

## ASIAN Continental Records (as at 15<sup>th</sup> Apr 2012)

### MEN (Olympic events)

100 m	9.99	Samuel Francis	QAT	Amman	26.07.2007
200 m	20.03	Shingo Suetsugu	JPN	Yokohama	07.06.2003
400 m	44.56	Mohamed Amer Al-Malky	OMA	Budapest	12.08.1988
800 m	1:42.79	Youssef Saad Kamel	BRN	Monaco	29.07.2008
1500 m	3:29.14	Rashid Ramzi	BRN	Roma	14.07.2006
5000 m	12:51.98	Saif Saeed Shaheen	QAT	Roma	14.07.2006
10000 m	26:38.76	Abdullah Ahmad Hassan	QAT	Bruxelles	05.09.2003
Marathon	2:06:16	Toshinari Takaoka	JPN	Chicago	13.10.2002
3000 m Steeple	7:53.63	Saif Saeed Shaheen	QAT	Bruxelles	03.09.2004
110 m Hurdles	12.88	Liu Xiang	CHN	Lausanne	11.07.2006
400 m Hurdles	47.53	Hadi Soua'an Al-Somaily	KSA	Sydney	27.09.2000
High Jump	2.39	Zhu Jianhua	CHN	Eberstadt	10.06.1984
Pole Vault	5.90	Grigoriy Yegorov	KAZ	Stuttgart	19.08.1993
	5.90	Igor Potapovich	KAZ	Nice	10.07.1996
Long Jump	8.48	Mohamed S.Al-Khuwailidi	KSA	Sotteville	02.07.2006
Triple Jump	17.59	Li Yanxi	CHN	Jinan	26.10.2009
Shot Put	21.13	Sultan Abdulm. Al-Hebshi	KSA	Doha	08.05.2009
Discus Throw	69.32	Ehsan Haddadi	IRI	Tallinn	03.06.2008
Hammer Throw	84.86	Koji Murofushi	JPN	Praha	29.06.2003
Javelin Throw	87.60	Kazuhiro Mizoguchi	JPN	San Jose	27.05.1989
Decathlon	8725	Dmitriy Karpov	KAZ	Athinai	23/24.08.2004
		(10.50w; 7.81; 15.93; 2.09; 46.81 / 13.97; 51.65; 4.60; 55.54; 4:38.11)			

<b><u>20 km Walk/Road</u></b>	<b><u>1:17:36</u></b>	<b><u>Wang Zhen</u></b>	<b><u>CHN</u></b>	<b><u>Taicang</u></b>	<b><u>30.03.2012</u></b>
50 km Walk/Road	3:36:06	Yu Chaohong	CHN	Nanjing	22.10.2005
4x100 m Relay	38.03	National Team	JPN	Osaka	01.09.2007
		(Tsukahara, Suetsugu, Takahira, Asahara)			
4x400 m Relay	3:00.76	National Team	JPN	Atlanta	03.08.1996
		(Karube, K.Ito, Osakada, Omori)			

### Asian Records or Best Performances in other events

300 m	32.28	Fawzi Dahesh Al-Shammari	KUW	Ljubljana	10.08.2004
1000 m	2:14.72	Youssef Saad Kamel	BRN	Stockholm	22.07.2008
1 Mile	3:47.97	Dahame Najim Bashir	QAT	Oslo	29.07.2005
2000 m	4:55.57	Mohamed Sulaiman	QAT	Roma	08.06.1995
3000 m	7:30.76	Jamal Bilal Salem	QAT	Doha	13.05.2005
10 km / Road	27:57	Abdullah Ahmad Hassan	QAT	Cardiff	27.07.2008
15 km / Road <b>x2)</b>	42:36+	Atsushi Sato	JPN	Udine	14.10.2007
15000 m/Track	43:38.2	Toshihiko Seko	JPN	Shizuoka	24.09.1983
20 km / Road <b>x2)</b>	57:24+	Atsushi Sato	JPN	Udine	14.10.2007
20000 m/Track	57:48.7	Toshihiko Seko	JPN	Odawara	11.05.1985
1 Hour	20.410 m	Seiji Kushibe	JPN	Tokyo	20.10.1996
Half-Marathon	1:00:25	Atsushi Sato	JPN	Udine	14.10.2007
25 km / Road <b>x2)</b>	1:13:14+	Takyuki Matsumiya	JPN	Kumamoto	27.02.2005
25000 m/Track	1:13:55.8	Toshihiko Seko	JPN	Christchurch	22.03.1981
30 km / Road	1:28:00	Takayuki Matsumiya	JPN	Kumamoto	27.02.2005
30000 m/Track	1:29:18.8	Toshihiko Seko	JPN	Christchurch	22.03.1981
100 km	6:13:33	Takahiro Sunada	JPN	Yubetsu	21.06.1998
2000 m Steeple	5:14.53	Saif Saeed Shaheen	QAT	Doha	13.05.2005
200 m Hurdles	22.80	Shingo Akimoto	JPN	Katsuura	30.10.2010
300 m Hurdles	35.54	Yoshihiro Chiba	JPN	Nanao	27.07.2003
5000 m Walk/Track	18:56.70	Akihiro Sugimoto	JPN	Tendo	16.05.2009
10 km Walk/Road	37:44	Wang Zhen	CHN	Beijing	18.09.2010
10000 m/ W/Track	39:07.84	Koichiro Morioka	JPN	Niigata	25.09.2010
20000m Walk/Track	1:18:03.3	Bu Lingtang <b>x1)</b>	CHN	Beijing	07.04.1994
50000m Walk/Track	3:48:13.7	Zhao Yongsheng	CHN	Fana	07.05.1994
4x200 m Relay	1:22.66	National Team	THA	Philadelphia	29.04.2000
		(Srihawong, Sophanich, Janthana, Suwonprateep)			
4x800 m Relay	7:06.66	National Team	QAT	Bruxelles	25.08.2006
		(S.M.Saeed, S.A. Al-Badri, A.Sulaiman, A.A.Kamel)			

### WOMEN (Olympic events)

100 m	10.79	Li Xuemei	CHN	Shanghai	18.10.1997
200 m	22.01	Li Xuemei	CHN	Shanghai	22.10.1997
400 m	49.81	Ma Yuqin	CHN	Beijing	11.09.1993
800 m	1:55.54	Liu Dong	CHN	Beijing	09.09.1993
1500 m	3:50.46	Qu Yunxia	CHN	Beijing	11.09.1993
5000 m	14:28.09	Jiang Bo	CHN	Shanghai	23.10.1997
10000 m	29:31.78	Wang Junxia	CHN	Beijing	08.09.1993
Marathon	2:19:12	Mizuki Noguchi	JPN	Berlin	25.09.2005
3000 m Steeple	9:26.25	Liu Nian	CHN	Wuhan	02.11.2007
100 m Hurdles	12.44	Olga Shishigina	KAZ	Luzern	27.06.1995
400 m Hurdles	53.96	Han Qing	CHN	Beijing	09.09.1993
	53.96	Song Yinglan	CHN	Guangzhou	22.11.2001
High Jump	1.99	Marina Aitova	KAZ	Athina	13.07.2009
Pole Vault	4.64	Gao Shuying	CHN	New York	02.06.2007
Long Jump	7.01	Yao Weili	CHN	Jinan	05.06.1993
Triple Jump	15.25	Olga Rypakova	KAZ	Split	04.09.2010
Shot Put	21.76	Li Meisu	CHN	Shijiazhuang	23.04.1988
Discus Throw	71.68	Xiao Yanling	CHN	Beijing	14.03.1992
<b>Hammer Throw</b>	<b>75.72</b>	<b>Zhang Wenxiu</b>	<b>CHN</b>	<b>Chengdu</b>	<b>12.03.2012</b>
Javelin Throw/old m.	70.42	Zhang Li	CHN	Tianjin	06.08.1990
<b>Javelin Throw/new</b>	<b>64.95</b>	<b>Lu Huihui</b>	<b>CHN</b>	<b>Zhaoqing</b>	<b>14.04.2012</b>
Heptathlon	6942	Ghada Shouaa	SYR	Götztis	25/26.05.1996
		(13.78; 1.87; 15.64; 23.78 – 6.77; 54.74; 2:13.61)			
<b>20 km Walk/Road</b>	<b>1:25:46</b>	<b>Liu Hong</b>	<b>CHN</b>	<b>Taicang</b>	<b>30.03.2012</b>
4x100 m Relay	42.23	Sichuan Team	CHN	Shanghai	23.10.1997
		(Xiao Lin, Li Yali, Liu Xiaomei, Li Xuemei)			
4x400 m Relay	3:24.28	Hebei Team	CHN	Beijing	13.09.1993
		(An Xiaohong, Bai Xiaoyun, Cao Chunying, Ma Yuqin)			

### Asian Records or Best Performances in other events

300 m	37.80	Satomi Kubokura	JPN	Izumo	19.04.2009
1000 m	2:41.08	Miho Sugimori	JPN	Yokohama	19.06.2002
1 Mile	4:17.75	Maryam Yusuf Jamal	BRN	Bruxelles	14.09.2007
2000 m	<b>x2)</b> 5:29.43+	Wang Junxia	CHN	Beijing	12.09.1993
	5:31:88	Maryam Yusuf Jamal	BRN	Eugene	07.06.2009
3000 m	8:06.11	Wang Junxia	CHN	Beijing	13.09.1993
2 Miles	9:35.04	Yuko Kawakami	JPN	Cork	27.06.1998
10 km / Road	<b>x2)</b> 30:52+	Kayoko Fukushi	JPN	Marugame	05.02.2006
15 km / Road	<b>x2)</b> 46:55+	Kayoko Fukushi	JPN	Marugame	05.02.2006
20 km / Road	<b>x2)</b> 63:14+	Masako Chiba	JPN	Tokyo	19.01.1997
20000m/Track	1:06:48.8	Izumi Maki	JPN	Amagasaki	19.09.1993
1 Hour	17.952 m	Junko Kataoka	JPN	Tokyo	01.10.1994
Half-Marathon	1:07:26	Kayoko Fukushi	JPN	Marugame	05.02.2006
25 km / Road	<b>x2)</b> 1:22:13+	Mizuki Noguchi	JPN	Berlin	25.09.2005
25000 m/Track	1:33:53.4	Tamaki Okuno	JPN	Tokyo	10.10.1996
30 km / Road	<b>x2)</b> 1:38:49+	Mizuki Noguchi	JPN	Berlin	25.09.2005
30000 m/Track	1:53:03.6	Tamaki Okuno	JPN	Tokyo	10.10.1996
100 km	6:33:11	Tomoe Abe	JPN	Yubetsu	25.06.2000
2000 m Steeple	6:40.72	Sun Ran	CHN	Taian	03.11.2008
Decathlon	7798	Irina Naumenko	KAZ	Talence	26.09.2004
		(12.58; 34.63; 3.30; 37.57; 55.91 / 14.42; 5.98; 12.51; 1.77; 4:59.03)			
5 km Walk/Road	21:39	Song Lijuan	CHN	Wuhai	15.07.1992
	<b>x2)</b> (20:41+	Liu Hongyu	CHN	Eisenhüttenstadt	08.05.1999)
5000 m Walk/Track	20:37.7	Jin Bingjie	CHN	Hefei	03.03.1990
10 km Walk / Road	41:16	Wang Yan	CHN	Eisenhüttenstadt	08.05.1999
10000m Walk/Track	41:37.9	Gao Hongmiao	CHN	Beijing	07.04.1994
		<b>x1)</b>			
20000 m Walk/Track	1:29:32.4	Song Hongjuan	CHN	Changsha	24.10.2003
4x200 m Relay	1:35.90	National Team	JPN	Hamamatsu	04.11.1985
		(Koshimoto, Isozaki, Hara, Konishi)			

**Notes:**

x1) the records for Men/20000 m Track Walk & Women/10000 m Track Walk were subsequently added after investigation by Yoshimasa Noguchi (these times from CHN Track Walk Champs 1994 were always wrongly included to all International publications as Road events)

x2) + = official intermediate times

**JUNIOR MEN**

100 m	10.22	Vitaliy Medvedev	KAZ/77	Almaty	14.07.1995
200 m	20.29	Yusuke Omae	JPN/82	Matsumoto	30.06.2001
400 m	44.66	Hamdan Odha Al-Bishi	KSA/81	Santiago/CHI	20.10.2000
800 m	1:44.02	Bilal Mansour Ali	BRN/88	Rieti	09.09.2007
1500 m	3:31.49	Bilal Mansour Ali	BRN/88	Athinai	02.07.2007
5000 m	13:17.10	Essa Ismail Rasheed	QAT/86	Hengelo	29.05.2005
10000 m	27:59.32	Ryuji Ono	JPN/85	Tottori	05.06.2004
3000 m Steeple	8:07.18	Moussa Omar Obaid	QAT/85	Athinai	24.08.2004
110 m H (1.067 m)	13.12	Liu Xiang	CHN/83	Lausanne	02.07.2002
400 m H (0.914 m)	48.94	Ibrahim Al-Hamaidi	KSA/85	Grosseto	16.07.2004
High Jump	2.33	Zhu Jianhua	CHN/63	New Delhi	01.12.1982
Pole Vault	5.60	Yang Yansheng	CHN/88	Shijiazhuang	03.08.2007
Long Jump	8.17	Zhang Xiaoyi	CHN/89	Chongqing	23.04.2006
Triple Jump	17.23	Gu Junjie	CHN/85	Hefei	26.09.2004
Shot Put (6 kg)	20.63	Li Meng	CHN/93	Nanchang	21.10.2011
Shot Put (7.26 kg)	19.48	Xie Shengying	CHN/71	Shijiazhuang	25.04.1990
Discus (1.75 kg)	64.51	Wu Tao	CHN/83	Kingston	18.07.2002
Discus (2.0 kg)	62.36	Tulake Nuermaimaiti	CHN/82	Guangzhou	21.11.2001
<b>Hammer (6 kg)</b>	<b>79.67</b>	<b>Mohamed Ashraf Amjad</b>	<b>KUW/95</b>	<b>Al Kuwait</b>	<b>04.04.2012</b>
Hammer (7.260 kg)	72.70	Ali Mohamed Al-Zankawi	KUW/84	Amman	08.09.2003
Javelin (800 g)	81.80	Sergey Voynov	UZB/77	Tashkent	06.06.1996
Decathlon	8041	Qi Haifeng	CHN/83	Busan	09/10.10.2002
(Men hurdles/impl.)		(11.09; 7.22; 13.05; 2.06; 49.09 – 14.54; 43.16; 4.80; 61.04; 4:35.17)			
10 km Walk/Road	37:44	Wang Zhen	CHN/92	Beijing	18.09.2010
10000m W/Track	39:47.20	Chen Ding	CHN/92	Bydgoszcz	11.07.2008
20 km Walk/Road	1:18:07	Li Gaobo	CHN/89	Cixi	23.04.2005
20000mWalk/Track	1:20:11.72	Li Gaobo	CHN/89	Wuhan	02.11.2007
50 km Walk/Road	3:41:10	Zhao Jianguo	CHN/88	Wajima	16.04.2006
4x100 m Relay	39.30	National Junior Team	JPN	Bangkok	28.10.2002
		(Matsunaga, Noda, Takahira, Aikawa)			
4x400 m Relay	3:05.33	National Junior Team	JPN	Grosseto	18.07.2004
		(Ota, Noda, Suzuki, Sasaki)			

**Junior Women**

100 m	11.17	Xiao Lin	CHN/78	Shanghai	18.10.1997
200 m	22.83	Chen Yuxiang	CHN/78	Shanghai	21.10.1997
400 m	50.01	Li Jing	CHN/80	Shanghai	18.10.1997
800 m	1:57.18	Wang Yuan	CHN/76	Beijing	08.09.1993
1500 m	3:51.34	Lang Yinglai	CHN/79	Shanghai	18.10.1997
3000 m	8:36.45	Ma Ningning	CHN/76	Jinan	06.06.1993
5000 m	14:39.96	Yin Lili	CHN/79	Shanghai	23.10.1997
10000 m	30:31.55	Xing Huina	CHN/84	St Denis	23.08.2003
2000 m Steeple	6:40.72	Sun Ran	CHN/91	Taian	03.11.2008
3000 m Steeple	9:26.25	Liu Nian	CHN/88	Wuhan	02.11.2007
100 m H (0.84 m)	12.92	Sun Hongwei	CHN/79	Shanghai	18.10.1997
400 m H (0.762 m)	54.40	Wang Xing	CHN/86	Nanjing	21.10.2005
High Jump	1.95	Tatyana Efimenko	KGZ/81	Bishkek	06.10.1999
Pole Vault	4.45	Zhang Yingning	CHN/90	Changsha	29.10.2006
	4.45	Li Ling	CHN/89	Hangzhou	12.04.2008
Long Jump	6.80	Peng Fengmei	CHN/79	Chengdu	18.04.1998
Triple Jump	14.57	Huang Qiuyan	CHN/80	Shanghai	19.10.1997
Shot Put (4.0 kg)	20.02	Cheng Xiaoyan	CHN/75	Beijing	05.06.1994

Discus (1.0 kg)	66.08	Cao Qi	CHN/74	Beijing	12.09.1993
Hammer (4.0 kg)	73.24	Zhang Wenxiu	CHN/86	Changsha	24.06.2005
Javelin / new impl.	62.93	Xue Juan	CHN/86	Changsha	27.10.2003
Heptathlon	6185	Shen Shengfei (14.23; 1.83; 14.37; 24.13 - 5.93; 44.50; 2:17.81)	CHN/81	Shanghai	17/18.10.1997
5000 m Walk/Track	20:37.7	Jin Bingjie	CHN/71	Hefei	03.03.1990
10 km Walk/Road	41:57	Gao Hongmiao	CHN/74	Beijing	08.09.1993
10000m Walk/Track	42:49.7	Gao Hongmiao	CHN/74	Jinan	15.03.1992
<b>20 km Walk/Road</b>	<b>1:27:01</b>	<b>Lu Xiuzhi</b>	<b>CHN/93</b>	<b>Taicang</b>	<b>30.03.2012</b>
20000m Walk/Track	1:29:32.4	Song Hongjuan	CHN/84	Changsha	24.10.2003
4x100 m Relay	44.75	National Junior Team (Gao Chunxia, Yen Jie, Feng Jie, Wang Jing)	CHN	Jakarta	20.09.1994
4x400 m Relay	3:32.59	National Junior Team (Chen Yumei, Wang Hui, Wen Xiuyun, Li Xueji)	CHN	Beijing	20.08.2006

## ASIAN Indoor Records & Best Performances

### MEN events

50 m	5.72	Anvar Kuchmuradov	UZB	Moskva	04.02.1994
	5.72	Vitaliy Savin	KAZ	Madrid	09.02.1995
-addit.intermed.time-	5.69+	Gennadiy Chernovol	KAZ	Lievin	24.02.2002
60 m	6.51	Talal Mansour Al-Rahim	QAT	Karlsruhe	06.03.1993
100 m	10.41	Nobuharu Asahara	JPN	Tampere	04.02.2002
200 m	20.63	Koji Ito	JPN	Maebashi	05.03.1999
400 m	45.76	Shunji Karube	JPN	Paris	09.03.1997
800 m	1:45.26	Youssef Saad Kamel	BRN	Valencia	09.03.2008
1000 m	2:17.06	Bilal Mansour Ali	BRN	Gent	24.02.2008
1500 m	3:36.28	Bilal Mansour Ali	BRN	Stockholm	20.02.2007
1 Mile	3:57.05	Mohamed Sulaiman	QAT	Birmingham	20.02.1993
3000 m	7:39.77	Saif Saeed Shaheen	QAT	Pattaya	11.02.2006
5000 m	13:19.10	Essa Ismail Rasheed	QAT	Düsseldorf	03.02.2010
50 m Hurdles	6.50	Li Tong	CHN	Los Angeles	19.02.1994
-addit.intermed.time	6.44+	Liu Xiang	CHN	Lievin	28.02.2004
<b>60 m Hurdles</b>	<b>7.41</b>	<b>Liu Xiang</b>	<b>CHN</b>	<b>Birmingham</b>	<b>18.02.2012</b>
<b>High Jump</b>	<b>2.33</b>	<b>Moataz Essa Barshim</b>	<b>QAT</b>	<b>Spala</b>	<b>11.02.2012</b>
Pole Vault	5.92	Igor Potapovich	KAZ	Stockholm	19.02.1998
Long Jump	8.27	Su Xiongfeng	CHN	Nanjing	11.03.2010
Triple Jump	17.09	Oleg Sakirkin	KAZ	Moskva	27.02.1993
<b>Shot Put</b>	<b>20.16</b>	<b>Zhang Jun</b>	<b>CHN</b>	<b>Nanjing</b>	<b>13.02.2012</b>
Heptathlon	6229	Dmitriy Karpov (7.07; 7.21; 16.23; 2.07 / 7.99; 5.15; 2:43.69)	KAZ	Tallinn	15/16.02.2008
5000 m Walk	19:14.00	Sergey Korepanov	KAZ	Karaganda	28.01.1995
4x200 m Relay	1:27.04	Hosei University Team (Iwanaga, Sugimoto, Masukawa, Kato)	JPN	Yokohama	03.03.1991
4x400 m Relay	3:05.90	National Team (Takahashi, Osakada, Kan, Karube)	JPN	Maebashi	06.03.1999

### WOMEN events

50 m	6.31+	Susanthika Jayasinghe	SRI	Lievin	25.02.2001
60 m	7.09	Susanthika Jayasinghe	SRI	Stuttgart	07.02.1999
200 m	22.99	Susanthika Jayasinghe	SRI	Lisboa	09.03.2001
400 m	52.27	Li Yajun	CHN	Beijing	24.02.1996
800 m	2:00.78	Miho Sugimori	JPN	Yokohama	22.02.2003
1000 m	2:46.6	Geng Xiujian	CHN	Beijing	27.03.1987
1500 m	3:59.79	Maryam Yusuf Jamal	BRN	Valencia	09.03.2008
1 Mile	4:24.71	Maryam Yusuf Jamal	BRN	Birmingham	20.02.2010
2000 m	5:55.6	Liu Jianying	CHN	Beijing	18.03.1994
3000 m	8:41.34	Dong Yanmei	CHN	Lisboa	10.03.2001

5000 m	16:07.75	Jin Yuan	CHN	Seattle	03.03.2007
50 m Hurdles	6.70	Olga Shishigina	KAZ	Budapest	05.02.1999
60 m Hurdles	7.82	Olga Shishigina	KAZ	Lievin	21.02.1999
High Jump	1.98	Svetlana Zalevskaya	KAZ	Samara	02.03.1996
Pole Vault	4.50	Li Ling	CHN	Hangzhou	19.02.2011
Long Jump	6.82	Yang Juan	CHN	Beijing	13.03.1992
Triple Jump	15.14	Olga Rypakova	KAZ	Doha	13.03.2010
Shot Put	21.10	Sui Xinmei	CHN	Beijing	03.03.1990
Pentathlon	4582	Olga Rypakova (8.68; 1.88; 12.90; 6.55; 2:23.26)	KAZ	Pattaya	10.02.2006
3000 m Walk	12:42.65	Yuko Sato	JPN	Osaka	11.02.1994
4x200 m Relay	1:42.80	National Team (Kitagawa, Nomura, Yokoyama, Kumata)	JPN	Yokohama	03.03.1991
4x400 m Relay	3:37.46	National Team (Mandeep Kaur, Manjeet Kaur, Sini Jose, Chitra K.Soman)	IND	Doha	16.02.2008

**Notes:**

+ = official intermediate times during 60 m & 60 m H (Men) resp. during 60 m (Women)

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