b>	<b>Singapore</b>
<b>IRQ</b>	<b>Iraq</b>	<b>SRI</b>	<b>Sri Lanka</b>
<b>JOR</b>	<b>Jordan</b>	<b>SYR</b>	<b>Syria</b>
<b>JPN</b>	<b>Japan</b>	<b>THA</b>	<b>Thailand</b>
<b>KAZ</b>	<b>Kazakhstan</b>	<b>TJK</b>	<b>Tajikistan</b>
<b>KGZ</b>	<b>Kyrgyzstan</b>	<b>TKM</b>	<b>Turkmenistan</b>
<b>KOR</b>	<b>Korea (South)</b>	<b>TLS</b>	<b>East Timor</b>
<b>KSA</b>	<b>Saudi Arabia</b>	<b>TPE</b>	<b>Chinese Taipei</b>
<b>KUW</b>	<b>Kuwait</b>	<b>UAE</b>	<b>United Arab Emirates</b>
<b>LAO</b>	<b>Laos</b>		
<b>LIB</b>	<b>Lebanon</b>	<b>UZB</b>	<b>Uzbekistan</b>
<b>MAC</b>	<b>Macau</b>	<b>VIE</b>	<b>Vietnam</b>
<b>MAS</b>	<b>Malaysia</b>	<b>YEM</b>	<b>Yemen</b>

## Asian Records *(as of 31 December 2015)*

### MEN:

100m	9.91	Femi Seun Ogunode	QAT	Wuhan	04 Jun 2015
200m	19.97	Femi Seun Ogunode	QAT	Brussels	11 Sep 2015
400m	43.93	Youssef Ahmed Al-Masrahi	KSA	Beijing	23 Aug 2015
800m	1:42.79	Youssef Saad Kamel	BRN	Monaco	29 Jul 2008
1500m	3:29.14	Rashid Ramzi	BRN	Rome	14 Jul 2006
5000m	12:51.96	Albert Rop	BRN	Monaco	19 Jul 2013
10000m	26:38.76	Abdullah Ahmad Hassan	QAT	Brussels	05 Sep 2003
Marathon	2:06:16	Toshinari Takaoka	JPN	Chicago	13 Oct 2002
3000m Steeplechase	7:53.63	Saif Saeed Shaheen	QAT	Brussels	03 Sep 2004
110m Hurdles	12.88	Liu Xiang	CHN	Lausanne	11 Jul 2006
400m Hurdles	47.53	Hadi Soua'an Al-Somaily	KSA	Sydney	27 Sep 2000
High Jump	2.43	Mutaz Essa Barshim	QAT	Brussels	05 Sep 2014
Pole Vault	5.92 (*)	Igor Potapovich	KAZ	Stockholm	19 Feb 1998
Long Jump	8.48	Mohamed Salman Al-Khuwailidi	KSA	Sotteville	02 Jul 2006
Triple Jump	17.59	Li Yanxi	CHN	Jinan	26 Oct 2009
Shot Put	21.13	Sultan Abdulmajeed Al-Hebshi	KSA	Doha	08 May 2009
Discus Throw	69.32	Ehsan Hadadi	IRI	Tallinn	03 Jun 2008
Hammer Throw	84.86	Koji Murofushi	JPN	Prague	29 Jun 2003
Javelin Throw	89.15	Zhao Qinggang	CHN	Incheon	02 Oct 2014
Decathlon	8725	Dmitriy Karpov	KAZ	Athens	24 Aug 2004
20 KM Walk	1:16:36	Yusuke Suzuki	JPN	Nomi	15 Mar 2015
50 KM Walk	3:36:06	Yu Chaohong	CHN	Nanjing	22 Oct 2005
4 x 100m Relay	37.92	China National Team		Beijing	29 Aug 2015
4 x 400m Relay	3:00.76	Japan National Team (Mo Youxue, Xie Zhenye, Su Bingtian, Zhang Peimeng)		Atlanta	03 Aug 1996

\*achieved in indoor competition

### Junior Men (U20):

100m	10.05	Yoshihide Kiryu	JPN	Kumagaya	17 May 2014
200m	20.29	Yusuke Omae	JPN	Matsumoto	30 Jun 2001
400m	44.27	Abdelilah Haroun	QAT	La Chaux-de-Fonds	05 Jul 2015
800m	1:44.02	Bilal Mansour Ali	BRN	Rieti	09 Sep 2007
1500m	3:31.49	Bilal Mansour Ali	BRN	Athens	02 Jul 2007
5000m	13:17.10	Essa Ismail Rasheed	QAT	Hengelo	29 May 2005
10000m	27:59.32	Ryuji Ono	JPN	Tottori	05 Jun 2004
3000m Steeplechase	8:07.18	Moussa Omar Obaid	QAT	Athens	24 Aug 2004
110m Hurdles	13.12	Liu Xiang	CHN	Lausanne	02 Jul 2002
400m Hurdles	48.94	Ibrahim Al-Hamaidi	KSA	Grosseto	16 Jul 2004
High Jump	2.33	Zhu Jianhua	CHN	New Delhi	01 Dec 1982
Pole Vault	5.60	Yan Yansheng	CHN	Shijiazhuang	03 Aug 2007
Long Jump	8.25	Wang Jianan	CHN	Shanghai	17 May 2015
Triple Jump	17.23	Gu Junjie	CHN	Hefei	26 Sep 2004
Shot Put	20.63	Li Meng	CHN	Nanchang	21 Oct 2011
Discus Throw	64.51	Wu Tao	CHN	Kingston	18 Jul 2002
Hammer Throw	85.57	Mohamed Ashraf Amjad Al-Saifi	QAT	Barcelona	14 Jul 2012
Javelin Throw	81.80	Sergey Voynov	UZB	Tashkent	06 Jun 1996
Decathlon	8041	Qi Haifeng	CHN	Busan	10 Oct 2002
10000m Walk	39:08.23	Daisuke Matsunaka	JPN	Tokyo	14 Dec 2013
4 x 100m Relay	39.01	Japan National Junior Team (Kazuma Oseto, Akiyuki Hashimoto, Asuka Cambridge, Kazuki Kanamori)		Barcelona	13 Jul 2012
4 x 400m Relay	3:04.11	Japan National Junior Team (Julian Walsh, Kaisei Yui, Takamasa Kitagawa, Nobuya Kato)		Eugene	27 Jul 2014

## Asian Best Performances *(as of 31 December 2015)*

### Youth Boys (U18):

100m	10.19	Yoshihide Kiryu	JPN	Fukuroi	03 Nov 2012
200m	20.34	Abdul Hakim Sani Brown	JPN	Cali	19 Jul 2015
400m	45.60	Ibrahim Ismail	QAT	New Delhi	17 Nov 1989
800m	1:44.34	Bilal Mansour Ali	BRN	Coneglio	17 Jun 2005
1500m	3:33.86	Bilal Mansour Ali	BRN	Milan	01 Jun 2005
3000m	7:47.65	Adam Ismail Khamis	BRN	El Djezair	22 Jun 2006
2000m Steeplechase	5:32.13	Kamal Ali Thamer	QAT	Doha	13 May 2005
110m Hurdles	13.25	Chu Pengfei	CHN	Huaian	17 Jul 2010
400m Hurdles	50.03	Hiroshi Kakimori	JPN	Ise	31 Aug 1985
High Jump	2.27	Huang Haiqiang	CHN	Marrakech	16 Jul 2005
Pole Vault	5.45	Yang Yansheng	CHN	Nanjing	18 Oct 2005
Long Jump	8.17	Zhang Xiaoyi	CHN	Chongqing	23 Apr 2006
Triple Jump	16.89	Gu Junjie	CHN	Dalian	25 Aug 2000
Shot Put	22.10	Wang Like	CHN	Huizhou	22 Jul 2006
Discus Throw	68.28	Li Zedong	CHN	Yantai	11 Oct 2006
Hammer Throw	85.26	Mohamed Ashraf Amjad Al-Saifi	QAT	Rhede	20 Jul 2011
Javelin Throw	82.34	Wang Qingbo	CHN	Ningbo	17 May 2005
Decathlon	7479	Cao Wen	CHN	Shanghai	22 Oct 1997
10000m Walk	39:47.20	Chen Ding	CHN	Bydgoszcz	11 Jul 2008
Medley Relay	1:50.52	Japan National Youth Team (Daiki Oda, Shunto Nagata, Kakeru Yamaki, Kaisei Yui)		Donetsk	14 Jul 2013



## Innovative Sporting Solutions Pvt. Ltd. (ISSPL)

C-1/12 MANGAL APARTMENTS, VASUNDHRA ENCLAVE, NEW DELHI – 110096 (INDIA)

Contact details: [director@innovativesportz.com](mailto:director@innovativesportz.com), [nitinarya99@gmail.com](mailto:nitinarya99@gmail.com) +91 97114 86514 (M)

### ISSPL is a One Stop solution for a Sporting Event

#### SERVICES WE OFFER:

- ✓ Planning & Execution of a Event
- ✓ Organize the complete Event on your behalf
- ✓ Managing PR & Media of your Event / Federation
- ✓ Sports & Competition Management
- ✓ Accreditation & Data Services
- ✓ Branding of Stadium & Outdoor Hoardings
- ✓ Arrangement of all Licenses for the event
- ✓ Supply & Management of Technical Equipments
- ✓ Venue Overlays
- ✓ Ticket Sales
- ✓ Complete IT Solutions

and many more solutions on a single platform...

#### ISSPL TEAM HAS THE EXPERIENCE OF:

- ✓ Track Cycling Asia Cup 2015
- ✓ Asian Women's Youth Handball championship 2015
- ✓ Hockey India League 2013-2015
- ✓ Hockey Men's Champions Trophy 2014
- ✓ Asian Athletics Championships 2013
- ✓ Hockey Olympic Qualifier 2012
- ✓ London Olympics 2012
- ✓ ICC Cricket World Cup 2011
- ✓ Indian Premier League 2008-2011
- ✓ Commonwealth Games 2010
- ✓ National Games, Guwahati 2007 & Ranchi 2011

and many more National & International events...

## Recent Results from Asia

### 14<sup>th</sup> C&D Xiamen International Marathon, IAAF Gold Label Road Race, Xiamen/CHN (2 Jan 2016):

**Men:** 1. Vincent Kipruto KEN 2:10:18, 2. Tola Shura ETH 2:10:20, 3. Feyisa Bekele ETH 2:11:09 .. 10. Andrey Petrov UZB 2:17:48, 11. Gantulga Dambadarjaa MGL 2:18:52, 12. Yang Shaohui CHN 2:21:46, 13. Munkhbayar Narandulam MGL 2:28:42; **Women:** 1. Workenesh Edesa ETH 2:24:04, 2. Marta Lema ETH 2:24:32, 3. Fantu Jimma ETH 2:26:53 .. 6. Kim Kum Ok PRK 2:36:17, 8. Kim Ok Hyang PRK 2:41:59, 9. Luvsanl- khundeg Otgonbayer MGL 2:42:49, 10. Bayartsogt Munkh- zaya MGL 2:43:33, 11. Khishigsaikhan Galbadrakh MGL 2:47:35, 12. Chi Ngan Chow HKG 2:52:43, 13. Li Shuang CHN 2:58:37;

### 76<sup>th</sup> All India Inter-University Athletics Championships, Patiala/IND (29 Dec 2015 – 3 Jan 2016):



The Indian Inter-University Championships held under cool conditions at the Punjabi University grounds in Patiala during the last three days of 2015 and the first three days of 2016 witnessed an array of good performances. 19-year-old Panjab University javelin thrower Neeraj Chopra, a student of DAV College in Chandigarh, unleashed the javelin to a whooping distance of 81.04m in qualifying rounds on 31<sup>st</sup> December that turned out of the best performance by a junior (U20) athlete in the World during 2015. He went on to win the event the next day (1 Jan) with a decent 79.95m to

take a strong early lead in the World for 2016. He is a strong contender for a podium finish in this year's Asian junior championships in Vietnam's Ho Chi Minh city this June and World junior championships in Bydgoszcz, Poland, thereafter. In women's shot put Manpreet Kaur missed the Indian junior best by just 1 day! The Punjabi University athlete puts the 4kg iron ball to 16.04m in the qualifying round on New Years' day thus missing the credit of achieving the Indian junior best by just 1 day! She eventually won the gold with a throw of 15.84m the following day. Neeraj Chopra and long jumper Shradha Ghule adjudged as the best athletes of the meet among men and women respectively. Hosts Punjabi University annexed the overall champion title for the sixth year in a row.

**Men:** 100m: V Praveen Muthukumar (Mangalore) 10.75, 200m: A Deepan Chakravarthi (Bharathiyar) 21.70, 400m: A Dharun (Mangalore) 47.47, 800m: K A Bharath (Mangalore) 1:53.42, 1500m: Anand (Panjab, Chandigarh) 3:56.33, 5000m: Arun (MDU, Rohtak) 14:50.27, 10000m: Ranjeet Kumar Patel (Mangalore) 30:55.41, 3000m Steeple: M Manikandan (Bharathidasan) 9:18.37, 110-H: Samarth Sadashiva (Mangalore) 14.40, 400-H: A Dharun (Mangalore) 51.34, HJ: Lovepreet Singh (Punjabi, Patiala) 2.06, PV: Anuj (MDU) 4.90, LJ: Yugant Shekhar Singh (Dr. RML Avadh) 7.50, TJ: S N Mohammed Salahuddin (Bharathiar) 15.76, SP: V P Alfin (Jain) 16.97 (\*Tajinderpal Singh Toor, Punjabi, 18.57 in qualifying round), DT: Sachin (MDU) 53.50, HT: Bhupendra Singh (MJP Rohilkhand) 58.72, JT: Neeraj Chopra (Panjab) 79.95 (\*81.04 **World Junior Lead for 2015 in qualifying round, which was also 2<sup>nd</sup> best in Asian Junior All-Time & 10<sup>th</sup> in World Junior All-Time Rankings!**), Deca: Surender Kumar (Mohanlal Sukhadia) 6572, HM: Kumbhar Kantilal Devram (Mangalore) 1:08:47.8, 20000m RW: Kuldeep (Mangalore) 1:29:38.17, 4x100/4x400m: Univ. of Madras 41.46/3:14.05; **Women:** 100/200m: K Manju (MGU, Kottayam) 12.18/24.95 (\*11.97 in semis), 400m: P N Sowndharya (Madras) 55.79, 800m: Vijay Laxmi (Lucknow) 2:09.15, 1500m: P U Chitra (Calicut) 4:28.22, 5000/10000m: Sanjivani Jadhav (Savithri- bai, Pune) 16:18.01/34:06.91, 3000m Steeple: Vijay Laxmi (Lucknow) 10:55.85, 100-H: Jaspreet (Punjabi) 14.47, 400-H: Veerpal Kaur (Punjabi) 1:01.88, HJ: Swapna Barman (Calcutta) 1.73, PV: Krishna Rathan (Mangalore) 3.50, LJ: Shradha Bhaskar Ghule (Mumbai) 6.27, TJ: Jenimol Joy (Kerala) 12.62, SP: Manpreet Kaur (Punjabi) 15.84, DT: Navjeet Kaur Dhillon (GNDU, Amritsar) 51.38, HT: Anmol Kaur (Panjab) 51.77, JT: Poonam Rani (Devi Lal, Sirsa) 49.75, Hepta: Swapna Barman (Calcutta) 5302, HM: Rohini Raut (RTM Nagpur) 1:21:16.9, 5000m RW: Priyanka (Punjabi) 23:28.19, 4x100m: Kerala 47.57, 4x400m: Mahatma Gandhi University, Kottayam 3:47.24;

### Striders City Half-Marathon, Nashik/IND (27 Dec):

**Men:** 1. Suresh Wagh 1:11:38, 2. Neeraj Kumar 1:11:49, 3. Gurjit Singh 1:11:50; **Women:** 1. Manju Sahani 1:35:55, 2. Yogita Wagh 1:37:53;

### 34<sup>th</sup> Sanyo Road Race, Okayama/JPN (23 Dec):

**Women:** 10 KM: 1. Rosemary Wanjiru KEN 32:03, 2. Felista Wanjugu KEN 32:24, 3. Mariam Waithe KEN 32:34 .. 5.

Nao Yamamoto JPN 33:01, 6. Yuki Yokoishi JPN 33:04, 7. Junna Fujii JPN 33:07, 8. Kumi Ogura JPN 33:12, 9. Honami Maeda JPN 33:15; **Half-Marathon:** 1. Selly Chepyego KEN 68:17, 2. Rei Ohara JPN 69:17, 3. Pauline Kamulu KEN 69:44, 4. Yuka Ando JPN 69:51 .. 6. Yumeki Waku JPN 69:56, 7. Misaki Kato JPN 70:17;

#### 41<sup>st</sup> National Sports Festival, Diyagama/SRI (18-20 Dec):



Long jumper NCD Priyadarshani's national record leap to 6.43m was the highlight in three-day National Sports Festival of Sri Lanka. Much was anticipated from javelin thrower Sumedha Ranasinghe who registered an impressive 83.04m at the same venue in the first week of December—the best by a South Asian athlete to date—during the national trials for South Asian Games. However he managed only 75.91m for the gold in the sports festival.

**Men:** 100/200m: Vinoj Suranjaya De Silva 10.45/21.02, 400m: Kasun Senevirathne 46.87, 800m: KGAP Amarasiri 1:50.22, 1500m: Sanjeewa Lakmal 3:53.92, 5000/10000m: D Lionel Samarajeewa 14:40.70/30:48.75, 110-H: Saliya Randeewa 14.51, 400-H: Aravinda Chathuranga 51.97, HJ: Manjula Kumara Wijesekara 2.19, PV: Ishara Sandaruwan 4.83, LJ: Amila Jayasiri 7.57, TJ: Eranda Dinesh Fernando 15.81, SP: Joy Danushka Perera 15.29, DT: U P Jayawardana 42.38, HT: K Nilantha 45.08, JT: Sumedha Ranasinghe 75.91, 4x100/4x400m: Western Province 40.93/3:13.26; **Women:** 100/200m: Rumesika Rathnayake 11.88/24.12, 400m: Chandrika Subashini 53.80, 800m:

Nimali Liyanarachchi 2:05.32, 1500m: Eranga Rasika Dulakshi 4:23.95, 5000m: Nilani Rathnayake 16:50.67, 1000m: Nilanthi Lanka Ariyadasa 36:56.74, 100-H: Ireshani Rajasinghe 14.55, 400-H: Eranga Rasika Dulakshi 59.51, HJ: Dulanjali Kumari Ranasinghe 1.73, PV: Aniththa Jegatheeswaran 3.25, LJ: Chamali Dilrukshi Priyadarshani 6.43 (**National Record**), TJ: Vidusha Lakshani 12.98, SP: Kumudumali Fernando 14.45, DT: Ishara Madurangi 36.04, HT: Ayesha Maduwanthi 43.18, JT: Nadeeka Lakmali 58.52, 4x100m: North Western Team 47.71, 4x400m: Southern Province 3:43.98;

#### TATA Steel 25 KM Road Race, Kolkata/IND (20 Dec):

**Men:** 1. Elam Singh 1:20:14, 2. Bugatha Srinu 1:20:16, 3. Sanaton Singh 1:20:23; **Women:** 1. Sudha Singh 1:27:31, 2. Lalita Babar 1:27:47, 3. O P Jaisha 1:28:05;

#### International FUBON Marathon, Taipei/TPE (20 Dec):

**Men:** William Chebon Chebor KEN 2:16:15, 2. Elias Chelimo Kemboi KEN 2:16:33, 3. Josphat Kamzee Jepkopol KEN 2:17:58 .. 7. Ho Chih-Ping TPE 2:31:15, 8. Yosuke Maeda JPN 2:31:45; **Half-Marathon:** 1. Josphat Kipronto Menjo KEN 1:05:44, 2. Richard Mutua Mutisya KEN 1:09:57, 3. Chen Ping-Feng TPE 1:11:03; **Women:** 1. Nancy Jelagat Rotich KEN 2:36:42, 2. Rose Chepkurui Kosgei KEN 2:38:54, 3. Leah Jebet Kiprono KEN 2:40:45 .. 6. Fu Shi-Ping TPE 2:51:56; **Half-Marathon:** 1. Cecilia Wayua Michael KEN 1:18:05, 2. Hsu Yu-Fang TPE 1:21:20, 3. Tsao Chun-Yu TPE 1:22:15;

#### Melaka River Marathon, Melaka/MAS (20 Dec):

**Men:** 1. Julius Kiprotich Seurei KEN 2:17:59, 2. Elisha Kiprotich Sawe KEN 2:18:03, 3. Joachim Kiprop Sang KEN 2:19:32 .. 12. Muhazar Mohammad MAS 2:42:44; **Women:** 1. Fridah Chepkemai Domongole KEN 2:44:11, 2. Monica Muthoni Njeru KEN 2:49:55, 3. Monica Watetu Nderitu KEN 2:52:38 .. 8. Loh Chooi Fern MAS 3:35:15;

#### Mizuno Half-Marathon, Hong Kong/HKG (20 Dec):

**Men:** 1. Wang Kun CHN 1:10:30, 2. Yu Hin Wa HKG 1:13:22, 3. Christopher Ngai Kang 1:13:56; **Women:** 1. Larissa Tong Ka Yan HKG 1:26:07, 2. Kong Lai Ming HKG 1:26:34;

#### Muang Thai Marathon, Chiangmai/THA (20 Dec):

**Men:** 1. Lee Grantham GBR 2:31:04, 2. Harry Jones GBR 2:31:20, 3. Daniel Kogo KEN 2:36:16, 4. Chakrit Boonkong THA 2:40:18; **Women:** 1. Apassara Prasathinphimai THA 3:07:38, 2. Chothip Kanuam THA 3:15:48;

#### Nike We Run Half-Marathon, Jakarta/INA (19 Dec):

**Men:** 1. Thomas Maritim KEN 1:09:13, 2. Agus Prayago INA 1:09:40, 3. David Mutai KEN 1:11:11; **Women:** 1. Rini Budiarti INA 1:27:23, 2. Peninah Kigen KEN 1:33:19, 3. Isabellah Kigen KEN 1:33:28;

#### Ajmera Thump Half-Marathon, Bengaluru/IND (13 Dec):

**Men:** 1. Indrajeet Patel 1:15:09, 2. Oravesh 1:15:10, 3. Rampal Singh 1:15:22; **Women:** 1. Kiranjit Kaur 1:24:49, 2. Tippavva Sannakki 1:28:08, 3. S Padmavathi 1:29:32;

**International Half-Marathon, Bangkok/THA (13 Dec):**

**Men:** 1. Joseph Mwangi Ngare KEN 1:07:21, 2. Thomas Maritim KEN 1:07:34, 3. Antony Kahuthu Wairuri KEN 1:08:00 .. 19. Saravut Ngamsri THA 1:16:37; **Women:** 1. Careen Cheptoek KEN 1:18:17, 2. Pamela Chepchumba KEN 1:18:54, 3. Fridah Chepkemioi Domongole KEN 1:19:49 .. 8. Apassara Prasathinimai THA 1:33:35;

**Galaxy International Marathon, Macau/MAC (6 Dec):**

**Men:** 1. Vitaliy Shafar UKR 2:14:44, 2. Dominic Kangor Kimwetich KEN 2:15:45, 3. Abraham Misganaw Tegegne ETH 2:15:46 .. 10. Tian Deyu CHN 2:33:25, 11. Kuok Chi Wai MAC 2:37:49, 12. Wen Liang-Huang TPE 2:39:04; **Women:** 1. Olena Shurkhno UKR 2:33:24, 2. Ruth Wanjiru Kuria KEN 2:36:13, 3. Ayelu Abede Hordofa ETH 2:36:49, 4. Rim Kum Hui PRK 2:41:31, 5. Jo Un Ok PRK 2:41:33;

**69<sup>th</sup> Fukuoka International Open Marathon, IAAF Gold Label Road Race, Fukuoka/JPN (6 Dec):**

**Men:** 1. Patrick Makau KEN 2:08:18, 2. Getu Feleke ETH 2:08:31, 3. Satoru Sasaki JPN 2:08:56 .. 5. Chiharu Takada JPN 2:10:55, 7. Yoshiaki Otsuka JPN 2:12:46, 8. Yuki Kawachi JPN 2:12:48, 9. Ser-Od Bat-Ochir MGL 2:14:19;

**Standard Chartered Singapore Marathon, IAAF Gold Label Road Race, Singapore/SIN (6 Dec):**

**Men:** 1. Julius Kiplimo Maisei KEN 2:17:26, 2. Chelimo Luka Kipkemoi KEN 2:17:32, 3. Barnaba Kibii KEN 2:17:38 .. 16. Mok Ying Ren SIN 2:43:06; **Women:** 1. Doris Chepkwemoi Changeywo KEN 2:44:26, 2. Peninah Jerop Arusei KEN 2:44:41, 3. Sharon Jemutai Cherop KEN 2:44:53 .. 9. Sakiko Matsumoto JPN 3:08:00;

**30<sup>th</sup> Pune International Marathon, Pune/IND (6 Dec):**

**Men:** 1. Belay Abadoyo ETH 2:17:35, 2. Maiyo Maudi KEN 2:17:35, 3. Mekasha Alemu ETH 2:17:37 .. 12. Naveen Hooda IND 2:24:40, 13. Bharam Prakash IND 2:25:42; **Women: Half-Marathon:** 1. Dorcas Nzembi Kithome KEN 1:11:48, 2. Hellen Musyoka KEN 1:11:49, 3. Bentu Wodajo ETH 1:12:00 .. 9. Rohini Raut IND 1:19:17, 10. Kiranjit Kaur IND 1:20:24;

**39<sup>th</sup> MILO Marathon, Angeles/PHI (6 Dec):**

**Men:** 1. James Tallam KEN 2:20:06, 2. Joshpat Kiptanui KEN 2:20:48, 3. Julius Kiprotich Seurei KEN 2:21:52, 4. Raphael Poliquit PHI 2:36:10; **Women:** 1. Elizabeth Rumokol KEN 2:43:39, 2. Mary Joy Tabal PHI 2:48:17, 3. Margaret Wangui Njuguna KEN 2:49:30;

**Bengaluru Midnight Marathon, Bengaluru/IND (5 Dec):**

**Men:** 1. Mesfen Melse Balcha ETH 2:23:52, 2. Samuel Waitthaka Maina KEN 2:31:26, 3. Santhosh IND 2:33:27; **Women:** 1. Haile Mariyam Rahel Worku ETH 2:58:58, 2. Hirawati Patel IND 3:53:50;

**Ayla Red Sea Half-Marathon, Aqaba/JOR (4 Dec):**

**Men:** 1. Defallah Hamad JOR 1:11:08, 2. Stephen Schelander USA 1:12:19, 3. Bashar Rheel JOR 1:13:52; **Women:** 1. Hanoyea Hasballah SUD 1:24:50, 2. Heidi Schelander USA 1:33:14, 3. Samah Al-Najjar JOR 1:34:51.



India's Leading Sports Management  
&  
Timing Solution Provider

We provide complete Event Entry Management and Timing Solution for Sports Event Organisers across INDIA.....

- \*Timing and Results
- \*Event Entry Management
- \*Event Marketing & Communication
- \*Supply of Event Essentials

Contact now for your requirement:

✉ [naamsports@gmail.com](mailto:naamsports@gmail.com)

🌐 [www.naamsports.co.in](http://www.naamsports.co.in)

## Acknowledgements

I acknowledge with gratitude the following organisations and individuals through whom the information appeared in this *Digest* have been collected:

International Association of Athletics Federations (IAAF)  
Asian Athletics Association (AAA)  
Association of International Marathons & Road Races  
Mirko Jalava (Tilastopaja Oy)  
Heinrich Hubbeling (Statistician, AAA)  
Michel Saint-Raymond (Athlrecords.net)  
All-Athletics.com  
Athletics Weekly  
Athletics International  
Track and Field News

Please send results / reports / photos  
from your national & international events to  
[editor@asianathleticsdigest.com](mailto:editor@asianathleticsdigest.com)  
[aadigest@gmail.com](mailto:aadigest@gmail.com)  
for publication in Asian Athletics Digest