

## National Records as at 31 - 01 - 2017

<b>MEN</b>					<b>WOMEN</b>				
<b>Event</b>	<b>Record</b>	<b>Name</b>	<b>Tournament</b>	<b>Year</b>	<b>Event</b>	<b>Record</b>	<b>Name</b>	<b>Tournament</b>	<b>Year</b>
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	1'00"33	Mirfath Ahmed	Commonwealth Games/Delhi	06-Oct-10
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	5'16"29	Mariyam Inaya Farooq	World Junior C'ship/Moncton	23-Jul-10
3000 M	9.41.2	Azham Waheed	Interschool / Male	22-Apr-11	3000 M	12'03"2	Fathmath Hashma Abdul Azeez	16th Nat. Tournamrnt	Dec-05
5000 M	15'36"52	Hussein Riyaz	6th SAF Games/Dhaka	1993	5000 M	20.45.7	Mariyam Inaya Farooq	Atoll Interschool/Gn. Fuvahmulah	09-Jun-10
10000 M	34:33.46	Hussein Haleem	NewDelhi/India	15-Nov-89	10000M	45.12.36	Shamha Ahmed	Indian Ocean Island Games	02-08-15
5 Km	16:31.0	Hussain Fazeel Haroo	Dhiraagu Maldives Road Races	11-11-16	5Km	23.33.00	Mariyam Abdul Kareem	Dhiraagu Maldives Road Race	06-Jun-14
10 Km	34:40	Zaid Shareef	Dubai Marathon	20-Jan-17	10Km	44:18.0	Mariyam Abdul Kareem	Dhiraagu Maldives Road Race	11-Nov-16
20 Km	1:11:34	Hussein Haleem	Sudbury/Canada	31-Jul-88					
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
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
4 x 100	41.21	National Team	South Asian Games	10-Feb-16	4 x 100 Relay	51.32	National Team	South Asian Games	10-Feb-16
		Hassan Saaid, Azneem Ahmed, Hussain Inash, Hussain Haleem					Afa Ismail, Shamha Ahmed, Aminath Nazra, Mirfath Ahmed		
4 x 200	01:31.6	National Team	Lefika Relay Meet 2016	02-Apr-16	4 x 200 Relay	2'02"4	Aminiya School U/16	9th Interschool	Mar-02
		Ahmed Anoof Mohamed, Mohamed Naail, Ibrahim Ashfan Ali, Ali Sham							
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	2'42"9	New Radiant Sports Club	Relay Festival / Male	11-Mar-00
		Ahmed Anoof Mohamed, Mohamed Naail, Ibrahim Ashfan Ali, Ali Sham					Yaznee Nasheeda, Shamha Ahmed, Shamila Abdul Majeed, Shiafana Ali		
Half Marathon	1:16:17	Ahmed Sharaf	Semi marathon Internationale de Nad	14-Aug-16	Half Marathon	01:42.0	Shamha Ahmed	IAAF Half Marathon C'Ship	30-Mar-14
Marothon	2:45'03	Hussein Haleem	4th SAF Games/Islamabad	1989	Marathon	03:48.1	Zuleikha Ali	MTCC Marathon	Dec-07