

































	Mark	Team	Wind	Athlete Name	DOB	PL	Event	Venue	Date	Notes
<b>400m</b>										
	SEA GOLD		46.56							
	SEA SILVER		46.68							
	SEA BRONZE		46.98							
1	46.44	THA		Joshua Atkinson	2003	1	SEA Games	Hanoi	15 May 2022	
2	46.6	VIE		Tran Nhat Hoang	2000	1	SEA Games Trials	Hanoi	4 Mar 2022	
3	46.94	VIE		Tran Dinh Son	1997	1h1	Speedy Cup	Hanoi	7 Apr 2022	
4	47.03	SGP		Tan Zong Yang	1994	1		Singapore	7 May 2022	
5	47.27	VIE		Le Ngoc Phuc	2002	2	SEA Games	Hanoi	15 May 2022	
6	47.42	PHI		Frederick Ramirez	1999	1	SEA Games Trials	Imus	27 Feb 2022	
7	47.64	VIE		Luong Van Thao		2	SEA Games Test	Hanoi	25 Apr 2022	
8	47.70	PHI		Michael Carlo Del Prado	1995	6	SEA Games	Hanoi	15 May 2022	
9	47.73	THA		Pitchaya Sunthonthum		1	National Open	Bangkok	5 May 2022	
10	47.91i	PHI		Eric Shauwn Cray	1988		University Mexico Collegiate	Albuquerque	5 Feb 2022	
<b>800m</b>										
	SEA GOLD		1.49.91							
	SEA SILVER		1.50.17							
	SEA BRONZE		1.50.68							
1	1:50.25	THA		Joshua Atkinson	2003	3	NSW Milers Series #5	Sydney	17 Mar 2022	
2	1:50.48	MAS		Avinesh Austin Murugan	2002	1	Malaysian Open	Kuala Lumpur	5 Mar 2022	
3	1:51.99	PHI		Edwin Giron Jr.	1999	1	SEA Games Trials	Pasig	24 Mar 2022	
4	1:52.50	THA		Jirayu Pleenram	1996	2	National Open	Bangkok	5 Apr 2022	
5	1:53.15	MAS		Wan Muhammad Fazri Bin Zahari	2001	1	Perak All Comers	Ipoh	27 Feb 2022	
6	1:53.2	VIE		Giang Van Dung		1	SEA Games Trials	Hanoi	4 Mar 2022	
7	1:54.93	THA		Tulchai Thethip		2	National Games	Sisaket	20 Mar 2022	
8	1:55.06	VIE		Luong Duc Phuoc		1	City Games	Ho Chi Min	17 Jun 2022	
9	1:55.25	PHI		Mariano Masano		2	SEA Games Trials	Pasig	25 Mar 2022	



	Mark	Team	Wind	Athlete Name	DOB	PL	Event	Venue	Date	Notes
10	1:55.51	PHI		John Lloyd Cabalo		3	SEA Games Trials	Pasig	25 Mar 2022	
<b>1500m</b>										
	SEA GOLD		4.06.63							
	SEA SILVER		4.08.27							
	SEA BRONZE		4.08.93							
1	3:54.23	MAS		Prabudass Krishnan	1990	1	National Open	Singapore	16 Apr 2022	
2	3:54.37	VIE		Luong Duc Phuoc	2002	1	SEA Games	Hanoi	14 May 2022	
3	3:55.66	VIE		Tran Van Dang	2000	2	SEA Games	Hanoi	14 May 2022	
4	3:56.35	PHI		Alfrence Braza	2001	3	SEA Games	Hanoi	14 May 2022	
5	3:56.82	MAS		Mohamad Amirul Arif Mohd Azri	2000	4	SEA Games	Hanoi	14 May 2022	
6	3:57.18	PHI		Mariano Masano	1998	5	SEA Games	Hanoi	14 May 2022	
7	3:59.22	SGP		Paul Olsen		4f2		Los Angeles	12 Mar 2022	
8	3:59.51	TLS		Felisberto De Deus	1999	6	SEA Games	Hanoi	14 May 2022	
9	4:00.19	SGP		Jeevanesh Soundarajah	1993	7	SEA Games	Hanoi	14 May 2022	
10	4:01.54	THA		Cherdchai Putako		1	National Games	Sisaket	23 Mar 2022	
<b>Mens 5000m</b>										
	SEA GOLD		14.31.15							
	SEA SILVER		14.32.42							
	SEA BRONZE		14.34.73							
1	13:08.41i	THA		Kieran Tuntivate	1997	3f2	David Hemery Valentine	Boston	12 Feb 2022	
2	14:40.61	INA		Robi Syianturi	1998	1	Jateng Open	Semarang (INA)	2 Mar 2022	
3	14:44.45	MAS		Prabudass A/S Krishnan	1990	1	Malaysia Open	Kuala Lumpur	6 Mar 2022	
4	14:49.13	VIE		Nguyen Van Lai	1986	1	City Games	Ho Chi Minh	17 Jun 2022	
5	14:54.19	VIE		Nguyen Trung Cuong		2	City Games	Ho Chi Minh	17 Jun 2022	
6	15:11	THA		Tony Ah-Thit Payne		67f3	Pul5k London	London	12 Feb 2022	
7	15:12.67	INA		Petingko Noveldi		2	Jateng Open	Semarang (INA)	2 Mar 2022	
8	15:14.70	INA		Agus Prayogo		1	Open Cup	Jakarta	3 Jun 2022	

	Mark	Team	Wind	Athlete Name	DOB	PL	Event	Venue	Date	Notes
9	15.21.43	THA		Nattawut Innum		1	National Games	Sisaket	20 Mar 2022	
10	15.21.98	THA		Natthawat Innum		2	National Games	Sisaket	20 Mar 2022	
<b>Mens 10000m</b>										
	SEA GOLD		30.19.28							
	SEA SILVER		30.22.13							
	SEA BRONZE		30.29.73							
1	27.23.64	THA		Kieran Tuntivate	1997	5	Sound Running Ten	San Juan Capistrano	6 Mar 2022	
2	31:13.28R	THA		Nattawut Innum		1	National 10K Road Race	Khon Kaen	5 Jun 2022	
3	31:16.2	VIE		Nguyen Quoc Anh		1	SEA Games Trials	Hanoi	4 Mar 2022	
4	31.34.5	TLS		Felisberto De Deus			National Championships	Dili	20 Feb 2022	
5	31.40.61	INA		Pandu Sukaraya			Jateng Open	Semarang (INA)	1 Mar 2022	
6	31.46.02	INA		Petingko Noveldi			Jateng Open	Semarang (INA)	1 Mar 2022	
7	31.53.1	VIE		Le Van Thao		2	SEA Games Trials	Hanoi	4 Mar 2022	
8	32.07.17	THA		Nattawat Innum		2	National Games	Sisaket	19 Mar 2022	
9	32.24.15	THA		Jaturon Khueankaew		3	National Games	Sisaket	19 Mar 2022	
10	32.30.75	INA		Iqbal Saputra			Jateng Open	Semarang (INA)	1 Mar 2022	
<b>3KS</b>										
	SEA GOLD		9.04.50							
	SEA SILVER		9.04.54							
	SEA BRONZE		9.10.02							
1	9:02.3	VIE		Do Quoc Lat	1993	2	SEA Games Trials	Hanoi		
2	9:02.4	VIE		Le Tien Long	2001	1	SEA Games Trials	Hanoi		
3	9.02.84	INA		Atjong Tio Purwanto	1991	1	SEA Games	Hanoi	16 May 2022	
4	9:17.27	VIE		Nguyen Trung Cuong	1991	1	City Games	Ho Chi Minh	16 Jun 2022	
5	9:19.10	PHI		Juniel Gobotia	1998	1	SEA Games Trials	Pasig	24 Mar 2022	
6	9:36.90	MAS		Ahmad Luth Bin Hamizan		1	Perak All Comers	Ipoh	27 Feb 2022	
7	9:39.78	PHI		Daniel Delatado		2	SEA Games Trials	Pasig	24 Mar 2022	

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8	9:38.03	MAS		Daren James Nair Rodney James		2	Perak All Comers	Ipoh	27 Feb 2022	
9	9:40.75	THA		Chayaphon Boonupala		1	National Games	Sisaket	20 Mar 2022	
10	9.49.12	SGP		Gautam Senthilkumar	2004	1	Allcomers	Singapore	20 Feb 2022	
<b>Half Marathon</b>										
1	1h07.09	THA		Nattawut Innum		1	Amazing Thailand Marathon	Bangkok	27 Feb 2022	
2	1h07.16	THA		Tony Payne			Cheshire Half Marathon		24 Apr 2022	
3	1h09.24	THA		Nattawath Innum		2	Amazing Thailand Marathon	Bangkok	27 Feb 2022	
4	1h09.58	INA		Robi Syianturi		1	International Bali Marathon	Sanur	26 Jun 2022	
5	1h09.59	INA		Welman Pasirabu		2	International Bali Marathon	Sanur	26 Jun 2022	
6	1h10.36	THA		Chayapon Bonnupala		1	National Festival Run	Chiangmai	6 Feb 2022	
7	1h10.37	VIE		Nguyen Van Lai		1	VN Express	Hue	10 Apr 2022	
8	1h11.21	INA		Daniel Simanjuntak		3	International Bali Marathon	Sanur	26 Jun 2022	
9	1h11.29	INA		Atjong Purjanto		4	International Bali Marathon	Sanur	26 Jun 2022	
10	1h11.42	THA		Sanchai Namkhet		1	National Games	Sisaket	23 Mar 2022	
<b>Marathon</b>										
	SEA GOLD		2.26.48							
	SEA SILVER		2.27.18							
	SEA BRONZE		2.33.08							
1	2h20.37	THA		Tony Ah-Thit Payne		71	Zurich Maraton de Sevilla	Sevilla	20 Jan 2022	
2	2h25.08	VIE		Hoang Nguyen Thanh	95	1	SEA Games	Hanoi	19 May 2022	
3	2h25.38	INA		Agus Prayogo	85	2	SEA Games	Hanoi	19 May 2022	
4	2h27.42	VIE		Le Van Tuan		1	VP National Bank Marathon	Hanoi	6 Mar 2022	
5	2h29.13	CAM		Kuniaki Takizaki	1977	16	Tokyo Marathon	Tokyo	6 Mar 2022	
6	2h29.42	THA		Sanchai Namkhet		4	Amazing Thailand Marathon	Bangkok	27 Jan 2022	
7	2h32.21	MAS		Muhaizar Bin Muhammad		1	Malaysian Open	Putrajaya	6 Mar 2022	
8	2h33.49	MYA		Saw Pyae Sone Nay		5	SEA Games	Hanoi	19 May 2022	
9	2h34.53	VIE		Bui The Anh		1	VNExpress	Hue	10 Apr 2022	

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10	2h34.55	VIE		Richard Salano		6	SEA Games	Hanoi	19 May 2022	
<b>20K Walk</b>										
1	1:32.32	VIE		Vo Xuan Vinh		1	SEA Games	Hanoi	19 May 2022	
2	1:35.21	INA		Hendro		2	SEA Games	Hanoi	19 May 2022	
3	1:37.43	VIE		Nguyen Thanh Ngung		3	SEA Games	Hanoi	19 May 2022	
4	1:40.16	THA		Artid Sriwichai		4	SEA Games	Hanoi	19 May 2022	
5	1:42.57	MYA		Pyae Phyo Tun		5	SEA Games	Hanoi	19 May 2022	
6	1:47.47	MYA		Mine Nyi Nyi Moe		6	SEA Games	Hanoi	19 May 2022	
7	1:51.15.25	THA		Supakorn Supawan		2	National Games	Sisaket	20 Mar 2022	
8	1:52.14.38	THA		วีรภาพ ดอกบัว		3	National Games	Sisaket	20 Mar 2022	
9	1h53.03	MAS		Saiven Tan		1	Malaysia Open	Kuala Lumpur	5 Mar 2022	
10	1h54.42	MAS		Muhammad Ahmad		2	Malaysia Open	Kuala Lumpur	5 Mar 2022	
<b>Invalid</b>										
1	1h37.50.11	THA		อาทิตย์ ศรีวิชัย		1	Trials	Bangkok	8 Feb 2022	Not Validated
2	1h49.35.61	THA		ธีรศักดิ์ เฉลียวพงษ์		2	Trials	Bangkok	8 Feb 2022	Not Validated
<b>110H</b>										
	SEA GOLD		13.97							
	SEA SILVER		13.97							
	SEA BRONZE		13.99							
1	13.78	PHI	1.6	Clinton Kingsley Bautista	1992	1	SEA Games	Hanoi	16 May 2022	NR
2	13.91	THA	??	Natthaphol DANSUNGNOEN		1	Trials	Bangkok	8 Feb 2022	
3	13.94	SGP	1.6	Chen Xiang Ang		2	SEA Games	Hanoi	16 May 2022	NR
4	14.07	LAO	1.6	Xaysa Anounson		4	SEA Games	Hanoi	16 May 2022	
5	14.11	MAS	-0.1	Mohd Rizzua Bin Muhamad		1f	Perak All Comers	Ipoh	26 Feb 2022	
6	14.19	MAS	1	Rayzam Shah Sofian		2	Malaysia Open	Kuala Lumpur	11 Jan 1988	
7	14.30	SGP	1.5	Wei Guan Chong		2	Open Championships	Singapore	23 Jan 2022	
8	14.33	MAS	1	Benedict Ian Gawok		3	Malaysia Open	Kuala Lumpur	5 Mar 2022	

	Mark	Team	Wind	Athlete Name	DOB	PL	Event	Venue	Date	Notes
9	14.40	MAS	1	Muhammad Ridzwan Ridal		4	Malaysia Open	Kuala Lumpur	5 Mar 2022	
10	14.46	MAS	1	Muh. Nazrul Mohd Ali		5	Malaysia Open	Kuala Lumpur	5 Mar 2022	
<b>400H</b>										
	SEA GOLD		50.21							
	SEA SILVER		50.81							
	SEA BRONZE		51.60							
1	49.50	PHI		Eric Shauwn Cray		4	Paavo Nurmi Games	Turku	14 Jun 2022	
2	50.82	VIE		Quach Cong Lich		2	SEA Games	Hanoi	17 May 2022	
3	51.19	SGP		Calvin Quek		3	SEA Games	Hanoi	17 May 2022	
4	51.40	VIE		Nguyen Duc Son		4	SEA Games	Hanoi	17 May 2022	
5	51.77	PHI		Francis Medina		5	SEA Games	Hanoi	17 May 2022	
6	51.93	INA		Edwin HalomanBinsar		6	SEA Games	Hanoi	17 May 2022	
7	52.25	THA		Chaiwat Thongjaroon		1	National Games	Sisaket	22 Mar 2022	
8	52.54	THA		Phatthanan Torphathong		2	National Games	Sisaket	22 Mar 2022	
9	52.86	THA		Natthaphol DANSUNGNOEN		7	SEA Games	Hanoi	17 May 2022	
10	53.29	THA		Methasit Krampinit		3	National Games	Sisaket	21 Mar 2022	
<b>Long Jump</b>										
	SEA GOLD		8.03m							
	SEA SILVER		8.02m							
	SEA BRONZE		7.89m							
1	7.80m	VIE	-2.1	Nguyen Tien Trong		1	SEA Games	Hanoi	15 May 2022	
2	7.73m	PHI	0.8	Janry Ubas		2	SEA Games	Hanoi	15 May 2022	
3	7.61m	INA	0.0	Sapwaturrahman		3	SEA Games	Hanoi	15 May 2022	
4	7.60m	MAS	1.2	Anuar Andre Anura		1	Singapore Open	Singapore	17 Apr 2022	
5	7.46m	PHI	-0.1	Tyler Ruiz		1		Northridge	1 Apr 2022	
6	7.46m	VIE	0	Tran Van Dien		4	SEA Games	Hanoi	15 May 2022	
7	7.46m	INA	0.4	Wijaya Suwandi		1	Open Cup	Jakarta	2 Jun 2022	
8	7.45m	VIE	ok	Phan Van Nghia		1	City Games	Ho Chin Minh	17 Jun 2022	

	Mark	Team	Wind	Athlete Name	DOB	PL	Event	Venue	Date	Notes
9	7.43m	MAS	2.0	Luqman Hakim Bin Ramlan		1		Johor Bahru	20 Mar 2022	
10	7.38m	VIE		Pham Van Lam		3	City Games	Ho Chin Minh	17 Jun 2022	
<b>Triple Jump</b>										
	SEA GOLD		16.68m							
	SEA SILVER		16.42m							
	SEA BRONZE		16.21m							
1	16.51m	MAS	0.7	Andre Anura Anuar		1	SEA Games	Hanoi	17 May 2022	
2	16.36m	THA	2.0	Natthaphong Srinoda		1	Thailand Open	Bangkok	6 Apr 2022	
3	15.87m	PHI	0.2	Mark Harry Diones		2	SEA Games	Hanoi	17 May 2022	
4	15.84m	VIE	1.0	Tran Van Dien		3	SEA Games	Hanoi	17 May 2022	
5	15.79m	VIE	1.0	Thuong Nguc Nguyen		5	SEA Games	Hanoi	17 May 2022	
6	15.62m	MAS	0.5	Brendon Ting Li King		2	Malaysia Open	Kuala Lumpur	6 Mar 2022	
7	15.55m	INA	0.6	Sapwaturahman		6	SEA Games	Hanoi	17 May 2022	
8	15.54m	THA	ok	Pratchaya Tepparak		2	National Games	Sisaket	21 Mar 2022	
9	15.45m	VIE	ok	Nguyen Thuong Duc		1	SEA Games Trials	Hanoi	4 Mar 2022	
10	15.39m	VIE	ok	Pham Nhat Duy		2	Speedy Cup	Hanoi	8 Apr 2022	
<b>wind-aided</b>										
1	15.58m	PHI	2.4	Ronne Malipay		2	National Open	Singapore	16 Apr 2022	
<b>High Jump</b>										
	SEA GOLD		2.21m							
	SEA SILVER		2.21m							
	SEA BRONZE		2.15m							
1	2.27m	MAS		Nauraj Singh Randhawa	1992	2	Sportovni Hala	Nehvidzy (CZE)	30 Jan 2022	
2	2.21m	THA		Kobsit Siitichai	1999	1	SEA Games	Hanoi	18 May 2022	
3	2.20m	SGP		Kamptom Kam	2001	1	National Open	Singapore	16 Apr 2022	
4	2.18m	MAS		Mohamad Eizlan Dahalan	1999	3	SEA Games	Hanoi	18 May 2022	
5	2.18m	THA		Taewan Kaeodam		4	SEA Games	Hanoi	18 May 2022	

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6	2.18m	VIE		Vu Duc Anh		5	SEA Games	Hanoi	18 May 2022	
7	2.10m	MAS		Lee Hup Wei		2	Malaysian Open	Kuala Lumpur	6 Mar 2022	
8	2.10m	MAS		Farrel Glenn Jurius		3	Malaysian Open	Kuala Lumpur	6 Mar 2022	
9	2.08m	THA		Wachiraphon Sonram		1		Srisaket	20 Mar 2022	
10	2.07m	PHI		Leonard Grospe		1	SEA Games Trials	Baguio	23 Feb 2022	
<b>Pole Vault</b>										
	SEA GOLD		5.45m							
	SEA SILVER		5.20m							
	SEA BRONZE		5.00m							
1	5.92m	PHI		Ernest John Obiena	1995	1		Talby (SWE)	28 Jun 2022	
2	5.40m	THA		Pataphong Amsam Ang		1	National Games	Sisaket	19 Mar 2022	
3	5.05m	PHI		Hokket Delos Santos		1	National Open	Manila	29 Apr 2022	
4	5.00m	THA		Kasinphob Chonchub		2	National Games	Sisaket	19 Mar 2022	
5	4.90m	PHI		Janry Ubas		2	SEA Games Trials	Baguio	24 Feb 2022	
6	4.85m	SGP		Jun Yu Low		3		Westpfalzstadion (GER)	12 Jun 2022	
6	4.80m	MAS		Iskandar Alwi		3	SEA Games	Hanoi	15 May 2022	
7	4.80m	MAS		Muhammad Naiful Bin Shahrul Azam		1	Johor Open	Johor Bahru	27 May 2022	
8	4.62m	SGP		Dewey Ng		1	Open Championships	Singapore	23 Jan 2022	
9	4.60m	THA		Sindhjava		D	National Games	Sisaket	23 Mar 2022	
10	4.50m	THA		Rewat Jandee		3	National Games	Sisaket	19 Mar 2022	
<b>Shotput</b>										
	SEA GOLD		18.38m							
	SEA SILVER		17.03m							
	SEA BRONZE		16.40m							
1	18.84m	PHI		William Morrison		1	Royal Inferno World Athletics	Ontario (CAN)	9 Jun 2022	
2	17.33m	PHI		John Albert Mantua		1	Singapore Open	Singapore	16 Apr 2022	
3	17.32m	THA		Jakkaphat Noosri		2	SEA Games	Hanoi	15 May 2022	

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4	17.20m	MAS		Muhammad Ziyad Bin Zolkefli		3	SEA Games	Hanoi	15 May 2022	
5	16.79m	MAS		Farm Loong Deng		1	Allcomers	Kuala Lumpur	27 Mar 2022	
6	16.71m	VIE		Phan Thanh Binh		5	SEA Games	Hanoi	15 May 2022	
7	16.04m	THA		Prommob Chantama		1	National Open	Bangkok	5 May 2022	
8	15.99m	THA		Thongchai Silamun		2	National Open	Bangkok	5 May 2022	
9	15.84m	MAS		Chin Poh Kong				Tranava (SVK)	25 Jun 2022	
10	15.66m	MAS		Jonah Chang Rigan		3	Malaysia Open	Kuala Lumpur	6 Mar 2022	
<b>Discus</b>										
	SEA GOLD		57.29m							
	SEA SILVER		51.38m							
	SEA BRONZE		51.29m							
1	61.61m	MAS		Muhammad Irfan Bin Samsuddin		2f2		Halle (GER)	21 May 2022	
2	52.67m	THA		Kittiphong Boonmawan		1	National Games	Sisaket	19 Mar 2022	
3	51.19m	THA		Bundit Singhathongkul		1	National Open	Bangkok	6 Apr 2022	
4	50.73m	THA		Kiatpdit Srisai		2	National Open	Bangkok	6 Apr 2022	
5	50.44m	PHI		William Morrison		3	SEA Games	Hanoi	17 May 2022	
6	50.28m	THA		Thongchai Silamool		3	National Open	Bangkok	6 Apr 2022	
7	49.57m	PHI		John Albert Mantua		2	National Open	Singapore	17 Apr 2022	
8	48.84m	SGP		Eric Yee Chun Wei	1999	1	Allcomers	Singapore	20 Mar 2022	
9	48.23m	VIE		Phan Thanh Binh	1995	5	SEA Games	Hanoi	17 May 2022	
10	47.17m	INA		Widya Galih Yoga		1	Jateng Open	Semarang (INA)	1 Mar 2022	
<b>Hammer</b>										
	SEA GOLD		67.56m							
	SEA SILVER		63.83m							
	SEA BRONZE		58.88m							
1	68.13m	MAS		Jackie Wong Siew Cheer		1	Malaysia Open	Kula Lumpur	5 Mar 2022	NR
2	65.61m	THA		Kittiphong Boonam		1	National Open	Bangkok	3 Apr 2022	



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3	60.53m	MAS		Sadat Marzuqi Bin Ajisan		1	Perak Open	Perak	19 Jun 2022	
5	55.02m	INA		Rafika Putra		1	Jateng Open	Semarang (INA)	2 Mar 2022	
5	52.05m	THA		Thanwarak Kanasavapaisan		2	National Open	Bangkok	3 Apr 2022	
6	51.13m	INA		Tri Suhartomo		2	Jateng Open	Semarang (INA)	2 Mar 0202	
7	50.14m	PHI		Arniel Ferrera		4	SEA Games	Hanoi	14 May 2022	
8	48.89m	THA		Wattananachai Klomwattana		3	National Open	Bangkok	3 Apr 2022	
9	48.62m	INA		Dedi Yusuf		3	Jateng Open	Semarang (INA)	2 Mar 2022	
10	48.50m	MAS		Rizad Azri Bin Che Radzi		3	Malaysia Open	Kuala Lumpur	5 Mar 2022	
<b>Javelin</b>										
	SEA GOLD		72.86m							
	SEA SILVER		71.00m							
	SEA BRONZE		70.88m							
1	70.87m	VIE		Nguyen Hoai Van	1993	1	SEA Games	Hanoi	14 May 2022	
2	70.58m	INA		Abd Hafiz		2	SEA Games	Hanoi	14 May 2022	
3	66.86m	PHI		Melvin Calano		3	SEA Games	Hanoi	14 May 2022	
4	63.00m	MYA		Nan Htet Maung		4	SEA Games	Hanoi	14 May 2022	
5	62.40m	VIE		Nguyen Huu Toan	2001	1	City Games	Ho Chi Minh	16 Jun 2022	
6	61.23m	PHI		John Paul Sarmiento		2	National Open	Pasig	28 Apr 2022	
7	60.62m	THA		Teerawuth Jakor		1	National Games	Sisaket	20 Mar 2022	
8	60.54m	VIE		Pham Ngoc Anh		2	City Games	Ho Chi Minh	16 Jun 2022	
9	59.61m	THA		Wanchalerm Roscha		2	National Games	Sisaket	20 Mar 2022	
10	59.17m	INA		Syamsul Ma'Arif		1	Jateng Open	Seamrang (INA)	2 Mar 2022	
<b>4x100m</b>										
	SEA GOLD		39.27							
	SEA SILVER		39.78							
	SEA BRONZE		40.04							
1	38.56	THA		National Team		1	KBS National Athletics Meeting	Yecheon	4 Jun 2022	SEA Record /TH Record
2	39.09	MAS		National Team		2	SEA Games	Hanoi	16 May 2022	NR

	Mark	Team	Wind	Athlete Name	DOB	PL	Event	Venue	Date	Notes
3	39.44	SGP		National Team		3	SEA Games	Hanoi	16 May 2022	
4	39.65	INA		Natioanl Team		4	SEA Games	Hanoi	16 May 2022	
5	39.87	VIE		National Team		5	SEA Games	Hanoi	16 May 2022	
6	41.24	CAM		National Team		6	SEA Games	Hanoi	16 May 2022	
7	43.07	PHI		VMUF		1	PinoyAthletics Pangasinan	Lingayen	21 May 2022	
<b>4x400m</b>										
	SEA GOLD		3.08.07							
	SEA SILVER		3.08.20							
	SEA BRONZE		3.08.63							
1	3:07.58	THA				1	SEA Games	Hanoi	18 May 2022	
2	3:08.52	VIE				2	SEA Games	Hanoi	18 May 2022	
3	3:11.02	SGP				3	SEA Games	Hanoi	18 May 2022	
4	3:14.08	PHI				4	SEA Games	Hanoi	18 May 2022	
5	3:21.03	MAS				1	Malaysia Open	Kuala Lumpur	6 Mar 2022	
<b>Decathlon</b>										
	SEA GOLD		7033							
	SEA SILVER		6911							
	SEA BRONZE		6769							
1	7603			Suttisak Singkon		1	SEA Games	Hanoi	15 May 2022	
2	7469			Aries Toledo		2	SEA Games	Hanoi	15 May 2022	NR
3	6977			Janry Ubas		3	SEA Games	Hanoi	15 May 2022	
4	6916			Bui Van Su		4	SEA Games	Hanoi	15 May 2022	
5	6659			Luong Minh Sang		5	SEA Games	Hanoi	15 May 2022	
6	5626			Jovanie Kasi		3	SEA Games Trials	Baguio	24 Feb 2022	
7	5549			Allen Roy Mationg		4	SEA Games Trials	Baguio	24 Feb 2022	