

Results from ASIA 2026 - 16

INDONESIA

Central Java Open Champs at Semarang / 23. – 25.07.2026

(-courtesy of the Indonesia Athletics Federation -)

these Open Athletics Champs were held for three different Age-categories (Senior Open, U18 & U16) / all athletes from Indonesia except several guests from Malaysia (MAS as noted) in Open category, who won 7 events plus 3 Silver & 6 Bronze medals. And one guest from Australia

Men:

100 m (25)/-1.7: Bayu Kertanegara 10.67; Danish Irfan Tamrin MAS/2007 10.80 (10.791); Muhammad Umaira MAS/2007 10.80 (10.800); Nwabunike Mayor Jnr/2007 10.83;
heats (25) h1/+1.1: Umaira MAS/2007 10.69; h3/+0.8: Kertanegara 10.69; Irfan Tamrin MAS/2007 10.78; Adith Rico Pradana 10.85; h4/+1.0: Mayor/2007 10.75; h9/+0.7: Izrak Udjulu 10.85;
200 m (24)/+1.0: Izrak Udjulu 21.29; Fico Fernanda Oktafia/2008 21.53; Gilang Satria/2008 21.55; Rizky Ramadhan 21.90; Muhammad Dzul Danish MAS/2007 21.97;
heats (24) h5/ 0.0: Oktafia/2008 21.82; h6/+1.1: Udjulu 21.28;
400 m (23): Maulana Ismail 48.07; Raditya Pututama/2008 48.55; Nathan Kanishkann MAS 48.64;
heats (23) h4: Irgi Candra Pranata/2008 48.61; Ismail 48.69;
800 m / heats (24): h1: Fransisko A.Makaminan 1:57.78; h3: Arjun ?? 1:57.11;
5000 m (24)/two timed finals: Anggiat Sihombing 15:01.60 (1r1); Noveldy Petingko 15:10.84 (1r2);
10000 m (25): Noveldy Petingko 31:17.64;
110 m H (23)/+1.6: Muhammad Hazriq Cik Mat Kilau MAS 13.96 / 7th MAS All-Time; Brian Bagas 14.25 / 4th (eq.) INA All-Time; Ayub Kabri 14.30 / 7th (eq.) INA All-Time; Nwabunike Mayor Jnr/2007 14.44; Riswar Bisma 14.87; M.Fauzy Adriatna 15.00; Dimas Pramudya 15.20;
heats (23) h1/-0.9: Mat Kilau MAS 14.09; Bisma 15.05; h2/-0.8: Kabri 14.82; Pramudya 15.29; h3/+0.6: Mayor/2007 14.43; Bagas 14.47; Adriatna 15.19;
400 m H (24): Teuku Tegar Abadi 52.93; Asyrafi Khaizur Yusqi/2008 53.71; Cooper John Jenner AUS/2007 53.93;
H J (23): Kuan Jyn Yunn MAS 2.09; M.Hariyadi Hidayat 2.07;
L J (24): Liu Ming Tjai 7.16/-2.2; Aziz Mahardika 7.07/+1.0;
T J (24): Agung Wahyudi 14.70/-0.7;
S P (24): Irfan Toni Saputro 14.64; Mohd Aufa Rezqi/2007 14.53;
J T (24): Chai Kai Lee MAS/23008 65.65 / NJR & 4th MAS All-Time; Silfanus Ndiken 64.10; Erit Martharet 63.22; Ulin Nuha 57.48;
10000 m Walk (24): Bayu Prasetyo 48:34.41; Agus Hariyanto 49:01.35;
4x100 R (24): DKI Jakarta Team INA (A.J.Fandofa, B.Kertanegara, E.Rimbawan, F.S.Jaelani) 40.12;
4x400 R (25): Papua Atletik Center Team INA (B.Tsolme, F.Makaminan, H.Dacosta, M.Putra) 3:21.41;
Youth Boys / under 18:
100 m (25)/+1.2: Aditya Javas Fandofa/2010 10.85;
110 m H / 91.4 cm (23)/+0.2: Aditya Javas Fandofa/2010 13.69; M.Fathi Arkhan/2009 14.53;
heats (23) h2/+0.1: Fandofa/2010 13.67; Arkhan/2009 14.72;
H J (23): Alfonsus Getias Lio Mem/2010 2.04 / NYR;
5000 m Walk (25): Afik Oktafian/2009 22:57.09; M.Fanes Arfadilazizi/2009 23:38.94; Oktoleo Firmansah/2010 24:05.58; Ibrahim Tirmizi/2009 24:49.40;

Women:

100 m (25)/-1.9: Izzatul Musfirah Azira MAS/2008 12.08 (& 12.26/-0.8 as 1h1);
200 m (24)/+0.8: Devi Aprilian 24.59 (& 25.16/-0.5 as 1h3); Tyas Murtiningsih 25.16; Angellas Merici Anggun 25.17;

400 m (23): Mergina Asyerem 54.74 / 2nd INA All-Time; Sri Mayasari 55.18; Gusti Ayu Mardili 57.16;
 heats (23) h1: Asyerem 55.90; h3: Mayasari 55.71;
 800 m (25): Sri Mayasari 2:14.56;
 3000 m St (25): Bektiningsih Premidia 12:28.71; Laela Salsabila 13:29.57;
 100 m H (23)/nwi: Dina Aulia 13.56; Siti Nurhalizah 14.49; Lie Yee Teng MAS 14.50; Maulida Dita Sari/2008 14.89; Jenny Margaretha 15.02;
 heats (23) h1/+1.4: Aulia 14.27; Lie Yee Teng MAS 14.68; Kirana Anindya 15.22; Margaretha 15.26;
 h2/-1.1: Nurhalizah 14.80;
 400 m H (24): Faustina S.Fanny 62.18; Mayangsari 62.68;
 H J (24): Norliyana Kamaruddin MAS 1.70;
 L J (25): Vinsensia Awutet Amjaram 5.96/-1.2; Diva Aprilian 5.79/+0.4; Alia Batrisyia Nasaruddin MAS 5.73/-0.6; Nurkhaleesa Yasmin MAS 5.71/+1.4; Maesaroh 5.62/+0.5;
 T J (24): Maesaroh 12.38/-0.5; Safitra Katyea Ebri/2007 12.25/-0.3; Alia Batrisyia Nasaruddin MAS 12.22/-1.2; Vidya Ayu Irniasari 11.93/-0.2;
 S P (23): Elizabeth Martha Baminggen 13.28; Ayu Fitriani 12.83; Salsyabila Aprilia 12.29;
 D T (25): Queenie Ting Kung Ni MAS 47.78; Nur Atiqah Sufiah Hanizam MAS 45.48; Wahyu Nur Aini 40.91; Mariana Rosali 39.65;
 J T (24): Atina Nurkamilla Intan **52.69/NR**; Siti Nazirah Napis 47.50;
 10000 m Walk (24): Patricia Shinta Dwi 57:29.81;
 4x100 R (24) /Race A: DKI Jakarta Team INA (???, K.Azizi, D.Elim, J.Nuraini) 47.38 (& 47.33 as 1h1);
 Race B: National Team MAS (A.N.Alias, N.A.Rofina Aling, I.M.Azira, N.W.Huwaida) 46.61;
 4x400 R (25): Kota Salatiga Team INA 4:012.76;
Youth Girls / under 18:
 2000 m St (25): Aliifa Puspitaning/2009 8:22.13;
 5000 m Walk (25): Nabila Madhiya Eka/2010 26:39.35 / NYR;

KAZAKHSTAN

National Championships at Astana / 22. – 24.07.2026

(-courtesy of the Sport-online.kz – website -)

following are selected best performances from these major National Championships (unfortunately with rather low standards in several events compared to their standards during previous years / wind-measurements missing for some events and names of Relay runners not reported /
all athletes from KAZ except two foreigners from UKR & AZE (competing for KAZ teams) as noted

Men:

100 m (22)/+0.6: Almat Tulebayev 10.71; Danil Popov 10.84;
 heats (22) h1/+0.9: Tulebayev 10.85; h4/+1.7: Popov 10.73;
 200 m (23)/+1.4: Vitaliy Zems 21.43 (& 21.94/-0.2 as 1h2); Alan Ivanov 21.61; Daston Balgimbayev/2008 22.01; Ivan Teterin 22.03;
 400 m (22): Elnor Mukhitdinov 47.66; Yefim Tarassov 48.11; Mikhail Litvin 48.29; Alan Ivanov 48.30; Andrey Sokolov 48.35;
 heats (22) h2: Litvin 48.53; h3: Mukhitdinov 48.13; Ivanov 48.20; h4: Sokolov 48.96;
 800 m (24): Ramazan Shaiyev/2008 1:52.02; Nikita Izotov 1:52.63; Alexander Zhigar 1:54.99;
 heats (23) h1: Shaiyev/2008 1:55.21; Aleksey Chukreyev 1:55.55; h2: Evgeniy Arkhipov 1:57.01; Zhigar 1:57.02;
 5000 m (24): Maksim Frolovskiy 14:40.97; Shadrack Kimutai Koech 15:01.37;
 10000 m (22): Maksim Frolovskiy 28:50.94 / 7th KAZ All-Time (& 1st u/29:00 runner since more than 30 years);
 Shadrack Kimutai Koech 30:48.08;
 3000 m St (23): Islam Amangos 9:12.93; Rinat Kulygin 9:17.56; Bagzhan Serikhan 9:31.29;

110 m H (23)/nwi: David Yefremov 14.02; Yevgeniy Prokudin 14.19; Bogdan Goncharov/2007 14.33; Dmitriy Kulibaba/2008 14.75; Yerassyl Murzamukhambetov 14.79; Zakhar Levitskiy 15.14;
 400 m H (23): Vyacheslav Zems 52.55; Dmitriy Koblov 53.43; Mihail Cherezov 54.17;
 H J (23): Anatoliy Lyutsko/2007 2.08; Igor Kosolapov 2.04; Akylzhan Toktagalin 2.04;
 P V (23): Maxim Balabin 4.60 (!!); Askar Omirzak/2008 4.30 (Ivan Tovchenik NM / 3 fouls at 5.05 m);
 L J (22): Maksym Vanyaikin UKR 7.50/+0.5; Aleksandr Kuzmichev/2007 7.18/+0.7; Vadim Karnaukhov 7.07/+0.5;
 T J (23): Maksym Vanyaikin UKR 15.78/+0.9; Zelimkhan Nassyrov 15.67/+0.5; Georgiy Li 15.31/+0.6; Evgebiy Kisselev 15.10/+0.5;
 S P (22): Ivan Ivanov 18.57; Yevgeniy Labutov 16.57; Vadim Pessotskiy/2008 14.73; Beksultan Elikbayev 14.54;
 D T (23): Yevgeniy Labutov 56.06; Ivan Ivanov 51.29; Vadim Pessotskiy/2008 43.86;
 H T (24): Azizkhan Arifkhanov 48.40 (!!); Aldiyar Kayrollayev/2007 46.71;
 J T (22): Alexey Khlystov 70.47; Artur Gafner 70.40; Dmitri Fedorenkov 68.50 / 7th KAZ All-Time; Mierzhan Khojimbura 66.31;
 Decathlon (22/23)/nwi: Ivan Sening 6575 (11.29; 6.66; 13.86; 1.83; 53.04 / 15.72; 39.51; 3.90; 49.28; 5:29.19);
 20000 m Walk (22): Zharylkasin Egizbay 1:35:58.47; Darkhan Asetkhanuly 1:44:33.56; Azizkhan Kamilzhanov 1:45:25.74;
 4x100 R (22): Karaganda Team 42.12;
 4x400 R (24): VKO Team 3:16.75;

Women:

100 m (22)/ 0.0: Viktoriya An 11.90; Margarita Nazarenko 12.21;
 heats (22) h1/+2.1: Darya Gridassova 12.22w; h2/-0.2: An 12.05; Nazarenko 12.21;
 200 m (23)/nwi: Viktoriya An 24.41; Yekaterina Puzyreva 24.92; Sofiya Kidenko/2007 25.20;
 heats (23) h2/-0.5: An 24.75; h3/+1.3: Kidenko/2007 25.10;
 400 m (22): Milana Zubareva/2007 56.98; Ekaterina Kuznetsova 57.75;
 heats (22) h1: Zubareva/2007 56.99; h2: Alexandra Zalyubovskaya 57.26 (dnf in final);
 800 m (24): Ayana Bolatbek kyzy 2:09.16; Ekaterina Koloda 2:10.30; Viktoriya Sukachyova 2:10.91; Darya Miller 2:10.99; Akbayaqn Nurmamet 2:14.30;
 1500 m (22): Ayana Bolatbek kyzy 4:26.77; Darya Miller 4:29.40; Akbayan Nurmamet 4:33.29; Arina Gladysheva 4:39.84;
 5000 m (24): Daisy Jepkemei 16:50.88; Akbilek Kuralbay 17:44.97; Arina Gladysheva 17:55.39; Aigul Arzhanikova 18:23.47;
 10000 m (22): Daisy Jepkemei 33:52.33; Dana Aidossova 36:09.40; Caroline Chepkoech Kipkirui 36:41.73; Aigul Arzhanikova 36:42.59;
 3000 m St (23): Akbilek Kuralbay 10:44.77; Abilhan Uldanai/2007 10:47.18; Anastasiya Mihaylova/2007 12:39.70;
 110 m H (23)/nwi: Yuliya Bashmanova 13.87; Antonina Chernyshova/2007 13.94; Alina Golovina/2008 14.22; Alina Chistyakova 14.29; Darya Pavlenko 14.76;
 400 m H (23): Adelina Zems 57.79; Anastasiya Koloda 60.13; Anastasiya Tsvirkunova 62.56; Olga Bychenko/2008 64.47;
 H J (22): Kristina Ovchinnikova 1.84; Yelizaveta Matveyeva 1.80; Nadezhda Dubovitskaya 1.75; Anna Malyugina/2007 1.70; Olga Izyumnikova/2009 1.65;
 P V (22): Anastasiya Ibragimova 3.90; Polina Ivanova 3.80; Angelina Volodkina/2007 3.20 (Anna Cherkashina NM / 3 fouls at 3.80 m);
 L J (22): Anastasiya Rypakova 6.11/+0.5; Ekaterina Mikhaylenko/2010 5.86/+0.5; Anastasiya Kononovich 5.83/+0.8; Mariya Yefremova 5.76/ 0.0; Varvara Dmitriyeva 5.75/-0.7; Mariya Shchipacheva/2007 5.70/-0.4;
 T J (23): Mariya Yefremova 13.47/+0.2; Yekaterina Sariyeva AZE 13.38; Varvara Dmitriyeva 12.60/+0.6; Valeriya Safonova 12.38/+0.7; Mariya Shchipacheva/2007 12.24/+0.7; Sofiya Sazonova/2008 12.20/+1.2; Elizaveta Yakimenko 11.95/+0.7;
 D T (23): Tomiris Yermatova/2008 41.34; Dearia Zadorina 40.64; Karina Ishmetova 40.38;
 H T (24): Anastasiya Kaloshina 55.84; Tomiris Yermatova/2008 47.66;

J T (22): Varvara Nazarova 45.75; Diana Geints 43.36; Uibolsyn Esiirkep/2008 41.46; Aigerim Manasbai/2007 40.95;
Heptathlon (23/24)/nwi: Polina Kuzubova/2008 4906 (14.77; 1.60; 11.43; 27.56 / 5.73; 40.47; 2:40.72);
Angelina Poltinova 4407 (16.39; 1.63; 12.17; 27.58 / 5.27; 30.64; 2:45.64);
20000 m Walk (22): Kristina Morozova 1:44:12.16; Polina Repinga 1:51:50.95;
4x100 R (22): Almaty Team 48.56;
4x400 R (24): Pavlodar Team 3:58.31;

Mixed Relays:

4x100 R (23): Almaty Team 44.47;
4x400 R (23): Pavlodar Team 3:29.34;

IRAN

(-courtesy of Ms Leila Moradi, IRANIAN Athletics Federation -)

following are selected best performances from these National Championships, which were separately held for Men & Women during the same week at the same venue

National Championships for Women at Mashad / 19. – 20.07.2026

100 m (19)/-1.8: Pardis Abdolmohammadi 11.98; Faezeh Ashourpour 12.13;
200 m (20)/+0.3: Pardis Abdolmohammadi 24.15;
400 m (19): Zahra Zarei Manoujan 52.24; Kazhan Rostami 55.32; Maryam Mohebbi 55.47; Hajar Safarzadeh 56.47; Atefeh Khani 57.82;
800 m (20): Ayda Narouei 2:12.15; Negin Azari Edalat 2:13.08;
1500 m (19): Hanieh Shahpari/2007 4:36.97; Samia Shahpari/2008 4:36.99;
3000 m St (20): Raha Ahmadi 11:44.09; Maedeh Shahpari/?? 12:01.88;
100 m H (19)/-2.7: Faezeh Ashourpour 13.80 / 2nd IRI All-Time; Faezeh Tabatabaei 14.29;
400 m H (19): Nazanin Fatemeh Eidian 60.84; Paria Parvizpour/2007 61.60; Samin Jafarzadeh 63.39;
P V (19): Mahsa Mirzatabibi 3.70; Samira Kordali 3.60; Fatemeh Khodaei 3.40; Yasna Behmardi 3.20; Kimia Farmahani 3.20;
L J (20): Reihaneh Mobini Arani 6.35/+1.3; Zahra Hefzi 5.72/+2.0; Maral Atarodi Kia 5.63/+0.8;
T J (19): Maryam Kazemi 13.45w/+2.8;
J T (19): Zahra Najafi 50.46; Mana Hosseini 49.80; Fatemeh Payandan 40.12;
Heptathlon (19/20)/nwi: Fatemeh Mohitizadeh **5616/NR** (14.23; 1.70; 12.17; 25.44 / 6.13; 39.75; 2:26.01);
Saba Khorasani 4337 (14.84; 1.64; 11.06; 25.88 / 5.80; 30.95; dns);

National Championships for Men at Mashad / 16. – 17.07.2026

200 m (17)/-1.0: Benjamin Yousefi 20.97; Sina Najafi 21.11; Arash Sayari 21.56;
400 m (16): Milad Naseh Jahani 47.27; Ali Reza Jamshahi 47.61; Danial Bahadori 47.97; Amir Reza Poursakha 48.92;
800 m (17): Ali Amirian 1:49.13; Sobhan Ahmadi 1:49.96; Mohammad Saleh Kamareh/2008 1:53.39; Parsa Seyedabadi 1:53.69; Maziyar Gharehghozlou 1:54.02; Mohammad Hesam Mozaffari 1:54.35; Hamid Kavousi 1:55.41; Mohammad Memarpour 1:55.66;
1500 m (16): Hossein Nouri 3:46.95; Mani Mokhtari 3:52.99; Amir Farzam Safari 3:56.81;
5000 m (17): Mohammad Hossein Tayebi 14:47.66; Amir Hossein Keivanlou 14:50.09;
3000 m St (16): Samir Eghbali 9:00.05; Khalil Naseri 9:19.68;
110 m H (17)/-0.2: Yasin Gol Mohammadi 14.24; Amir Mohammad Soleimani 14.42; Amir Mahdi Rezvani 14.70; Mohammad Amin Abdollahi 14.77; Davoud Nouraddini 15.08;

400 m H (16): Mohammad Abdeshahri 53.31; Hossein Arzeroumi/2007 53.83; Amir Hossein Behdarvand 53.91;
H J (17): Amir Reza Ghanbarzadeh 2.00;
L J (17): Mohammad Reza Behrouzi 7.23w/+2.8; Eilia Tekyeghomi 7.20/+2.0; Mohammad Ghallash/2008 7.10w/+2.1; Sobhan Kordali 7.09w/+2.1;
T J (16): Hamid Reza Kia 15.44w/+2.3; Ali Seyedi 15.40/+1.6; Pouria Aryafar/2007 15.34w/+2.3; Farid Gharanjik 15.00/+2.0;
S P (16): Mohammad Reza Tayebi 19.96; Mehdi Saberi 18.38; Morteza Nazemi 17.96; Mehran Khorand 17.93; Erfan Mirzaeian 16.22;
D T (17): Sadegh Samimi 57.79; Hossein Rouzgar 52.65; Behnam Shiri 52.11; Hamed Nafarshalamzari 49.97; Mohammad Reza Ziyaei 48.18;
H T (17): Mahdi Mohammadi 64.99; Soheil Agahi 64.56; Mahdi Haftcheshmeh 63.79; Mohammad Sistani 62.93; Farhad Ebrahimi 55.04;
J T (16): Vahid Kalteh 67.34; Younes Yousefvand 66.42; Mostafa Nikkhah 63.34;

MALAYSIA

(-courtesy of the Competition – websites - with thanks to Mr Jad Adrian Washif -)

following are selected best performances / most of them achieved in Men's Track events (rather low standards in Women's events at the Kedah Open)

Kedah Athletics Open Championships at Sintok / 17. – 18.07.2026

Men:

100 m (17)/+1.3: Danish Iftikhar Muhammad Roslee/2007 10.36; Ahmad Amir Aiman Kamaruddin 10.49; Danish Irfan Tamrin/2007 10.49; Haziq Ikhwan Adnan 10.70; Muh.Daniel Hakim Azman 10.70; Muh.Hasrul Najmi Badrul 10.80; Mohd Thaqif Hisham 10.82;
heats (17) h1/-0.7: Roslee/2007 10.69; h2/-0.4: Kamaruddin 10.72;
200 m (18)/ 0.0: Ahmad Amir Aiman Kamaruddin 21.62 (& 21.89/+0.3 as 1h1);
400 m (17): Muh.Ammar Aiman Azmi 48.54; Denishwar Yanasegaran 48.73;
110 m H (18)/-0.5: Muh.Nabil Danish Nizam 15.04;
L J (18)/nwi: Abdul Latif Romly 7.94 / 2nd MAS All-Time (if legal wind ??) / he is the Paralympic & CWG 2026 T20 Gold Medallist; Andre Anura Anuar 7.51; Mel Vean Majuang 7.10;
S P (18): Nathaniel Majid 14.48;
4x100 R (18)/no details: National Team B/MAS 39.95;

Women:

100 m (17)/+1.1: Fatin Ilyana Mat Nayan 12.03 (& 12.26/+0.5 as 1h3); Mur Izzati Eliana Suhdieh/2007 12.25;

Johor Athletics Open Meeting at Kluang / 12.07.2026

Men:

100 m/+0.7: Danish Iftikhar Muhammad Roslee/2007 10.50; Afif Syahmi Azalin Faizal/2007 10.70; Danish Irfan Tamrin/2007 10.73; Muh.Airiel Iskandar Rusli/2008 10.76;
heats h2/+0.2: Tamrin/2007 10.73; h3/+0.8: Rusli/2008 10.76; h5/+1.0: Roslee/2007 10.50; Faizal/2007 10.70;
110 m H/+1.7: Muh.Syazwan Arief Roslan 14.98;
S P: Pang Hong Seng 14.49;
D T: Kamal Farhan Abd Rahman 50.40; Syed Ali Syed Ahmad/2008 44.77 (& 43.73); Sheikh Fayz Alauddin 44.77 (& 41.92);

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4x100 R/no details: Malaysian Athletics Team 39.67;

Women:

1500 m: Ellina Irez Azizul/2011 4:46.89;
100 m H/+0.7: Izzatul Nadira Jaafar 14.68;
S P: Asyherina Kuja Ujoh 13.30;
D T: Queenie Ting Kung Ni 51.79; Nur Atiqah Sufiah Hanizam 46.92;
4x100 R/no details: Johor Team 49.22;

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LEBANON

(-courtesy of Dr Wadih El Hawly, LAF -)

following are selected best performances from two major National competitions (with fewer events only at the earlier One-Day-Meeting at Beyrouth)

Lebanese National Championships at Jamhour / 23. – 26.07.2026

Men:

100 m (23)/-0.9: Andrew Danny 10.61; Nouredine Hadid 10.79;
heats (23) h1/+1.2: Danny 10.60; h4/+0.3: Hadid 10.89;
200 m (25)/-2.0: Andrew Danny 21.42 / 3rd LBN All-Time; Nouredine Hadid 21.75; Karim Slim 22.13;
Mahdi Issa 22.18;
800 m (26): Ali Mortada 1:55.61;
5000 m (26): Ali Al Rida Kanaan 15:07.45;
110 m H (24)/ 0.0: Ammar Hammoud 14.77 / 3rd LBN All-Time; Ali Hachem 15.12;
400 m H (23): Ayman Kobaydat 55.03;
S P (23): Badri Obeid 14.83;
J T (25): Nabil Al-Akoumi 61.35;
4x100 R (24): Jamhour Team 43.06;
4x400 R (26): Inter-Lebanon Team 3:21.64;

Women:

100 m (23)/-1.4: Haya Kobrosly 12.37;
200 m (25)/+1.2: Isabel Abdouch 24.90 (& 25.12/+0.3 as 1h2);
400 m (24): Isabel Abdouch 57.30;
Note: Isabel Abdouch participated for the 1st time at Lebanese Champs and had earlier improved her PB's at 200 m to 24.53/+0.7 / 5th LBN All-Time (at Fayetteville/24th Apr 26); 24.25/indoors (at Pittsburg/28nd Feb 26) and at 400 m to 54.55 / 3rd LBN All-Time (at Pittsburg/9th May 26);
1500 m (25): Joan Makary 4:43.49;
5000 m (24): Joan Makary 18:40.76;
3000 m St (23): Sama Mostafa/2008 11:59.43; Carine Al Bawab/2011 12:07.48;
H T (24): Mariam Youssef 39.88;
J T (25): Zoulal Bezijan/2008 36.07 / NJR;
4x100 R (24): Jamhour Team 51.42;

Mixed Relays:

4x100 R (26): Let's Run Team 46.88;
4x400 R (25): Inter-Lebanon Team 3:48.33;

Lebanese Athletics Federation Meeting at Beyrouth / 19.07.2026

Men:

100 m/-0.3: Andrew Danny 10.59;
200 m/+0.1: Andrew Danny 21.57; Nouredine Hadid 21.70;
600 m: Ali Mortada 1:21.84; Charbel Al Khoury 1:24.93;
110 m H/-0.8: Ammar Hammoud 15.26;
400 m H: Ayman Kobaydat 54.43;
S P: Badri Obeid 14.47;

Women:

100 m/-1.5: Haya Kobrosly 12.29;
600 m: Maria Nohra 1:38.50; Carine Bawab/2011 1:40.30;

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KOREA

National Distance Challenge Meeting at Jeongseon / 25.07.2026

Men:

800 m: Eom Tae-Keon 1:51.68; Bae Sung-Jun 1:53.32;
5000 m: Lee Jae-Woong 14:24.22;

High School Boys:

800 m: Yoo Min-Jae/2009 1:54.13;
1500 m: Kim Hyun-Min 3:56.97;
5000 m: Lee Young-Bum/2008 14:49.63; Woo Ji-Min/2208 14:52.22;

Women:

1500 m: Nam Bo-Ha-Na 4:38.25;
5000 m: Park No-Yeon 16:49.88; Jung Se-Hyun 17:29.54; Oh Dal-Nim 17:42.20;

High School Girls:

800 m: Song Da-Won/2008 2:13.98;
1500 m: Song Da-Won/2008 4:30.12;
5000 m: Hong Ji-Seung/2008 17:53.79;

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SINGAPORE

National 60 m Sprint Competition / 18.07.2026

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

Men:

60 m/-0.1: Marc Brian Louis 6.70; Tate Tan Fung 6.78; Ong Ying Tat 6.91; Tedd Toh Jun Xi 6.96;
Daryl Tan Hong An 7.00; Ian Koe 7.03; Raphael Ryan 7.05;

Junior Men / under 20:

60 m/-0.2: Wang Qiyue/2009 7.04 (& 7.03/-0.5 as 1h3);

Youth Boys / under 18:

60 m/-0.1: Sean Tay/2009 7.16;

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Women:

60 m/nwi: Benedette Leong 7.95;

Junior Women / under 20:

60 m/-0.1: Angela Tan/2009 8.24;

Youth Girls / under 18:

60 m/ 0.0: Kasi Xin Tng/2010 7.97; Alexa Tan/2009 8.13;

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ON THE ROAD

(-courtesy of the Road Race websites -)

MALAYSIA

Internat. Godzilla Run Half Marathon at Kuala Lumpur / 26.07.2026

Men:

Amos Kipkemoi Chesang KEN 1:06:43; David Kibet KEN 1:09:36; Mohd Fadli Samri MAS 1:16:28;

Women:

Zipora Kingori Wanjiru KEN 1:13:17; Joyce Wanjugu Muthee KEN 1:13:46; Emily Chemutai Ngetich KEN 1:21:17; Nurul Juliana Abdul Halim MAS 1:25:03; Chew Jia Qi MAS 1:28:49; Michelle Chua Khit Yeng AUS 1:33:48;

International Heritage Half Marathon at Kuching / 26.07.2026

Men:

Lukas Wambua Muteti KEN 1:12:52; Samson Karega Kamau KEN 1:12:54; Benard Kiplangat KEN 1:13:01;...5. Syahrullah Safri MAS 1:16:55;

Women:

Lucy Liavoga KEN 1:19:51; Mercy Chepngeno KEN 1:24:28; Caroline Cherono KEN 1:26:49; ...5. Jing Jing Tiew MAS 1:37:15;

SCORE International Marathon at Putrajaya / 19.07.2026

Men:

Marathon:

Huynh Anh Khoi VIE 2:26:32 (2nd = 2:42:48);

Half Marathon:

Soh Rui Yong SGP 1:11:53; Prabudass Krishnan MAS 1:13:04; Vimal Govendarajoo MAS 1:13:58; Lai Yi Hng MAS 1:14:57;

Women:

Marathon:

Pham Thi Hong Le VIE 2:45:33; Vu Khanh Linh VIE 3:09:21; Yuri Hayashi JPN 3:15:42;

Half Marathon:

Goh Sing Ling SGP 1:23:12; Hung Chi-Wen NZL 1:28:33;

THAILAND

International Marathon at Yala / 26.07.2026

Men:

Marathon:

Hakim Poma THA 2:39:30; Jaran Juppo THA 2:39:35;

Half Marathon:

Sanchai Namkhet THA 1:11:28; Arthit Soda THA 1:12:04; Mohd Khairul Anuar Mat Yasin MAS 1:15:42;

Women:

Marathon:

Soraya Tawong THA 3:07:14; Soraya Saait THA 3:22:43;

Half Marathon:

Pareeya Sonsem THA 1:24:38; Panuwas Keereewong THA 1:32:46;

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PHILIPPINES

IRun Subic Bay Half Marathon at Sunic / 04.07.2026

Men:

Evans Bomer PHI 1:13:47; Cyril Samson PHI 1:14:51;

Women:

Pamela Bundotich KEN 1:26:26 (no others under 1:40);