

-	Mark	Team	Wind	Athlete Name	DOB	PL	Event	Venue	Date	Notes
<b>SEA Games Rankings Athletics 2021</b>										
<b>Issue 6 1 January 2021 to October 31, 2021</b>										
<b>Compiled by Andrew Pirie Vice President of ATFS (Association of Track and Field Statisticians)</b>										
<a href="http://www.pinoyathletics.info">www.pinoyathletics.info</a>										
<b>Womens</b>										
<b>60m</b>										
1	7.26	PHI		Kristina Marie Knott	1995	1	American League II	Fayetteville (US)	31 Jan 2021	PHI Record
2	7.43	VIE		Le Tu Chinh	1997	1f	Speedy Cup	Ho Chi Minh	22 Apr 2021	
3	7.54	VIE		Duong Thi Hoa		2f	Speedy Cup	Ho Chi Minh	22 Apr 2021	
4	7.54	VIE		Le Thi Mong Tuyen		3f	Speedy Cup	Ho Chi Minh	22 Apr 2021	
5	7.56	VIE		Phung Thi Hue		4f	Speedy Cup	Ho Chi Minh	22 Apr 2021	
6	7.65	VIE		Ha Thi Thu		3h2	Speedy Cup	Ho Chi Minh	22 Apr 2021	
7	7.67	VIE		Nguyen Thi Hong Van	1994	5f	Speedy Cup	Ho Chi Minh	22 Apr 2021	
8	7.72	PHI		Karen Twiste Janario		1	Pinoyathletics Fantasia	Tacloban		Unsanctioned
9	7.75	VIE		Luu Kim Phung		6f	Speedy Cup	Ho Chi Minh	22 Apr 2021	Unsanctioned
10	7.80	PHI		Lianne Diana Pama		2	Pinoyathletics Fantasia	Tacloban		Unsanctioned
10	7.80	VIE		Do Thi Ut Qui	2003	1f	Speedy Cup	Ho Chi Minh	22 Apr 2021	
<b>100m</b>										
	SEA GOLD		11.54							
	SEA SILVER		11.55							
	SEA BRONZE		11.66							
1	11.28	PHI	0.7	Kristina Marie Knott	1995	5h1	LSU Alumini Gold	Baton Rouge	25 Apr 2021	
2	11.57	PHI	0.8	Kayla Richardson	1998	38	NCAA West Finals	Los Angeles	15 May 2021	
3	11.65	PHI	2.0	Kyla Richardson	1998	1	Quad Meet	San Luis	3 Apr 2021	
4	11.77	MAS	0.5	Azreen Nabila Alias	29 Jun 00	2pr2	Olympic Games	Tokyo	30 Jul 2021	
5	11.79	VIE	nwi	Le Tu Chinh	1997	1f	Speedy Cup	Ho Chi Minh	23 Apr 2021	
6	11.84	PHI	1.2	Zion Corrales-Nelson	1998	7h1	Broward Elite Meet	Fort Lauderdale	11 Jun 2021	
7	11.89	INA	0.8	Alvin Tehupeioro		3h3	Olympic Games	Tokyo	30 Jul 2021	
8	12.01	MAS	nwi	Shally Komalam		2	Malaysian Grand Prix	Kuala Lumpur	10 Apr 2021	

9	12.10	SGP	-0.6	Shanti Veronica Pereira	1996	1s1	Allcomers 2	Singapore	27 Mar 2021	
10	12.12	MAS	nwi	Siti Mohammad		3	Malaysian Grand Prix	Kuala Lumpur	10 Apr 2021	
<b>200m</b>										
	SEA GOLD		23.01							
	SEA SILVER		23.45							
	SEA BRONZE		23.77							
1	23.17	PHI	1.8	Kristina Marie Knott	1995	1	LSU Alumini Gold	Baton Rouge	24 Apr 2021	
2	23.90	PHI	-1.4	Kayla Richardson	1998	1	UC-Riverside Invite	Riverside	7 May 2021	
3	23.91	PHI	0.7	Zion Corrales-Nelson	1998	4h1	Broward Elite Meet	Fort Lauderdale	11 Jun 2021	
4	23.96	SGP	-0.3	Shanti Veronica Pereira	1996	6h5	Olympic Games	Tokyp	2 Aug 2021	
5	24.05	PHI	1.8	Kyla Richardson	1998	4	Last Chance	Los Angeles	15 May 2021	
6	24.37	VIE	nwi	Le Tu Chinh	1997	1f	Speedy Cup	Ho Chi Minh	24 Apr 2021	
7	24.49	THA	1.2	Suphanich Poolkerd		1	Thailand National Champs	Bangkok	29 Jun 2021	
8	24.91	THA	1.2	Onuma Chetta		2	Thailand National Champs	Bangkok	29 Jun 2021	
9	25.12	VIE	nwi	Ha Thi Thu	1997	2f	Speedy Cup	Ho Chi Minh	24 Apr 2021	
10	25.18	THA	1.2	Assara Rodspraset		3	Thailand National Champs	Bangkok	29 Jun 2021	
<b>400m</b>										
	SEA GOLD		52.80							
	SEA SILVER		53.81							
	SEA BRONZE		53.95							
1	53.70	VIE		Quach Thi Lan	95	1	Speedy Cup	Ho Chi Minh	23 Apr 2021	
2	54.87	VIE		Nguyen Thi Hang	97	2	Speedy Cup	Ho Chi Minh	23 Apr 2021	
3	55.55	PHI		Robyn Lauren Brown	27 Jul 94	1	Franson Classic	Azusa	10 Apr 2021	
4	55.64	MAS		Shereen Vallabouy	7 Oct 97	1	NSIC Outdoor	Duluth	15 May 2021	
5	56.17	VIE		Hoang Thi Ngoc	1995	3	Speedy Cup	Ho Chi Minh	23 Apr 2021	
6	56.70	VIE		Nguyen Thi Ngoc	2002	1	Speedy Cup	Ho Chi Minh	23 Apr 2021	
7	56.72	SGP		Goh Chui Ling	1992	1	Allcomers 2	Singapore	27 Mar 2021	
8	56.79	VIE		Hoang Thi Minh Hanh	1999	4	Speedy Cup	Ho Chi Minh	23 Apr 2021	
9	57.18	THA		Benny Nonthanam		1	Thailand National Champs	Bangkok	27 Jun 2021	
10	57.61	VIE		Phan Vo Nhu Y	2002	2	Speedy Cup	Ho Chi Minh	23 Apr 2021	



	SEA GOLD		16.45.98							
	SEA SILVER		16.52.35							
	SEA BRONZE		17.52.16							
<b>Track</b>										
<b>1</b>	17:55.47	SGP		Chui Ling Goh	1992	1	SA Series 1	Singapore	23 Jan 21	
<b>2</b>	17.57.81	SGP		Xiuying Hu	1978	1	SA Performance Trial 2	Singapore	4 Jun 21	
<b>3</b>	18.24.54	SGP		Vanessa Lee	1998	1	SA Series 2	Singapore	28 Feb 21	
<b>4</b>	18:31	PHI		Lany Cardona	1991	1		Lingayen		
<b>5</b>	18.39.80	THA		Pareeya Sonsem		1	Thailand National Champs	Bangkok	30 Jun 2021	
<b>6</b>	18:48.40	SGP		Cheryl Chan Xue Rou	1995		NSW 5000 Champs	Sydney (SOPAC)	6-Feb-21	
<b>7</b>	18:51.30	THA		Saranya Buapai		2	Thailand National Champs	Bangkok	30 Jun 2021	
<b>8</b>	19.04	LAO		Lodkeo Inthakoumman			Lao Athletics Champs	Vietnane	28-Feb-21	
<b>Road</b>										
<b>1</b>	17:40R	VIE		Nguyen Thi Oanh		1	Tien Phong Marathon	Pleiku	28 Mar 2021	
<b>2</b>	17.55	PHI		Lany Cardona	1991	1		Lingayen		
<b>3</b>	19:08R	VIE		Bui Thi Ngan		2	Tien Phong Marathon	Pleiku	28 Mar 2021	
<b>4</b>	19:10R	VIE		Luu Thi Thu		3	Tien Phong Marathon	Pleiku	Mar-2021	
<b>5</b>	19:13R	PHI		Lany Cardona	1991		Pinoyathletics/Talking Chinoy	Lingayen	Jan-2021	Unsanctioned
<b>6</b>	19:13R	VIE		Bui Thi Thu Ha			Tien Phong Marathon	Pleiku	28 Mar 2021	
<b>10000m</b>										
	SEA GOLD		36.23.24							
	SEA SILVER		36.32.24							
	SEA BRONZE		36.42.28							
<b>1</b>	38:29R	THA		Woraphan Nuanlsri		1	Buriram Marathon	Buriram	28 Mar 21	
<b>2</b>	39:23R	THA		Suwani Khamchana		2	Buriram Marathon	Buriram	28 Mar 21	
<b>3</b>	40:11R	THA		Suneega Prichaprong		3	Buriram Marathon	Buriram	28 Mar 21	
<b>4</b>	41:02R	PHI		February Manzano		1	BBG Run	Virtual	3 Jan 21	Unsanctioned
<b>5</b>	42:22R	THA		Sudarat Seenok		4	Buriram Marathon	Buriram	28 Mar 21	
<b>6</b>	42:53R	THA		Chothip Kanuaam		5	Buriram Marathon	Buriram	28 Mar 21	

7	43:18R	PHI		Jocelyn Eljirean		2	BBG Run	Virtual	3 Jan 21	Unsanctioned
8	43:25R	THA		Somphon Mahingsadech		6	Buriram Marathon	Buriram	28 Mar 21	
<b>3KS</b>										
	SEA GOLD		10.00.02							
	SEA SILVER		10.59.91							
	SEA BRONZE		11.05.93							
1	11:28.12	SGP		Cheryl Chan Xue Rou	1995	1	Kembla Joggers	Wollongong	11 Feb 21	Mixed Race
<b>Half Marathon</b>										
1	1h21.18	VIE		Nguyen Thi Oanh		1	Techncombank	Ho Chi Minh	11 Apr 21	
2	1h24.46	THA		Natthaya Tharonnawat		4	Buriam Marathon	Buriram	27 Mar 21	
3	1h25.05	VIE		Doan Thu Hang		1	Tien Phong Marathon	Pleiku	28 Mar 21	
4	1h25.07	THA		Aoramicj Aimatas		5	Buriam Marathon	Buriram	27 Mar 21	
5	1h27.45	VIE		Lo Thi Thanh		2	Tien Phong Marathon	Pleiku	28 Mar 21	
6	1h28.59	VIE		Nguyen Thi Thuy		3	Tien Phong Marathon	Pleiku	28 Mar 21	
7	1h30.01	THA		Dolaya Khrodee		7	Buriam Marathon	Buriram	27 Mar 21	
8	1h30.43	THA		Ornarong Wongsorn		8	Buriam Marathon	Buriram	27 Mar 21	
9	1h30.50	VIE		Nguyen Thi Thuy Van		2	Techncombank	Ho Chi Minh	11 Apr 21	
10	1h31.13	THA		Apasara Prasathinpimai		1	Lamplaimat	Buriram	28 Feb 21	
<b>Marathon</b>										
	SEA GOLD		2h56.56							
	SEA SILVER		2h58.49							
	SEA BRONZE		3h02.52							
1	2h49.23	VIE		Hoang Thi Ngoc Hoa		1	Salonpas HCMC Marathon	Ho Chi Minh	17 Jan 2021	
2	2h51.49	VIE		Pham Thi Hong Le		2	Salonpas HCMC Marathon	Ho Chi Minh	17 Jan 2021	
3	2h54.50	THA		Linda Jantachit		33	Buriram Marathon	Buriram	27 Mar 2021	
4	3h04.20	VIE		Nugyen Linh Chi		2	Techncombank	Ho Chi Minh	11 Apr 2021	
5	3h10.11	VIE		Nguyen Thi Thuy Duong		3	Techncombank	Ho Chi Minh	11 Apr 2021	
6	3h13.27	VIE		Nguyen Thuy Y Tien		3	Tien Phong Marathon	Pleiku	28 Mar 2021	
7	3h15.16	VIE		Hua Phang Giang		3	Salonpas HCMC Marathon	Ho Chi Minh	17 Jan 2021	

8	3h15.32	VIE		Le Thi Kha Ly		4	Salonpas HCMC Marathon	Ho Chi Minh	17 Jan 2021	
9	3h17.35	THA		Wimophan Sangkhan		97	Buriram Marathon	Buriram	27 Mar 2021	
10	3h22.31	VIE		Doan Thi Hien		5	Technocombank	Ho Chi Minh	11 Apr 2021	
<b>10k Walk</b>										
	SEA GOLD		52.59.45							
	SEA SILVER		53.29.89							
	SEA BRONZE		53.38.71							
1	53:56.031	THA		Kochaporn Tongsornwongsi		1	Thailand National Champs	Bangkok	30 Jun 2021	
2	58:34.926	THA		Panada Chongrak		2	Thailand National Champs	Bangkok	30 Jun 2021	
3	1h04.38.860	THA		Tamaporn Buasema		3	Thailand National Champs	Bangkok	30 Jun 2021	
4	1h06.06.0.31	THA		Wanwasa Saengtara		4	Thailand National Champs	Bangkok	30 Jun 2021	
<b>20k Walk</b>										
<b>100H</b>										
	SEA GOLD		13.61							
	SEA SILVER		13.75							
	SEA BRONZE		13.92							
1	14.09	SGP	0.4	Izlyn Zaini	1998	14	Sun Belt Conference	Mobile (USA)	13 May 2021	
2	14.58	THA	1.6	Suchada Meesri	11 Nov 94	1s2	Thailand National Champs	Bangkok	28 Jun 2021	
3	15.04	THA	1.6	Sunisa Khotsumueang		2s2	Thailand National Champs	Bangkok	30 Jun 2021	
4	15.06	THA	1.6	Nawchaya Chowpakpang		3s2	Thailand National Champs	Bangkok	30 Jun 2021	
5	15.28	SGP	0.5	Kerstin Ong	1997	1	SA Perf Trial 2	Singapore	5 Jun 2021	
<b>wind-aided / no wind reading</b>										
1	14.26	SGP	2.6	Izlyn Zaini	1998		Gamecock Invitational	Columbia	10 Apr 2021	
2	14.29	VIE	nwi	Bui Thi Nguyen	2001	1f	Speedy Cup	Ho Chi Minh	22 Apr 2021	
3	14.54	THA	2.3	Nawchaya Chowpakpang	2003	1s1	Thailand National Champs	Bangkok	30 Jun 2021	
4	14.57	THA	2.3	Suchada Meesri	11 Nov 94	2s1	Thailand National Champs	Bangkok	30 Jun 2021	
5	14.89	VIE	nwi	Nguyen Thi My Hanh	2004	1	Speedy Cup	Ho Chi Minh	22 Apr 2021	
6	15.10	THA	2.3	Waranya Lethaisong		3s1	Thailand National Champs	Bangkok	30 Jun 2021	

7	15.25	VIE	nwi	Pham Quyen Tran	2004	2	Speedy Cup	Ho Chi Minh	22 Apr 2021	
<b>400H</b>										
	SEA GOLD		56.90							
	SEA SILVER		57.39							
	SEA BRONZE		59.08							
1	55.71	VIE		Thi Quach Lan	1995	4h3	Olympic Games	Tokyo	31 Jul 2021	
2	57.65	PHI		Robyn Lauren Brown	1994	1	USATF San Diego Imperial	Chula Vista	13 Jun 0221	
3	1:03.71	VIE		Nguyen Thi Ngoc	2002	1	Speedy Cup	Ho Chi Minh	23 Apr 2021	
4	1:03.84	VIE		Phan Vo Nhu Y	2002	2	Speedy Cup	Ho Chi Minh	23 Apr 2021	
5	1:05.24	THA		Benny Non Thanam		1	Thailand National Champs	Bangkok	30 Jun 2021	
6	1:05.89	VIE		Ho Thi My Le	2004	1	Speedy Cup	Ho Chi Minh	23 Apr 2021	
7	1.06.07	VIE		Buwami Bunthod		2	Thailand National Champs	Bangkok	30 Jun 2021	
8	1:07.22	VIE		Tien Thi Thuy Kieu	2005	2	Speedy Cup	Ho Chi Minh	23 Apr 2021	
9	1:08.66	THA		Buanrat Chiang Pa		3	Thailand National Champs	Bangkok	30 Jun 2021	
10	1:09.34	SGP		Celeste Goh		1	SA Series 1	Singapore	24 Jan 2021	
<b>Long Jump</b>										
	SEA GOLD		6.47m							
	SEA SILVER		6.23m							
	SEA BRONZE		6.16m							
1	6.33m	INA	nwi	Maria Natalia Londa		1			19 May 2021	
2	6.31m	VIE	nwi	Vu Thi Ngoc Ha		1	Speedy Cup	Ho Chi Minh	23 Apr 2021	
3	6.00m	MAS	nwi	Kirthana Ramasamy		1	Malaysian Grand Prix	Kuala Lumpur	11 Apr 2021	
4	5.95m	VIE	nwi	Hoang Thanh Giang		2	Speedy Cup	Ho Chi Minh	23 Apr 2021	
5	5.84m	MAS	nwi	Siti Zubaidah Adabi		2	Malaysian Grand Prix	Kuala Lumpur	11 Apr 2021	
6	5.78m	THA	0.8	Sunisa Khotsumueang		1	Thailand National Champs	Bangkok	29 Jun 2021	
7	5.77m	VIE	nwi	Tran Thu Huong	2002	1	Speedy Cup	Ho Chi Minh	22 Apr 2021	
8	5.77m	VIE	nwi	Huynh Thi Thuy Trang	2003	2	Speedy Cup	Ho Chi Minh	22 Apr 2021	
9	5.71m	SGP	0.5	Tia Louise Rozario		2	TCNJ Lions Last Chance Meet	Ewing (US)	13 May 2021	
10	5.70m	MAS	nwi	Nurul Ashikin Abas		3	Malaysian Grand Prix	Kuala Lumpur	11 Apr 2021	

<b>Triple Jump</b>									
	SEA GOLD		13.75m						
	SEA SILVER		13.60m						
	SEA BRONZE		13.55m						
<b>1</b>	14.08m	THA	1.8	Parinya Chuaimaroeng		1	Thailand National Champs	Bangkok	27 Jun 2021
<b>2</b>	13.46m	VIE	nwi	Vu Thi Ngoc Ha		1	Speedy Cup	Ho Chi Minh	24 Apr 2021
<b>3</b>	13.21m	MAS	nwi	Kirthana Ramasamy	1997	1	Malaysian Grand Prix	Kuala Lumpur	10 Apr 2021
<b>4</b>	13.00m	MAS	nwi	Ashikin Abas		2	Malaysian Grand Prix	Kuala Lumpur	10 Apr 2021
<b>5</b>	12.54m	SGP	1	Tia Louise Rozario		1	TCNJ Lions Last Chance Meet	Ewing (US)	13 May 2021
<b>6</b>	12.31m	THA	1.7	Supawat Choothongh		2	Thailand National Champs	Bangkok	27 Jun 2021
<b>7</b>	12.27m	VIE	nwi	Vu Thi Mong Mo		2	Speedy Cup	Ho Chi Minh	24 Apr 2021
<b>8</b>	11.73m	VIE	nwi	Tran Hue Hoa		3	Speedy Cup	Ho Chi Minh	24 Apr 2021
<b>9</b>	11.62m	SGP	0	Ann Lee	2003	1	SA Series 1	Singapore	24 Jan 2021
<b>Wind Aided</b>									
<b>1</b>	12.15m	THA	2.4	Sadan Thapaijan		3	Thailand National Champs	Bangkok	27 Jun 2021
<b>High Jump</b>									
	SEA GOLD		1.81m						
	SEA SILVER								
	SEA BRONZE		1.78m						
<b>1</b>	1.78m	SGP		Michelle Suat Lee (Sng)	1987	1	Allcomers	Singapore	27 Mar 2021
<b>2</b>	1.76m	MAS		Xia Jia Ngu		1	Malaysian Grand Prix	Kuala Lumpur	11 Apr 2021
<b>3</b>	1.76m	MAS		Yap Sean Yee		2	Malaysian Grand Prix	Kuala Lumpur	11 Apr 2021
<b>4</b>	1.76m	VIE		Pham Quynh Giang	2002	1	Speedy Cup	Ho Chi Minh	23 Apr 2021
<b>5</b>	1.76m	VIE		Pham Tien Diem		2	Speedy Cup	Ho Chi Minh	23 Apr 2021
<b>6</b>	1.74m	VIE		Hoang Thi Thu Trang		3	Speedy Cup	Ho Chi Minh	23 Apr 2021
<b>7</b>	1.72m	MAS		Norliyana Kamarudin		3	Malaysian Grand Prix	Kuala Lumpur	11 Apr 2021
<b>8</b>	1.68m	THA		Wanida Boonwan	30 Aug 86	1	Thailand National Champs	Bangkok	27 Jun 2021
<b>9</b>	1.65m	VIE		Nguyen Lan Anh		4	Speedy Cup	Ho Chi Minh	23 Apr 2021
<b>10</b>	1.63m	SGP		Jade Chew	2004	1	Allcomers	Singapore	27 Mar 2021



<b>Pole Vault</b>										
	SEA GOLD		4.25m							
	SEA SILVER		4.10m							
	SEA BRONZE		4.00m							
<b>1</b>	4.30m	PHI		Natalie Uy	1994	5	USA T&F Open	Praire View	25 May 2021	NR
<b>2</b>	3.80m	THA		Khabut Chonthica	22 Nov 03	1	Thailand National Champs	Bangkok	29 Jun 2021	
<b>3</b>	3.65m	PHI		Alyana Nicolas	1994	1	Central Coast Micro Meet	Salinas (USA)	29 May 2021	
<b>4</b>	3.63m	SGP		Rachel Yang	1982	1	SA Perf Trial 2	Singapore	5 Jun 2021	
<b>5</b>	3.60m	THA		Piyada Bunkwang		2	Thailand National Champs	Bangkok	29 Jun 2021	
<b>6</b>	3.20m	THA		Randeam Theya		3	Thailand National Champs	Bangkok	29 Jun 2021	
<b>7</b>	3.13m	SGP		Lee Wen Qi	2000	1	SA Series 2	Singapore	28 Feb 2021	
<b>8</b>	3.00m	SGP		Maxim Tan	2003	1	Allcomers 2	Singapore	28 Mar 2021	
<b>9</b>	2.73m	SGP		Jiayi Shi	2000	3	SA Series 2	Singapore	28 Feb 2021	
<b>10</b>	2.70m	SGP		Grace Ng	2006	2	Allcomers 2	Singapore	28 Mar 2021	
<b>Shotput</b>										
	SEA GOLD		15.80m							
	SEA SILVER		15.08m							
	SEA BRONZE		13.36m							
<b>1</b>	15.46m	THA		Areerat Intadis	10 Mar 96	1	Thailand National Champs	Bangkok	28 Jun 2021	
<b>2</b>	13.79m	VIE		Le Thi Lai	1993	1	Speedy Cup	Ho Chi Minh	22 Apr 2021	
<b>3</b>	13.72m	VIE		Ka Hoa	1983	2	Speedy Cup	Ho Chi Minh	22 Apr 2021	
<b>4</b>	13.50m	THA		Athima Saowaphaiboon	7 Nov 99	2	Thailand National Champs	Bangkok	28 Jun 2021	
<b>5</b>	13.45m	PHI		Shiloh Corrales-Nelson	2001	2	Chula Vista HP Meet #3	Chula Vista	30 May 2021	
<b>6</b>	13.09m	VIE		Huynh Ngoc My	2002	3	Speedy Cup	Ho Chi Minh	22 Apr 2021	
<b>7</b>	12.94m	VIE		Kim Thi Huyen		1	Speedy Cup	Ho Chi Minh	23 Apr 2021	
<b>8</b>	12.30m	THA		Sunisa Khotsumueang		3	Thailand National Champs	Bangkok	28 Jun 2021	
<b>9</b>	12.27m	THA		Parichat Pronjam		4	Thailand National Champs	Bangkok	28 Jun 2021	
<b>10</b>	11.54m	SGP		Melissa Yee		1	SA Performance Trial 2	Singapore	5 Jun 2021	
<b>Discus</b>										
	SEA GOLD		60.33m							

	SEA SILVER		47.02m							
	SEA BRONZE		45.28m							
<b>1</b>	59.23m	THA		Subenrat Insaeng		12q2	Olympic Games	Tokyo	31 Jul 2021	
<b>2</b>	48.56m	MAS		Queenie Ting Kung Ni		1	Malaysian Grand Prix	Kuala Lumpur	11 Apr 2021	National Record
<b>3</b>	45.53m	MAS		Connie Choo		2	Malaysian Grand Prix	Kuala Lumpur	11 Apr 2021	
<b>4</b>	44.82m	MAS		Yap Jen Tzan		3	Malaysian Grand Prix	Kuala Lumpur	11 Apr 2021	
<b>5</b>	44.01m	SGP		Jasmin Phua	2001	1	SA Performance 2	Singapore	4 Jun 2021	
<b>6</b>	43.31m	PHI		Shiloh Corrales-Nelson	2001	7	Jim Bush Legends	Los Angeles	24 Mar 2021	
<b>7</b>	42.74m	SGP		Lay Chi Wan	1988	1	Allcomers 2	Singapore	28 Mar 2021	
<b>8</b>	42.07m	MAS		Nur Binti Md. Hazam		4	Malaysian Grand Prix	Kuala Lumpur	11 Apr 2021	
<b>9</b>	35.88m	THA		Piyamas Thonkham		2	Thailand National Champs	Bangkok	30 Jun 2021	
<b>10</b>	35.37m	LAO		N. Phonexay Paosavath		1	Lao Athletic Championships	Vietnane	28 Jan 2021	
<b>Hammer</b>										
	SEA GOLD		55.99m							
	SEA SILVER		55.82m							
	SEA BRONZE		55.64m							
<b>1</b>	62.48m	MAS		Grace Wong Xiu Mei	18 Jan 00	1	Malaysian Grand Prix	Kuala Lumpur	10 Apr 2021	Malaysian and SEA Record
<b>2</b>	55.77m	THA		Panwat Gimsruang	18 Jan 95	1	Thailand National Champs	Bangkok	27 Jun 2021	
<b>3</b>	54.58m	MAS		Mongkamol Komphon	4 Jan 98	2	Thailand National Champs	Bangkok	27 Jun 2021	
<b>4</b>	53.78m	PHI		Shiloh Corrales-Nelson	2001	2	Long Beach Jumps and Throws	Long Beach	31 Apr 2021	Phi Record
<b>5</b>	49.98m	MAS		Hidayah Luqman	28 Apr 01	2	Malaysian Grand Prix	Kuala Lumpur	10 Apr 2021	
<b>6</b>	48.12m	THA		Parchit Phromchan	2001	3	Thailand National Champs	Bangkok	27 Jun 2021	
<b>7</b>	45.51m	THA		Saewtrikaeswri		4	Thailand National Champs	Bangkok	27 Jun 2021	
<b>8</b>	37.95m	LAO		N. Phonexay Paosavath		1	Lao Athletic Championships	Vietnane	28 Jan 2021	
<b>9</b>	35.21m	THA		Komchakorn Hamajam		5	Thailand National Champs	Bangkok	27 Jun 2021	
<b>10</b>	32.65m	LAO		??		2	Lao Athletic Championships	Vietnane	28 Jan 2021	
<b>Javelin</b>										
	SEA GOLD		55.66m							
	SEA SILVER		53.77m							
	SEA BRONZE		51.80m							

1	50.21m	THA		Nattha Nachan	6 Apr 90	1	Thailand National Champs	Bangkok	29 Jun 2021	
2	48.24m	PHI		Cerah Moren	1999	7	Pac 12 Championships	Los Angeles	15 May 2021	
3	48.18m	THA		Jariya Wichaidit	8 Mar 96	2	Thailand National Champs	Bangkok	29 Jun 2021	
4	45.17m	THA		Supitsara Kunla-or	20 Apr 02	3	Thailand National Champs	Bangkok	29 Jun 2021	
5	40.39m	THA		Gewarin Lobprasert	2000	4	Thailand National Champs	Bangkok	29 Jun 2021	
6	38.95m	LAO		??		1	Lao Athletic Championships	Vietnane	28 Jan 2021	
7	37.46m	SGP		Jing Wen Chiu	1996	1	SA Series 2	Singapore	27 Mar 2021	
<b>4x100m</b>										
	SEA GOLD		44.38							
	SEA SILVER		44.57							
	SEA BRONZE		45.17							
1	46.61	SGP		Singapore 'A'		1	SA Performance 2	Singapore	5 Jun 2021	
2	46.72	INA		National Team		2	Japan Grand Prix	Izumo (JPN)	10 Apr 2021	
3	48.09	VIE		An Giang		1	Speedy Cup	Ho Chi Minh	24 Apr 2021	
<b>4x400m</b>										
	SEA GOLD		3.34.64							
	SEA SILVER		3.39.78							
	SEA BRONZE		3.43.41							
1	3:50.69	VIE		Hanoi		1	Speedy Cup	Ho Chi Minh	23 Apr 2021	
2	4:55.36	LAO				1	Lao Athletic Championships	Vietnane	28 Jan 2021	
<b>Heptathlon</b>										
	SEA GOLD		5101							
	SEA SILVER		4906							
	SEA BRONZE		4730							
<b>Mens</b>										
<b>Mens 60m</b>										
1	6.75	PHI		Eric Shauwn Cray	1988	1	KMS Open	Birmingham (US)	31 Jan 2021	
2	6.94	VIE		Trin Viet Tu	1995	1f	Speedy Cup	Ho Chi Minh	22 Apr 2021	

3	6.96	PHI		Mark Iguasquia		1	Pinoyathletics Fantasia Virtual	Baguio City		Non Sanctioned
4	6.98	VIE		Le Van Anh	2003	1f	Speedy Cup	Ho Chi Minh	22 Apr 2021	
5	6.99	VIE		Nguyen Dang Khoa	1999	2f	Speedy Cup	Ho Chi Minh	22 Apr 2021	
6	7.01	VIE		Nguyen Anh Bang	1997	3F	Speedy Cup	Ho Chi Minh	22 Apr 2021	
7	7.03	VIE		Tran Hao Nam		1f	Speedy Cup	Ho Chi Minh	22 Apr 2021	
8	7.08	VIE		Tran An Cuong		4f	Speedy Cup	Ho Chi Minh	22 Apr 2021	
9	7.10	PHI		Alhryan Labita		2	Pinoyathletics Fantasia Virtual	Tacloban City		Non Sanctioned
<b>Mens 100m</b>										
	SEA GOLD		10.35							
	SEA SILVER		10.49							
	SEA BRONZE		10.52							
1	10.26	INA	0.0	Muhammad Lalu Zohri	2000	5h4	Olympic Games	Tokyo	31 Jul 2021	
2	10.59	THA	-1.5	Siripol Punpa		1f1	Thailand National Champs	Bangkok	27 Jun 2021	
3	10.64	MAS	-1.4	Jonathan Nyepa	1996	2a	Qozanov Memorial	Almaty (KAZ)	19 Jun 2021	
4	10.66	THA	-1.5	Chayut Kongprasit		2f1	Thailand National Champs	Bangkok	27 Jun 2021	
5	10.67	MAS	1.3	Mohd Azeem Fahmi	2004	1h1	Malaysia Grand Prix	Kuala Lumpur	10 Apr 2021	
6	10.71	MAS	-0.7	Jostine Alvine	2000	5f4	ACN League 3	Pretoria	29 May 2021	
7	10.78	PHI	1.0	Jonelle Halog	1995	1	Twilight Meet 12	Ottawa Lions	27 Jul 2021	
8	10.79	SGP	-0.8	Marc Brian Louis	2002	1	SA Perf Trial 2	Singapore	5 Jun 2021	
9	10.80	THA	-1.5	Phooripol Bunson		3f1	Thailand National Champs	Bangkok	27 Jun 2021	
<b>Wind -aided/No Wind Reading</b>										
1	10.64	MAS	nwi	Arsyad Syat		1f	Malaysia Grand Prix	Kuala Lumpur	10 Apr 2021	
2	10.66	MAS	2.1	Jostine Alvine	2000	4f2	ACNW Open T&F Meet	Porchefstroom (RSA)	29 Apr 2021	
<b>200m</b>										
	SEA GOLD		20.71							
	SEA SILVER		20.78							
	SEA BRONZE		21.11							
1	21.24	MAS	0.7	Russell Nasir Taib		2h1	Gary Brown Shield	Nathan (AUS)	20 Feb 2021	
2	21.57	MAS	1.5	Dion Dexter			ACNW Open T&F Meet	Porchefstroom (RSA)	6 May 2021	



	SEA GOLD		1.49.91						
	SEA SILVER		1.50.17						
	SEA BRONZE		1.50.68						
<b>1</b>	1:53.18	SGP	Yuan Chow Lui	1999	3h2	Victorian Championships	Melbourne	27 Feb 2021	
<b>2</b>	1.54.25	VIE	Giang Van Dung		1	Speedy Cup	Ho Chi Minh	22 Apr 2021	
<b>3</b>	1.54.52	VIE	Phan Khac Hoang		2	Speedy Cup	Ho Chi Minh	22 Apr 2021	
<b>4</b>	1:55.82	MAS	Wan Muhammad Zahari		1	Malaysian Grand Prix	Kuala Lumpur	10 Apr 2021	
<b>5</b>	1.56.28	VIE	Nguyen Van Cuong		1	Speedy Cup	Ho Chi Minh	22 Apr 2021	
<b>6</b>	1:56.44	MAS	Avinasher Austin		2	Malaysian Grand Prix	Kuala Lumpur	10 Apr 2021	
<b>7</b>	1:57.03	MAS	Anas Bin Ariffin		3	Malaysian Grand Prix	Kuala Lumpur	10 Apr 2021	
<b>8</b>	1.57.11	VIE	Tran Nhat Sang		2	Speedy Cup	Ho Chi Minh	22 Apr 2021	
<b>9</b>	1:57.17	MAS	Muhammad Amirul Asif		4	Malaysian Grand Prix	Kuala Lumpur	10 Apr 2021	
<b>10</b>	1.57.26	VIE	Sam Van Doi		3	Speedy Cup	Ho Chi Minh	22 Apr 2021	
<b>1500m</b>									
	SEA GOLD		4.06.63						
	SEA SILVER		4.08.27						
	SEA BRONZE		4.08.93						
<b>1</b>	3:50.15	THA	Kieran Tuntivate		12	Track Meet	Irvine	15 May 2021	
<b>2</b>	3:52.87	SGP	Yuan Chow Lui	1999	3h2	Victorian Championships	Melbourne	19 Feb 2021	
<b>3</b>	4.02.08	SGP	SO Soundararajah		1	4th Allcomers	Singapore	10 Jul 2021	
<b>4</b>	4.02.22	SGP	Soh Rui Yong	1991	2	4th Allcomers	Singapore	10 Jul 2021	
<b>5</b>	4.07.08	SGP	Ethan Yan	2001	3	4th Allcomers	Singapore	10 Jul 2021	
<b>6</b>	4.12.58	SGP	Ong Chilton		2	SA Perf Trial 2	Singapore	5 Jun 2021	
<b>7</b>	4:13.20	SGP	Hussein Al Junied		3	SA Allcomers 2	Singapore	26 Mar 2021	
<b>8</b>	4:13.20	SGP	Hussein Al Junied		3	SA Allcomers 2	Singapore	26 Mar 2021	
<b>9</b>	4:14.06	SGP	Prashan MP		4	4th Allcomers	Singapore	10 Jul 2021	
<b>ROAD</b>									
<b>1</b>	4:08.23R*	PHI	Alfrence Braza		1	Pinoyathletics 1500	Iloilo City	5 Sep 2021	Unsanctioned
<b>Mens 5000m</b>									

	SEA GOLD		14.31.15							
	SEA SILVER		14.32.42							
	SEA BRONZE		14.34.73							
<b>1</b>	13.42.75	THA		Kieran Tuntivate		4f2	Track Festival	Portland	29 May 21	
<b>2</b>	13.50.74	PHI		Yacine Guermali		2	OSU High Performance	Corvalis	30 Apr 21	
<b>3</b>	14.44.21	SGP		Soh Rui Yong	1991	3	Allcomers	Singapore	17 Jul 21	SGP Record
<b>4</b>	15:45.00	PHI		Alfrence Braza	2001	1	Pinoyathletics / Talking Chinoy	Iloilo	21 Jan 21	Unsanctioned
<b>5</b>	15.50.69	SGP		Thys Moreau		2s6	2nd Allcomers	Singapore	27 Mar 21	
<b>6</b>	15.57	SGP		Sharavan		3s6	2nd Allcomers	Singapore	27 Mar 21	
<b>7</b>	15:58.16	MAS		Ahmad Luth Hamizan		1	Malaysian Grand Prix	Kuala Lumpur	11 Apr 21	
<b>8</b>	16:02.98	MAS		Dinesh Verma		2	Malaysian Grand Prix	Kuala Lumpur	11 Apr 21	
<b>Road</b>										
<b>1</b>	15:03R	PHI		Alfrence Braza	2001	1	Pinoyathletics / Talking Chinoy	Iloilo	24 Jan 21	Unsanctioned
<b>2</b>	15:04R	THA		Tony Payne		2			11 Apr 21	
<b>Invalid (Track Oval)</b>										
<b>1</b>	15:30.00	PHI		Eduard Suico Flores		1	Pinoyathletics / Talking Chinoy	Koronadal	Jan-21	Unsanctioned
<b>2</b>	15:55.00	PHI		Mark Ruto	2000	2	Pinoyathletics / Talking Chinoy	Iloilo	21 Jan 21	Unsanctioned
<b>Mens 10000m</b>										
	SEA GOLD		30.19.28							
	SEA SILVER		30.22.13							
	SEA BRONZE		30.29.73							
<b>1</b>	27:17.14	THA		Kieran Tuntivate		5	San Juan Capistrano	Los Angeles	20 Feb 21	SEA Record THA Record
<b>2</b>	31:28R	THA		Nathawat Innum		4	Buriram Marathon	Buriram	27 Mar 21	
<b>3</b>	32:01R	PHI		Alfrence Braza		1	BBG Run	Virtual	3 Jan 21	Unsanctioned
<b>4</b>	32:23R	VIE		Du Quoc Luat		1	Tien Phong Marathon	Pleiku	28 Mar 21	
<b>5</b>	32:40R	PHI		Virgel John Arcangel		2	BBG Run	Virtual	3 Jan 21	Unsanctioned
<b>6</b>	33:03R	THA		Aittiphon Khotrcha		5	Buriram Marathon	Buriram	27 Mar 21	
<b>7</b>	33:03R	THA		Umyos Kitudom		6	Buriram Marathon	Buriram	27 Mar 21	
<b>8</b>	33:20R	THA		Chayapon Boonupala		7	Buriram Marathon	Buriram	27 Mar 21	

9	33:25R	PHI		Louie Niala		3	BBG Run	Virtual	3 Jan 21	Unsanctioned
10	33:26R	PHI		Eduard Flores		4	BBG Run	Virtual	3 Jan 21	Unsanctioned
<b>3KS</b>										
	SEA GOLD		9.04.50							
	SEA SILVER		9.04.54							
	SEA BRONZE		9.10.02							
<b>Half Marathon</b>										
1	1h07.00	MAS		Prabudass Krishnan		49	Hokkaido Saparro Marathon Fest	Hokkaido (JPN)		
2	1h07.58	THA		Nattawut Innum		4	Buriram Marathon	Buriram	28 Mar 2021	
3	1h08	THA		Tony Payne			Strava	Sunderland (UK)	7 Mar 2021	
4	1h12.10	VIE		Nguyen Van Lai		1	Tien Phong Marathon	Pleiku	28 Mar 2021	
5	1h12.43	THA		Patikarn Pechsricha		5	Buriram Marathon	Buriram	28 Mar 2021	
6	1h13.00	VIE		Vu Van Son		2	Tien Phong Marathon	Pleiku	28 Mar 2021	
7	1h13.28	THA		Chutidej Thonomsap			Lamplimat	Buri Ram	28 Feb 2021	
8	1h13.29	VIE		Pham Ngoc Phan		3	Tien Phong Marathon	Pleiku	28 Mar 2021	
<b>Marathon</b>										
	SEA GOLD		2.26.48							
	SEA SILVER		2.27.18							
	SEA BRONZE		2.33.08							
1	2h22.38	THA		Tony Payne		15	S7 Marathon	Furstenfeld (AUT)	23 May 2021	
2	2h26.54	THA		Sanchai Namkhet		13	Buriram Marathon	Buriram	27 Mar 2021	
3	2h26.56	VIE		Hoang Nguyen Thanh		1	Tien Phong Marathon	Pleiku	28 Mar 2021	
4	2h29.03	VIE		Bui The Anh		2	Tien Phong Marathon	Pleiku	28 Mar 2021	
5	2h29.51	VIE		Pham Tien San		3	Tien Phong Marathon	Pleiku	28 Mar 2021	
6	2h31.52	VIE		Le Van Tuan		4	Tien Phong Marathon	Pleiku	28 Mar 2021	
7	2h34.25	VIE		Trinh Quoc Luong		2	Technocombank	Ho Chi Minh	11 Apr 2021	
8	2h36.36	VIE		Le Than Hi		5	National Marathon	Pleiku	28 Mar 2021	
9	2h37.48	THA		Thanathip Dichim		18	Buriram Marathon	Buriram	27 Mar 2021	
10	2h40.10	VIE		Nguyen Quoc Dung		3	Salonpas HCMC Marathon	Ho Chi Minh	17 Jan 2021	



<b>20K</b>	<b>Walk</b>									
<b>110H</b>										
	SEA GOLD		13.97							
	SEA SILVER		13.97							
	SEA BRONZE		13.99							
<b>1</b>	14.18	MAS	-1.0	Rayzam Shah Sofian	11 Jan 88	3	Qosanov Memorial	Almaty (KAZ)	19 June 2021	
<b>2</b>	14.31	THA	0.6	Natthaphol DANSUNGNOEN		1f	Thailand National Champs	Bangkok	28 June 2021	
<b>3</b>	14.93	SGP	-0.3	Liang Qi Awyong		1	Allcomers 4	Singapore	10 July 2021	
<b>4</b>	15.03	SGP	-0.3	Wei Guan Chong		2	Allcomers 4	Singapore	10 July 2021	
<b>No Wind Reading</b>										
<b>1</b>	14.78	MAS	nwi	Benedict Ian Gawok		2	Malaysian Grand Prix	Kuala Lumpur	11 April 2021	
<b>2</b>	14.83	VIE		Nguyen Huy Thai	1994	1	Speedy Cup	Ho Chi Minh	22 April 2021	
<b>3</b>	14.86	MAS		Rizua Haizad		3	Malaysian Grand Prix	Kuala Lumpur	11 April 2021	
<b>4</b>	15.01	MAS		Wong Chun Yee		4	Malaysian Grand Prix	Kuala Lumpur	11 April 2021	
<b>5</b>	15.07	VIE		Nguyen Van Tan		2	Speedy Cup	Ho Chi Minh	22 April 2021	
<b>400H</b>										
	SEA GOLD		50.21							
	SEA SILVER		50.81							
	SEA BRONZE		51.60							
<b>1</b>	49.68	PHI		Eric Cray	1988	1	NACAC New Life Invitational	Miramar	5 Jun 2021	
<b>2</b>	52.60	PHI		Connor Henderson	1993	5	Manchester International	Manchester City	18 Aug 2021	
<b>3</b>	53.63	VIE		Nguyen Duc Son	1999	1	Speedy Cup	Ho Chi Minh	23 Apr 2021	
<b>4</b>	53.66	VIE		Quach Cong Lich	1993	2	Speedy Cup	Ho Chi Minh	23 Apr 2021	
<b>5</b>	53.80	SGP		Wei Bin Ow Yeong	1998	1	SA Perf Trial 2	Singapore	5 Jun 2021	
<b>6</b>	53.94	THA		Phatthanan Phuangephee		1	Thailand National Champs	Bangkok	30 Jun 2021	
<b>7</b>	55.50	THA		Chayawat Thongchan		2	Thailand National Champs	Bangkok	30 Jun 2021	
<b>8</b>	56.17	LAO		Kingkeo Inthavong		1	Lao Athletics Championships	Vietnane	28 Jan 2021	
<b>9</b>	56.22	THA		Phatthanan TORPHATHONG		3	Thailand National Champs	Bangkok	30 Jun 2021	

10	57.02	LAO		??		2	Lao Athletics Championships	Vietnane	28 Jan 2021	
<b>Long Jump</b>										
	SEA GOLD		8.03m							
	SEA SILVER		8.02m							
	SEA BRONZE		7.89m							
1	7.45m	MAS	nwi	Latif Romly		1	Para Olympic Games	Tokyo	4 Sep 2021	T20 Champion
2	7.40m	VIE	nwi	Nguyen Tien Trong	1997	1	Speedy Cup	Ho Chi minh	23 Apr 2021	
3	7.32m	THA	2.0	Kasinhob Chommanad	29 Dec 00	2	Thailand National Champs	Bangkok	27 Jun 2021	
4	7.32m	MAS	nwi	Luqman Hakim Ramlan		2	Malaysian Grand Prix	Kuala Lumpur	10 Apr 2021	
5	7.22m	INA	1.0	Sapwaturahman		8	World Challenge	Tokyo	9 May 2021	
6	7.22m	SGP	-2.4	Ivan Mun Jern Wei		1	Pesta Suksan	Singapore	27 Aug 2021	
7	7.20m	VIE	nwi	Nhat Duy Pham		1	Speedy Cup	Ho Chi Minh	22 Apr 2021	
8	7.16m	PHI	1.7	Tyler Ruiz		10	CVEATC	Chula Vista (US)	6 Jun 2021	
9	7.12m	SGP	0.0	Jern Wei Ivan Mun	1999	1	SA Series 2	Singapore	27 Feb 2021	
10	7.01m	LAO	nwi	Th. Xaydao Navongsavan		1	Laos Athletic Championships	Vietnane	28 Jan 2021	
<b>Wind Aided</b>										
1	7.40m	THA	2.7	Treephob Manapim		1	Thailand National Champs	Bangkok	27 Jun 2021	
2	7.20m	PHI	3.7	Tyler Ruiz	1991	5		Chula Vista	13 Jun 2021	
3	7.16m	THA	2.8	Chaya Sukha		3	Thailand National Champs	Bangkok	27 Jun 2021	
4	7.05m	THA	3.2	Athibordee Aongthongyai		4	Thailand National Champs	Bangkok	27 Jun 2021	
5	7.04m	THA	3.8	Punyaphat Meebun-Aed		5	Thailand National Champs	Bangkok	27 Jun 2021	
<b>Invalid</b>										
1	7.69m	MAS	nwi	Latif Romly		1	Simulation	Kuala Lumpur	2 Jul 2021	
2	7.60m	MAS	nwi	Luqman Hakim		2	Simulation	Kuala Lumpur	2 Jul 2021	
<b>Triple Jump</b>										
	SEA GOLD		16.68m							
	SEA SILVER		16.42m							
	SEA BRONZE		16.21m							

1	15.65m	VIE	nwi	Tran Van Dien	1998	1	Speedy Cup	Ho Chi Minh	24 Apr 2021	
2	15.62m	MAS	0.1	Hakimi Ismail		4	Qosanov Memorial	Almaty (KAZ)	20 Jun 2021	
3	15.52m	VIE	nwi	Nguyen Thuong Duc	2001	2	Speedy Cup	Ho Chi Minh	24 Apr 2021	
4	15.32m	VIE	nwi	Nguyen Van Hao	1996	3	Speedy Cup	Ho Chi Minh	24 Apr 2021	
5	15.25m	THA	0.3	Pratchiya Tepparak	1 Sep 93	1	Thailand National Champs	Bangkok	28 Jun 2021	
6	15.24m	THA	-0.3	Supot Boonun	10 Jul 96	2	Thailand National Champs	Bangkok	28 Jun 2021	
7	14.83m	THA	0.3	Punyaphat Meebun-Aed		3	Thailand National Champs	Bangkok	28 Jun 2021	
8	14.82m	SGP	0	Gabriel Lee Jing Yi	2003	1	SA Series 2	Singapore	28 Feb 2021	
9	14.82m	VIE	nwi	Le Minh Luc		4	Speedy Cup	Ho Chi Minh	24 Apr 2021	
10	14.66m	THA	0.0	Chaya Sukha		4	Thailand National Champs	Bangkok	28 Jun 2021	
<b>High Jump</b>										
	SEA GOLD		2.21m							
	SEA SILVER		2.21m							
	SEA BRONZE		2.15m							
1	2.27m	MAS		Nauraj Singh	1992	1	Hungarian GP Series	Tatabanya (HUN)	15 Jun 2021	National Indoor Record
2	2.15m	VIE		Vu Duc Anh	1998	1	Speedy Cup	Ho Chi Minh	23 Apr 2021	
3	2.11m	THA		Tawan KAEWKAM	30 Sep 99	1	Thailand National Champs	Bangkok	28 Jun 2021	
4	2.10m	MAS		Lee Hup Wei		1	Qosanov Memorial	Almaty (KAZ)	20 Jun 2021	
5	2.05m	MAS		Mohammad Eizlan Dahalan		1	Malaysian Grand Prix	Kuala Lumpur	10 Apr 2021	
6	2.05m	SGP		Kamptan Kam		1	SA Perf Trial 2	Singapore	5 Jun 2021	
7	2.04m	VIE		Cao Vo Ngoc Long		2	Speedy Cup	Ho Chi Minh	23 Apr 2021	
8	2.02m	THA		Kobsit Siitichai		2	Thailand National Champs	Bangkok	28 Jun 2021	
9	2.01m	VIE		Nguyen Thanh Nhan		3	Speedy Cup	Ho Chi Minh	23 Apr 2021	
10	1.96m	MAS		Norhafiee Mohd Shah		3	Malaysian Grand Prix	Kuala Lumpur	10 Apr 2021	
<b>Pole Vault</b>										
	SEA GOLD		5.45m							
	SEA SILVER		5.20m							
	SEA BRONZE		5.00m							
1	5.91m	PHI		Ernest John Obiena	17 Nov 95	2	Paris Diamond League	Paris	28 Aug 2021	
2	5.35m	THA		Patasphong Amsam-Ang		1	Thailand National Champs	Bangkok	28 Jun 2021	

3	4.90m	THA		Kasinhob Chommanad		2	Thailand Naitonal Champs	Bangkok	28 Jun 2021	
4	4.85m	MAS		Iskaandar Alwi		1	Malaysian Grand Prix	Kuala Lumpur	10 Apr 2021	
5	4.80m	SGP		Dewey Ng		1	SA Series 2	Singapore	28 Feb 2021	
6	4.75m	THA		Kreetha Sintacheewa		3	Thailand Naitonal Champs	Bangkok	28 Jun 2021	
7	4.60m	SGP		Low Jun Yu		2	Allcomers	Singapore	17 Jul 2021	
8	4.45m	MAS		Muhamamd Naufal Sharul Azman		2	Malaysian Grand Prix	Kuala Lumpur	10 Apr 2021	
9	4.40m	SGP		Clevon Jun Yong Wong		3	SA Series 2	Singapore	28 Feb 2021	
10	4.20m	SGP		Elliott Wee	2002	1j	SA Series 2	Singapore	28 Feb 2021	&17 July 2021
<b>Shotput</b>										
	SEA GOLD		18.38m							
	SEA SILVER		17.03m							
	SEA BRONZE		16.40m							
1	16.47m	MAS		Mohmmad Ziyad Zolkefli		1	Malaysian Grand Prix	Kuala Lumpur	11 Apr 2021	
2	16.45m	MAS		Jonah Chan Rigan		2	Malaysian Grand Prix	Kuala Lumpur	11 Apr 2021	NJR (7.26kg)
3	16.07m	THA		Promrob Juntima	10 Feb 88	1	Thailand National Champs	Bangkok	29 Jun 2021	
4	16.04m	VIE		Pham Than Binh	1995	1	Speedy Cup	Ho Chi Minh	22 Apr 2021	
5	16.00m	THA		Thongchai Silamool	23 Dec 99	2	Thailand National Champs	Bangkok	29 Jun 2021	
6	15.61m	MAS		Kong Chin Poh		3	Malaysian Grand Prix	Kuala Lumpur	11 Apr 2021	
7	15.60m	MAS		Farm Loong Deng		4	Malaysian Grand Prix	Kuala Lumpur	11 Apr 2021	
8	15.49m	THA		Thawat Khachin	30 Aug 94	3	Thailand National Champs	Bangkok	29 Jun 2021	
9	15.19m	THA		Chatwacharn Polyeam	12 May 80	4	Thailand National Champs	Bangkok	29 Jun 2021	
10	15.04m	MAS		Kamal Farhman A. Rahman		5	Malaysian Grand Prix	Kuala Lumpur	11 Apr 2021	
1	17.94m	MAS		Mohmmad Ziyad Zolkefli		1	Para Olympic Games	Tokyo	1 Sep 2021	DQED
<b>Discus</b>										
	SEA GOLD		57.29m							
	SEA SILVER		51.38m							
	SEA BRONZE		51.29m							
1	57.91m	MAS		Irfan Shamshumuddin		1	Simulation	Kuala Lumpur	2 Jul 1021	

2	53.00m	MAS		Abdul Rahman Lee		2	Simulation	Kuala Lumpur	2 Jul 2021	
3	47.88m	THA		Thongchai Silamool	23 Dec 99	1	Thailand National Champs	Bangkok	30 Jun 2021	
4	46.41m	SGP		Eric Yee Chun Wei	1999	1	SA Series 1	Singapore	24 Jan 2021	
5	45.94m	SGP		Brian See	1996	2	SA Series 1	Singapore	24 Jan 2021	
6	42.99m	THA		Narong Benjaroon	8 Jun 86	2	Thailand National Champs	Bangkok	30 Jun 2021	
7	42.74m	SGP		Jonathan Low Jun Jie		1	Allcomers 3	Singapore	24 Apr 2021	
8	42.49m	THA		Sawawunee Kriengkraphon		3	Thailand National Champs	Bangkok	30 Jun 2021	
9	40.76m	MAS		Tang Jing Yen		2	Malaysian Grand Prix	Kuala Lumpur	11 Apr 2021	
10	40.43m	MAS		Kong		3	Simulation	Kuala Lumpur	2 Jul 2021	
	<b>Hammer</b>									
	SEA GOLD		67.56m							
	SEA SILVER		63.83m							
	SEA BRONZE		58.88m							
1	65.74m	MAS		Jackie Wong Xiu Cheer		1	Malaysian Grand Prix	Kuala Lumpur	10 Apr 2021	
2	64.64m	THA		Kittiphong Boonmawan	16 May 96	1	Thailand National Champs	Bangkok	28 Jun 2021	
3	59.94m	MAS		Sadat Marzuki Ajisan		2	Malaysian Grand Prix	Kuala Lumpur	10 Apr 2021	
4	50.02m	THA		Thanwarak Sawapaisan		2	Thailand National Champs	Bangkok	28 Jun 0201	
5	47.65m	THA		Yongjorn Ganju		3	Thailand National Champs	Bangkok	28 Jun 2021	
6	44.89m	THA		Piyadanai Phromchan		4	Thailand National Champs	bangkok	28 Jun 2021	
7	38.45m	LAO		Th. Bunlot Kaewweset		1	Lao Athletic Championships	Vietnane	28 Jan 2021	
	<b>Javelin</b>									
	SEA GOLD		72.86m							
	SEA SILVER		71.00m							
	SEA BRONZE		70.88m							
1	60.65m	SGP		Justyn Phoa Zairen	1999	1	Allcomers 2	Singapore	27 Mar 2021	
2	58.28m	SGP		Roy Ng Kai Leong	2003	2	SA Perf Trial 2	Singapore	5 Jun 2021	
3	57.36m	THA		Wachiwarit Sornwichai		1	Thailand National Champs	Bangkok	30 Jun 2021	
4	56.49m	THA		Winchelaweeka		2	Thailand National Champs	Bangkok	30 Jun 2021	
5	56.00m	THA		Hutsadin Rodmanee	13 Jul 00	3	Thailand National Champs	Bangkok	30 Jun 2021	
6	55.93m	LAO		Th. Kanida Latsavang		1	Lao Athletic Championships	Vietnane	28 Jan 2021	

7	53.95m	LAO		Nivarwong		2	Lao Athletic Championships	Vietnane	28 Jan 2021	
8	53.65m	THA		Tharawee Tuchako		4	Thailand National Champs	Bangkok	30 Jun 2021	
9	52.33m	SGP		Thong En Koh		1	SA Series 2	Singapore	27 Feb 2021	
10	50.09m	LAO		??		3	Lao Athletic Championships	Vietnane	28 Jan 2021	
<b>4x100m</b>										
	SEA GOLD			39.27						
	SEA SILVER			39.78						
	SEA BRONZE			40.04						
1	40.58	SGP		Singapore 'A'		1	Allcomers	Singapore	17 Jul 2021	
2	41.35	VIE		TP HCM		1	Speedy Cup	Ho Chi Minh	24 Apr 2021	
<b>4x400m</b>										
	SEA GOLD			3.08.07						
	SEA SILVER			3.08.20						
	SEA BRONZE			3.08.63						
1	3:16.44	SGP		Singapore 'A'		1	SA Performance Trial 2	Singapore	5 Jun 2021	
2	3:17.88	VIE		Kieng Giang		1j	Speedy Cup	Ho Chi Minh	23 Apr 2021	
3	3:45.86	LAO				1	Lao Athletic Championships	Vietnane	28 Jan 2021	
<b>Decathlon</b>										
	SEA GOLD			7033						
	SEA SILVER			6911						
	SEA BRONZE			6769						