

REKOD NEGERI LELAKI (2023)

Acara	Pencapaian	Nama Atlit	Kejohanan/ Pertandingan & Tempat
100 Meter	10.43s	Muhammad Haiqal bin Hanafi	SUKMA PERAK 2018
200 Meter	21.26S	Muhammad Haiqal bin Hanafi	SUKMA PERAK 2018
400 Meter	47.93s	Kenny Martin	Bangkok, 23.11.1989
800 Meter	1:48.96s	S Vasu	Chiangmai, 12.12.1995
1500 Meter	3:50.69s	R Thangavelu	Singapura 13.06.1993
5000 Meter	14:33.10s	Prabudass Krishnan	NSSU 12.05.2019
10,000 Meters	30:58.9s	G Krishnan	Bangkok, 10.12.1985
Half Marathon	1:06:53s	Prabudass Krishnan	Gold Coast, Australia, 1.7.2023
Marathon	2hr 36:34s	M Ramakrishnan	K Lumpur 30.10.1994
110m L/P	13.73s	Nur Herman Majid	Hiroshima 16.10.1994
400m L/P	52.25s	Kenny Martin	K Lumpur 13.09.1991
3000m L/B	9:03.0s	M Ramakrishnan	K Lumpur 09.10.1985
L. Tinggi	2.11m	A. Kavee Alagan	Seremban 05.05.2012
L. Bergalah	4.61m	Mohd Aiyuha Sulaiman	Alor Star 01.06.2006
Lompat Jauh	7.27m	Amir Abdul Rahman	K Lumpur 04.11.1967
Lompat Kijang	15.20m	Razali Ahmad	K Lumpur 07.05.1993
L/Peluru	13.04m	Jamal Jamaluddin	K Lumpur 23.04.1986
L/Cakera	62.55m	Muhammad Irfan Shamsuddin	Linz, Austria25.05.2017
B/Tukul Besi	60.63m	Sadat Marzuqi bin Ajisan	SUKMA KL 16.09.2022
M. Lembing	53.30m	Wan Sharipola Zaman	K Lumpur 15.07.1989
50km J/K (R)	4hr.39:12s	Mogan Rajoo	P Pinang 10.08.1997
10000m J/K (T)	43:03.24s	Mogan Rajoo	Seremban 10.05.1997
20000m J/K (T)	1hr 32:03.0s	Mogan Rajoo	Kluang 12.09.1997
4x100 Meter	41.53s	Pasukan N Sembilan	Seremban 19.08.1992
	(Hazle Izahar, Kenny Martin, Nur Herman Majid & Razali Ahmad)		
4x400 Meter	3:18.46s	Pasukan SUKMA NS	Kuantan 09.06.1996
	(Asmawie Abd.Jalil, Mohd.Akhbar Mustafa, Rajini & S.Vasu)		
Decathlon	6125pts	J V Jayan	Singapore 4/5.09.1973
	(11.4s, 6.84m, 9.71m, 1.81m, 50.9s, 15.8s, 29.20m, 3.10m, 45.94m & 4:42s)		

Marathon: 2:26:39

Prabudass Krishnan

Velancia, Spain, 5 Disember 20

REKOD NEGERI WANITA (2023)

Acara	Pencapaian	Nama Atlit	Kejohanan/Pertandingan & Tempat
100 Meter	11.90s	Petra Nabila Mustapha	Kota Bharu 16.08.2002
200 Meter	24.37s	Petra Nabila Mustapha	Kota Kinabalu 12.09.2002
400 Meter	55.66s	K Soloseeni	Seremban 11.05.1997
800 Meter	2:08.78s	K Soloseeni	Petaling Jaya 06.07.1997
1500 Meter	4:59.74s	Shivaneetha Nadarajan	Singapore 26.07.2006
3000 Meter	10:54.3s	G Devanai	K Lumpur 08.07.1979
5000 Meter	19:13.85s	S Devamani	Kuching 20.07.1990
10,000 Meter	39:21.13s	S Devamani	Seremban 18.08.1992
Marathon	3hr 15.19s	S Devamani	K Lumpur 112.05.1991
100m L/P	15.3s	P Savithri	Rangoon 07.12.1969
	15.49s	Norliyana Kamaruddin	Grand Prix Keb.,KL, 11.4.2021
400m L/P	62.08s	S Rathimalar	Kangar 20.08.1996
3000m L/B	12:45.94S	Ainur Shafiqah Azmi	SUKMA PERAK 2018
L. Tinggi	1.82m	Norliyana Kamaruddin	Vietnam Open 27.7.2018
L. Bergalah	3.80M	Puteri Nur Adillah Shik Azizir Rahman	SUKAM PERAK 2018
Lompat Jauh	5.46m	Maureen Ann Lee	K Lumpur 07.07.1962
Lompat Kijang	12.06m	Ng Gha Yee	K Lumpur 26.05.2007
	12.06m	Ng Gha Yee	Kangar 07.092007
L/Peluru	12.74m	Siti Nurul Ain Abdul Rahim	Bukit Jalil, KL. 31.10.2010
L/Cakera	47.79m	Yap Jeng Tzan	Vietnam . 25.07.15
B/Tukul Besi	45.22m	Siti Nurul Ain A Rahman	Johor Bharu 21.02.2008
M. Lembing	37.00m	Christina Ling	Alor Star 17.08.1967
5000m J/K (T)	26:53.19s	Christine Chatterton	Kuching 21.07.1990
10,000m J/K (T)	55:18.0s	Christine Chatterton	Kuching 13.07.1990
4x100 Meter	51.32s	MSS Bawah 20 NS	Seremban 02.06.1994
	(Noor Atikah Md Nasir, Norshazira Omar, Norieza Ahmad, Nurliyana Md Rus)		
4x400 Meter	4:11.74s	MSS Bawah 15 NS	Kangar 08.09.2007
	(Noriezia Ahmad, Norshazira Omar, Hazwani Zahar, Nur Syahira Abu Bakar)		

Heptathlon	5262pts	Norliyana Kamaruddin	Vietnam, 17.5.2022
	(15.68s, 1.81m, 10.81m, 26.60s, 5.53m, 32.06m, 2:28.35s)		