



ATHLETICS FIJI

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Men's Top 10 All-Time

Updated by: Athletics Fiji (02/07/2026)

Men's 100m

All Time	Performance	Athlete	Venue	Year
1	10.20s	Ratu Banuve Tabakaucoro	Suva, Fiji	2016
2	10.26s	Jone Delai	Stockton, USA	1997
3	10.44s	Soloveni Nakaucina	West Valley, USA	1997
4	10.47s	Semesa Cagivalu	Suva, Fiji	2023
5	10.55s	Waisake Tewa	Koror, Palau	2025
6	10.59s	Niko Verekauta	Raratonga, Cook Islands	2009
7	10.61s	Ricky Nalatu	Sydney Australia	1993
8	10.63s	Waisele Inoke	Kansas, USA	2025
9	10.64s	Kolinio Radrudru	Suva, Fiji	2019
10	10.64s	Solomone Bole	Baden, Germany	1995

Men's 110m Hurdles

All Time	Performance	Athlete	Venue	Year
1	13.82s	Jovesa Naivalu	Athens, Greece	1997
2	14.30s	Joseph Rodan Jnr	Irvine, USA	2002
3	14.79s	Errol Qaqa	Koror, Palau	2025
4	14.60s	Albert Miller Snr	Cape Girardeau, USA	1983
5	15.01s	Viliame Naivalu	Wellington, New Zealand	2000
6	15.10s	Jone Wainiqolo	Apia, Samoa	2007
7	15.12s	Harold Nair	Long Beach, USA	2006
8	15.14s	Khalid Mohammed	Christchurch, New Zealand	1982
9	15.26s	Sakaraia Tuva	Suva, Fiji	1979
10	15.28s	Samuel Konataci	Suva, Fiji	1979

Men's 200m

All Time	Performance	Athlete	Venue	Year
1	20.53s	Ratu Banuve Tabakaucoro	Port Moresby, PNG	2015
2	21.05s	Niko Verekauta	Wellington, New Zealand	2008
3	21.06s	Soloveni Nakaucina	Hayward, USA	1998
4	21.10s	Jone Delai	Los Gatos, USA	1997

5	21.28s	John Lum Kon	Suva, Fiji	2003
6	21.28s	Iliesa Namosimalua	Suva, Fiji	2006
7	21.31s	Aminiasi Babitu	Santa Rita, USA	1999
8	21.42s	Setareki Saukilagi	Suva, Fiji	2025
9	21.45s	Ricky Nalatu	Brisbane, Australia	1993
10	21.46s	Shane Tuvusa	Suva, Fiji	2017

Men's 400m

All Time	Performance	Athlete	Venue	Year
1	45.82s	Saimoni Tamani	Edinburgh, Scotland	1970
2	45.98s	Soloveni Nakaucina	Fresno, USA	1997
3	46.22s	Niko Verekauta	Brussels, Belgium	2007
4	46.74s	Iliesa Namosimalua	Cairns, Australia	2007
5	46.88s	Aminiasi Babitu	San Fransisco, USA	1998
6	47.39s	Henry Rogo	Nineve, Iraq	1997
7	47.44s	Jone Delai	Flein, Germany	1995
8	47.44s	Waise Finau	Bangkok, Thailand	2007
9	47.47s	Kameli Sauduadua	Suva, Fiji	2018
10	47.49s	Remesio Namara	Santa Rita, USA	1999

Men's 400m Hurdles

All Time	Performance	Athlete	Venue	Year
1	51.67s	Jovesa Naivalu	Tafuna, American Samoa	1977
2	51.81s	Autiko Daunakamakama	Melbourne, Australia	1997
3	52.02s	Jone Wainiqolo	Apia, Samoa	2007
4	52.42s	Seru Gukilau	Christchurch, New Zealand	1973
5	52.95s	Roy Ravana Jnr	Noume'a, New Caledonia	2011
6	53.06s	Joseph Rodan Snr	Noume'a, New Caledonia	1987
7	54.00s	Meli Cama	Suva, Fiji	2003
8	54.04s	Henry Rogo Semiti	Pirae, Tahiti	1995
9	54.22s	Seru Buwawa	Modesto, USA	1998
10	54.60s	Khalid Mohammed	Christchurch, New Zealand	1983

Men's 800m

All Time	Performance	Athlete	Venue	Year
1	1:48.70s	Isireli Naikelekelevesi	Szombathely, Hungary	2004
2	1:49.81s	Richard Kermode	Christchurch, New Zealand	1974
3	1:51.13s	Savenaca Lutumailagi	Santa Rita, USA	1999
4	1:51.79s	Loresh Kumaran	Brisbane, Australia	2003
5	1:51.80s	Vishant Reddy	Honiara, Solomon Islands	2023

6	1:52.60s	Usaia Sotutu	Tempe, USA	1972
7	1:52.76s	Paterasio Ranuku	Pirae, Tahiti	1995
8	1:52.85s	Dhamendra Nair	Brisbane, Australia	1989
9	1:53.39s	Petero Veitaqomaki	Suva, Fiji	2018
10	1:53.53s	Lui Muavesi	Canberra, Australia	1989

Men's 1500m

All Time	Performance	Athlete	Venue	Year
1	3:42.81s	Richard Kermode	Auckland, New Zealand	1982
2	3:51.14s	Yeshnil Karan	Perth, Australia	2025
3	3:51.50s	Usaia Sotutu	Saarijarvi, Finland	1971
4	3:53.22s	Isireli Naikelekelevesi	Brisbane, Australia	2003
5	3:56.09s	Morgan Clark	Chapel Hill, USA	2004
6	3:56.20s	Davendra Singh	Loughborough, England	1993
7	3:56.50s	Moses Zarak Khan	Seol, South Korea	1988
8	3:58.23s	Vishant Reddy	Honiara, Solomon Islands	2023
9	3:59.54s	Pateresio Ranuku	Suva, Fiji	1995
10	4:00.60s	Anil Kumar	Suva, Fiji	1991

Men's 3000m Steeplechase

All Time	Performance	Athlete	Venue	Year
1	8:48.00s	Usaia Sotutu	Seattle, USA	1971
2	9:02.08s	Yeshnil Karan	Perth, Australia	2025
3	9:07.49s	Davendra Singh	Barcelona, Spain	1992
4	9:37.42s	Isireli Naikelekelevesi	Tafuna, American Samoa	1997
5	9:38.80s	Vikash Kumar Singh	Melbourne, Australia	1991
6	9:40.55s	Semi Vuetibau	Noume'a, New Caledonia	1987
7	9:41.38s	Moses Zarak Khan	Sydney, Australia	1989
8	9:48.70s	Bineshar Prasad	Suva, Fiji	1987
9	9:55.36s	Shiri Chand	Apia, Samoa	1983
10	9:56.31s	Ashok Kumar	Auckland, New Zealand	1994

Men's 5000m

All Time	Performance	Athlete	Venue	Year
1	14:22.50s	Yeshnil Karan	Melbourne, Australia	2025
2	14:46.40s	Davendra Singh	Melbourne, Australia	1993
3	15:02.90s	Richard Kermode	Suva, Fiji	1982
4	15:08.49s	Vikash Kumar Singh	Melbourne, Australia	1990
5	15:08.49s	Morgan Clark	Raleigh, USA	2004
6	15:11.80s	Usaia Sotutu	Suva, Fiji	1969

7	15:28.10s	Birendra Prasad	Suva, Fiji	1977
8	15:28.30s	Bineshwar Prasad	Noume'a, New Caledonia	1986
9	15:39.28s	Moses Zarak Khan	Sydney, Australia	1989
10	15:40.70s	Evueli Toaia	Brisbane, Australia	2023

Men's 10,000m

All Time	Performance	Athlete	Venue	Year
1	30:19.92s	Yeshnil Karan	Gold Coast, Australia	2025
2	31:32.00s	Usaia Sotutu	Provo, USA	-
3	31:49.19s	Bineshwar Prasad	Barcelona, Spain	1992
4	32:10.73s	Shri "Mushroom" Chand	Brisbane, Australia	1981
5	32:14.00s	Bobby Singh	Sydney, Australia	-
6	32:18.00s	Vikash Kumar Singh	Suva, Fiji	1991
7	32:37.86s	Davendra Singh	Pirae, Tahiti	1995
8	32:40.90s	Morgan Clark	Suva, Fiji	2003
9	32:42.60s	Raaj Chandra	Suva, Fiji	1991
10	33:01.00s	Nowame Vuto	Suva, Fiji	1969

Men's Half Marathon

All Time	Performance	Athlete	Venue	Year
1	1:07:13s	Yeshnil Karan	Gold Coast, Australia	2024
2	1:07.31s	Benjamin Ashkettle	Gold Coast, Australia	2019
3	1:07:57s	Bineshwar Prasad	Las Vegas, USA	1993
4	1:12:06s	Avikash Lal	Apia, Samoa	2019
5	1:13:27s	Parsottam Lal	Suva, Fiji	1998
6	1:13:35s	Shiraaz Shah	Suva, Fiji	1998
7	1:13:35s	Vishant Kumar	Suva, Fiji	2005
8	1:13:36s	Rajan Prasad	Suva, Fiji	2005
9	1:13:48s	Abinesh Kumar Chand	Suva, Fiji	2003
10	1:15:59s	Niteshwar Prasad	Korotogo, Fiji	1999

Men's Pole Vault

All Time	Performance	Athlete	Venue	Year
1	4.45m	Joseph Rodan Jnr	Manchester, Great Britian	2002
2	4.30m	Albert Miller Snr	Suva, Fiji	1991
3	4.30m	Harold Nair	Bakersfield, USA	2006
4	3.53m	Waisele Inoke	Kansas, USA	2025
5	3.50m	Autiko Daunakamakama	Adelaide, Australia	1992
6	3.30m	Iosefo Vuloaloa	Suva, Fiji	2003
7	3.10m	Samuela Tabua	Suva, Fiji	1991

8	3.05m	Bula Tora	Tumon, Guam	1975
9	3.05m	Lasarusu Divi	Suva, Fiji	1980
10	3.02m	Peni Tora	Suva, Fiji	1980

Men's High Jump

All Time	Performance	Athlete	Venue	Year
1	2.10m	Pita Burese	Suva, Fiji	2026
1	2.10m	Rusiate Matai	Missouri, USA	2025
3	2.09m	Antonio Rahiman	Suva, Fiji	2003
4	2.09m	Malakai Kaiwalu	Suva, Fiji	2016
5	2.07m	Varo Vatilai	Suva, Fiji	2003
6	2.06m	Rajendra Prasad	Christchurch, New Zealand	2007
7	2.05m	Lorima Vunisa	Suva, Fiji	1996
8	2.05m	Poasa Satoqi	Cairns, Australia	2015
9	2.05m	Isikeli Waqa	Suva, Fiji	2012
10	2.05m	Isoa Vuniamatana	Suva, Fiji	2026

Men's Long Jump

All Time	Performance	Athlete	Venue	Year
1	7.82m	Eroni Tuivanuavou	Suva, Fiji	2003
2	7.65m	Tony Moore	Christchurch, New Zealand	1974
3	7.55m	Eugene Vollmer	Fresno, USA	2011
4	7.50m	Waisale Dausoko	Cairns, Australia	2015
5	7.47m	Gabrieli Qoro	Adelaide, Australia	1992
6	7.46m	Joseph Rodan Jnr	Glendora, USA	1998
7	7.35m	Sireli Bulivorovoro	Suva, Fiji	2016
8	7.29m	Anasa Cakaunivalu	Apia, Samoa	2007
9	7.26m	Samuela Yavala	Suva, Fiji	1970
10	7.25m	Laisiasa Jioji	Suva, Fiji	1979

Men's Triple Jump

All Time	Performance	Athlete	Venue	Year
1	16.08m	Eugene Vollmer	Marion, USA	2011
2	15.00m	Tomasi Naidole	Singapore	1955
3	14.99m	William Young	Suva, Fiji	2003
4	14.89m	Bula Tora	Suva, Fiji	1971
5	14.89m	Kalaveti Mokosiro	Suva, Fiji	2017
6	14.89m	Belasio Waqadau	Lautoka, Fiji	2018
7	14.70m	Tutunisau Caucau	Suva, Fiji	1979
8	14.61m	Joseph Prasad	Santa Rita, USA	1999

9	14.51m	Lorima Vunisa	Santa Rita, USA	1999
10	14.47m	Penisoni Tirau	Honiara, Solomon Islands	2023

Men's Shot Put (7.26kg)

All Time	Performance	Athlete	Venue	Year
1	18.35m	Mustafa Fall	Virginia, USA	2020
2	15.62m	Sosefo Fonorito	Suva, Fiji	2003
3	15.48m	Mataika Tuicakau	Suva, Fiji	1951
4	15.30m	John Samisoni	Suva, Fiji	1991
5	15.20m	Mesulame Rakuro	Suva, Fiji	1960
6	15.07m	Sitiveni Ligamamada Rabuka	Suva, Fiji	1973
7	14.99m	Sikipio Fihaki	Suva, Fiji	2003
8	14.83m	Viliame Liga	Levuka, Fiji	1968
9	14.58m	Peceli Kina	Suva, Fiji	1971
10	14.58m	Vereniki Tuisawaqa	Suva, Fiji	1971

Men's Hammer Throw (7.26kg)

All Time	Performance	Athlete	Venue	Year
1	57.26m	Abhinett Ram	California, USA	2018
2	45.12m	James Domoniko	Suva, Fiji	2003
3	43.60m	Saimoni Koroï	Noume'a, New Caledonia	1993
4	41.90m	Andrew Ratawa	Pirae, Tahiti	1995
5	41.02m	Peceli Kina	Sigatoka, Fiji	1977
6	39.42m	Vukicea Tamanilo	Suva, Fiji	1975
7	39.15m	Laitai Waqa	Suva, Fiji	1985
8	39.10m	Lepani Waitawa	Suva, Fiji	1985
9	36.84m	Sosefo Fonorito	Suva, Fiji	2003
10	36.80m	Glen Finau	Suva, Fiji	2026

Men's Discus Throw (2kg)

All Time	Performance	Athlete	Venue	Year
1	53.89m	Mustafa Fall	New Mexico, USA	2019
2	51.84m	Mesulame Rakuro	London, Great Britian	1958
3	48.92m	Viliame Sisikakala	Suva, Fiji	1994
4	47.97m	Setareki Matau	Suva, Fiji	2015
5	47.50m	Koroiwale Vatani	Suva, Fiji	1956
6	46.56m	Sikipio Fihaki	Christchurch, New Zealand	2002
7	46.10m	Lepani Waitawa	Suva, Fiji	1984
8	45.90m	Viliame Cavubati	Suva, Fiji	1966
9	45.66m	Mataika Tuicakau	Masterton, New Zealand	1950

10	45.28m	Viliame Liga	Suva, Fiji	1966
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Men's Javelin Throw (800g)

All Time	Performance	Athlete	Venue	Year
1	81.76m	Leslie Copeland	Sydney, Australia	2016
2	75.55m	James Goulding	Port Vila, Vanuatu	1998
3	69.27m	Andrew Ratawa	Suva, Fiji	1998
4	68.96m	Jioji Nadavo	Suva, Fiji	1994
5	68.76m	Tevita Baleisuva Ketedromo	Tafuna, Guam	1997
6	65.10m	Pita Tamani	Suva, Fiji	2017
7	64.72m	Amania Isa	Suva, Fiji	2017
8	64.43m	Jone Vosabalavu	Honiara, Solomon Islands	2023
9	61.51m	Jone Seru	Honiara, Solomon Islands	2023
10	61.28m	Filimona Naliva	Suva, Fiji	2005

Men's Decathlon

All Time	Performance	Athlete	Venue	Year
1	7397pts	Albert Miller Snr	Cape Girardeau, USA	1983
2	6742pts	Joseph Rodan Jnr	Long Beach, USA	2002
3	6458pts	Autiko Daunakamakama	Adelaide, Australia	1992
4	6372pts	Waisele Inoke	Kansas, USA	2025
5	6298pts	Harold Nair	Bakersfield, USA	2006
6	5983pts	Iosefo Vuloaloa	Suva, Fiji	2003
7	5751pts	Samuela Tabua	Brisbane, Australia	1982
8	5585pts	Sakaraia Tuva	Suva, Fiji	1979
9	5582pts	Lorima Vunisa	Port Vila, Vanuatu	1993
10	5492pts	Tony Moore	Adelaide, Australia	1976