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DYNAMICS OF PARTICIPATION AND RESULTS OF UZBEKISTAN'S HURDLERS AT THE OLYMPIC AND ASIAN GAMES (2010–2026)

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Abstract

This article analyzes the participation dynamics and athletic results of hurdlers representing the Republic of Uzbekistan at the Olympic and Asian Games between 2010 and 2026. The study categorizes athletes into distinct groups: those specializing in 100m, 110m, and 400m hurdles, as well as combined-event athletes (heptathletes and decathletes) who competed in the hurdle segments of their respective disciplines. Based on statistical data, the study examines the distances contested, the specific stages of competition, the results achieved, final rankings, and the athletes' personal bests.

The analysis indicates that between 2010 and 2016, Natalya Asanova, Artyom Dyatlov, and Valentina Kibalnikova represented Uzbekistan as specialized hurdlers in major international competitions. Notable results include Artyom Dyatlov's personal best of 49.78 seconds in the 400-meter hurdles (2012), Natalya Asanova's performance of 56.13 seconds, and Valentina Kibalnikova's time of 13.00 seconds in the 100-meter hurdles. Furthermore, it has been observed that no hurdlers represented Uzbekistan at the Olympic Games or the Asian Games during the 2018–2026 period.

The article evaluates this situation in the context of the continuity of the training system for elite hurdlers, the development of an athlete reserve, the enhancement of general and specialized physical conditioning, and the advancement of training systems geared toward international competition.

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Keywords: Hurdling, athletics, 100-meter hurdles, 110-meter hurdles, 400-meter hurdles, Olympic Games, Asian Games, athletic performance, sports training, specialized physical conditioning, athlete reserve, performance dynamics.g.

Introduction

2010–2026-YILLARDA O‘ZBEKISTONLIK G‘OVLAR OSHA YUGURUVCHILARNING OLIMPIADA VA OSIYO O‘YINLARIDAGI ISHTIROKI HAMDA NATIJALARI DINAMIKASI

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Annotatsiya

Mazkur maqolada 2010–2026-yillar davomida O‘zbekiston Respublikasi nomidan Olimpiada va Osiyo o‘yinlarida ishtirok etgan g‘ovlar osha yuguruvchi yengil atletikachilarning sport natijalari va ishtirok dinamikasi tahlil qilingan. Tadqiqotda 100, 110 va 400 metr g‘ovlar osha yugurish yo‘nalishlarida ixtisoslashgan sportchilar hamda geptatlon va dekatlon dasturlari tarkibida g‘ovlar bosqichida qatnashgan ko‘pkurashchilar alohida guruhlarga ajratilgan. Statistik ma’lumotlar asosida sportchilarning musobaqadagi masofasi, bosqichi, natijasi, egallagan o‘rni va shaxsiy rekordlari o‘rganildi.

Tahlil natijalariga ko‘ra, 2010–2016-yillarda O‘zbekistonning yirik xalqaro musobaqalarida ixtisoslashgan g‘ovchilar sifatida Natalya Asanova, Artyom Dyatlov va Valentina Kibalnikova ishtirok etgan. Ularning natijalari orasida Artyom Dyatlovning 2012-yilgi 400 metr g‘ovlar osha yugurishda 49,78 soniyalik shaxsiy rekordi, Natalya Asanovaning 56,13 soniyalik natijasi hamda Valentina Kibalnikovaning 100 metr g‘ovlar osha yugurishdagi 13,00 soniyalik natijasi alohida e’tiborga loyiqdir. Shu bilan birga, 2018–2026-yillar oralig‘ida Olimpiada va Osiyo o‘yinlarida O‘zbekiston nomidan ixtisoslashgan g‘ovlar osha yuguruvchilar qayd etilmaganligi aniqlangan.

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Maqolada mazkur holat g‘ovlar osha yugurish bo‘yicha yuqori malakali sportchilarni tayyorlash tizimining uzluksizligi, sportchilar zaxirasini shakllantirish, bazaviy va maxsus jismoniy tayyorgarlikni takomillashtirish hamda xalqaro musobaqalarga yo‘naltirilgan tayyorgarlik tizimini rivojlantirish nuqtayi nazaridan baholanadi.

Kalit so‘zlar: g‘ovlar osha yugurish, yengil atletika, 100 metr g‘ovlar, 110 metr g‘ovlar, 400 metr g‘ovlar, Olimpiada, Osiyo o‘yinlari, sport natijasi, sport tayyorgarligi, maxsus jismoniy tayyorgarlik, sportchilar zaxirasi, natijalar dinamikasi.

Introduction

Hurdling is one of the track and field events that is technically complex and demands a high level of specialized preparation. Achieving top-tier athletic performance in this discipline depends not only on an athlete’s speed, explosive strength, coordination, specialized endurance, and technical proficiency, but also on their ability to effectively execute the approach to the hurdle, the clearance itself, and the rhythm of running between the hurdles.

Consistency in performance in hurdling requires a long-term, systematically structured training process. Particularly when preparing elite athletes for international competitions, it is crucial to regularly analyze performance trends, study the experiences of previous generations of athletes, and develop clear training criteria for promising athletes.

In this context, a historical and statistical examination of the participation of Uzbek hurdlers in the Olympic Games and the Asian Games holds significant scientific and practical value for enhancing the training of athletes in this discipline today. Research Objective

The objective of this research is to conduct a scientific-statistical analysis of the participation, athletic performance, and performance dynamics of Uzbek hurdlers at the Olympic and Asian Games between 2010 and 2026, and to develop scientific and practical conclusions aimed at improving the system for training high-level hurdlers.

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Research Tasks

In line with the stated objective, the following tasks were addressed:

Identifying Uzbek hurdlers who participated in the Olympic and Asian Games between 2010 and 2026.

Distinguishing specialized hurdlers from athletes who competed in the hurdle events as part of a combined-event (multi-event) competition.

Analyzing the results recorded in the 100m, 110m, and 400m hurdle events.

Examining the participation of athletes in competitions and the dynamics of their performance over the years.

Evaluating the significance of personal bests from the perspective of athletic preparation.

Developing scientific and practical recommendations for building a reserve of athletes in the field of hurdling in Uzbekistan. Research Materials and Methods

The primary material for this study consists of a dataset of statistics concerning hurdlers who represented Uzbekistan at the Olympic Games and the Asian Games between 2010 and 2026.

The data were categorized into two main groups:

the first group comprises athletes specializing in 100m, 110m, or 400m hurdles; the second group consists of combined-event athletes (heptathletes and decathletes) who competed in the hurdles segment of their respective events.

The study employed methods including historical-statistical analysis, comparison, grouping, longitudinal (dynamic) observation, and descriptive analysis of the results.

Research Results and Discussion

Between 2010 and 2016, Natalya Asanova, Artyom Dyatlov, and Valentina Kibalnikova participated in the Olympic Games and the Asian Games representing Uzbekistan as specialized hurdlers.

Natalya Asanova competed in the 400m hurdles at several major international events. At the 2010 Asian Games in Guangzhou, she finished 6th in the final with a time of 57.25 seconds. At the 2012 London Olympics, she recorded a time of 58.05 seconds during the qualifying round. At the 2014 Asian Games in Incheon, she finished in 8th place with a time of 60.42 seconds, and at the 2016

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Rio de Janeiro Olympics, she recorded a time of 1:02.37. Her personal best in the 400-meter hurdles is 56.13 seconds.

Artyom Dyatlov competed in the men's 400-meter hurdles at the 2012 London Olympics, clocking 51.55 seconds in the qualifying round. His personal best in this event is 49.78 seconds.

Valentina Kibalnikova finished 5th in the 100-meter hurdles at the 2014 Asian Games in Incheon, with a time of 13.47 seconds in the final. At the 2016 Rio Olympics, she recorded a time of 13.29 seconds in the qualifying round. Her personal best is 13.00 seconds, a mark cited in the source as the national record for Uzbekistan.

Table 1. Key international results of Uzbek hurdlers between 2010 and 2016

Athlete	Competition	Year	Distance	Result	Place
Natalya Asanova	Asian Games, Guangzhou	2010	400 m g‘/o	57,25 s	6
Artyom Dyatlov	Olympics, London	2012	400 m g‘/o	51,55 s	—
Natalya Asanova	Olympics, London	2012	400 m g‘/o	58,05 s	—
Valentina Kibalnikova	Asian Games, Incheon	2014	100 m g‘/o	13,47 s	5
Natalya Asanova	Asian Games, Incheon	2014	400 m g‘/o	60,42 s	8
Valentina Kibalnikova	Olympics, Rio	2016	100 m g‘/o	13,29 s	—
Natalya Asanova	Olympics, Rio	2016	400 m g‘/o	1:02,37	—

Note: The table was compiled based on statistical data.

An analysis of these results indicates that the period from 2010 to 2016 was relatively active for Uzbekistan in terms of participation in international hurdle racing competitions. In particular, Natalya Asanova's participation in three consecutive major international events in the 400-meter hurdles demonstrates the development of consistent international experience in this discipline.

However, evaluating performance solely based on the final ranking in a competition is insufficient. Other factors must also be considered, such as an athlete's personal best, the comparison between results in qualifying rounds and finals, the time intervals between international competitions, and the long-term trajectory of the athlete's performance.

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Analysis of the participation of combined-events athletes

In the statistical data on hurdle racing, athletes competing in combined events are also noted as a distinct group. For instance, as part of the decathlon, Rifat Artikov recorded a time of 14.72 seconds in the 110-meter hurdles at the 2010 Asian Games in Guangzhou—earning 884 points—and later clocked 14.74 seconds at the 2012 London Olympics.

In the heptathlon: Yuliya Tarasova and Yekaterina Voronina; In the decathlon, athletes such as Leonid Andreyev and Marat Haydarov are noted to have participated. Yekaterina Voronina was unable to complete the hurdles segment at the 2016 Rio Olympics; she recorded times of 14.72 seconds at the 2018 Asian Games in Jakarta, 14.19 seconds at the 2020 Tokyo Olympics, and 14.48 seconds at the Asian Games in Hangzhou.

These figures highlight the significance of hurdling within the multi-event (combined events) program. Consequently, it would be advisable for the system of training hurdlers in Uzbekistan not to be limited solely to specialized hurdlers, but rather to be integrated with the development of hurdle technique and specialized physical conditioning for athletes in the multi-event disciplines.

Status during the 2018–2026 period

The dynamic table of research data shows no entries for specialized hurdlers at the 2018 Asian Games in Jakarta, the 2024 Paris Olympics, or the 2026 Asian Games in Nagoya. However, for the 2020 Tokyo Olympics and the 2022 Asian Games in Hangzhou, the results achieved by multi-event athlete Yekaterina Voronina in the hurdles segment are recorded. This situation highlights the need for Uzbekistan to place special emphasis on developing a reserve of specialized, international-caliber athletes in the sport of hurdling. In particular, it is essential to strengthen the continuity between sports schools, specialized sports educational institutions, higher education institutions, and the various stages of national team preparation.

Furthermore, when identifying athletes with the potential for high-level performance, a comprehensive assessment should be conducted, covering anthropometric indicators, speed, explosive strength, specialized endurance, coordination, running rhythm, and hurdle-clearing technique.

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Scientific and Practical Approaches to Improving Hurdle Training

Based on the statistical results obtained, it is advisable to enhance the system for training elite hurdlers in Uzbekistan through the following measures:

First, it is essential to identify promising athletes at an early stage and develop training programs tailored to their individual morphofunctional characteristics.

Second, in addition to developing specialized speed and explosive strength, priority must be given to refining technical execution in hurdling.

Third, conducting biomechanical analysis—based on video footage—of the phases involving the approach to the hurdle, the clearance itself, the landing, and the sprinting between hurdles, allows for the identification of an athlete's specific technical shortcomings.

Fourth, the training process should be structured on a scientifically sound basis—divided into general, specialized, pre-competition, and competition phases—with individualized monitoring of training loads. Fifth, to ensure continuity in participation in international competitions, it is essential to consistently develop a reserve pool of athletes from among the youth.

Conclusion

An analysis of the statistical performance of hurdlers representing Uzbekistan at the Olympic and Asian Games between 2010 and 2026 has led to the following conclusions:

Between 2010 and 2016, Natalya Asanova, Artyom Dyatlov, and Valentina Kibalnikova competed as hurdlers for Uzbekistan in major international events. Notable top performances during this period include personal records of 56.13 seconds by Natalya Asanova (400m hurdles), 49.78 seconds by Artyom Dyatlov, and 13.00 seconds by Valentina Kibalnikova.

The participation of multi-event athletes (combined-event competitors) who also compete in hurdles represents an important source of talent for Uzbek athletics.

The absence of hurdlers at major international competitions between 2018 and 2026 highlights the need to strengthen the system for developing a reserve of athletes, identifying promising young hurdlers, and advancing them to the international level.

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To ensure high-level athletic performance in hurdling in Uzbekistan, it is essential to integrate the foundational, specialized, and pre-competition training phases; utilize modern biomechanical and video-analysis technologies; and develop individualized training programs.

These statistical data can serve as an initial empirical foundation for evaluating the historical trends in the development of hurdlers in Uzbekistan and for conducting future scientific research.

Foydalanilgan adabiyotlar

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