

ASIAN Continental Records (as at 31st Dec 2015)

<u>MEN (Olympic events)</u>					
<u>100 m</u>	<u>9.91</u>	<u>Femi Seun Ogunode</u>	<u>QAT</u>	<u>Wuhan</u>	<u>04.06.2015</u>
<u>200 m</u>	<u>19.97</u>	<u>Femi Seun Ogunode</u>	<u>QAT</u>	<u>Bruxelles</u>	<u>11.09.2015</u>
<u>400 m</u>	<u>43.93</u>	<u>Youssef Ahmed Al-Masrahi</u>	<u>KSA</u>	<u>Beijing</u>	<u>23.08.2015</u>
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	<u>x4)</u> 12:51.96	Albert Rop	BRN	Monaco	19.07.2013
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	2.43	Mutaz Essa Barshim	QAT	Bruxelles	05.09.2014
Pole Vault	<u>x5)</u> 5.92i	Igor Potapovich	KAZ	Stockholm	19.02.1998
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	89.15	Zhao Qinggang	CHN	Incheon	02.10.2014
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)			
<u>20 km Walk/Road</u>	<u>1:16:36</u>	<u>Yusuke Suzuki</u>	<u>JPN</u>	<u>Nomi</u>	<u>15.03.2015</u>
50 km Walk/Road	3:36:06	Yu Chaohong	CHN	Nanjing	22.10.2005
<u>4x100 m Relay</u>	<u>37.92</u>	<u>National Team</u>	<u>CHN</u>	<u>Beijing</u>	<u>29.08.2015</u>
		<u>(Mo Youxue, Xie Zhenye, Su Bingtian, Zhang Peimeng)</u>			
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

<u>300 m</u>	<u>32.21</u>	<u>Kenji Fujimitsu</u>	<u>JPN</u>	<u>Hamayama</u>	<u>12.04.2015</u>
600 m	1:15.99	Abdulrahman Musaeb Balla	QAT	Stockholm	22.08.2013
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
2 Miles	8:13.16	Rashid Ramzi	BRN	Eugene	08.06.2008
10 km / Road	27:57	Abdullah Ahmad Hassan	QAT	Cardiff	27.07.2008
15 km / Road	<u>x2)</u> 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	<u>x2)</u> 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	<u>x2)</u> 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
<u>5000 m Walk/Track</u>	<u>18:37.22</u>	<u>Yusuke Suzuki</u>	<u>JPN</u>	<u>Kitami</u>	<u>12.07.2015</u>
10 km Walk/Road	37:44	Wang Zhen	CHN	Beijing	18.09.2010
<u>10000 m Walk/Track</u>	<u>38:10.23</u>	<u>Yusuke Suzuki</u>	<u>JPN</u>	<u>Abashiri</u>	<u>16.07.2015</u>
20000mWalk/Tr	<u>x1)</u> 1:18:03.3	Bu Lingtang	CHN	Beijing	07.04.1994
50000m Walk/Track	3:48:13.7	Zhao Yongsheng	CHN	Fana	07.05.1994

4x200 m Relay	x3)	1:22.66	National Team (Srihawong, Sophanich, Janthana, Suwonprateep)	THA	Philadelphia	29.04.2000
4x800 m Relay		7:06.66	National Team (S.M.Saeed, S.A. Al-Badri, A.Sulaiman, A.A.Kamel)	QAT	Bruxelles	25.08.2006
4x1500 m Relay		15:10.77	National Team (Moh.Al-Garni, Moh.H.Salah, A.M.Balla, A.A.Kamal)	QAT	Nassau	25.05.2014

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		9:20.55	Ruth Chebet	BRN	Zürich	28.08.2014
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
<u>Pole Vault</u>		<u>4.66</u>	<u>Li Ling</u>	<u>CHN</u>	<u>Wuhan</u>	<u>06.06.2015</u>
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
Hammer Throw		77.68	Wang Zheng	CHN	Chengdu	29.03.2014
Javelin Throw/old m.		70.42	Zhang Li (I)	CHN	Tianjin	06.08.1990
<u>Javelin Thr./new</u>		<u>66.13</u>	<u>Lu Huihui</u>	<u>CHN</u>	<u>Beijing</u>	<u>30.08.2015</u>
Heptathlon		6942	Ghada Shouaa	SYR	Götzis	25/26.05.1996
			(13.78; 1.87; 15.64; 23.78 – 6.77; 54.74; 2:13.61)			
<u>20 km Walk/Road</u>		<u>1:24:38</u>	<u>Liu Hong</u>	<u>CHN</u>	<u>La Coruna</u>	<u>06.06.2015</u>
4x100 m Relay		42.23	Sichuan Team (Xiao Lin, Li Yali, Liu Xiaomei, Li Xuemei)	CHN	Shanghai	23.10.1997
4x400 m Relay		3:24.28	Hebei Team (An Xiaohong, Bai Xiaoyun, Cao Chunying, Ma Yuqin)	CHN	Beijing	13.09.1993

Asian Records or Best Performances in other events

300 m		37.80	Satomi Kubokura	JPN	Izumo	19.04.2009
1000 m		2:40.53	Zhao Jing	CHN	Changbaishan	02.09.2014
1 Mile		4:17.75	Maryam Yusuf Jamal	BRN	Bruxelles	14.09.2007
2000 m	x2)	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		9:13.85	Mimi Belete	BRN	Eugene	31.05.2014
10 km / Road	x2)	30:52+	Kayoko Fukushi	JPN	Marugame	05.02.2006
15 km / Road	x2)	46:55+	Kayoko Fukushi	JPN	Marugame	05.02.2006
20 km / Road	x2)	63:41+	Kayoko Fukushi	JPN	Marugame	05.02.2006
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	x2)	1:07:26	Kayoko Fukushi	JPN	Marugame	05.02.2006
25 km / Road	x2)	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	x2)	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
<u>1500 m Steeple</u>		<u>4:43.11</u>	<u>Betlhem Desalegn</u>	<u>UAE</u>	<u>Enskede</u>	<u>05.08.2015</u>
<u>2000 m Steeple</u>		<u>6:14.34</u>	<u>Tigist Mekonen</u>	<u>BRN</u>	<u>Berlin</u>	<u>06.09.2015</u>

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
	x2)	(20:41+ Liu Hongyu	CHN	Eisenhüttenstadt	08.05.1999)
5000 m Walk/Track	20:34.76	Liu Hong	CHN	Tianjin	16.09.2012
10 km Walk / Road	41:16	Wang Yan	CHN	Eisenhüttenstadt	08.05.1999
10000m Walk/Tr x1)	41:37.9	Gao Hongmiao	CHN	Beijing	07.04.1994
20000 m Walk/Track	1:29:32.4	Song Hongjuan	CHN	Changsha	24.10.2003
<u>4x200 m Relay</u>	<u>1:34.89</u>	<u>National Team</u>	<u>CHN</u>	<u>Nassau</u>	<u>02.05.2015</u>
		<u>(Yuan Oiqi, Kong Lingwei, Liang Xiaojing, Lin Huijun)</u>			
4x800 m Relay	8:16.2	Liaoning Team	CHN	Shanghai	03.10.1991
		(Liu Dong, Chen Yumei, Qu Yunxia, Liu Li)			
4x1500 m Relay	18:31.18	Hitachi Team	JPN	Hitachinaka	26.05.1996
		(Ogawa, Ishizuka, Kumagai, Nakasaka)			

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 & faster times at “downhill course (Tokyo/19.01.97) not accepted
- x3) a faster time (1:22.41) achieved by Waseda University Team/JPN at Tokorozawa, 22nd Sep 2013, cannot be valued according to the IAAF Rules & the Asian AA Constitution
- x4) 12:51.96 was added as a new record, since Albert Rop was subsequently declared as eligible to compete for Bahrain with effect of 2nd Apr 2013 (for performances - acc. to the policy of the IAAF & the ASIAN AA -)
- x5) additional best Pole Vault performances outdoors:

5.90	Grigoriy Yegorov	KAZ	Stuttgart	19.08.1993
5.90	Igor Potapovich	KAZ	Nice	10.07.1996

JUNIOR MEN

100 m	x6)	10.05	Yoshihide Kiryu	JPN/95	Kumagaya	17.05.2014
200 m		20.29	Yusuke Omae	JPN/82	Matsumoto	30.06.2001
<u>400 m</u>		<u>44.27</u>	<u>Abdelilah Haroun</u>	<u>QAT/97</u>	<u>La Chaux-de-F.</u>	<u>05.07.2015</u>
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
1 Mile		3:50.90	Hamza Driouch	QAT/94	Oslo	07.06.2012
3000 m		7:47.65	Aadam Ismail Khamis	BRN/89	Alger	22.06.2006
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
<u>Long Jump</u>		<u>8.25</u>	<u>Wang Jianan</u>	<u>CHN/96</u>	<u>Shanghai</u>	<u>17.05.2015</u>
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
Hammer (6 kg)		85.57	Moh.Ashraf Amjad Al-Saifi	KUW/95	Barcelona	14.07.2012
Hammer (7.260 kg)		76.37	Moh.Ashraf Amjad Al-Saifi	QAT/95	Doha	10.04.2013
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	39:08.23	Daisuke Matsunaga	JPN/95	Tokyo	14.12.2013
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	39.01	National Junior Team (Oseto, Hashimoto, Cambridge, Kanamori)	JPN	Barcelona	13.07.2012
4x400 m Relay	3:04.11	National Junior Team (Walsh, Yui, Kitagawa, Kato)	JPN	Eugene	27.07.2014

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	6:14.34	Tigist Mekonen	BRN/97	Berlin	06.09.2015
3000 m Steeple	9:20.55	Ruth Chebet	BRN//96	Zürich	28.08.2014
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
20 km Walk/Road	1:27:01	Lu Xiuzhi	CHN/93	Taicang	30.03.2012
20000mWalk/Track	1:29:32.4	Song Hongjuan	CHN/84	Changsha	24.10.2003
4x100 m Relay	44.48	Tokyo HS Junior Team (K.Saita, M.Fukada, N.Uemura, E.Iyoba)	JPN	Yokohama	24.10.2015
4x400 m Relay	3:32.59	National Junior Team (Chen Yumei, Wang Hui, Wen Xiuyun, Li Xueji)	CHN	Beijing	20.08.2006

Notes:

x6) 10.01 by Yoshihide Kiryu at Hiroshima, 29th Apr 2013, is recognized as a National Junior Record; however, this result could not be recognized as a new IAAF World Junior Record and ASIAN Continental Junior Record, because the wind instrument used during this meet was not up to current IAAF international standards

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
	6.51	Femi Seun Ogunode	QAT	Flagstaff	25.01.2014
100 m	10.41	Nobuharu Asahara	JPN	Tampere	04.02.2002
200 m	20.63	Koji Ito	JPN	Maebashi	05.03.1999
400 m	45.39	Abdelilah Haroun	QAT	Stockholm	19.02.2015
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	7:38.77	Albert Rop	BRN	Gent	09.02.2014
2 Miles	8:16.47	Suguru Osako	JPN	New York	31.01.2015
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
60 m Hurdles	7.41	Liu Xiang	CHN	Birmingham	18.02.2012
High Jump	2.41	Mutaz Essa Barshim	QAT	Athlone	18.02.2015
Pole Vault	5.92	Igor Potapovich	KAZ	Stockholm	19.02.1998
Long Jump	8.27	Su Xiongfeng	CHN	Nanjing	11.03.2010
Triple Jump	17.16	Dong Bin	CHN	Nanjing	07.03.2013
Shot Put	20.16	Zhang Jun	CHN	Nanjing	13.02.2012
Heptathlon	6229	Dmitriy Karpov	KAZ	Tallinn	15/16.02.2008
		(7.07; 7.21; 16.23; 2.07 / 7.99; 5.15; 2:43.69)			
5000 m Walk	19:14.00	Sergey Korepanov	KAZ	Karaganda	28.01.1995
4x200 m Relay	1:27.04	Hosei University Team	JPN	Yokohama	03.03.1991
		(Iwanaga, Sugimoto, Masukawa, Kato)			
4x400 m Relay	3:05.90	National Team	JPN	Maebashi	06.03.1999
		(Takahashi, Osakada, Kan, Karube)			
<u>WOMEN events</u>					
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 Xiujuan	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	15:34.70	Alia Saeed Mohamed	UAE	Stockholm	19.02.2015
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	4.51	Li Ling	CHN	Xianlin	08.03.2015
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	KAZ	Pattaya	10.02.2006
		(8.68; 1.88; 12.90; 6.55; 2:23.26)			
3000 m Walk	12:42.65	Yuko Sato	JPN	Osaka	11.02.1994
4x200 m Relay	1:42.80	National Team	JPN	Yokohama	03.03.1991
		(Kitagawa, Nomura, Yokoyama, Kumata)			
4x400 m Relay	3:37.46	National Team	IND	Doha	16.02.2008
		(Mandeep Kaur, Manjeet Kaur, Sini Jose, Chitra K.Soman)			

Notes:

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