

Results from ASIA 2026 - 11

HONGKONG

22nd Asian Athletics Junior/U20 Championships / 28. - 31.05.2026

(-courtesy of Mr Cuddi Valson & Mr Shuggumaran, ASIAN AA -)

these Continental Championships for Junior/U120 athletes (born 2007 or later) were held with participants from 30 countries; athletes from 10 countries won at least one Gold medal and from 16 countries at least one medal /

CHINA was the overall leader in the Medal Tally with 14 Gold, 9 Silver & 2 Bronze medals followed by INDIA (10 + 5 + 4), JAPAN (5 + 5 + 8) and the UAE (5 + 0 + 1)

the Championships Results Handbook (Event-by-Event information from the organisers) is attached to this Report by a separate file, which includes the complete final Medal Tally (on Page 2) as well

following is a review with explanations concerning all major performances including

-the results for all medallists

-plus information to Championships Records (= CR) – as improved in 10 events

- in addition the list includes all athletes, who achieved **World and/or Asian Junior 2026 Best Performances (= WJrL 2026) in 2 events & AJrL 2026 in 23 events plus Overall Asian Leaders (= AsL) in 2 events** as well as various new National records incl. **13 new National Senior Records (= NR); 50 National Junior Records (= NJR) & 10 National Youth Records (= NYR)**, which are based upon the NJR- and NYR-data in the excellent Statistics Handbooks for the Junior & the last Youth Champs (as usually edited and distributed by Mr Ram. Muralikrishnan)

Standards in most events were excellent, although some of the TOP World Class Juniors from Asian countries weren't entered by their National Federations incl. several of the best Juniors from CHN & JPN incl. Yan Ziyi (JT), Su Yixin (DT), Chen Yujie (Sprints) or Rin Kubo (Middle Distances) as well as the best Juniors from BRN, who weren't able to be present at these Championships as one of the 15 ASIAN AA Member Federations with no entered participants at all)

Event-by-event survey for the performances (medallists and records as above)

Junior Men:

100 m (28)/+0.2: Dai Hongyu CHN/2008 10.28; Kwok Chun Ting HKG/2007 10.35; Tsubasa Yasukawa JPN/2007 10.35;

semis (28) s1/+0.5:...2. Kwok Chun Ting HKG/2007 10.36/(NJR); s2/+0.9: Dai Hongyu CHN/2008 10.23 / AJrL;...3. Chan Yat Lok HKG/2007 10.34 / NJR;

heats (28) h4/+0.1:...4. Prabin Rana NEP/2009 10.82 / NJR & NYR;

200 m (29)/-1.6: Ahmed Ali Abdul Quddus UAE/2008 20.85; Chen Jinxin CHN/2007 21.12; Sadew Wimansa Rajakaruna SRI/2007 21.13;

heats (29) h1/-0.1: 1. Harry Irfan Curran SGP/2008 21.23 / NJR; h2/+0.7:...2. Leong Lok Io MAC/2008 21.14/NR & NJR;

400 m (29): Suleiman Abdulrahman UAE/2007 44.85 / CR & AsL & AJrL & NR & NJR; Khala Ngare Mahamat QAT/2007 45.19; Youssouf Abdelaziz Djibrine QAT/2007 45.58;

semis (28) s2: 1. Suleiman Abdulrahman UAE/2007 45.32/(CR & NR & NJR);

heats (28) h2:...4. Huang Yau Nam HKG/2008 47.75 / NJR;

800 m (31): Reggy Mogali Venkatram IND/2007 1:48.27 / AJrL; Nathsara Dineth Liyanage SRI/2007 1:49.22; Atsuki Watanabe JPN/2007 1:49.29;

1500 m (30): Mubarik Abdi Said QAT/2008 3:44.40; Chien Tzu-Chien TPE/2007 3:45.58; Wang Jiahao CHN/2007 3:46.92;

3000 m (28): Mubarik Abdi Said QAT/2008 7:56.08; Chien Tzu-Chieh TPE/2007 **8:00.42/NR & NJR**; Yota Mashiko JPN/2007 8:00.86;...5. Wang Cheng-Yu TPE/2009 **8:25.90 / NYR**;

5000 m (30): Ryo Kurimura JPN/2007 14:39.31; Timur Nasimov UZB/2008 15:34.09; Tsagaadal Angar MGL/2008 15:37.38;

3000 m St (30): Nikhil Chandrashekar IND/2008 9:25.44; Yuu Kato JPN/2008 9:27.30; Jerico Cadag PHI/2007 9:35.10;...9. Tsagaadal Angar MGL/2008 **10:12.60 / NJR**;

110 m H / 99.1 cm (29)/-0.5: Jeremy Koga JPN/2007 **13.05 / CR & AJrL & NJR**; Koki Takajo JPN/2008 13.24; Chen Yi-Hsuan TPE/2007 13.46;...5. Bogdan Goncharov KAZ/2007 **13.75 / NJR**;

400 m H (30): Taiju Goto JPN/2009 **49.25/CR & AJrL & NYR**; Raycal Mahamat Abdallah QAT/2007 50.54; Naif Rashid Al-Subaie KSA/2007 51.08;

heats (28) h1:... 5. Isaac Cheung Cheuk Hei HKG/2009 **53.39 / NYR**; 6. Huang Iat Hin MAC/2009 **54.44 / NJR & NYR**; h3:...4. Daryen Ko Xin Tze SGP/2009 **52.89 / NJR & NYR**;

H J (30): Basant IND/2007 2.20; Tharusha Dimushan Mendis SRI/2008 2.14; Kim Jun-Ki KOR/2007 2.12;

P V (30): Zeng Liang CHN/2007 **5.45 / AJrL**; Naoya Inoue JPN/2007 5.40; Abdulla Saad Al-Abdulla QAT/2008 5.20;

L J (30): Shahnava Khan IND/2008 7.84/+0.8; R.C.Jithin Arjunan IND/2007 7.66/+1.5; Sarvar Meyliyev UZB/2007 7.60/+1.0;

T J (29): Wang Zhuoyue CHN/2007 **16.42/+0.7 / AJrL**; Cai Ziqi CHN/2007 16.03/-0.7; Han Gyeol KOR/2007 15.59/+0.2;

S P / 6 kg (28): Park Si-Hoon KOR/2007 **20.65/CR & AJR & AJrL & NJR**; Wu Chenqi CHN/2007 18.75; Zayed Essam Al-Bishi KSA/2008 18.03;

D T (31): Maxim Sazhnev KAZ/2009 **60.45 / AJrL & NJR & NYR**; Nishchay Panwar IND/2008 **60.10 / NJR**; Hamad Dhawi Faraj Al-Sultan QAT/2008 59.47;

H T / 6 kg (28): Wang Ankang CHN/2008 75.07; Abdelrahman Mohamed Ibrahim QAT/2007 72.53; Andrew Atuobeng JPN/2007 70.64;...12. Li Man Hei HKG/2009 **46.41 / NYR**;

J T (31): Ruslan Sadullayev UZB/2008 **75.01 / AJrL**; Leon Iwasaka JPN/2008 70.46; Jang Ha-Jin KOR/2008 70.31;...9. Gabriel Ng SGP/2008 **61.00 / NJR**;

Decathlon (28/29): Rahul Jakhar IND/2008 **7185 / AJrL & NJR**; Upkar IND/2007 6854; Askar Omirzak KAZ/2008 6774;

5000 m Walk (29): Nitin Gupta IND/2008 **19:47.49 / CR**; Lo Sheng-Qin TPE/2008 19:56.17; Chihiro Obata JPN/2008 20:06.73;...9. Sherkhan Yegizbay KAZ/2008 **21:33.92 / NJR**; 10. Sherzod Zubayev UZB/2007 **22:42.87 / NJR**;

4x100 R (31): KOR (Choi Myung-Jin, Kim Dong-Jin, Choi Seong-Won, Jun Chae-Min) **39.75 / AJrL**; THA (Thiraphat Anantarattanakun, Chutithat Phuksorranan, Phattarakorn Insaen, Anucha Sagabankhok) 39.83; TPE (Lin Chia-Le, Liu Tsong-Han, Hsieh Cheng-Kuei, Chung Chih-Hsiang) 39.86;

4x400 R (31): CHN (Ye Weixin, Li Yongjie, Yang Jia, Xu Xinlong) **3:04.88/CR & WJrL & AJrL & NJR**; QAT (M.A.Abdelsadick, M.M.Musa, S.M.Hassan, Y.A.Djibrine) **3:05.06 / NJR**; IND (Piyush Raj, Sayed Sabeer, Ranjith Kumar, Mohammed Ashfaq) **3:05.54 / NJR**; 4. SRI (S.W.Rajakaruna, T.R.Wasanthapali, I.M.Bogoda, O.S.Silva) **3:05.60 / NJR**; 5. THA (N.Phuphaeng, S.Nuansi, A.Pornsomphot, K.Kaijan) **3:06.82 / NJR**;

heats (31) h1: 1. QAT (M.A.Abdelsadick, M.M.Musa, S.M.Hassan, F.M.Abdallah) **3:08.25/(NJR)**; h2:...4. SGP (D.Ko Xin Tze, L.Bokai Hood, S.G.Yoo Tze You, H.Zhao Shuheng) **3:16.28 / NJR**;

Junior Women:

100 m (28)/+0.1: Dana Noor Salem QAT/2009 **11.47/(NR & NJR & NYR (all eq.))**; Chen Xinxuan CHN/2009 11.54; Nipam Chandan IND/2007 11.62;

heats (28) h3/+1.4: 1. Dana Noor Salem QAT/2009 **11.47/NR & NJR & NYR**;

200 m (30)/-1.4: Dilanma Ransini Perera SRI/2007 24.07 (24.062); Zhou Zhenglin CHN/2008 24.07 (24.06.8); Aarti IND/2008 24.12;

heats (29) h1/+0.5:...4. Ahnaa Nhizar MDV/2007 **25.00 / NJR**; h2/+0.9:...3. Dana Noor Salem QAT/2009 **24.65 / NJR & NYR**;

400 m (29): Aminat Kamarudeen UAE/2007 **52.72 / AJrL & NR & NJR**; Chen Yi-Tsen TPE/2010 53.16; Neeru Pathak IND/2007 53.23;
 heats (28) h2:...8. B.K.Sangita NEP/2007 **59.61 / NJR**;
 800 m (31): Hanon Sasaki JPN/2007 **2:05.44 / AJrL**; Deng Yue CHN/2007 2:05.70; Tharushi Abhisheka Pemasiri SRI/2008 2:07.10; 4. Maryam Ahmadi IRI/2007 **2:09.00 / NJR**;...8. Narayani Bhandari NEP/2007 **2:17.30 / NJR**;
 heats (29) h2:...5. Narayani Bhandari NEP/2007 **2:17.87 / (NJR)**;
 1500 m (28): Tharushi Abhisheka Pemasiri SRI/2008 4:31.41; Maryam Ahmadi IRI/2007 **4:33.35 / NJR**;
 Song Dawon KOR/2008 4:35.42;
 3000 m (30): Pan Shuanglu CHN/2007 9:36.02; Hanieh Shahpari IRI/2007 9:49.42; Dilnoza Khoshimova UZB/2007 10:29.72;
 5000 m (31): Muskan IND/2008 16:53.08; Kim Hyo-Joo KOR/2009 17:18.66; Sadafbonu Nusratilloveva UZB/2008 18:08.17;
 3000 m St (29): Rei Taya JPN/2009 10:22.52; Hanieh Shahpari IRI/2007 **10:26.34/NR & NJR**; Sadafbonu Nusratilloveva UZB/2008 10:37.32;
 100 m H (29)/+0.4: Zhang Keyi CHN/2009 **13.38/CR & AJrL**; Nana Ishihara JPN/2008 13.76; Alina Golovina KAZ/2008 13.93;...5. Jecel Vivas PHI/2007 **14.52 / NJR (eq.)**;
 400 m H (30): Mariam Kareem UAE/2008 **56.93/NR & AJrL & NJR**; Liu Chen-Yu TPE/2007 59.46; Margarita Kossinova KAZ/2010 61.06;
 H J (29): Pooja Singh IND/2007 **1.93 / CR & AsL & AJrL & 2nd(eq.) Asian Junior All-Time & NR & NJR**; Chen Meiqi CHN/2007 1.80; Lin Pei-Hsuan TPE/2007 & Mihinsa Dewmini Abeyrathna SRI/2008 1.72;
 P V (30): Li Xiyang CHN/2007 4.05; Anna Cherkashina KAZ/2008 4.00; Saera Watanabe JPN/2007 3.80;
 4. Ashlee Ong Yuxi SGP/2007 **3.65 / NJR (eq.)**;
 L J (31): Liang Morong CHN/2009 6.05/+0.8; Kim Soo-Ji KOR/2007 5.94/-0.5; Yuhi Narisawa JPN/2007 5.93/+0.6;
 T J (29): Xie Yiqing CHN/2009 **13.36/+1.3 / AJrL**; Sadhana Ravi IND/2007 12.84/+0.5; Mariya Chshipacheva KAZ/2007 12.70/ 0.0;
 S P (29): He Yuxiao CHN/2007 15.30; Zhai Xiaohan CHN/2008 15.28; Lee Ye-Ram KOR/2008 14.65;
 D T (29): Amanat Kamboj IND/2007 52.24; Ma Chenyi CHN/2008 51.30; Koko Konda JPN/2007 49.74;
 H T (28): Chen Jiajun CHN/2008 65.46; Yang Chae-Min KOR 57.62; Salma Haitham Rashid Al-Marri UAE/2008 **55.42/NR & NJR**;
 J T (30): Tai Yu-Chin TPE/2007 56.91; Ana Bhanca Espenilla PHI/2007 **52.20 / NJR**; Kim Min-Ji KOR/2007 51.51; Sarah Kwong Sze Oi HKG/2007 **51.27/NR & NJR**;
 Heptathlon (30/31): Lin Pei-Hsuan TPE/2007 4730; He Wing Hei HKG/2010 3102 (only 2 finishers !!);
 5000 m Walk (28): Sun Yuyao CHN/2010 23:42.10; Kwon Seor-Hin KOR/2009 23:48.20; Tang Lijia CHN/2008 24:28.04;... 7. Sep Blessie Placido PHI/2007 **26:39.63 / NJR**;
 4x100 R (31): CHN (Zhang Keyi, Zhou Zhenglin, Zhang Qian, Chen Xinxuan) **44.78 / AJrL**; IND (H.V.Kajal, G.Bhavana, Aarti, Nipam Chauhan) **45.05 / NJR**; TPE (Chen Yi-Tsen, Liu Chen-Yu, Chan Pei-Rong, Su Yi-Han) 45.61; 4. HKG (Wong Wing Tung, Yu Pui Yi, Nicole Yau Sin Ting, Wong Wan Chi) **45.76 / NJR**;
 5. UAE (L.S.Ahmed, A.A.Ali, E.N.Nasser, A.T.Muhammad) **45.86/NR & NJR**;...7. SGP (M.A.Ying Ka Mun, Tng Kai Xin, C.S.Tan Hui En, C.Ng Shan Wen) **46.61 / NJR**;
 4x400 R (31): IND (Bhumika Sanjay Nehate, Tahura Khatun, Sehnoor Bawa, Neeru Pathak) **3:38.07/CR & AJrL**; KAZ (M.Zubareva, M.Kossinova, M.Zinev8ich, S.Kidenko) 3:43.63; HKG (Cheng Tsz Yan, Lee Tsz Yiu, J.C.Ming Suet Karlsson, C.Chow Chi Kiu) 3:49.94;

Mixed Relays:

4x400 R (30): UAE (Saeed Shoaib Omar, Aminat Kamarudeen, Suleiman Abdulrahman, Mariam Kareem) **3:18.81/CR & WJrL & AJrL**; TPE (Tsai Sin-You, Liu Chen-Yu, Liu Tsong-Han, Chen Yi-Tsen) **3:23.92/NR & NJR**; SRI (S.W.Rajakaruna, W.D.Wimalasekara, O.S.Silva, R.M.A.Pieris) 3:28.66;...5. HKG (Isaac Liem Ho Yat, J.C.Ming Suet Karlsson, Huang Yau Nam, C.Chow Chi Kiu) **3:31.28/NR & NJR**;