

# Asian Athletics Digest

January 13, 2016

2 / 2016



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**No. 2/2016**

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## From the Editor's desk



Hello All,

Hope you have enjoyed the inaugural number of our magazine sent out to more than 8,000 email addresses throughout the World.

We have received several positive comments and suggestions to improve it further.

This edition of our magazine contains stats and info on Asian women athletes.

One unfortunate thing happened after we published the first edition. Your editor met with a nasty road accident last Sunday, underwent surgery and is still in hospital at the time of publishing this week's edition.

As he was on sedative medicine and was able to spend only very little time few of the features are not appearing this year. But he is assuring you that it will be back once he return home and may other special features in the future editions.

As usual we continue to invite our readers to share their thoughts, and meet organizers to send results, reports and photographs for our upcoming numbers.

Looking forward to hear from you!

Yours truly,  
*Ram. Murali Krishnan*

## 2015 Athletes of the Year



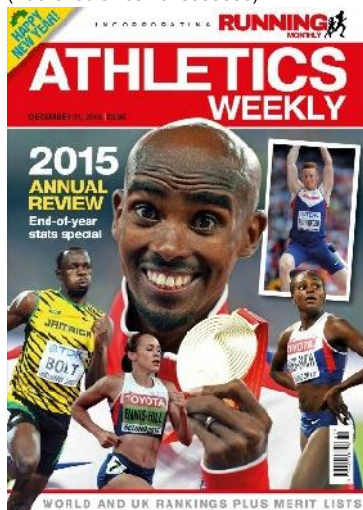
Chinese race walker **Liu Hong**, who set a World Record 1:24:38 while winning the IAAF World Challenge 20km at La Coruna, Spain, last June. She went on to win World championships at home in Beijing that summer with another noteworthy 1:27:45. She aptly declared as "Asian Woman Athlete of the Year" for her exploits in 2015.

In the prestigious *Track and Field News* World Rankings she was listed Eighth for her overall performance. The top spot went to Ethiopian distance runner **Genzebe Dibaba**, who assaulted a long standing WR in 1500m with a time of 3:50.77 at the Diamond League meet in Monaco. **Dibaba later adjudged the best female athlete of the year by the IAAF.**

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

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

(Published since 1945999333)

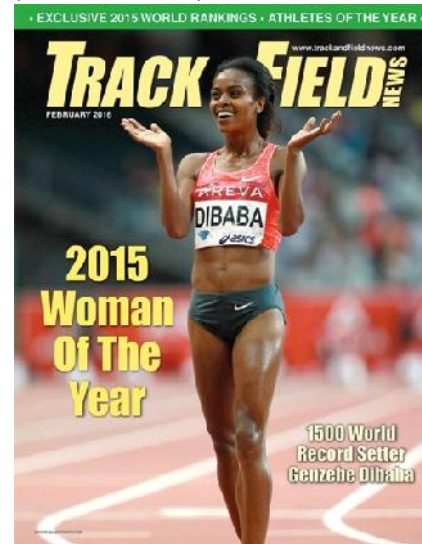
**Women's Event-wise Merit Rankings:**

**100m:** Shelly-Ann Fraser Pryce JAM , **200m:** Dafne Schippers NED, **400m:** Allyson Felix, **800m:** Eunice Sum KEN, **1500m:** Genzebe

Dibaba ETH, **5000m:** Almaz Ayana ETH, **10000m:** Vivian Cheruiyot KEN, **Marathon:** Mare Dibaba ETH, **10. Eunice Jepkirui BRN**, **3000m Steeple;** Habiba Ghribi TUN, **100-H:** Dawn Harper Nelson USA, **400-H:** Zuzana Hejnova CZE, **10. Kemi Adekoya BRN, HJ:** Mariya Kuchina RUS, **PV:** Yarisley Silva CUB, **LJ:** Tianna Bartoletta USA, **TJ:** Caterine Ibargune COL, **4. Olga Rypakova KAZ, SP:** Christina Schwanitz GER, **2. Gong Lijiao CHN, 7. Gao Yang CHN, DT:** Sandra Perkovic CRO, **HT:** Anita Wlodarczyk POL, **2. Zhang Wenxiu CHN, 5. Wang Zheng CHN, JT:** Katharina Molitor GER, **3. Lu Huihui CHN, 8. Li Lingwei CHN, Hepta:** Jessica Ennis-Hill GBR, **20 KW:** Liu Hong CHN, **2. Liu Xiuzhi CHN, 8. Qieyang Shenjie CHN.**

**Track and Field News:**

(Published since 1948)

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

**100m:** Shelly-Ann Fraser Pryce JAM , **200m:** Dafne Schippers NED, **400m:** Allyson Felix, **800m:** Eunice Sum KEN, **1500m:** Genzebe Dibaba ETH, **5000m:** Almaz Ayana ETH, **10000m:** Vivian Cheruiyot KEN, **Marathon:** Mare Dibaba ETH, **9. Eunice Jepkirui BRN**, **3000m Steeple;** Habiba Ghribi TUN, **100-H:** Dawn Harper Nelson USA, **400-H:** Zuzana Hejnova CZE, **10. Kemi Adekoya BRN, HJ:** Mariya Kuchina RUS, **PV:** Nikoleta Kiriakopoulou GRE, **LJ:** Tianna Bartoletta USA, **TJ:** Caterine Ibargune COL, **4. Olga Rypakova KAZ, SP:** Christina Schwanitz GER, **2. Gong Lijiao CHN, 9. Gao Yang CHN, DT:** Sandra Perkovic CRO, **HT:** Anita Wlodarczyk POL, **2. Zhang Wenxiu CHN, 5. Wang Zheng CHN, JT:** Barbara Spotakova CZE, **4. Lu Huihui CHN, Hepta:** Jessica Ennis-Hill GBR, **20 KW:** Liu Hong CHN, **2. Liu Xiuzhi CHN.**

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

01	Liu Hong (CHN)	20 KW	1354 pts
02	Gong Lijia (CHN)	SP	1312 pts
03	Olga Rypakova (KAZ)	TJ	1305 pts
04	Eunice Jepkirui (BRN)	Marathon	1286 pts
05	Kemi Adekoya (BRN)	400-400H	1270 pts
06	Viktoriya Zyabkina (KAZ)	100-200m	1265 pts
07	Tigest Getent (BRN)	3000mSC	1262 pts
08	Lalita Babar (IND)	3000mSC	1253 pts
09	Lu Huihui (CHN)	JT	1248 pts
10	Wang Zheng (CHN)	HT	1246 pts
10	Zhang Wenxiu (CHN)	HT	1246 pts

## 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)

17 Jan	Standard Chartered Mumbai Marathon	Mumbai, IND
17 Jan	<b>Standard Chartered Hong Kong Marathon</b>	<b>Hong Kong, HKG</b>
22 Jan	<b>Standard Chartered Dubai Marathon</b>	<b>Dubai, UAE</b>
24 Jan	Taipei Standard Chartered Charity Marathon	Taipei, TPE
31 Jan	<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>
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**Note: The venues yet to be decided for 2016 Asian Grand Prix series.**

## 2015 Asian Top-10 Lists

## Women's events

## 100m

11.19	Viktoriya Zhabkina (KAZ)	Beijing	24 Aug
11.20	Olga Safronova (KAZ)	Almaty	25 Jul
11.23	Chisato Fukushima (JPN)	Beijing	23 Aug
11.27	Wei Yongli (CHN)	Beijing	14 Aug
11.50	Yuan Qiqi (CHN)	Suzhou	22 Sep
11.51	Mayumi Watanabe (JPN)	Saga	11 Apr
11.52	Liang Xiaojing (CHN)	Bangkok	22 Jun
11.56	Yuki Miyazawa (JPN)	Sapporo	12 Jul
11.56	Anna Doi (JPN)	Wakayama	03 Oct
11.58	Srabani Nanda (IND)	Bangkok	22 Jun

## Wind-assisted:

11.48	Srabani Nanda (IND)	Wuhan	04 Jun
11.51	Iman Isa Jassim (BRN)	Manama	24 Apr
11.52	Saori Kitakaze (JPN)	Kumagaya	17 May
11.56	Rumeshika Rathnayake (SRI)	Wuhan	04 Jun

## 200m

22.77	Viktoriya Zhabkina (KAZ)	Gwangju	10 Jul
23.03	Salwa Eid Nasser (BRN)	Plovdiv	28 Jun
23.11	Chisato Fukushima (JPN)	Kawasaki	10 May
23.28	Olga Safronova (KAZ)	Beijing	26 Aug
23.39	Wei Yongli (CHN)	Suzhou	24 Sep
23.50	Lin Huijun (CHN)	Beijing	20 May
23.54	Srabani Nanda (IND)	Wuhan	07 Jun
23.54	Nguyen Thi Oanh (VIE)	Ho Chi Minh	13 Oct
23.56	Ofonime Odiong (BRN)	Mungyeong	07 Oct
23.57	Liang Xiaojing (CHN)	Beijing	26 Aug

## Wind-assisted:

22.98	Ofonime Odiong (BRN)	Manama	27 Apr
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## 400m

50.86	Kemi Adekoya (BRN)	Luzern	14 Jul
51.39	Salwa Eid Nasser (BRN)	Mungyeong	07 Oct
51.98	Yang Huizhen (CHN)	Gwangju	10 Jul
52.00	Nguyen Thi Huyen (VIE)	Singapore	12 Jun
52.46	Cheng Chong (CHN)	Beijing	28 Jun
52.52	Quach Thi Lan (VIE)	Singapore	12 Jun
52.60	M R Poovamma (IND)	Chanthaburi	29 Jun
52.61	Yuliya Rakhmanova (KAZ)	Almaty	14 Jun
52.63	Nguyen Thi Oanh (VIE)	Ho Chi Minh	12 Oct
52.71	Anilda Thomas (IND)	Thiruvananthapuram	11 Feb

## 800m

2:00.56	Tintu Luka (IND)	Kolkata	19 Sep
2:02.25	Manal Bahraoui (BRN)	Ninove	01 Aug
2:03.08	Zhao Jing (CHN)	Beijing	26 Aug
2:03.94	W K L A Nimali (SRI)	Wuhan	07 Jun
2:04.89	M Gomathi (IND)	Wuhan	07 Jun
2:04.91	Gayanthika Abeyrathne (SRI)	Diyagama	10 May
2:05.05	Sushma Devi (IND)	Chennai	11 Jul
2:05.22	Do Thi Thao (VIE)	Singapore	10 Jun

2:05.51	Yume Kitamura (JPN)	Yokohama	18 Oct
2:05.99	Manami Mashita (JPN)	Kitami	12 Jul

## 1500m

4:05.37	Mimi Belete (BRN)	Rieti	13 Sep
4:05.41	Bethem Desalegn (UAE)	Heusden	18 Jul
4:05.58	Tigist Gashaw (BRN)	Szekesfehervar	07 Jul
4:09.63	Maryam Jamal (BRN)	Pfungstadt	03 Jun
4:13.35	Dalilah Abdelkadir Gosa (BRN)	Cali	18 Jul
4:15.55	Nozomi Tanaka (JPN)	Kobe	22 Sep
4:15.63	Ayako Jinnouchi (JPN)	Heusden	18 Jul
4:15.69	Chihiro Sunaga (JPN)	Niigata	27 Jun
4:16.25	Gulzhanat Zhanatbek (KAZ)	Bishkek	19 May
4:16.72	Risa Shibuya (JPN)	Gifu	26 Sep

## 5000m

14:54.71	Mimi Belete (BRN)	Heusden	18 Jul
15:08.29	Ayuko Suzuki (JPN)	Beijing	30 Aug
15:16.43	Yuka Miyazaki (JPN)	Kitakyushu	29 Nov
15:16.82	Misaki Onishi (JPN)	Stanford	02 May
15:17.62	Azusa Sumi (JPN)	Kitami	12 Jul
15:20.20	Kasumi Nishihara (JPN)	Heusden	18 Jul
15:20.21	Yuika Mori (JPN)	Stanford	02 May
15:21.40	Miyuki Uehara (JPN)	Kitami	12 Jul
15:25.15	Bethem Desalegn (UAE)	Wuhan	04 Jun
15:25.54	Riko Matsuzaki (JPN)	Niigata	28 Jun

## Mixed Race:

15:25.21	Ding Changqin (CHN)	Saluzzo	15 Jul
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## 10000m

31:37.32	Yuka Takashima (JPN)	Stanford	02 May
31:44.79	Mao Kiyota (JPN)	Stanford	02 May
31:44.86	Riko Matsuzaki (JPN)	Abashiri	16 Jul
31:46.58	Ayumi Hagiwara (JPN)	Abashiri	16 Jul
31:48.18	Ayuko Suzuki (JPN)	Gifu	25 Sep
31:48.22	Eri Makikawa (JPN)	Stanford	02 May
31:48.31	Rei Ohara (JPN)	Abashiri	16 Jul
31:52.29	Alia Mohamad Saeed (UAE)	Wuhan	07 Jun
31:56.92	Yuki Mitsunobu (JPN)	Abashiri	16 Jul
32:03.95	Michi Numata (JPN)	Abashiri	16 Jul

## Marathon

2:22:08	Eunice Jepkirui (BRN)	Nagoya	08 Mar
2:22:48	Sairi Maeda (JPN)	Nagoya	08 Mar
2:24:25	Kayoko Fukushi (JPN)	Chicago	11 Oct
2:24:42	Mai Ito (JPN)	Nagoya	08 Mar
2:26:30	Asami Kato (JPN)	Rotterdam	12 Apr
2:26:39	Risa Shigetomo (JPN)	Osaka	25 Jan
2:26:54	Ding Changqin (CHN)	Chongqing	22 Mar
2:27:26	Mona Jaber Salem (BRN)	Toronto	18 Oct
2:27:35	He Yinli (CHN)	Chongqing	22 Mar
2:28:00	Tomomi Tanaka (JPN)	Berlin	27 Sep

## 3000m Steeplechase

9:20.65	Tigist Mekonen (BRN)	Monaco	17 Jul
9:21.40	Ruth Chebet (BRN)	Monaco	17 Jul
9:27.86	Lalita Babar (IND)	Beijing	24 Aug
9:41.43	Li Zhenzhu (CHN)	Wuhan	06 Jun

9:46.82	Zhang Xinyan (CHN)	Wuhan	06 Jun
9:47.31	Sudha Singh (IND)	Kolkata	17 Sep
9:53.72	Anju Takamizawa (JPN)	Paris	13 Sep
10:02.92	Zhong Xizhao (CHN)	Fuzhou	23 Oct
10:04.12	Chikako Mori (JPN)	Niigata	28 Jun
10:05.94	Misaki Mishima (JPN)	Osaka	13 Sep

**100m Hurdles**

12.85	Wu Shuijiao (CHN)	Beijing	20 May
13.12	Kang Ya (CHN)	Beijing	29 Jun
13.23	Valentina Kibalnikova (UZB)	Cheboksary	04 Aug
13.24	Ayako Kimura (JPN)	Walnut	18 Apr
13.25	Anastasiya Pilipenko (KAZ)	Bangkok	22 Jun
13.26	Sun Minjing (CHN)	Beijing	29 Jun
13.27	Jung Hye-Lim (KOR)	Taipei	15 May
13.27	Hitomi Shimura (JPN)	Niigata	27 Jun
13.28	Masumi Aoki (JPN)	Gifu	07 Jun
13.30	Anri Tanaka (JPN)	Niigata	27 Jun

Wind-assisted:

13.10	Kang Ya (CHN)	Sapporo	12 Jul
13.13	Hitomi Shimura (JPN)	Sapporo	12 Jul
13.20	Ayako Kimura (JPN)	Sapporo	12 Jul
13.23	Anri Tanaka (JPN)	Sapporo	12 Jul
13.25	Jung Hye-Lim (KOR)	Sapporo	12 Jul
13.28	Miku Fujiwara (JPN)	Gifu	06 Jun

**400m Hurdles**

54.12	Kemi Adekoya (BRN)	Paris Saint-Denis	04 Jul
56.15	Nguyen Thi Huyen (VIE)	Singapore	10 Jun
56.94	Manami Kira (JPN)	Kumagaya	16 May
57.09	Haruko Ishizuka (JPN)	Wakayama	31 Jul
57.16	Satomi Kubokura (JPN)	Brisbane	29 Mar
57.30	Wang Huan (CHN)	Suzhou	24 Sep
57.61	Xiao Xia (CHN)	Shanghai	17 May
57.71	Miku Fujiwara (JPN)	Osaka	13 Sep
57.79	Anu Raghavan (IND)	Wuhan	06 Jun
57.81	Akiko Ito (JPN)	Osaka	13 Sep

**High Jump**

1.94	Svetlana Radzivil (UZB)	Madrid	11 Jul
1.88	Wang Yang (CHN)	Wuhan	03 Jun
1.88	Zheng Xingjuan (CHN)	Beijing	29 Jun
1.86	Wanida Boonwan (THA)	Taipei	15 May
1.86	Wang Lin (CHN)	Chanthaburi	29 Jun
1.85	Regina Sarsekova (KAZ)	Almaty	12 May
1.84	Michelle Sng Suat Li (SIN)	Santa Cruz	19 Mar
1.84	Zhang Luyu (CHN)	Jinan	01 May
1.84	Marina Aitova (KAZ)	Almaty	15 Jun
1.84	Liu Jingyi (CHN)	Beijing	29 Jun
1.84	Alesya Paklina (KGZ)	Yerino	10 Jul
1.84	Yuki Watanabe (JPN)	Tokyo	26 Jul
1.84	Aki Watanabe (JPN)	Tokyo	26 Jul

**Pole Vault**

4.66	Li Ling (CHN)	Wuhan	06 Jun
4.50	Reng Mengqian (CHN)	Taiyuan	12 May
4.30	Xu Huiqin (CHN)	Taiyuan	12 May
4.30	Tomomi Abiko (JPN)	Osaka	23 May
4.30	Song Tingting (CHN)	Beijing	28 Jun

4.20	Choi Yea-Eun (KOR)	Busan	23 May
4.20	Megumi Nakata (JPN)	Mito	31 May
4.20	Miho Imano (JPN)	Miro	31 May
4.20	Lim Eun-Ji (KOR)	Sapporo	12 Jul
4.15	Sun Sinan (CHN)	Jinan	30 Apr
4.15	Li Chaoqun (CHN)	Jinan	30 Apr
4.15	Kanae Tatsuta (JPN)	Niigata	26 Jun
4.15	Chen Qiaoling (CHN)	Suzhou	23 Sep
4.15	Wu Zuocheng (CHN)	Fuzhou	26 Oct

**Long Jump**

6.84	Konomi Kai (JPN)	Konosu	24 Oct
6.70	Maria Natalia Londa (INA)	Singapore	10 Jun
6.65	Bui Thi Thu Thao (VIE)	Singapore	10 Jun
6.59	Xu Xiaoling (CHN)	Beijing	27 Jun
6.55	Zhou Xiaoxue (CHN)	Jinan	29 Apr
6.53	Marestella Torres (PHI)	Taipei	16 May
6.52	Lu Minjia (CHN)	Wuhan	03 Jun
6.47	Jung Soon-Ok (KOR)	Wuhan	03 Jun
6.43	Wang Wupin (CHN)	Beijing	27 Jun
6.43	N C D Priyadarshani (SRI)	Diyagama	19 Dec

Wind-assisted:

6.54	Lu Minjia (CHN)	Sapporo	12 Jul
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**Triple Jump**

14.77	Olga Rypakova (KAZ)	Beijing	24 Aug
14.32	Irina Ektova (KAZ)	Almaty	17 Jul
14.20	Li Xiaohong (CHN)	Chanthaburi	29 Jun
14.10	Wang Wupin (CHN)	Beijing	08 May
13.89	Deng Linuo (CHN)	Chanthaburi	29 Jun
13.84	Tran Huy Hoa (VIE)	Taipei	15 May
13.83	Li Yanmei (CHN)	Shanghai	17 May
13.78	Mayookha Johnny (IND)	Kolkata	18 Sep
13.76	Aleksandra Kotlyarova (UZB)	Bangkok	22 Jun
13.75	Maria Natalia Londa (INA)	Singapore	11 Jun

**Shot Put**

20.34	Gong Lijiao (CHN)	Gotha	19 Jul
19.04	Gao Yang (CHN)	Beijing	22 Aug
18.71	Bian Ka (CHN)	Suzhou	25 Sep
18.59	Guo Tianqian (CHN)	Wuhan	07 Jun
18.04	Leyla Rajabi (IRI)	Almaty	25 Jul
17.96	Manpreet Kaur (IND)	Kolkata	16 Sep
17.23	Meng Qianqian (CHN)	Chanthaburi	29 Jun
17.16	Geng Shuang (CHN)	Jinan	01 May
17.04	Lee Mi-Young (KOR)	Gangneung	18 Oct
16.84	Liu Xiangrong (CHN)	Beijing	29 Jun

**Discus Throw**

64.27	Su Xinyue (CHN)	Jinan	30 Apr
62.97	Tan Jinan (CHN)	Wuhan	04 Jun
62.30	Lu Xiaoxin (CHN)	Wuhan	04 Jun
62.20	Weng Chunxia (CHN)	Pathumthani	25 Jun
62.07	Feng Bin (CHN)	Mungyeong	07 Oct
61.16	Chen Yang (CHN)	Beijing	28 Jun
60.90	Yang Yanbo (CHN)	Walnut	17 Apr
60.09	Subenrat Insaeng (THA)	Taipei	15 May
58.43	Jiang Fengjing (CHN)	Taiyuan	12 May
58.30	Gu Siyu (CHN)	Suzhou	24 Sep

**Hammer Throw**

76.33	Zhang Wenxiu (CHN)	Beijing	27 Aug
74.92	Wang Zheng (CHN)	Chengdu	01 Apr
71.40	Liu Tingting (CHN)	Halle	16 May
68.07	Wang Lu (CHN)	Chengdu	01 Apr
67.11	Luo Na (CHN)	Gwangju	11 Jul
66.38	Masumi Aya (JPN)	Wakayama	11 Jul
66.25	Yan Ni (CHN)	Mungyeong	07 Oct
64.92	Akane Watanabe (JPN)	Gifu	27 Sep
64.59	Dan Dongxue (CHN)	Beijing	27 Jun
63.31	Xu Xinying (CHN)	Minsk	10 Jul

**Javelin Throw**

66.13	Lu Huihui (CHN)	Beijing	30 Aug
65.07	Li Lingwei (CHN)	Beijing	28 Aug
63.80	Yuki Ebihara (JPN)	Kawasaki	10 May
62.95	Zhang Li (CHN)	Mungyeong	04 Oct
62.77	Liu Shiyong (CHN)	Chengdu	01 Apr
61.92	Yang Xinli (CHN)	Chengdu	01 Apr
59.00	Nadeeka Lakmal (SRI)	Diyagama	14 Jul
58.90	Haruka Kitaguchi (JPN)	Nagoya	16 Oct
58.85	Annu Rani (IND)	Kolkata	18 Sep
58.77	Kim Kyung-Ae (KOR)	Gangneung	19 Oct

**Heptathlon**

6212	Yekaterina Voronina (UZB)	Tashkent	19 Sep
5678	Megumi Henpuihuru (JPN)	Wakayama	26 Apr
5554	Liksy Joseph (IND)	Wuhan	04 Jun
5536	Chie Kiriya (JPN)	Nagano	05 Jul
5511	Purnima Hembam (IND)	Wuhan	04 Jun
5483	Li Weijian (CHN)	Beijing	29 Jun
5460	Eri Utsunomiya (JPN)	Wakayama	26 Apr
5443	Sepideh Tavakoli (IRI)	Wuhan	04 Jun
5417	Wang Qingling (CHN)	Suzhou	23 Sep
5396	Sunisa Khotseumuang (THA)	Singapore	12 Jun

**20 KM Walk**

1:24:38	Liu Hong (CHN)	La Coruna	06 Jun
1:25:12	Lu Xiuzhi (CHN)	Beijing	20 Mar
1:27:44	Qieyang Shenjie (CHN)	La Coruna	06 Jun
1:27:51	Nie Jingjing (CHN)	Beijing	20 Mar
1:28:30	Hou Yongbo (CHN)	Changbaishan	06 Sep
1:29:14	Xie Lijuan (CHN)	Beijing	20 Mar
1:29:22	Liang Rui (CHN)	Changbaishan	06 Sep
1:29:32	Ding Huiqin (CHN)	Beijing	20 Mar
1:29:46	Kumiko Okada (JPN)	Nomi	15 Mar
1:29:47	Mao Yanxue (CHN)	Beijing	20 Mar

**4 x 100m Relay**

43.09	China	Sapporo	12 Jul
43.30	Kazakhstan	Almaty	25 Jul
43.61	Japan	Kawasaki	10 May
44.27	Thailand	Singapore	12 Jun
44.77	Vietnam	Singapore	12 Jun
45.26	India (Kerala)	Thiruvananthapuram	12 Feb
45.41	Malaysia	Singapore	12 Jun
45.41	Singapore	Singapore	12 Jun
45.58	Indonesia	Taipei	16 May
45.64	Philippines	Singapore	12 Jun

**4 x 400m Relay**

3:28.91	Japan	Beijing	29 Aug
3:29.08	India	Beijing	29 Aug
3:31.46	Vietnam	Singapore	12 Jun
3:32.62	Bahrain	Mungyeong	06 Oct
3:33.44	China	Wuhan	07 Jun
3:35.14	Kazakhstan	Wuhan	07 Jun
3:36.82	Thailand	Singapore	12 Jun
3:39.10	Malaysia	Singapore	12 Jun
3:40.58	Singapore	Singapore	12 Jun
3:41.29	South Korea	Sapporo	12 Jul

**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>

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

### WOMEN:

100m	10.79	Li Xuemei	CHN	Shanghai	18 Oct 1997
200m	22.01	Li Xuemei	CHN	Shanghai	22 Oct 1997
400m	49.81	Ma Yuqin	CHN	Beijing	11 Sep 1993
800m	1:55.54	Liu Dong	CHN	Beijing	09 Sep 1993
1500m	3:50.46	Qu Yunxia	CHN	Beijing	11 Sep 1993
5000m	14:28.09	Jiang Bo	CHN	Shanghai	23 Oct 1997
10000m	29:31.78	Wang Junxia	CHN	Beijing	08 Sep 1993
Marathon	2:19:12	Mizuki Noguchi	JPN	Berlin	25 Sep 2005
3000m Steeplechase	9:20.55	Ruth Chebet	BRN	Zurich	28 Aug 2014
100m Hurdles	12.44	Olga Shishigina	KAZ	Luzern	27 Jun 1995
400m Hurdles	53.96	Han Qing	CHN	Beijing	09 Sep 1993
	53.96=	Song Yinglan	CHN	Guangzhou	22 Nov 2001
High Jump	1.99	Marina Aitova	KAZ	Athens	13 Jul 2009
Pole Vault	4.66	Li Ling	CHN	Wuhan	06 Jun 2015
Long Jump	7.01	Yao Weili	CHN	Jinan	05 Jun 1993
Triple Jump	15.25	Olga Rypakova	KAZ	Split	04 Sep 2010
Shot Put	21.76	Li Meisu	CHN	Shijiazhuang	23 Apr 1988
Discus Throw	71.68	Xiao Yanling	CHN	Beijing	14 Mar 1992
Hammer Throw	77.68	Wang Zheng	CHN	Chengdu	29 Mar 2014
Javelin Throw	66.13	Lu Huihui	CHN	Beijing	30 Aug 2015
Heptathlon	6942	Ghada Shouaa	SYR	Gotzis	26 May 1996
20 KM Walk	1:24:38	Liu Hong	CHN	La Coruna	06 Jun 2015
4 x 100m Relay	42.23	China (Sichuan Province Team) (Xiao Lin, Li Yali, Liu Xiaomei, Li Xuemei)		Shanghai	23 Oct 1997
4 x 400m Relay	3:24.28	China (Hebei Province Team) (An Xiaohong, Bai Xiaoyun, Cao Chunying, Ma Yuqin)		Beijing	13 Sep 1993

### Junior Women (U20):

100m	11.17	Xiao Lin	CHN	Shanghai	18 Oct 1997
200m	22.83	Chen Yuxiang	CHN	Shanghai	21 Oct 1997
400m	50.01	Li Jing	CHN	Shanghai	18 Oct 1997
800m	1:57.18	Wang Yuan	CHN	Beijing	08 Sep 1993
1500m	3:51.34	Lang Yinglai	CHN	Shanghai	18 Oct 1997
3000m	8:36.45	Ma Ningning	CHN	Jinan	06 Jun 1993
5000m	14:39.96	Yin Lili	CHN	Shanghai	23 Oct 1997
3000m Steeplechase	9:20.55	Ruth Chebet	BRN	Zurich	28 Aug 2014
100m Hurdles	12.92	Sun Hongwei	CHN	Shanghai	18 Oct 1997
400m Hurdles	54.40	Wang Xing	CHN	Nanjing	21 Oct 2005
High Jump	1.95	Tatyana Efimenko	KGZ	Bishkek	06 Oct 1999
Pole Vault	4.45	Zhang Yingning	CHN	Changsha	29 Oct 2006
	4.45	Li Ling	CHN	Hangzhou	12 Apr 2008
Long Jump	6.80	Peng Fengmei	CHN	Chengdu	18 Apr 1998
Triple Jump	14.57	Huang Qiuyan	CHN	Shanghai	19 Oct 1997
Shot Put	20.02	Cheng Xiaoyan	CHN	Beijing	05 Jun 1994
Discus Throw	66.08	Cao Qi	CHN	Beijing	12 Sep 1993
Hammer Throw	73.24	Zhang Wenxiu	CHN	Changsha	24 Jun 2005
Javelin Throw	62.93	Xue Juan	CHN	Changsha	27 Oct 2003
Heptathlon	6185	Shen Shengfei	CHN	Shanghai	18 Oct 1997
10000m Walk	42:49.7	Gao Hongmiao	CHN	Jinan	15 Mar 1992
4 x 100m Relay	44.48	Japan (Tokyo High School) (K Saita, M Fukada, N Uemura, E Iyoba)		Yokohama	24 Oct 2015
4 x 400m Relay	3:32.59	China National Junior Team (Chen Yumei, Wang Hui, Wen Xiuyuan, Li Xueji)		Beijing	20 Aug 2006

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

### Youth Girls (U18):

100m	11.42	Wang Jing	CHN	Shijiazhuang	24 Apr 1992
200m	23.03	Salwa Eid Nasser	BRN	Plovdiv	28 Jun 2015
400m	50.01	Jing Li	CHN	Shanghai	18 Oct 1997
800m	1:57.18	Yuan Wang	CHN	Beijing	08 Sep 1993
1500m	3:54.52	Ling Zhang	CHN	Shanghai	18 Oct 1997
3000m	8:36.45	Ma Ningning	CHN	Jinan	06 Jun 1993
2000m Steeplechase	6:40.72	Sun Ran	CHN	Taian	03 Nov 2008
100m Hurdles	13.27	Li Xiao	CHN	Banska Bystrica	07 Jul 1995
400m Hurdles	55.30	Li Rui	CHN	Nanjing	26 Oct 1995
High Jump	1.92	Zheng Xingjuan	CHN	Zhongshan	24 Apr 2005
	1.92=	Zheng Xingjuan	CHN	Zhengzhou	28 May 2006
Pole Vault	4.45	Zhang Yingning	CHN	Changsha	29 Oct 2006
Long Jump	6.74	Lu Minjia	CHN	Jinan	23 Oct 2009
Triple Jump	14.57	Huang Qiuyan	CHN	Shanghai	19 Oct 1997
Shot Put	18.83	Guo Tianqian	CHN	Yantai	13 Jul 2012
Discus Throw	60.32	Liu Fengying	CHN	Shijiazhuang	22 Sep 1996
Hammer Throw	68.35	Xu Xinying	CHN	Nanjing	24 Aug 2014
Javelin Throw	61.97	Yu Yuzhen	CHN	Doha	08 May 2015
Heptathlon	6185	Sheng Shengfei	CHN	Shanghai	18 Oct 1997
10000m Walk	43:18.00	Li Hong	CHN	Nanjing	28 Apr 1996
Medley Relay	2:07.61	Japan National Youth Team (Mizuki Nakamura, Nana Fyijimori, Seika Aoyama, Nanako Matsumoto)		Donetsk	14 Jul 2013



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- ✓ London Olympics 2012
- ✓ ICC Cricket World Cup 2011
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## Book Review



**World's Greatest in Athletics**  
by *Jonas Hedman, Richard Hymans and Peter Mathews*

**Publisher: Texto Graf, Sweden**  
**(832 pages / 315 Photos)**

Probably the best athletics publication that come out in 2015, the *World's Greatest in Athletics* is an all-in-one book with tones of statistics and illustrations of athletics sport's heroes and heroines!

To be precise three distinguished athletics statisticians and historians put together their life-time efforts to make this book greatest-ever.

The book was easily divided in to three sections. The core part was deep all-time ranking lists containing Top-500 performers and best 100 performances in each event. Compiled by Peter Matthews this section will help you find how many sprinters ran 100m under 10 seconds and how many did that in more number of times.

Another interesting section was decade all-time lists compiled by Richard Hymans. Starting with 1900 and running up to 2010, it contains the Top-10 all-times lists at the end of every ten years period that shows the progression of performances through the period.

The final, but important was that of the Event-wise Merit Rankings of the athletes based on the honours won in major competitions like Olympic Games and World championships as well as their record-setting efforts, etc.

Price and ordering details can be had from:  
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## 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 (Athlerecords.net)**  
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