

## National Records as at 31-12-2019

MEN					WOMEN				
Event	Record	Name	Tournament	Year	Event	Record	Name	Tournament	Year
100 M	10.33	Hassan Saaid	MVP Track & Field Meeting	16-Apr-16	100 M	12"27	Shamha Ahmed	World C'ship/Edmonton	Aug-01
200 M	20.75	Hassan Saaid	Indian Grand Prix	11-Jul-16	200 M	24.96	Afa Ismail	Olympic Games	15-Aug-16
400 M	47.48	Hassan Saaid	JAAA Development Meet	01-Jun-13	400 M	59.18	Aishath Himna Hassan	Asian Youth Championship	15-Mar-19
800 M	1'53"08	Naseer Ismail	8th SAF Games/Nepal	1999	800 M	2'28"00	Aishath Reesha	World C'ship/Berlin	Aug-09
1500 M	4'00"06	Hussein Riyaz	6th SAF Games/Dhaka	1993	1500 M	5.14.38	Aminath Jaaisha Juneez	Asian Games 2018	30-Aug-18
3000 M	09:29.21	Hussain Fazeel Haroon	National Grand Prix	13-Sep-18	3000 M	12'03"2	Fathmath Hashma Abdul Azeez	16th Nat. Tournamrnt	Dec-05
5000 M	15.30.49	Hussain Fazeel Haroon	23rd Asian Athletics Chmapionships	24-04-19	5000 M	20.10.30	Mariyam Abdul Kareem	Indian Ocean Island Games	24-Jul-19
10000 M	32.46.14	Hussain Fazeel Haroon	23rd Asian Athletics Chmapionships	21-Apr-19	10000M	42.08.62	Mariyam Abdul Kareem	South Asian Games 2019	3-Dec-19
100 M H	15"4	Hassan Zameel	2nd Inetr School	May-91					
5000 M Walk	28'28"8	Ibrahim Saleem	8th Nat. Meet	Aug-91	3000 M Walk	21'10"99	Aminath Ali	17th Nat.Tournament	Dec-06
4 x 100	41.21	National Team	South Asian Games	10-Feb-16	4 x 100 Relay	50.16	National Team	South Asian Games	06-Dec-19
			Hassan Saaid, Azneem Ahmed, Hussain Inash, Hussain Haleem					Mariyam Alha Hussain, Aishath Himna Hassan, Saraa Masood, Rifa Mohamed	
4 x 200	01:31.6	National Team	Lefika Relay Meet 2016	02-Apr-16	4 x 200 Relay	2:01.32	Sharafuddin School	Junior Championships, Fuvahmulah	27-Mar-19
			Ahmed Anoof Mohamed, Mohamed Naail, Ibrahim Ashfan Ali, Ali Sham					Kausar Adam, Mariyam Alha Hussain, Fathimath Zaara Nizar, Hawwa Shamla Shaheem	
4 x 400	3.14.30	National Team	IOIG/Reunion	06-Aug-15	4 x 400 Relay	4:18.11	National Team	South Asian Games	11-Feb-16
			Hassan Saaid, Hussain Riza, Ahmed Hassan, Hussain Inash					Afa Ismail, Shamha Ahmed, Aminath Nazra, Mirfath Ahmed	
Midley Relay	2:02.32	National Team	BAA Track Field	10-Apr-16	Midley Relay	2.43.17	Sharafuddin School	Interschool Championships, Male'	07-Aug-19
			Ahmed Anoof Mohamed, Mohamed Naail, Ibrahim Ashfan Ali, Ali Sham					Aishath Shaim Azeez, Hawwa Lubna Faiz, Asiahth Nubla Nahid Shareef, Jazula Hassan Ahmed	
High Jump	1.85	Ahmed Zabeer	8th Association C'Ship/Male'	Oct-09	High Jump	1.47	Rana Ahmed Sadiq	4th Interschool	May-96
Long Jump	6.47	Hussain Haleem	8th Association C'Ship/Male'	Oct-09	Long Jump	4.75	Nashfa Amira	Aminiya Int House	Feb-00
Triple Jump	12.76	Ahmed Fail	10th Nat. Meet	Nov-96	Triple Jump	9.81	Shain Rasheed	10th Nat. Meet	Nov-96
Shot Put	11.02	Hassan Shamoon	25th National C'Ship	01-Oct-15	Shot Put	8.72	Aishath Eva Abdul Gafoor	17th Nat.Tournament	Dec-06
Discus	32.30	Hassan Shamoon	24th National C'Ship	24-Oct-14	Discus	25.36	Aishath Eva Abdul Gafoor	17th Nat.Tournament	Dec-06
Javelin	47.60	Abdulla Mahir	13th Interschool/Male	06-Aug-10	Javelin	34.56	Aminath Shiura	19th National Tournament	Dec-08
5 Km	15:50	Hussain Fazeel Haroon	5Km National de Lakrazza	24-Mar-18	5Km	20:47.0	Mariyam Abdul Kareem	Dhiraagu Maldives Road Race	24-Nov-17
10 Km	31:48	Hussain Fazeel Haroon	Semi Marathon & 10km International De Meknès	18-Feb-18	10Km	43:26	Mariyam Abdul Kareem	World Half Marathon C'ship	24-Mar-18
15 Km	51:42	Shifaz Mohamed	Prague Half Marathon	06-Apr-19	15 Km	1:06:32	Mariyam Abdul Kareem	World Half Marathon C'ship	24-Mar-18
20 Km	1:09:21	Shifaz Mohamed	Prague Half Marathon	6-Apr-19	20Km	1:29:17	Mariyam Abdul Kareem	World Half Marathon C'ship	24-Mar-18
Half Marathon	1.10.55	Shifaz Mohamed	Indian Ocean Islan Games	26-Jul-19	Half Marathon	1:33:37	Mariyam Abdul Kareem	World Half Marathon C'ship	24-Mar-17
Marothon	2.32.56	Shifaz Mohamed	Dubai Marathon	25-Jan-19	Marathon	3.21.54	Mariyam Abdul Kareem	South Asian Games	07-Dec-19