

## IAADS ATHLETICS ASIAN RECORDS - TRISOMY 21 WOMEN

| Event         | Name               | Country      | Result   | Venue               | Date     |
|---------------|--------------------|--------------|----------|---------------------|----------|
| 100 M         | Maryam Thyab       | Kuwait       | 20.03    | Mladá Boleslav, CZE | 22/06/22 |
| 200 M         | Teng Fei Ng        | Macao        | 57.27    | P.Varzim, POR       | 14/05/25 |
| 400 M         |                    |              |          |                     |          |
| 800 M         | Gulshen Ibragimova | Turkmenistan | 9.00.03  | Azores, POR         | 12/05/19 |
| 1.500 M       |                    |              |          |                     |          |
| 4x100m        |                    |              |          |                     |          |
| Long Jump     | Shahad Sunbul      | Saudi Arabia | 1.89m    | Sofia, BUL          | 26/06/16 |
| Shot Put (3)  | Shahad Sunbul      | Saudi Arabia | 5.05m    | Sofia, BUL          | 26/06/15 |
| Discus (750)  |                    |              |          |                     |          |
| Javelin (400) |                    |              |          |                     |          |
| 800m Walk     | Gulshen Ibragimova | Turkmenistan | 7.36.22  | Azores, POR         | 12/05/19 |
| 1.500m Walk   |                    |              |          |                     |          |
| Triathlon     | Shahad Sunbul      | Saudi Arabia | 1101pts. | Sofia, BUL          | 26/06/15 |

10th July 2026

**Compiled by José Costa Pereira**

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