香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W35 - High Jump (Final)

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	2.01	INGA BABAKOVA		OSLO, NOR	2003/06/03
WMA RECORD	2.01	RUTH BEITIA VILA		ZuRICH, SUI	2014/08/17
Masters ACR	1.37	Lee Denise See June 李詩蓁	Hong Kong Masters Athletics	Wanchai SG	2016/10/29
HKMAC RECORD	1.37	Lee Denise See June 李詩蓁	Hong Kong Masters Athletics	Wanchai SG	2016/10/29

22 2025/11/22 Start: 12:50 24°C 40%

Pos	Order	NAME	姓名	Bib #	0.90	0.95	1.00	1.05	1.10	1.15	1.18	1.21	1.24	1.27	1.30	1.33	1.36	1.39	1.43	Result	Remarks
1	2	POON PAK YAN	潘栢茵	351020 德望	-	-	-	-	-	-	-	o	o	o	-	o	-	o	r	1.39m.	HKMACR,
2	1	CHUNG YUK LING	鍾玉玲	350864 赤道	-	-	o	o	o	x	o	x	x	x						1.18m.	
3	5	KWONG YUET KWAN	鄺悅堃	350866 赤道	o	-	o	-	x	o	x	x	x							1.10m.	
	3	NG SHUK SHAN LESLIE	吳淑珊	350868 赤道																DNS	
	4	CHAN SIN HANG ANGEL	陳倩衡	350962 拔萃																DNS	

"O" = Valid Trial 成功 "X" = Failed Trial 失敗 "-" = Passed Trial 免跳 "r" = Retired from Competition 退出比賽 NM = No Mark 無有效跳（擲）成績 DNS = Did not Start 未有出賽 DQ = Disqualified 取消比賽資格

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

Powered by: Pacers Athletics Club 飛達田徑會

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W40 - High Jump (Final)

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	1.87	IRYNá MYKHALCHENKO		YALTA, UKR	2012/06/13
Masters ACR	1.43	LAU HOI LAM 劉凱琳			2024/11/23
HKMAC RECORD	1.37	Lee Denise See June 李詩蓁	Hong Kong Masters Athletics	TKO SG	2018/10/27

2025/11/22 Start: 12:50 24°C 40%

Pos	Order	NAME	姓名	Bib #	0.90	0.95	1.00	1.05	1.10	1.15	1.18	1.21	1.24	1.27	1.30	1.33	1.36	1.39	1.43	1.46	1.49	Result	Remarks
1	2	JIANG ZILIN	江紫琳	401191 SMTFA	-	-	-	-	-	-	-	-	-	-	-	-	-	o	o	o	xxx	1.46m.	HKMACR
2	1	LAU HOI LAM	劉凱琳	400947 達強	o	o	o	o	o	o	-	xo	xo	xxx								1.24m.	
3	4	HO CHUN MAN	何臻敏	400970 拔萃	o	o	o	o	o	xr												1.10m.	
4	3	CHEUNG EMILY SHUK TING	張淑婷	400968 拔萃	xo	xo	xxo	xxo	xxx													1.05m.	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W45 - High Jump (Final)

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	1.76	DEBBIE BRILL		GATESHEAD, GBR	1999/08/06
Masters ACR	1.32	CHEUNG LAI YEE OLIVER 張麗兒			2024/11/23
HKMAC RECORD	1.32	CHEUNG LAI YEE OLIVER 張麗兒			2024/11/23

2025/11/23 Start: 09:45 21°C 79%

Pos	Order	NAME	姓名	Bib #	0.90	0.95	1.00	1.05	1.10	1.15	1.18	1.20	1.25	1.33	Result	Remarks
1	8	CHEUNG LAI YEE OLIVER	張麗兒	451078 喇沙	-	-	-	-	-	-	O	-	O	X X X	1.25m.	
2	7	WONG ON KI	黃安琪	450880 赤道	-	-	-	-	O	O	O	X X X			1.18m.	
3	2	MA VINCI	馬懷思	450877 赤道	-	-	-	-	X O	O	X X O	X X X			1.18m.	
4	6	TSANG TSZ YAN WINNIE	曾子欣	451093 培僑	O	-	O	X O	O	X X X					1.10m.	
5	9	CHAN YIM WAI SUM KRISTEN	陳嚴慧	450874 赤道	-	-	O	O	X O	X X X					1.10m.	
6	10	CHAN HOI KA	陳愷嘉	450978 拔萃	X O	O	O	X X X							1.00m.	
	1	CHINNASWAMY VINODHINI		451073 IND-Ban											DNS	
	3	CHENG YUEN TING	鄭婉婷	450981 拔萃											DNS	
	4	YU HIU MAN	余曉敏	450989 拔萃											DNS	
	5	CHAN PUI YU	陳沛瑜	450979 拔萃											DNS	

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22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W50 - High Jump (Final)

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	1.68	JULIA MACHIN		BEDFORD, GBR	2021/05/31
Masters ACR	1.25	CHANG Corina 張彩珍	Hong Kong Masters Athletics	TKO SG	2017/11/11
HKMAC RECORD	1.25	CHANG Corina 張彩珍	Hong Kong Masters Athletics	TKO SG	2017/11/11

2025/11/23 Start: 09:45 21°C 79%

Pos	Order	NAME	姓名	Bib #	0.90	0.95	1.00	1.05	1.10	1.15	1.18	Result	Remarks
1	1	LI HUI	李慧	501193 深圳光明	-	-	-	-	O	O	X X X	1.15m.	
2	3	WU SHUN FONG SAVON	胡信芳	501154 南華	O	O	O	O	O	X X X		1.10m.	
3	2	HUI VICKY	許穎琪	501035 德望	O	O	-	-	X X r			0.95m.	

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The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W55 - High Jump (Final)

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	1.55	FLORENCE PICAUT		VERSAILLES, FRA	2008/05/18
Masters ACR	1.29	HUNG KA YEE, MARGARET 洪家儀	The 6th Hong Kong Masters Athletics	TKO SG	2021/09/11
HKMAC RECORD	1.29	HUNG KA YEE, MARGARET 洪家儀	The 6th Hong Kong Masters Athletics	TKO SG	2021/09/11

2025/11/22 Start: 08:30 15°C 62%

Pos	Order	NAME	姓名	Bib #	0.80	0.85	0.90	0.95	1.00	1.05	1.08	1.11	1.13	1.15	Result	Remarks
1	3	WONG SIU KING ALISON	黃瀟琼	551000 拔萃	-	-	-	-	O	O	O	O	-	X X X	1.11m.	
2	2	YUEN KAR WAI	袁嘉慧	551003 拔萃	-	-	-	-	O	O	O	X X O	r		1.11m.	
3	1	CHAN LING KUEN	陳玲娟	551156 南華	O	-	-	O	X X O	X X X					1.00m.	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W60 - High Jump (Final)

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	1.47	WEIA REINBOUD		NAALDWIJK, NED	2010/09/19
Masters ACR	1.23	NG SIU FONG 吳少芳	The 6th Hong Kong Masters Athletics	TKO SG	2021/09/11
HKMAC RECORD	1.23	NG SIU FONG 吳少芳	The 6th Hong Kong Masters Athletics	TKO SG	2021/09/11

22 2025/11/22 Start: 08:30 15°C 62%

Pos	Order	NAME	姓名	Bib #	0.80	0.85	0.90	0.95	1.00	1.05	1.08	1.11	1.13	1.15	1.17	Result	Remarks
1	4	NG SIU FONG	吳少芳	600907 赤道	-	-	-	-	-	O	O	O	-	-	X X X	1.11m.	
2	1	HUNG KA YEE MARGARET	洪家儀	600900 赤道	-	-	-	-	O	O	O	X O	-	-	X X X	1.11m.	
3	2	CHU SIU LING PANCY	朱少玲	601162 南華	-	-	-	-	O	O	O	X r				1.08m.	
4	3	LEUNG YUEN MAN MANDY	梁婉文	600905 赤道	-	-	-	O	O	X O	X X X					1.05m.	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W65 - High Jump (Final)

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	1.42	WEIA REINBOUD		DEN HELDER, NED	2015/06/21

22 2025/11/22 Start: 08:30 15°C 62%

Pos	Order	NAME	姓名	Bib #	0.80	0.85	0.90	0.95	1.00	1.05	1.08	1.11	1.13	1.15	1.17	Result	Remarks
1	2	SONG JINZI	宋金子	651194 深圳光明	-	-	-	-	O	O	-	O	O	-	X X X	1.13m.	
2	3	LAI YIN MEI	黎賢美	651167 南華	O	-	-	-	O	O	-	X X X				1.05m.	
3	1	WAN YIN YEE PANNY	温燕儀	651169 南華	O	-	-	X O	X O	X X X						1.00m.	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W30 - 100m

2025/11/22 Start: 10:10 15°C 62%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-3	LO WING YEE KATE	盧詠儀	301200 WAC	12.95	+1.1	
2	1-1	CHAN HIU TUNG	陳曉彤	301197 WAC	12.98	+1.1	
3	1-7	LI TSZ FAI	李芷暉	301199 WAC	13.57	+1.1	
4	1-2	CHENG LONG YAN VIVIAN	鄭朗欣	300858 BAC	13.88	+1.1	
5	1-8	TSE MAN YAN	謝文欣	300860 BAC	14.93	+1.1	
6	1-5	WONG KA LEE	黃嘉利	301121 PoliceAC	16.58	+1.1	
	1-4	HO PHILIPPA JEMMA	何詠賢	300859 BAC	DNS		
	1-6	CHOW NING	鄒靈	301136 RMAC	DNS		

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Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W30 - 200m

2025/11/23 Start: 10:25 21°C 79%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-6	LO WING YEE KATE	盧詠儀	301200 WAC	27.47	+0.9	
2	1-5	CHENG LONG YAN VIVIAN	鄭朗欣	300858 BAC	28.76	+0.9	
3	1-3	TSE MAN YAN	謝文欣	300860 BAC	31.02	+0.9	
4	1-4	CHOW NING	鄒靈	301136 RMAC	33.60	+0.9	
5	1-8	WONG KA LEE	黃嘉利	301121 PoliceAC	33.91	+0.9	
	1-7	HO PHILIPPA JEMMA	何詠賢	300859 BAC	DNS		

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W30 - 400m

2025/11/22 Start: 15:40 24°C 40%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-3	CHUA YAN CHING	蔡仁靖	301195 TCAA	1:05.34	
2	1-6	CHENG LONG YAN VIVIAN	鄭朗欣	300858 BAC	1:05.99	
3	1-5	TSE MAN YAN	謝文欣	300860 BAC	1:15.45	
4	1-7	WONG KA LEE	黃嘉利	301121 PoliceAC	1:16.75	
5	1-4	CHOW NING	鄒靈	301136 RMAC	1:16.88	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W30 - 800m

2025/11/23 Start: 15:40 27°C 49%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-7	CHUA YAN CHING	蔡仁靖	301195 TCAA	2:39.45	
2	1-2	CHUNG MAN TUNG	鍾敏彤	301118 PoliceAC	2:39.68	
3	1-8	TSANG WAI MING	曾惠明	301120 PoliceAC	2:40.95	
4	1-4	KWOK WUN CHI	郭煥芝	300943 CSDSA	2:59.22	
5	1-3	LAI YIN YU	黎彥如	301119 PoliceAC	3:10.50	
	1-4	WU LIN FANG	吳琳方	300944 CSDSA	DNS	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W30 - 1500m

Record	Perf	Athlete	Event	Place	Date
Masters ACR	5:50.46 NG	SUET MAN 吳雪雯	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27
HKMAC RECORD	5:50.46 NG	SUET MAN 吳雪雯	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27

2025/11/22 Start: 08:40 15°C 62%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-2	FUNG KA LEE	馮嘉莉	301198 WAC	5:34.17	HKMACR, R
2	1-1	TSANG WAI MING	曾惠明	301120 PoliceAC	5:38.22	HKMACR, R
3	1-3	WONG KA LEE	黃嘉利	301121 PoliceAC	6:15.01	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W30 - 5000m

2025/11/23 Start: 11:35 21°C 79%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-3	FUNG KA LEE	馮嘉莉	301198 WAC	21:16.09	
		Split: 04:16.83 (4:16.83) 08:32.16 (4:15.33) 12:44.66 (4:12.50) 17:02.06 (4:17.41) 21'16.090" (4:13.93)				
2	1-2	LAU WAI MAN	劉惠敏	300959 DBSAC	27:22.25	
		Split: 04:54.98 (4:54.98) 10:23.69 (5:28.72) 16:02.96 (5:39.26) 21:53.85 (5:50.89) 27'22.249" (5:28.15)				
	1-1	WU LIN FANG	吳琳方	300944 CSDSA	DNS	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W30 - 100mH

2025/11/22 Start: 14:20 24°C 40%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-4	LI TSZ FAI	李芷暉	301199 WAC	17.01	-0.6	
	1-5	LO WING YEE KATE	盧詠儀	301200 WAC	DNS		

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W30 - 400mH

Record	Perf	Athlete	Event	Place	Date
Masters ACR	1:11.25	LI TSZ FAI 李芷暉	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27
HKMAC RECORD	1:11.25	LI TSZ FAI 李芷暉	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27

2025/11/23 Start: 14:45 27°C 49%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-4	LI TSZ FAI	李芷暉	301199 WAC	1:13.69	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W30 - 2000mSC

2025/11/23 Start: 08:40 21°C 79%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-2	CHUNG MAN TUNG	鍾敏彤	301118 PoliceAC	8:57.95	
		Split: 04:37.93 (4:37.94) 8'57.947" (4:19.06)				
2	1-1	FUNG KA LEE	馮嘉莉	301198 WAC	8:58.46	
		Split: 04:38.73 (4:38.74) 8'58.460" (4:19.26)				
3	1-3	YIU CARLY	姚卡莉	300861 BAC	10:37.53	
		Split: 05:03.34 (5:03.35) 10'37.530 (5:33.65)				

Note: #TR17.3.3 First Lane infringement

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W30 - Long Jump

2025/11/23 Start: 17:20 25°C 61%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-2	YIU CARLY 姚卡莉	300861 BAC	4.29m.		x +1.0	4.29 +1.7	x +0.8
	1-1	CHENG LONG YAN VIVIAN 鄭朗欣	300858 BAC	dns				
	1-3	WONG HIU YAN 汪曉茵	300960 DBSAC	dns				

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W30 - Triple Jump

2025/11/22 Start: 08:40 15°C 62%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-1	WONG HIU YAN 汪曉茵	300960 DBSAC	10.41m.		10.16 -0.9	10.15 -1.1	10.41 +1.7

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W30 - Shot Put

2025/11/22 Start: 16:40 24°C 40%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-1	HO YIN CHIU 賀賢昭	301011 GHSAC	10.09m.		9.58	10.05	10.09
2	1-2	YIU CARLY 姚卡莉	300861 BAC	6.56m.		6.56	6.30	5.57
3	1-3	CHENG LONG YAN VIVIAN 鄭朗欣	300858 BAC	6.07m.		5.54	6.07	6.06

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W30 - Discus Throw

2025/11/22 Start: 09:25 15°C 62%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-4	HO YIN CHIU 賀賢昭	301011 GHSAC	23.94m.		23.94	x	21.16
2	1-2	CHAN NGAI YING CRYSTAL 陳羿熒	301010 GHSAC	20.96m.		19.83	20.96	20.72
3	1-1	YIU CARLY 姚卡莉	300861 BAC	19.12m.		19.12	17.78	17.83
4	1-3	LAU WING YIU 柳穎堯	301012 GHSAC	19.08m.		19.08	x	17.39

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W30 - Javelin Throw

2025/11/23 Start: 13:25 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-2	HO YIN CHIU 賀賢昭	301011 GHSAC	21.78m.		20.94	21.78	20.05
2	1-1	LAU WING YIU 柳穎堯	301012 GHSAC	18.72m.		16.63	18.72	15.53
3	1-5	CHAN NGAI YING CRYSTAL 陳羿熒	301010 GHSAC	18.03m.		17.64	18.03	16.12
4	1-4	YIU CARLY 姚卡莉	300861 BAC	14.13m.		14.13	X	R
5	1-3	CHENG LONG YAN VIVIAN 鄭朗欣	300858 BAC	10.67m.		10.67	9.95	R

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W30 - 4X100m

2025/11/22 Start: 17:15 24°C 40%

Final

Pos	Heat/Lane	Name 姓名	Bib#/Team	Result	Remarks
1	1-6	警察田徑會 黃嘉利, 曾惠明, 譚柔慧, 曹玉恩	PoliceAC	1:01.53	
2	1-4	九龍華仁書 黃念詩, 黃念雯, 伍惠恩, 黃纓淇	WYK	1:07.23	
	1-5	赤道體育會	BAC	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W30 - 4X400m

2025/11/23 Start: 17:10 25°C 61%

Final

Pos	Heat/Lane	Name 姓名	Bib#/Team	Result	Remarks
1	1-4	警察田徑會 黃嘉利, 鍾敏彤, 黎彥如, 曾惠明	PoliceAC	4:51.67	
2	1-5	懲教署體育會 楊美兒, 陳燕婷, 郭煥芝, 吳琳方	CSDSA	5:23.38	
	1-6	赤道體育會	BAC	DNS	

Note: #TR24.7 Passing the baton outside the takeover zone (early takeover)

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W35 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	10.62	Shelly-Ann Fraser-Pryce		Monaco, MON	2022/08/10
Masters ACR	13.13	Yau Shui Man Sharon 邱瑞雯	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	13.13	Yau Shui Man Sharon 邱瑞雯	Hong Kong Masters Athletics	TKO SG	2018/10/27

2025/11/22 Start: 10:10 15°C 62%

Final 1 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-5	MOK OI YEE	莫譹儀	351019 GHSAC	14.36	+2.1	
2	1-3	CHOI SIN TING CINDY	蔡倩婷	351015 GHSAC	14.67	+2.1	
3	1-7	CHUNG YUK LING	鍾玉玲	350864 BAC	14.84	+2.1	
	1-4	CHUNG TSZ YAN	鍾子欣	350863 BAC	DNS		
	1-6	CHAN YUEN YU	陳宛渝	350963 DBSAC	DNS		

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-7	POON PAK YAN	潘栢茵	351020 GHSAC	13.50	0.0	
2	2-6	LEE CHEUK LAM	李卓霖	351124 PoliceAC	15.08	0.0	
3	2-3	FOK YEE LING CLARA	霍漪綾	350865 BAC	15.69	0.0	
	2-4	LU JIAQING	陸嘉清	351063 HKRWA	DNS		
	2-5	IP HONG TUNG ARIENE	葉康彤	351016 GHSAC	DNS		

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W35 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	10.62	Shelly-Ann Fraser-Pryce		Monaco, MON	2022/08/10
Masters ACR	13.13	Yau Shui Man Sharon 邱瑞雯	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	13.13	Yau Shui Man Sharon 邱瑞雯	Hong Kong Masters Athletics	TKO SG	2018/10/27

2025/11/22 Start: 10:10 15°C 62%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-7	POON PAK YAN	潘栢茵	351020 GHSAC	13.50	0.0	
2	1-5	MOK OI YEE	莫藹儀	351019 GHSAC	14.36	+2.1	
3	1-3	CHOI SIN TING CINDY	蔡倩婷	351015 GHSAC	14.67	+2.1	
4	1-7	CHUNG YUK LING	鍾玉玲	350864 BAC	14.84	+2.1	
5	2-6	LEE CHEUK LAM	李卓霖	351124 PoliceAC	15.08	0.0	
6	2-3	FOK YEE LING CLARA	霍漪綾	350865 BAC	15.69	0.0	
	1-4	CHUNG TSZ YAN	鍾子欣	350863 BAC	DNS		
	1-6	CHAN YUEN YU	陳宛渝	350963 DBSAC	DNS		
	2-4	LU JIAQING	陸嘉清	351063 HKRWA	DNS		
	2-5	IP HONG TUNG ARIENE	葉康彤	351016 GHSAC	DNS		

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W35 - 200m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	21.81	Shelly-Ann Fraser-Pryce		Eugene, USA	2022/07/21
Masters ACR	27.37	Yau Shui Man Sharon 邱瑞雯	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	27.37	Yau Shui Man Sharon 邱瑞雯	Hong Kong Masters Athletics	TKO SG	2018/10/27

2025/11/23 Start: 10:25 21°C 79%

Final 1 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-6	LEE CHEUK LAM	李卓霖	351124 PoliceAC	32.02	+2.0	
2	1-5	NG CHAU YU	伍紬瑜	350966 DBSAC	36.67	+2.0	
3	1-4	CHAN SHUN LAI CAROL	陳純麗	350961 DBSAC	40.58	+2.0	
	1-7	LU JIAQING	陸嘉清	351063 HKRWA	DQ		TR17.2.4#
	1-3	CHAN SIN HANG ANGEL	陳倩衡	350962 DBSAC	DNS		

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-4	MOK OI YEE	莫藹儀	351019 GHSAC	30.00	+2.2	
	2-3	WONG CHUNG KAY JOYCE	黃頌棋	351202 WAC	DQ		TR17.2.4#
	2-5	CHUNG YUK LING	鍾玉玲	350864 BAC	DNS		
	2-6	CHAN SUK TING	陳淑婷	350862 BAC	DNS		
	2-7	CHUNG TSZ YAN	鍾子欣	350863 BAC	DNS		

Note: #TR17.2.4 Infringement of the inside border

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W35 - 200m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	21.81	Shelly-Ann Fraser-Pryce		Eugene, USA	2022/07/21
Masters ACR	27.37	Yau Shui Man Sharon 邱瑞雯	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	27.37	Yau Shui Man Sharon 邱瑞雯	Hong Kong Masters Athletics	TKO SG	2018/10/27

2025/11/23 Start: 10:25 21°C 79%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-4	MOK OI YEE	莫藹儀	351019 GHSAC	30.00	+2.2	
2	1-6	LEE CHEUK LAM	李卓霖	351124 PoliceAC	32.02	+2.0	
3	1-5	NG CHAU YU	伍紬瑜	350966 DBSAC	36.67	+2.0	
4	1-4	CHAN SHUN LAI CAROL	陳純麗	350961 DBSAC	40.58	+2.0	
	1-7	LU JIAQING	陸嘉清	351063 HKRWA	DQ		TR17.2.4#
	2-3	WONG CHUNG KAY JOYCE	黃頌棋	351202 WAC	DQ		TR17.2.4#
	1-3	CHAN SIN HANG ANGEL	陳倩衡	350962 DBSAC	DNS		
	2-5	CHUNG YUK LING	鍾玉玲	350864 BAC	DNS		
	2-6	CHAN SUK TING	陳淑婷	350862 BAC	DNS		
	2-7	CHUNG TSZ YAN	鍾子欣	350863 BAC	DNS		

Note: #TR17.2.4 Infringement of the inside border

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W35 - 400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	49.46	ALISON FELIX		TOKYO, JPN	2021/08/03
Masters ACR	1:05.61	Yau Shui Man Sharon 邱瑞雯	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	1:05.61	Yau Shui Man Sharon 邱瑞雯	Hong Kong Masters Athletics	TKO SG	2018/10/27

2025/11/22 Start: 15:40 24°C 40%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-3	KWOK TING TING	郭婷婷	351123 PoliceAC	1:10.07	
2	1-4	CHUNG YUK LING	鍾玉玲	350864 BAC	1:10.28	
3	1-1	TSO YUK YAN	曹玉恩	351126 PoliceAC	1:12.87	
4	1-2	NG KA YUK CARRIE	吳嘉鈺	350967 DBSAC	1:18.16	
5	1-6	CHOI WING YAN	蔡穎欣	350965 DBSAC	1:32.71	
	1-5	CHAN SIN HANG ANGEL	陳倩衡	350962 DBSAC	DNS	
	1-7	CHENG HIU YEE	鄭曉兒	351122 PoliceAC	DNS	
	1-8	CHUNG TSZ YAN	鍾子欣	350863 BAC	DNS	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W35 - 800m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	1:56.53	LYUBOV GURINA		HETCHTEL, BEL	1994/07/30
Masters ACR	2:42.42	CHUNG TSZ YAN 鍾子欣	The 8th Hong Kong Masters	Wanchai SG	2023/10/28
HKMAC RECORD	2:42.42	CHUNG TSZ YAN 鍾子欣	The 8th Hong Kong Masters	Wanchai SG	2023/10/28

2025/11/23 Start: 15:40 27°C 49%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-7	CHAN SUK TING	陳淑婷	350862 BAC	2:35.34	HKMACR, R
2	1-6	CHAN KATHY KA YEE	陳家儀	351062 HKMP	2:43.68	
3	1-3	TSO YUK YAN	曹玉恩	351126 PoliceAC	2:51.04	
4	1-2	KWOK TING TING	郭婷婷	351123 PoliceAC	2:52.85	
5	1-1	CHAN YIN TING	陳燕婷	350945 CSDSA	2:54.66	
6	1-1	LAI MEI YUI	賴美叡	351142 SCAA	3:09.32	
7	1-5	NG KA YUK CARRIE	吳嘉鈺	350967 DBSAC	3:21.48	
8	1-5	NG CHAU YU	伍紬瑜	350966 DBSAC	3:25.37	
	1-8	CHENG HIU YEE	鄭曉兒	351122 PoliceAC	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W35 - 1500m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	3:57.73	MARICICA PUICA		BRUXELLES, BEL	1985/08/30
Masters ACR	5:52.90	LAI MEI YUI 賴美叡	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	5:52.90	LAI MEI YUI 賴美叡	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 08:40 15°C 62%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-10	CHAN KATHY KA YEE	陳家儀	351062 HKMP	5:35.31	HKMACR, R
2	1-4	LAI MEI YUI	賴美叡	351142 SCAA	5:54.12	
3	1-5	WONG KA YAN	黃家欣	351127 PoliceAC	6:42.29	
4	1-9	MA CATESBY	馬詩惠	351017 GHSAC	7:00.55	
5	1-7	CHING WAI TING	程慧婷	351014 GHSAC	8:29.41	
	1-6	CHENG HIU YEE	鄭曉兒	351122 PoliceAC	DNS	
	1-8	VUT TSZ YING	屈旨盈	351201 WAC	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W35 - 5000m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	14:33.84	EDITH MASAI		OSLO, NOR	2006/06/02
Masters ACR	18:43.86	RICHARDS Jane	Hong Kong Masters Athletics	TKO SG	2017/11/11
HKMAC RECORD	18:43.86	RICHARDS Jane	Hong Kong Masters Athletics	TKO SG	2017/11/11

2025/11/23 Start: 11:35 21°C 79%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-7	VUT TSZ YING	屈旨盈	351201 WAC	18:27.01	HKMACR, R
		Split: 03:34.45 (3:34.45) 07:14.77 (3:40.33) 10:55.68 (3:40.90) 14:40.46 (3:44.78) 18'27.006" (3:46.54)				
2	1-8	CHAN SUK TING	陳淑婷	350862 BAC	19:50.95	
		Split: 03:56.44 (3:56.44) 08:01.63 (4:05.19) 12:08.59 (4:06.96) 16:08.89 (4:00.30) 19'50.944" (3:41.11)				
3	1-4	LAI MEI YUI	賴美叡	351142 SCAA	21:17.50	
		Split: 04:08.58 (4:08.58) 08:27.35 (4:18.78) 12:46.67 (4:19.31) 17:06.52 (4:19.86) 21'17.492" (4:10.47)				
4	1-5	NG CHAU YU	伍紬瑜	350966 DBSAC	25:26.92	
		Split: 04:36.03 (4:36.03) 09:39.23 (5:03.21) 14:50.40 (5:11.16) 20:09.61 (5:19.22) 25'26.919" (5:16.38)				
5	1-6	YEUNG MEI YI	楊美兒	350946 CSDSA	26:33.92	
		Split: 04:52.58 (4:52.58) 10:06.95 (5:14.37) 15:31.34 (5:24.39) 21:04.30 (5:32.96) 26'33.916" (5:28.70)				

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHK LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W35 - 5000mRW

Record	Perf	Athlete	Event	Place	Date
Masters ACR	33:27.73	CHAN SIN HANG ANGEL 陳倩衡	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	33:27.73	CHAN SIN HANG ANGEL 陳倩衡	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 11:30 24°C 40%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-1	CHAN SIN HANG ANGEL	陳倩衡	350962 DBSAC	35:11.45	

Split: 07:02.27 (7:02.27) 14:10.00 (7:07.74) 21:21.23 (7:11.22) 28:24.76 (7:03.54) 35'11.447" (6:46.23)

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W35 - 100mH

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	12.40	GAIL DEVERS		LAUSANNE, SWI	2002/07/02
Masters ACR	21.86	CHOW WING KI ESTHER 周穎琪	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD	21.86	CHOW WING KI ESTHER 周穎琪	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 14:20 24°C 40%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-3	WONG KA YU	王家裕	351128 PoliceAC	23.30	-0.6	
2	1-7	KWONG YUET KWAN	鄺悅堃	350866 BAC	40.93	-0.6	
	1-6	NG SHUK SHAN LESLIE	吳淑珊	350868 BAC	DNS		

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W35 - 400mH

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	52.94	MARINA STEPANOVA		TASHKENT, UZB	1986/09/17
Masters ACR	1:30.46	CHOW WING KI ESTHER 周穎琪	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27
HKMAC RECORD	1:30.46	CHOW WING KI ESTHER 周穎琪	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27

2025/11/23 Start: 14:45 27°C 49%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
	1-5	NG SHUK SHAN LESLIE	吳淑珊	350868 BAC	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W35 - 2000mSC

2025/11/23 Start: 08:40 21°C 79%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
	1-4	NG SHUK SHAN LESLIE	吳淑珊	350868 BAC	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W35 - Long Jump

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	6.99	HEIKE DRECHSLER		SYDNEY, AUS	2000/09/29
Masters ACR	5.25	TSE Mang Chi 謝孟芝	Hong Kong Masters Athletics	TKO SG	2017/11/11
HKMAC RECORD	5.25	TSE Mang Chi 謝孟芝	Hong Kong Masters Athletics	TKO SG	2017/11/11

2025/11/23 Start: 17:20 25°C 61%

Final

Pos	Heat/ Order	Name	Bib#/ Team	Result	Remarks	1	2	3
1	1-3	WONG SHARON TSUI LUNG 王翠瓏	351212 SPCCAA	3.76m.		3.52 +1.5	x +1.1	3.76 +0.6
2	1-2	WONG KA YU 王家裕	351128 PoliceAC	3.36m.		3.12 +0.9	3.36 +1.3	3.16 +0.8
	1-1	NG SHUK SHAN LESLIE 吳淑珊	350868 BAC	dns				

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W35 - Triple Jump

	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	14.73	CATERINE IBARGüEN		DOHA, QAT	2019/10/05

2025/11/22 Start: 08:40 15°C 62%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
	1-1	NG SHUK SHAN LESLIE 吳淑珊	350868 BAC	NM		r		

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W35 - Shot Put

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	21.46	LARISA PELESHENKO		MOSKVA, RUS	2000/08/26
Masters ACR	8.92	HAJI TIMBANG Roziani	Hong Kong Masters Athletics	TKO SG	2017/11/11
HKMAC RECORD	8.26	Ho Chun Man 何臻敏	Hong Kong Masters Athletics	TKO SG	2018/10/27

2025/11/22 Start: 16:40 24°C 40%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-2	POON PAK YAN 潘栢茵	351020 GHSAC	9.55m.	HKMACR, R	9.55	8.61	-
2	1-3	NG KA LEE 吳嘉莉	351125 PoliceAC	8.37m.	R	8.15	8.37	7.90
3	1-4	NG SHUK SHAN LESLIE 吳淑珊	350868 BAC	4.15m.		4.15	-	-
	1-1	NG CHAU YU 伍紬瑜	350966 DBSAC	DNS				

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W35 - Discus Throw

	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	69.60	FAINA MELNIK VELEVA		DONETSK, UKR	1980/09/09
	Masters ACR	37.30	YAP JENG TZAN	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
	HKMAC RECORD	24.41	HO Chun Man 何臻敏	Hong Kong Masters Athletics	TKO SG	2017/11/11

2025/11/22 Start: 09:25 15°C 62%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-2	NG KA LEE 吳嘉莉	351125 PoliceAC	38.14m.	HKMACR, R	32.45	38.14	34.22
2	1-1	WONG KA YU 王家裕	351128 PoliceAC	15.87m.		x	14.16	15.87
	1-3	NG SHUK SHAN LESLIE 吳淑珊	350868 BAC	DNS				

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W35 - Javelin Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	68.92	KATHRYN MITCHELL		GOLD COAST, AUS	2018/04/11
Masters ACR	30.97	CHEUNG EMILY SHUK TING	The 6th Hong Kong Masters	TKO SG	2021/09/11
HKMAC RECORD	30.97	CHEUNG EMILY SHUK TING	The 6th Hong Kong Masters	TKO SG	2021/09/11

2025/11/23 Start: 13:25 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-2	LAU CHUNG HEILYN VANESSA 劉曦玲	350867 BAC	9.09m.		9.09	x	r
2	1-1	NG SHUK SHAN LESLIE 吳淑珊	350868 BAC	8.43m.		8.14	x	8.43

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W35 - 4X100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	47.65	STAFFORD,SPRINGER,HUTCHINSO		LYON, FRA	2015/08/16
Masters ACR	56.51	南華 W35 4X100米	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD	56.51	南華 W35 4X100米	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 17:15 24°C 40%

Final

Pos	Heat/Lane	Name 姓名	Bib#/Team	Result	Remarks
1	1-4	德望田徑會 A 鄭穎斯, 潘栢茵, 蔡倩婷, 莫藹儀	GHSAC	55.79	HKMACR, R
2	1-8	德望田徑會 B 雷嘉恩, 楊寶喜, 劉嘉琦, 馬詩惠	GHSAC	1:03.12	
3	1-3	南華體育會 賴美叡, 陳文霞, 盧譜文, 張凱翹	SCAA	1:04.68	
4	1-5	警察田徑會 王家裕, 譚佩芳, 鄧愷婷, 李卓霖	PoliceAC	1:05.01	
5	1-7	拔萃男書院田徑會 譚亦敏, 陳純麗, 吳嘉鈺, 程珍	DBSAC	1:06.22	
6	1-6	赤道體育會 霍漪綾, 鍾玉玲, 何嘉麗, 龍娟	BAC	1:09.14	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W35 - 4X400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	3:50.80	MITCHELL, MATHEWS, BEADHALL, G		GATESHEAD,	GBR1999/08/08
Masters ACR	4:51.92	南華 W35 4X400米	The 8th Hong Kong Masters	Wanchai SG	2023/10/28
HKMAC RECORD	4:51.92	南華 W35 4X400米	The 8th Hong Kong Masters	Wanchai SG	2023/10/28

2025/11/23 Start: 17:10 25°C 61%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-7	警察田徑會 梁靜嫻, 譚佩芳, 曹玉恩, 郭婷婷		PoliceAC	5:00.26	
2	1-8	屈臣氏田徑會 黃頌棋, 屈旨盈, 謝孟芝, 鄭潔文		WAC	5:13.47	
3	1-3	德望田徑會 劉子維, 馬詩惠, 張嘉麗, 楊寶喜		GHSAC	5:33.11	
4	1-2	拔萃男書院田徑會 黃紀恩, 吳嘉鈺, 陳純麗, 伍紬瑜		DBSAC	5:36.50	
	1-1	赤道體育會 鍾玉玲, 陳淑婷, 蔡碧银, 楊欣欣		BAC	DQ	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W40 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	11.09	MERLENE OTTEY		LIEGE, BEL	2004/08/03
Masters ACR	13.32	ALISON CHEW SUK LING 周淑玲	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	13.95	Chung Man Yi Money 鐘敏儀	Hong Kong Masters Athletics	Wanchai SG	2016/10/29

2025/11/22 Start: 10:10 15°C 62%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-5	TAM PUI FONG	譚佩芳	401130 PoliceAC	15.62	-0.8	
2	1-3	CHOW WING KI ESTHER	周穎琪	400871 BAC	16.01	-0.8	
3	1-4	CHOI PIK NGAN	蔡碧银	400870 BAC	16.23	-0.8	
4	1-6	WU YUK HUNG	吳育紅	401089 PKMSAA	16.57	-0.8	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W40 - 200m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	22.72	MERLENE OTTEY		ATHENS, GRE	2004/08/23
Masters ACR	27.79	ALISON CHEW SUK LING 周淑玲	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	30.34	BARHEY MANDEEP KAUR	The 8th Hong Kong Masters	Wanchai SG	2023/10/28

2025/11/23 Start: 10:15 21°C 79%

Final 1 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-5	LAU HOI LAM	劉凱琳	400947 DART	31.67	+0.7	
2	1-7	CHOW WING KI ESTHER	周穎琪	400871 BAC	33.03	+0.7	
3	1-6	YEUNG PO HEI	楊寶喜	401028 GHSAC	33.45	+0.7	
4	1-4	YUEN KA MAN	袁嘉雯	400873 BAC	34.47	+0.7	
	1-3	WU YUK HUNG	吳育紅	401089 PKMSAA	DNS		

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-5	TAM PUI FONG	譚佩芳	401130 PoliceAC	32.20	+1.5	
2	2-6	HO CHUN MAN	何臻敏	400970 DBSAC	33.31	+1.5	
3	2-7	CHEUNG EMILY SHUK TING	張淑婷	400968 DBSAC	35.65	+1.5	
4	2-4	TANG HOI TING	鄧愷婷	401131 PoliceAC	40.22	+1.5	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W40 - 200m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	22.72	MERLENE OTTEY		ATHENS, GRE	2004/08/23
Masters ACR	27.79	ALISON CHEW SUK LING 周淑玲	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	30.34	BARHEY MANDEEP KAUR	The 8th Hong Kong Masters	Wanchai SG	2023/10/28

2025/11/23 Start: 10:15 21°C 79%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-5	LAU HOI LAM	劉凱琳	400947 DART	31.67	+0.7	
2	2-5	TAM PUI FONG	譚佩芳	401130 PoliceAC	32.20	+1.5	
3	1-7	CHOW WING KI ESTHER	周穎琪	400871 BAC	33.03	+0.7	
4	2-6	HO CHUN MAN	何臻敏	400970 DBSAC	33.31	+1.5	
5	1-6	YEUNG PO HEI	楊寶喜	401028 GHSAC	33.45	+0.7	
6	1-4	YUEN KA MAN	袁嘉雯	400873 BAC	34.47	+0.7	
7	2-7	CHEUNG EMILY SHUK TING	張淑婷	400968 DBSAC	35.65	+1.5	
8	2-4	TANG HOI TING	鄧愷婷	401131 PoliceAC	40.22	+1.5	
	1-3	WU YUK HUNG	吳育紅	401089 PKMSAA	DNS		

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W40 - 400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	53.68	SARA MONTECINOS		CALI, COL	1994/03/20
Masters ACR	1:07.20	Chung Man Yi Money 鐘敏儀	Hong Kong Masters Athletics	Wanchai SG	2016/10/29
HKMAC RECORD	1:07.20	Chung Man Yi Money 鐘敏儀	Hong Kong Masters Athletics	Wanchai SG	2016/10/29

2025/11/22 Start: 15:40 24°C 40%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-8	TAM PUI FONG	譚佩芳	401130 PoliceAC	1:11.01	
2	1-5	CHAN PO YUE	陳寶儒	400869 BAC	1:20.20	
3	1-4	CHOW WING KI ESTHER	周穎琪	400871 BAC	1:21.27	
4	1-7	YUEN KA MAN	袁嘉雯	400873 BAC	1:21.35	
5	1-6	CHEUNG EMILY SHUK TING	張淑婷	400968 DBSAC	1:24.22	
	1-3	FAN SAU YAN	范秀欣	401087 PKMSAA	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W40 - 800m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	1:59.25	YEKATERINA PODKOPAYEVA		LUXEMBOURG, LUX	1994/06/30
Masters ACR	2:47.22	CHAN Kit Yee	Hong Kong Masters Athletics	Wanchai SG	2016/10/29
HKMAC RECORD	2:47.22	CHAN Kit Yee	Hong Kong Masters Athletics	Wanchai SG	2016/10/29

2025/11/23 Start: 15:40 27°C 49%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-5	TAM PUI FONG	譚佩芳	401130 PoliceAC	2:47.60	
2	1-2	HUNG KAREN SHEE YUENG	熊書揚	400972 DBSAC	2:54.62	
3	1-6	HUNG CHER SHEE YEE	熊書頤	400971 DBSAC	3:09.63	
	1-3	LAM KWAN WAI	林君維	400872 BAC	DNS	
	1-8	CHEUNG KAYEE	張嘉兒	401203 WAC	DNS	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W40 - 1500m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	3:59.78	YEKATERINA PODKOPAYEVA		NICE, FRA	1994/07/18
Masters ACR	5:27.26	CHEUNG KA YEE 張嘉兒	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	5:27.26	CHEUNG KA YEE 張嘉兒	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 08:40 15°C 62%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-12	CHEUNG KAYEE	張嘉兒	401203 WAC	5:41.65	
2	1-11	LAI WAI CHUN	賴惠珍	401129 PoliceAC	5:56.75	
3	1-13	WU YUK HUNG	吳育紅	401089 PKMSAA	7:42.48	
	1-14	CHENG KA YEE	鄭嘉怡	400939 CASRC	DNS	
	1-15	THUMB DIANA	譚柔慧	401132 PoliceAC	DNS	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W40 - 5000m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	15:04.87	JOANNE PAVEY		ROME, ITA	2014/06/05
Masters ACR	19:50.60	HERSHEY-BEATTY Juliet	Hong Kong Masters Athletics	TKO SG	2017/11/11
HKMAC RECORD	19:50.60	HERSHEY-BEATTY Juliet	Hong Kong Masters Athletics	TKO SG	2017/11/11

2025/11/23 Start: 11:35 21°C 79%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-11	CHEUNG KAYEE	張嘉兒	401203 WAC	21:07.01	
		Split: 04:14.30 (4:14.30) 08:23.13 (4:08.84) 12:37.97 (4:14.83) 16:54.02 (4:16.05) 21'07.009" (4:12.98)				
2	1-9	HUNG KAREN SHEE YUENG	熊書揚	400972 DBSAC	21:33.52	
		Split: 04:12.46 (4:12.46) 08:28.88 (4:16.42) 12:49.89 (4:21.01) 17:19.32 (4:29.43) 21'33.516" (4:13.68)				
3	1-13	WONG WAI SUET CHERIE	王煒雪	400976 DBSAC	24:45.02	
		Split: 04:25.24 (4:25.24) 09:23.50 (4:58.27) 14:27.20 (5:03.69) 19:41.76 (5:14.57) 24'45.011" (5:03.23)				
4	1-12	AU YING MEI	歐英美	401021 GHSAC	25:43.28	
		Split: 04:50.05 (4:50.05) 09:56.23 (5:06.18) 15:05.35 (5:09.12) 20:29.55 (5:24.20) 25'43.272" (5:13.45)				
5	1-14	CHOW KIN YAN	周健欣	400940 CASRC	29:00.08	
		Split: 04:54.19 (4:54.19) 10:21.98 (5:27.79) 16:41.72 (6:19.74) 23:06.72 (6:25.01) 29'00.075" (5:53.27)				
	1-10	LAU KA KI	劉嘉琦	401023 GHSAC	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W40 - 5000mRW

Record	Perf	Athlete	Event	Place	Date
Masters ACR	28:13.34	LO PO MAN 盧譜文	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	28:13.34	LO PO MAN 盧譜文	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 11:30 24°C 40%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-3	CHEUNG EMILY SHUK TING	張淑婷	400968 DBSAC	32:33.04	
		Split: 06:27.16 (6:27.16) 13:01.50 (6:34.34) 19:37.49 (6:35.99) 26:16.65 (6:39.16) 32'33.036" (6:16.35)				
2	1-4	MAK WING YIN	麥頴妍	401176 SHTB	33:34.08	
		Split: 06:35.53 (6:35.53) 13:22.46 (6:46.93) 20:03.34 (6:40.88) 26:55.13 (6:51.80) 33'34.073" (6:38.86)				
	1-2	LO PO MAN	盧譜文	401144 SCAA	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W40 - 80mH

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	11.24	MONICA PELLEGRINELLI		SAN SEBASTIAN,	2005/08/31
Masters ACR	15.36	WONG CHOR KWAN JOYCE 王楚君	The 7th HKMAC	TSW SG	2022/12/04
HKMAC RECORD	15.36	WONG CHOR KWAN JOYCE 王楚君	The 7th HKMAC	TSW SG	2022/12/04

2025/11/22 Start: 14:40 24°C 40%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-6	JIANG ZILIN	江紫琳	401191 SMTFA	15.58	+0.4	
2	1-4	LAU HOI LAM	劉凱琳	400947 DART	16.13	+0.4	
3	1-2	CHOW WING KI ESTHER	周穎琪	400871 BAC	18.10	+0.4	
4	1-3	CHOI PIK NGAN	蔡碧银	400870 BAC	18.41	+0.4	
5	1-5	CHEUNG EMILY SHUK TING	張淑婷	400968 DBSAC	20.81	+0.4	
6	1-7	HO CHUN MAN	何臻敏	400970 DBSAC	35.71	+0.4	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W40 - 400mH

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	58.35	BARBARA GäHLING		ERFURT, GER	2007/07/21
Masters ACR	1:28.01	LAW CHUI HA JOANNE 羅翠霞	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	1:28.01	LAW CHUI HA JOANNE 羅翠霞	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 14:45 27°C 49%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-6	CHOW WING KI ESTHER	周穎琪	400871 BAC	1:54.93	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W40 - 2000mSC

Record	Perf	Athlete	Event	Place	Date
Masters ACR	10:32.08	LAW CHUI HA JOANNE 羅翠霞	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	10:32.08	LAW CHUI HA JOANNE 羅翠霞	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 08:40 21°C 79%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-5	WU YUK HUNG	吳育紅	401089 PKMSAA	13:03.55	

Split: 06:10.50 (6:10.50) 13'03.544 (6:52.50)

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W40 - Long Jump

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	6.55	TATYANA TER-MESROBIAN		KAZAN, RUS	2008/07/18
Masters ACR	4.78	TSE MANG CHI 謝孟芝	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD	4.78	TSE MANG CHI 謝孟芝	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/23 Start: 17:20 25°C 61%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-3	TSE MANG CHI 謝孟芝	401204 WAC	4.71m.		4.48 +1.5	4.71 +1.2	4.47 +0.5
2	1-4	LAU HOI LAM 劉凱琳	400947 DART	3.73m.		3.73 +0.8	3.51 +0.8	3.57 +0.8
3	1-6	HO CHUN MAN 何臻敏	400970 DBSAC	3.29m.		3.08 +0.9	3.04 +1.0	3.29 +0.9
4	1-2	TAM YIK MAN 譚亦敏	400974 DBSAC	3.05m.		3.05 +1.3	x +0.9	x +1.0
5	1-1	CHOI PIK NGAN 蔡碧银	400870 BAC	2.97m.		-	-	2.97 +1.7
6	1-7	CHEUNG EMILY SHUK TING 張淑婷	400968 DBSAC	2.63m.		-	-	2.63 +1.7
7	1-5	CHOW WING KI ESTHER 周穎琪	400871 BAC	2.60m.		-	-	2.60 +0.4
	1-8	WU YUK HUNG 吳育紅	401089 PKMSAA		dns			

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W40 - Triple Jump

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	14.06	YAMILé ALDAMA		EUGENE, USA	2013/06/01

2025/11/22 Start: 08:40 15°C 62%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-3	TSE MANG CHI 謝孟芝	401204 WAC	10.60m.		x 0.0	10.60 -0.7	10.06 +0.4
2	1-1	LAU HOI LAM 劉凱琳	400947 DART	7.43m.		x 0.0	6.79 +0.1	7.43 -0.1
3	1-2	HO CHUN MAN 何臻敏	400970 DBSAC	4.95m.		x 0.0	x -0.1	4.95 -2.2

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W40 - Shot Put

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	19.05	ANTONINA IVANOVA		OREL, RUS	1973/08/28
Masters ACR	8.19	HO CHUN MAN 何臻敏	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	8.19	HO CHUN MAN 何臻敏	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 16:40 24°C 40%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-7	HO CHUN MAN 何臻敏	400970 DBSAC	8.37m.	HKMACR, R	x	8.18	8.37
2	1-3	LAU HOI LAM 劉凱琳	400947 DART	7.29m.		7.29	6.48	6.29
3	1-4	CHOW WING KI ESTHER 周穎琪	400871 BAC	6.79m.		6.79	6.43	6.23
4	1-5	FUNG KIN KWAN 馮健君	401088 PKMSAA	6.54m.		6.33	6.18	6.54
5	1-6	CHOY WEI PUI WENDY 蔡慧蓓	400969 DBSAC	5.79m.		5.41	5.55	5.79
6	1-1	CHEUNG EMILY SHUK TING 張淑婷	400968 DBSAC	5.77m.		5.43	5.51	5.77
7	1-2	TAM YIK MAN 譚亦敏	400974 DBSAC	5.66m.		5.66	5.50	5.25
8	1-9	CHAN PO YUE 陳寶儒	400869 BAC	5.00m.		5.00	4.98	4.98
	1-8	LEUNG JADE 梁焯熹	400941 CGHCAC	DNS				

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W40 - Discus Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	67.89	IRYNá YATCHENKO		STAIKI, BLR	2008/06/29
Masters ACR	27.18	HO CHUN MAN 何臻敏	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	27.18	HO CHUN MAN 何臻敏	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 09:25 15°C 62%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-5	HO CHUN MAN 何臻敏	400970 DBSAC	27.84m.	HKMACR, R	24.36	26.40	27.84
2	1-8	LAU HOI LAM 劉凱琳	400947 DART	24.06m.		24.06	x	22.09
3	1-4	LEUNG JADE 梁焯熹	400941 CGHCAC	22.76m.		21.06	22.76	x
4	1-1	CHEUNG EMILY SHUK TING 張淑婷	400968 DBSAC	19.90m.		19.90	16.73	x
5	1-2	CHOY WEI PUI WENDY 蔡慧蓓	400969 DBSAC	17.07m.		12.94	17.07	12.05
6	1-6	TANG HOI TING 鄧愷婷	401131 PoliceAC	16.29m.		16.29	14.48	14.55
7	1-7	CHOW WING KI ESTHER 周穎琪	400871 BAC	16.15m.		16.15	x	x
8	1-3	CHOI PIK NGAN 蔡碧银	400870 BAC	12.62m.		12.62	12.06	11.72

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W40 - Javelin Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	61.23	FELICEA MOLDOVAN-TILEA		BUCHAREST, ROU	2008/06/06
Masters ACR	27.58	Hui Wing Kei Vicky 許穎琪	Hong Kong Masters Athletics	Wanchai SG	2016/10/29
HKMAC RECORD	27.58	Hui Wing Kei Vicky 許穎琪	Hong Kong Masters Athletics	Wanchai SG	2016/10/29

2025/11/23 Start: 13:25 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-8	CHEUNG EMILY SHUK TING 張淑婷	400968 DBSAC	31.33m.	HKMACR, R	24.33	x	31.33
2	1-9	LAU KA KI 劉嘉琦	401023 GHSAC	22.99m.		22.99	20.36	20.61
3	1-6	HO CHUN MAN 何臻敏	400970 DBSAC	19.47m.		16.30	18.32	19.47
4	1-7	CHOY WEI PUI WENDY 蔡慧蓓	400969 DBSAC	16.23m.		14.85	14.56	16.23
5	1-3	FUNG KIN KWAN 馮健君	401088 PKMSAA	15.70m.		14.68	15.37	15.70
6	1-4	LAU HOI LAM 劉凱琳	400947 DART	15.61m.		15.07	13.92	15.61
7	1-5	CHOI PIK NGAN 蔡碧银	400870 BAC	14.10m.		14.10	13.11	11.29
8	1-2	CHOW WING KI ESTHER 周穎琪	400871 BAC	12.68m.		12.68	12.62	11.26
9	1-1	TANG HOI TING 鄧愷婷	401131 PoliceAC	10.67m.		9.07	x	10.67

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W40 - 4X100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	48.01	MOGENTALE,BRIMS,BEZUIDENHOU		LAHTI, FIN	2009/08/08
Masters ACR	56.85	SCAA	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	56.85	SCAA	Hong Kong Masters Athletics	TKO SG	2018/10/27

2025/11/22 Start: 17:05 24°C 40%

Final

Pos	Heat/Lane	Name 姓名	Bib#/Team	Result	Remarks
1	1-5	赤道體育會 蔡碧銀, 袁嘉雯, 周穎琪, 陳寶儒	BAC	1:04.52	
2	1-6	拔萃男書院田徑會 柳彩茵, 熊書揚, 張淑婷, 何臻敏	DBSAC	1:06.77	
3	1-4	培僑中學校友會 吳育紅, 龍淑敏, 范秀欣, 馮健君	PKMSAA	1:14.14	

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Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W40 - 4X400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	3:56.02	SEIDEL,GAZDA-		POTSDAM, GER	2002/08/25
Masters ACR	5:06.03	SCAA	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	5:06.03	SCAA	Hong Kong Masters Athletics	TKO SG	2018/10/27

2025/11/23 Start: 17:10 25°C 61%

Final

Pos	Heat/Lane	Name 姓名	Bib#/Team	Result	Remarks
1	1-3	南華體育會 陳文霞, 何頌沂, 盧譜文, 羅翠霞	SCAA	5:11.45	
2	1-4	德望田徑會 雷嘉恩, 黃雪心, 吳倩彤, 歐英美	GHSAC	5:18.59	
3	1-6	拔萃男書院田徑會 熊書頤, 張淑婷, 柳彩茵, 熊書揚	DBSAC	5:26.16	
4	1-5	赤道體育會 周穎琪, 林君維, 袁嘉雯, 陳寶儒	BAC	5:31.03	
	1-7	培僑中學校友會	PKMSAA	DNS	

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

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Women's W45 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	11.34	MERLENE OTTEY		GLASGOW, GBR	2008/08/12
Masters ACR	13.93	YAU GLORY 丘翠芬	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD	13.93	YAU GLORY 丘翠芬	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 10:10 15°C 62%

Final 1 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-3	TONG LING SHUM GRACE	湯靈心	450878 BAC	14.54	+0.6	
2	1-6	LAW CHUI HA JOANNE	羅翠霞	451147 SCAA	15.41	+0.6	
3	1-4	TSE MAGGIE MAN KEE	謝敏姬	450987 DBSAC	16.66	+0.6	
4	1-5	HO CHUNG YEE JOANNIE	何頌沂	451146 SCAA	16.74	+0.6	
	1-7	WONG NIM SZE	黃念詩	451211 WYK	DNS		

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-5	NG CHI YING	伍智盈	451148 SCAA	14.39	+0.6	
2	2-3	WONG CHOR KWAN JOYCE	王楚君	450879 BAC	15.13	+0.6	
3	2-7	CHAN YU KI	陳于琪	450948 DART	15.55	+0.6	
4	2-4	YEUNG YAN YAN ANNETTE	楊欣欣	450882 BAC	15.87	+0.6	
	2-6	BINDUMOL GANESH		451074 IND-BG	DNS		

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Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W45 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	11.34	MERLENE OTTEY		GLASGOW, GBR	2008/08/12
Masters ACR	13.93	YAU GLORY 丘翠芬	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD	13.93	YAU GLORY 丘翠芬	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 10:10 15°C 62%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-5	NG CHI YING	伍智盈	451148 SCAA	14.39	+0.6	
2	1-3	TONG LING SHUM GRACE	湯靈心	450878 BAC	14.54	+0.6	
3	2-3	WONG CHOR KWAN JOYCE	王楚君	450879 BAC	15.13	+0.6	
4	1-6	LAW CHUI HA JOANNE	羅翠霞	451147 SCAA	15.41	+0.6	
5	2-7	CHAN YU KI	陳于琪	450948 DART	15.55	+0.6	
6	2-4	YEUNG YAN YAN ANNETTE	楊欣欣	450882 BAC	15.87	+0.6	
7	1-4	TSE MAGGIE MAN KEE	謝敏姬	450987 DBSAC	16.66	+0.6	
8	1-5	HO CHUNG YEE JOANNIE	何頌沂	451146 SCAA	16.74	+0.6	
	1-7	WONG NIM SZE	黃念詩	451211 WYK	DNS		
	2-6	BINDUMOL GANESH		451074 IND-BG	DNS		

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W45 - 200m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	23.82	MERLENE OTTEY		BaNSKA	2006/08/27
Masters ACR	28.62	YAU GLORY 丘翠芬	The 8th Hong Kong Masters	Wanchai SG	2023/10/28
HKMAC RECORD	28.62	YAU GLORY 丘翠芬	The 8th Hong Kong Masters	Wanchai SG	2023/10/28

2025/11/23 Start: 10:15 21°C 79%

Final 1 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-7	TONG LING SHUM GRACE	湯靈心	450878 BAC	30.99	+0.7	
2	1-3	TSE MAGGIE MAN KEE	謝敏姬	450987 DBSAC	33.51	+0.7	
3	1-8	WONG PUI SZE	黃佩詩	450881 BAC	36.16	+0.7	
	1-4	MA VINCI	馬懷思	450877 BAC	DNS		
	1-5	BINDUMOL GANESH		451074 IND-BG	DNS		
	1-6	CHENG CHOI MUI	鄭彩梅	451145 SCAA	DNS		

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-4	NG CHI YING	伍智盈	451148 SCAA	30.90	-0.1	
2	2-7	CHENG YUEN TING	鄭婉婷	450981 DBSAC	32.52	-0.1	
3	2-3	LAW CHUI HA JOANNE	羅翠霞	451147 SCAA	32.94	-0.1	
	2-5	WONG NIM SZE	黃念詩	451211 WYK	DNS		
	2-6	HAN WING YEE	韓頴怡	450950 DART	DNS		

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W45 - 200m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	23.82	MERLENE OTTEY		BaNSKA	2006/08/27
Masters ACR	28.62	YAU GLORY 丘翠芬	The 8th Hong Kong Masters	Wanchai SG	2023/10/28
HKMAC RECORD	28.62	YAU GLORY 丘翠芬	The 8th Hong Kong Masters	Wanchai SG	2023/10/28

2025/11/23 Start: 10:15 21°C 79%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-4	NG CHI YING	伍智盈	451148 SCAA	30.90	-0.1	
2	1-7	TONG LING SHUM GRACE	湯靈心	450878 BAC	30.99	+0.7	
3	2-7	CHENG YUEN TING	鄭婉婷	450981 DBSAC	32.52	-0.1	
4	2-3	LAW CHUI HA JOANNE	羅翠霞	451147 SCAA	32.94	-0.1	
5	1-3	TSE MAGGIE MAN KEE	謝敏姬	450987 DBSAC	33.51	+0.7	
6	1-8	WONG PUI SZE	黃佩詩	450881 BAC	36.16	+0.7	
	1-4	MA VINCI	馬懷思	450877 BAC	DNS		
	1-5	BINDUMOL GANESH		451074 IND-BG	DNS		
	1-6	CHENG CHOI MUI	鄭彩梅	451145 SCAA	DNS		
	2-5	WONG NIM SZE	黃念詩	451211 WYK	DNS		
	2-6	HAN WING YEE	韓頴怡	450950 DART	DNS		

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHK LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W45 - 400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	56.14	ANGELA HENRY-NOTT		AMES, USA	2021/07/23
Masters ACR	1:09.90	YAU TSUI FUN 丘翠芬			2022/12/04
HKMAC RECORD	1:09.90	YAU TSUI FUN 丘翠芬			2022/12/04

2025/11/22 Start: 15:25 24°C 40%

Final 1 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-6	LAM KIT SUM	林潔心	451080 LSCAC	1:10.28	
2	1-7	LOK HO SIN	樂可羨	450986 DBSAC	1:13.88	
3	1-3	BAINBRIDGE HANNAH MARY		450851 AVOHK	1:14.07	
4	1-5	CHENG YUEN TING	鄭婉婷	450981 DBSAC	1:14.88	
5	1-8	CHAN HOI KA	陳皚嘉	450978 DBSAC	1:22.08	
	1-4	BINDUMOL GANESH		451074 IND-BG	DNS	

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	2-7	CHAN YU KI	陳于琪	450948 DART	1:16.66	
2	2-5	LAW CHUI HA JOANNE	羅翠霞	451147 SCAA	1:19.10	
3	2-6	MA VINCI	馬懷思	450877 BAC	1:24.28	
4	2-3	WONG PUI SZE	黃佩詩	450881 BAC	1:27.18	
	2-4	HO CHUNG YEE JOANNIE	何頌沂	451146 SCAA	DNS	

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W45 - 400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	56.14	ANGELA HENRY-NOTT		AMES, USA	2021/07/23
Masters ACR	1:09.90	YAU TSUI FUN 丘翠芬			2022/12/04
HKMAC RECORD	1:09.90	YAU TSUI FUN 丘翠芬			2022/12/04

2025/11/22 Start: 15:25 24°C 40%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-6	LAM KIT SUM	林潔心	451080 LSCAC	1:10.28	
2	1-7	LOK HO SIN	樂可羨	450986 DBSAC	1:13.88	
3	1-3	BAINBRIDGE HANNAH MARY		450851 AVOHK	1:14.07	
4	1-5	CHENG YUEN TING	鄭婉婷	450981 DBSAC	1:14.88	
5	2-7	CHAN YU KI	陳于琪	450948 DART	1:16.66	
6	2-5	LAW CHUI HA JOANNE	羅翠霞	451147 SCAA	1:19.10	
7	1-8	CHAN HOI KA	陳皚嘉	450978 DBSAC	1:22.08	
8	2-6	MA VINCI	馬懷思	450877 BAC	1:24.28	
9	2-3	WONG PUI SZE	黃佩詩	450881 BAC	1:27.18	
	1-4	BINDUMOL GANESH		451074 IND-BG	DNS	
	2-4	HO CHUNG YEE JOANNIE	何頌沂	451146 SCAA	DNS	

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W45 - 800m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	2:02.82	YEKATERINA PODKOPAYEVA		MOSCOW, RUS	1998/06/26
Masters ACR	2:41.80	BAINBRIDGE HANNAH	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	2:41.80	BAINBRIDGE HANNAH	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 15:40 27°C 49%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-1	CHAN HOI KA	陳皚嘉	450978 DBSAC	3:18.17	
2	1-4	MA VINCI	馬懷思	450877 BAC	3:28.44	
3	1-4	WONG PUI SZE	黃佩詩	450881 BAC	3:43.25	
4	1-1	YU HIU MAN	余曉敏	450989 DBSAC	4:08.20	
	1-3	BAINBRIDGE HANNAH MARY		450851 AVOHK	DNS	
	1-5	CHINNASWAMY VINODHINI		451073 IND-Ban	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W45 - 1500m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	4:05.44	YEKATERINA PODKOPAYEVA		MOSCOW, RUS	1998/08/03
Masters ACR	6:41.21	BEJUNA FELY	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27
HKMAC RECORD	6:41.21	BEJUNA FELY	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27

2025/11/22 Start: 08:40 15°C 62%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-23	LOK HO SIN	樂可羨	450986 DBSAC	5:48.93	HKMACR, R
2	1-21	CHAN HOI KA	陳皚嘉	450978 DBSAC	6:44.29	
3	1-22	CHENG KIT MAN	鄭潔文	451205 WAC	6:54.17	
4	1-18	SIN CHUNG FONG	冼重芳	450951 DART	7:18.02	
5	1-20	CHENG SIU LAI	鄭少麗	450949 DART	7:20.62	
	1-16	HUNG HOI KWAN ALMA	洪凱君	451031 GHSAC	DNS	
	1-17	CHENG YUEN TING	鄭婉婷	450981 DBSAC	DNS	
	1-19	LAI SUK YEE	黎淑儀	450984 DBSAC	DNS	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W45 - 5000m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	15:55.71	NICOLE LEVEQUE		ANGERS, FRA	1996/06/01
Masters ACR	20:09.62	GOTTSCHALK KATRIN SABINE	The 8th Hong Kong Masters	Wanchai SG	2023/10/27
HKMAC RECORD	20:09.62	GOTTSCHALK KATRIN SABINE	The 8th Hong Kong Masters	Wanchai SG	2023/10/27

2025/11/23 Start: 11:35 21°C 79%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-15	LAI WAI MAN IMAN	賴慧雯	451137 RMAC	21:42.41	
		Split: 04:11.56 (4:11.56) 08:27.22 (4:15.67) 12:48.81 (4:21.58) 17:15.80 (4:26.99) 21'42.403" (4:26.20)				
2	1-19	HO CHUNG YEE JOANNIE	何頌沂	451146 SCAA	21:45.79	
		Split: 04:09.95 (4:09.95) 08:32.43 (4:22.49) 12:55.34 (4:22.90) 17:24.56 (4:29.23) 21'45.783" (4:20.43)				
3	1-22	WONG IRENE	黃愛蓮	451138 RMAC	22:34.78	
		Split: 04:23.59 (4:23.59) 08:52.66 (4:29.08) 13:29.24 (4:36.57) 18:07.60 (4:38.36) 22'34.776" (4:26.40)				
4	1-17	CHENG KIT MAN	鄭潔文	451205 WAC	24:55.45	
		Split: 04:24.23 (4:24.23) 09:33.77 (5:09.55) 14:47.90 (5:14.12) 19:57.97 (5:10.07) 24'55.441" (4:57.03)				
5	1-21	LAI SUK YEE	黎淑儀	450984 DBSAC	25:47.13	
		Split: 04:48.58 (4:48.58) 09:50.27 (5:01.69) 15:06.41 (5:16.14) 20:34.07 (5:27.67) 25'47.124" (5:12.92)				
	1-16	TSANG KA YAN	曾嘉茵	451149 SCAA	DNS	
	1-18	LEE LI	李莉	450985 DBSAC	DNS	
	1-20	HUNG HOI KWAN ALMA	洪凱君	451031 GHSAC	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W45 - 5000mRW

Record	Perf	Athlete	Event	Place	Date
Masters ACR	31:46.39	WONG PUI SHAN 黃佩珊	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27
HKMAC RECORD	31:46.39	WONG PUI SHAN 黃佩珊	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27

2025/11/22 Start: 11:30 24°C 40%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-8	NG SAU MAN	吳秀雯	451177 SHTB	29:00.59	HKMACR, R
		Split: 05:42.21 (5:42.21) 11:37.15 (5:54.94) 17:35.10 (5:57.95) 23:24.91 (5:49.82) 29'00.587" (5:35.08)				
2	1-7	YU HIU MAN	余曉敏	450989 DBSAC	34:09.40	
		Split: 06:44.96 (6:44.96) 13:36.75 (6:51.79) 20:29.07 (6:52.32) 27:27.90 (6:58.84) 34'09.393" (6:41.09)				
3	1-6	LEE LI	李莉	450985 DBSAC	34:14.16	
		Split: 06:39.09 (6:39.09) 13:36.86 (6:57.78) 20:33.65 (6:56.78) 27:31.11 (6:57.46) 34'14.151" (6:42.89)				
4	1-9	WOO YUEN MEI	胡婉媚	451064 HKRWA	35:34.44	
		Split: 06:41.76 (6:41.76) 13:50.48 (7:08.72) 21:04.88 (7:14.40) 28:22.26 (7:17.39) 35'34.439" (7:11.73)				
5	1-10	CHENG SIU LAI	鄭少麗	450949 DART	38:02.76	
		Split: 07:48.54 (7:48.54) 15:33.85 (7:45.31) 23:13.21 (7:39.36) 30:43.93 (7:30.73) 38'02.751" (7:18.06)				
6	1-11	WONG PUI SZE	黃佩詩	450881 BAC	41:32.54	
		Split: 07:22.60 (7:22.60) 15:32.67 (8:10.07) 24:12.58 (8:39.91) 33:00.50 (8:47.93) 41'32.535" (8:31.49)				
	1-5	CHAN PUI YU	陳沛瑜	450979 DBSAC	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W45 - 80mH

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	11.51	CHRISTINE MüLLER		RANDERS, DEN	2004/07/22
Masters ACR	15.03	WONG CHOR KWAN JOYCE 王楚君	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	15.03	WONG CHOR KWAN JOYCE 王楚君	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 14:40 24°C 40%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-8	CHEUNG LAI YEE OLIVER	張麗兒	451078 LSCAC	15.26	+0.4	
2	1-1	WONG CHOR KWAN JOYCE	王楚君	450879 BAC	15.40	+0.4	

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W45 - 400mH

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	1:02.85	BARBARA GäHLING		KAISERSLAUTERN	2010/06/27
Masters ACR	1:34.22	LIU ADA 廖慧琦	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	1:46.57	MA VINCI 馬懷思	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 14:45 27°C 49%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-3	CHEUNG LAI YEE OLIVER	張麗兒	451078 LSCAC	1:24.63	HKMACR, R
2	1-7	LAW CHUI HA JOANNE	羅翠霞	451147 SCAA	1:36.68	R
3	1-2	CHENG YUEN TING	鄭婉婷	450981 DBSAC	2:00.42	
	1-1	CHINNASWAMY VINODHINI		451073 IND-Ban	DNS	
	1-8	MA VINCI	馬懷思	450877 BAC	DNS	

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W45 - 2000mSC

2025/11/23 Start: 08:40 21°C 79%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-6	NG HOI KEI	吳凱琪	451091 PKMSAA	13:11.81	
		Split: 06:19.94 (6:19.95) 13'11.801 (6:51.05)				
	1-7	LAW CHUI HA JOANNE	羅翠霞	451147 SCAA	DNS	

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W45 - Long Jump

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	5.62	KRIEMHILD MANN		OSTERODE, GER	2012/04/28
Masters ACR	4.05	Choi Hiu Nam 蔡曉嵐	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	4.05	Choi Hiu Nam 蔡曉嵐	Hong Kong Masters Athletics	TKO SG	2018/10/27

2025/11/22 Start: 10:20 15°C 62%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-11	WONG CHOR KWAN JOYCE 王楚君	450879 BAC	4.05m.	=HKMACR, =R	3.49 +1.6	3.65 +0.2	4.05 +1.8
2	1-7	WONG ON KI 黃安琪	450880 BAC	3.77m.		3.73 -0.3	3.33 +1.1	3.77 +0.9
3	1-12	NG CHI YING 伍智盈	451148 SCAA	3.70m.		3.70 +0.1	3.56 +1.7	3.60 +1.4
4	1-4	TSANG TSZ YAN WINNIE 曾子欣	451093 PKMSAA	3.34m.		3.34 -0.5	3.00 +1.1	3.27 0.0
5	1-3	CHAN HOI KA 陳皚嘉	450978 DBSAC	3.27m.		2.96 +1.7	3.27 +0.1	2.85 -0.3
6	1-1	YEUNG YAN YAN ANNETTE 楊欣欣	450882 BAC	3.06m.		2.82 +2.0	2.91 +0.4	3.06 +1.8
7	1-5	CHENG CHOI MUI 鄭彩梅	451145 SCAA	2.93m.		2.81 -0.4	2.93 +2.0	2.79 +0.2
	1-2	CHAN PUI YU 陳沛瑜	450979 DBSAC	DNS				
	1-6	BINDUMOL GANESH	451074 IND-BG	DNS				
	1-8	LIU LINGLING 劉齡	450853 AVOHK	DNS				
	1-9	WONG HING YEE HANNAH 黃馨儀	450952 DART	DNS				
	1-10	NG WAI YAN ADA 伍惠恩	451209 WYK	DNS				

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W45 - Triple Jump

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	12.30	BARBARA LAH		SAN BIAGIO DI	2019/05/11

2025/11/22 Start: 13:05 24°C 40%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-3	CHAN HOI KA 陳皚嘉	450978 DBSAC	5.52m.		x	5.14 +1.2	5.52 +2.7
2	1-6	CHENG YUEN TING 鄭婉婷	450981 DBSAC	4.98m.		x	4.30 +1.3	4.98 +1.1
3	1-4	LAI SUK YEE 黎淑儀	450984 DBSAC	4.50m.		4.20 +0.5	4.50 +0.4	x
4	1-5	YU HIU MAN 余曉敏	450989 DBSAC	3.76m.		3.76 +1.8	3.71 +0.4	r
	1-1	LIU LINGLING 劉齡	450853 AVOHK	DNS				
	1-2	CHAN PUI YU 陳沛瑜	450979 DBSAC	DNS				

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W45 - Shot Put

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	16.95	ZDENKA SILHAVA		OSTRAVA, CZE	1999/06/26
Masters ACR	8.76	HUNG WENDY 洪麗康	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	8.76	HUNG WENDY 洪麗康	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 08:20 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-4	LAM WAI LING ROY 林慧玲	451196 TCAA	7.58m.		7.27	6.45	7.58
2	1-15	TANG HANG KEI 鄧蘅璣	451134 PoliceAC	6.98m.		5.63	6.95	6.98
3	1-16	KWAN SZE PUI BETTY 關詩蓓	450983 DBSAC	6.91m.		6.51	6.91	6.50
4	1-7	HAN WING YEE 韓穎怡	450950 DART	6.32m.		6.32	6.05	5.61
5	1-19	MA VINCI 馬懷思	450877 BAC	5.83m.		5.83	5.47	4.86
6	1-17	YEH TSUEN TSUEN RITA 葉蓁蓁	450988 DBSAC	5.65m.		5.49	x	5.65
7	1-8	KAN ELCO 簡杏芳	450852 AVOHK	5.40m.		5.03	5.40	5.37
8	1-6	CHAO TSZ KWAN JOLIE 趙芷筠	450980 DBSAC	5.35m.		5.35	5.17	4.98
9	1-14	LAM CHI WAN JOANNE	451079 LSCAC	5.32m.		4.98	4.99	5.32
10	1-11	TANG SZE MAN 鄧思敏	451033 GHSAC	5.10m.		5.10	5.02	4.74
11	1-18	CHAN HOI KA 陳皚嘉	450978 DBSAC	4.96m.		x	4.54	4.96
12	1-2	LEUNG CARRIE MO KIT 梁慕潔	451032 GHSAC	4.57m.		3.98	4.25	4.57
	1-1	HUNG WENDY 洪麗康	450982 DBSAC	DNS				
	1-3	LEE LI 李莉	450985 DBSAC	DNS				
	1-5	CHAN PUI YU 陳沛瑜	450979 DBSAC	DNS				

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W45 - Shot Put

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	16.95	ZDENKA SILHAVA		OSTRAVA, CZE	1999/06/26
Masters ACR	8.76	HUNG WENDY 洪麗康	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	8.76	HUNG WENDY 洪麗康	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 08:20 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
	1-9	BINDUMOL GANESH	451074 IND-BG	DNS				
	1-10	WONG CHOR KWAN JOYCE 王楚君	450879 BAC	DNS				
	1-12	YU HIU MAN 余曉敏	450989 DBSAC	DNS				
	1-13	WONG PUI SZE 黃佩詩	450881 BAC	DNS				

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W45 - Discus Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	64.09	ZDENKA SILHAVA		PARDUBICE,	CZE1999/08/11
Masters ACR	25.85	CHAN Ling Kuen 陳玲娟	Hong Kong Masters Athletics	TKO SG	2017/11/11
HKMAC RECORD	25.85	CHAN Ling Kuen 陳玲娟	Hong Kong Masters Athletics	TKO SG	2017/11/11

2025/11/22 Start: 16:15 24°C 40%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-14	LAM WAI LING ROY 林慧玲	451196 TCAA	22.70m.		18.44	X	22.70
2	1-15	KWAN SZE PUI BETTY 關詩蓓	450983 DBSAC	21.75m.		18.95	18.51	21.75
3	1-4	LAM CHI WAN JOANNE	451079 LSCAC	19.33m.		17.80	18.01	19.33
4	1-8	TANG HANG KEI 鄧蘅璣	451134 PoliceAC	19.10m.		16.71	18.93	19.10
5	1-7	YEUNG YAN YAN ANNETTE 楊欣欣	450882 BAC	17.05m.		17.05	15.52	15.28
6	1-3	LUI WAN YIN 呂韻妍	451133 PoliceAC	17.03m.		17.03	16.41	X
7	1-10	SIN CHUNG FONG 冼重芳	450951 DART	16.82m.		15.59	14.79	16.82
8	1-6	YEH TSUEN TSUEN RITA 葉蓁蓁	450988 DBSAC	15.59m.		X	14.10	15.59
9	1-2	LEE LI 李莉	450985 DBSAC	14.80m.		14.10	X	14.80
10	1-1	TANG SZE MAN 鄧思敏	451033 GHSAC	13.42m.		X	12.10	13.42
11	1-17	YU HIU MAN 余曉敏	450989 DBSAC	12.43m.		X	12.43	10.78
	1-9	MA VINCI 馬懷思	450877 BAC	NM		X	X	X
	1-12	CHAN HOI KA 陳皚嘉	450978 DBSAC	NM		X	X	X
	1-5	CHINNASWAMY VINODHINI	451073 IND-Ban	DNS				
	1-11	CHAN PUI YU 陳沛瑜	450979 DBSAC	DNS				

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W45 - Discus Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	64.09	ZDENKA SILHAVA		PARDUBICE,	CZE1999/08/11
Masters ACR	25.85	CHAN Ling Kuen 陳玲娟	Hong Kong Masters Athletics	TKO SG	2017/11/11
HKMAC RECORD	25.85	CHAN Ling Kuen 陳玲娟	Hong Kong Masters Athletics	TKO SG	2017/11/11

2025/11/22 Start: 16:15 24°C 40%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
	1-13	HUNG WENDY 洪麗康	450982 DBSAC	DNS				
	1-16	CHAO TSZ KWAN JOLIE 趙芷筠	450980 DBSAC	DNS				

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W45 - Javelin Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	50.47	ELISABETH WALLANDER		HELSINGBORG,	2005/08/21
Masters ACR	27.87	Hui Wing Kei Vicky 許穎琪	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	27.87	Hui Wing Kei Vicky 許穎琪	Hong Kong Masters Athletics	TKO SG	2018/10/27

2025/11/23 Start: 13:25 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-1	LAM CHI WAN JOANNE	451079 LSCAC	21.03m.		20.76	19.60	21.03
2	1-15	CHAN CAROL 陳祉霖	451029 GHSAC	18.65m.		16.28	18.65	14.54
3	1-14	LUI WAN YIN 呂韻妍	451133 PoliceAC	18.56m.		18.56	18.52	15.36
4	1-9	YEH TSUEN TSUEN RITA 葉蓁蓁	450988 DBSAC	18.18m.		16.67	18.18	16.61
5	1-8	YEUNG YAN YAN ANNETTE 楊欣欣	450882 BAC	14.00m.		14.00	13.14	11.92
6	1-6	MA VINCI 馬懷思	450877 BAC	12.71m.		12.71	11.58	9.87
7	1-3	KWAN SZE PUI BETTY 關詩蓓	450983 DBSAC	11.84m.		x	10.65	11.84
8	1-12	CHAN HOI KA 陳愷嘉	450978 DBSAC	10.85m.		9.67	10.79	10.85
9	1-16	CHENG YUEN TING 鄭婉婷	450981 DBSAC	10.79m.		9.55	10.09	10.79
10	1-4	CHEUNG KA YEE CRYSTAL 張嘉儀	451030 GHSAC	10.32m.		x	10.32	x
11	1-5	TANG SZE MAN 鄧思敏	451033 GHSAC	9.56m.		x	8.36	9.56
12	1-2	LEE LI 李莉	450985 DBSAC	9.02m.		x	x	9.02
13	1-11	YU HIU MAN 余曉敏	450989 DBSAC	8.40m.		8.12	8.40	8.24
14	1-7	LEUNG CARRIE MO KIT 梁慕潔	451032 GHSAC	6.97m.		x	6.97	x
15	1-13	FU BUI SE ISABELLA 傅貝詩	450875 BAC	4.98m.		4.98	r	-

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W45 - Javelin Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	50.47	ELISABETH WALLANDER		HELSINGBORG,	2005/08/21
Masters ACR	27.87	Hui Wing Kei Vicky 許穎琪	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	27.87	Hui Wing Kei Vicky 許穎琪	Hong Kong Masters Athletics	TKO SG	2018/10/27

2025/11/23 Start: 13:25 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
	1-10	CHINNASWAMY VINODHINI	451073 IND-Ban	DNS				

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W45 - 4X100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	48.92	MOTTI, BRIMS, FORSTER, MOGENTA		BRISBANE, AUS	2011/04/23
Masters ACR	58.72	Singapore	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	59.21	南華 W45 4X100米	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 17:05 24°C 40%

Final 1 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-5	喇沙書院田徑會 張麗兒, 蔡曉嵐, 杜燕珊, 林潔心		LSCAC	1:01.22	
2	1-7	赤道體育會 A 湯靈心, 王楚君, 李雯茵, 黃安琪		BAC	1:01.81	
3	1-3	達強田徑會 黃馨儀, 陳于琪, 韓穎怡, 冼重芳		DART	1:05.59	
4	1-4	拔萃男書院田徑會 B 余曉敏, 李莉, 黎淑儀, 畢麗君		DBSAC	1:15.99	
	1-6	香港元老田徑		AVOHK	DNS	

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	2-7	拔萃男書院田徑會 A 謝敏姬, 鄭婉婷, 樂可羨, 陳皚嘉		DBSAC	1:03.10	
2	2-4	南華體育會 鄭彩梅, 何頌沂, 羅翠霞, 伍智盈		SCAA	1:03.63	
3	2-6	培僑中學校友會 吳凱琪, 王碧惠, 龍惠蘭, 關寶儀		PKMSAA	1:07.78	
4	2-5	赤道體育會 B 楊欣欣, 黃佩詩, 陳嚴慧心, 馬懷思		BAC	1:09.36	

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W45 - 4X100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	48.92	MOTTI, BRIMS, FORSTER, MOGENTA		BRISBANE, AUS	2011/04/23
Masters ACR	58.72	Singapore	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	59.21	南華 W45 4X100米	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 17:05 24°C 40%

Summary

Pos	Heat/ Lane	Name 姓名	Bib#/ Team	Result	Remarks
1	1-5	喇沙書院田徑會 張麗兒, 蔡曉嵐, 杜燕珊, 林潔心	LSCAC	1:01.22	
2	1-7	赤道體育會 A 湯靈心, 王楚君, 李雯茵, 黃安琪	BAC	1:01.81	
3	2-7	拔萃男書院田徑會 A 謝敏姬, 鄭婉婷, 樂可羨, 陳皚嘉	DBSAC	1:03.10	
4	2-4	南華體育會 鄭彩梅, 何頌沂, 羅翠霞, 伍智盈	SCAA	1:03.63	
5	1-3	達強田徑會 黃馨儀, 陳于琪, 韓頴怡, 冼重芳	DART	1:05.59	
6	2-6	培僑中學校友會 吳凱琪, 王碧惠, 龍惠蘭, 關寶儀	PKMSAA	1:07.78	
7	2-5	赤道體育會 B 楊欣欣, 黃佩詩, 陳嚴慧心, 馬懷思	BAC	1:09.36	
8	1-4	拔萃男書院田徑會 B 余曉敏, 李莉, 黎淑儀, 畢麗君	DBSAC	1:15.99	
	1-6	香港元老田徑	AVOHK	DNS	

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W45 - 4X400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	4:01.22	FORSTER,MOTTI,MOGENTALE,BRI		BRISBANE, AUS	2011/04/24
Masters ACR	5:21.44	SCAA (A)	Hong Kong Masters Athletics	TKO SG	2017/11/11
HKMAC RECORD	5:21.44	SCAA (A)	Hong Kong Masters Athletics	TKO SG	2017/11/11

2025/11/23 Start: 16:55 28°C 53%

Final

Pos	Heat/Lane	Name 姓名	Bib#/Team	Result	Remarks
1	1-5	拔萃男書院田徑會 A 陳皚嘉, 謝敏姬, 鄭婉婷, 樂可羨	DBSAC	5:15.25	HKMACR, R
2	1-3	喇沙書院田徑會 蔡曉嵐, 林潔心, LAM CHI WAN JOANNE, 張麗兒	LSCAC	5:18.11	HKMACR, R
3	1-7	赤道體育會 黃安琪, 黃佩詩, 馬懷思, 湯靈心	BAC	5:49.90	
4	1-8	達強田徑會 鄭少麗, 林艷貞, 陳于琪, 張佩玲	DART	5:57.88	
5	1-4	南華體育會 鄭彩梅, 吳詠彤, 詹愷怡, 葉麗莊	SCAA	6:19.18	
6	1-1	拔萃男書院田徑會 B 余曉敏, 李莉, 黎淑儀, 畢麗君	DBSAC	6:19.75	
7	1-2	培僑中學校友會 林寶誼, 王碧惠, 吳凱琳, 吳凱琪	PKMSAA	7:13.14	
	1-6	香港元老田徑	AVOHK	DNS	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W50 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	11.67	MERLENE OTTEY		NOVO MESTO, GER	2010/07/13
Masters ACR	14.15	Lung Wai Lan 龍惠蘭	Hong Kong Masters Athletics	Wanchai SG	2016/10/29
HKMAC RECORD	14.15	Lung Wai Lan 龍惠蘭	Hong Kong Masters Athletics	Wanchai SG	2016/10/29

2025/11/22 Start: 10:00 15°C 62%

Final 1 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-5	YAU TSUI FUN	丘翠芬	500957 DART	13.61	+2.1	
2	1-3	CHUNG MAN YI	鍾敏儀	500883 BAC	14.89	+2.1	
3	1-1	KWONG MEI YEE	鄺美儀	500885 BAC	16.32	+2.1	
4	1-2	LEUNG CHING HAN	梁靜嫻	501135 PoliceAC	17.74	+2.1	
5	1-8	KRIEL NGA WAN PHOEBE	林雅雲	500884 BAC	18.08	+2.1	
6	1-6	LEUNG HIU MING	梁曉明	500955 DART	19.41	+2.1	
	1-4	MA KA YIN NICKI	馬家賢	500991 DBSAC	DNS		
	1-7	CHAN NGA YI	陳雅儀	500953 DART	DNS		

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-8	LI HUI	李慧	501193 SZGM	15.23	+0.6	
2	2-2	YEUNG CHUN CHUN JANE	楊珍珍	500887 BAC	15.70	+0.6	
3	2-7	LUNG SHUK MAN	龍淑敏	501095 PKMSAA	18.11	+0.6	
4	2-6	LONG JUAN	龍娟	500886 BAC	20.15	+0.6	
	2-4	CHEUNG WAI MAN CATHY	張慧雯	500990 DBSAC	DNS		

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W50 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	11.67	MERLENE OTTEY		NOVO MESTO, GER	2010/07/13
Masters ACR	14.15	Lung Wai Lan 龍惠蘭	Hong Kong Masters Athletics	Wanchai SG	2016/10/29
HKMAC RECORD	14.15	Lung Wai Lan 龍惠蘭	Hong Kong Masters Athletics	Wanchai SG	2016/10/29

2025/11/22 Start: 10:00 15°C 62%

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
	2-5	TO YIN SHAN	杜燕珊	501083 LSCAC	DNS		

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W50 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	11.67	MERLENE OTTEY		NOVO MESTO, GER	2010/07/13
Masters ACR	14.15	Lung Wai Lan 龍惠蘭	Hong Kong Masters Athletics	Wanchai SG	2016/10/29
HKMAC RECORD	14.15	Lung Wai Lan 龍惠蘭	Hong Kong Masters Athletics	Wanchai SG	2016/10/29

2025/11/22 Start: 10:00 15°C 62%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-5	YAU TSUI FUN	丘翠芬	500957 DART	13.61	+2.1	
2	1-3	CHUNG MAN YI	鍾敏儀	500883 BAC	14.89	+2.1	
3	2-8	LI HUI	李慧	501193 SZGM	15.23	+0.6	
4	2-2	YEUNG CHUN CHUN JANE	楊珍珍	500887 BAC	15.70	+0.6	
5	1-1	KWONG MEI YEE	鄺美儀	500885 BAC	16.32	+2.1	
6	1-2	LEUNG CHING HAN	梁靜嫻	501135 PoliceAC	17.74	+2.1	
7	1-8	KRIEL NGA WAN PHOEBE	林雅雲	500884 BAC	18.08	+2.1	
8	2-7	LUNG SHUK MAN	龍淑敏	501095 PKMSAA	18.11	+0.6	
9	1-6	LEUNG HIU MING	梁曉明	500955 DART	19.41	+2.1	
10	2-6	LONG JUAN	龍娟	500886 BAC	20.15	+0.6	
	1-4	MA KA YIN NICKI	馬家賢	500991 DBSAC	DNS		
	1-7	CHAN NGA YI	陳雅儀	500953 DART	DNS		
	2-4	CHEUNG WAI MAN CATHY	張慧雯	500990 DBSAC	DNS		
	2-5	TO YIN SHAN	杜燕珊	501083 LSCAC	DNS		

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W50 - 200m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	24.33	MERLENE OTTEY		VALENJE, SLO	2010/07/18
Masters ACR	29.31	YAU TSUI FUN GLORY 丘翠芬	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	29.31	YAU TSUI FUN GLORY 丘翠芬	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 10:15 21°C 79%

Final 1 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-3	LI HUI	李慧	501193 SZGM	31.46	+1.4	
2	1-6	CHOI HIU NAM	蔡曉嵐	501082 LSCAC	33.36	+1.4	
3	1-7	YEUNG FELICIA	Felicia Yeun	501039 GHSAC	34.63	+1.4	
4	1-5	LUNG SHUK MAN	龍淑敏	501095 PKMSAA	38.44	+1.4	
	1-4	MA KA YIN NICKI	馬家賢	500991 DBSAC	DNS		

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-5	YAU TSUI FUN	丘翠芬	500957 DART	28.55	+1.1	HKMACR, R
2	2-3	KWONG MEI YEE	鄺美儀	500885 BAC	34.14	+1.1	
3	2-4	KRIEL NGA WAN PHOEBE	林雅雲	500884 BAC	39.98	+1.1	
4	2-7	CHEUNG WAI MAN CATHY	張慧雯	500990 DBSAC	47.64	+1.1	
	2-6	LONG JUAN	龍娟	500886 BAC	DNS		

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W50 - 200m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	24.33	MERLENE OTTEY		VALENJE, SLO	2010/07/18
Masters ACR	29.31	YAU TSUI FUN GLORY 丘翠芬	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	29.31	YAU TSUI FUN GLORY 丘翠芬	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 10:15 21°C 79%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-5	YAU TSUI FUN	丘翠芬	500957 DART	28.55	+1.1	HKMACR, R
2	1-3	LI HUI	李慧	501193 SZGM	31.46	+1.4	
3	1-6	CHOI HIU NAM	蔡曉嵐	501082 LSCAC	33.36	+1.4	
4	2-3	KWONG MEI YEE	鄺美儀	500885 BAC	34.14	+1.1	
5	1-7	YEUNG FELICIA	Felicia Yeun	501039 GHSAC	34.63	+1.4	
6	1-5	LUNG SHUK MAN	龍淑敏	501095 PKMSAA	38.44	+1.4	
7	2-4	KRIEL NGA WAN PHOEBE	林雅雲	500884 BAC	39.98	+1.1	
8	2-7	CHEUNG WAI MAN CATHY	張慧雯	500990 DBSAC	47.64	+1.1	
	1-4	MA KA YIN NICKI	馬家賢	500991 DBSAC	DNS		
	2-6	LONG JUAN	龍娟	500886 BAC	DNS		

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W50 - 400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	57.55	Sally Cooke		Derby, GBR	2022/06/12
Masters ACR	1:09.04	YAU TSUI FUN GLORY 丘翠芬	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	1:09.04	YAU TSUI FUN GLORY 丘翠芬	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 15:25 24°C 40%

Final 1 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-5	LUNG SHUK MAN	龍淑敏	501095 PKMSAA	1:34.64	
2	1-4	LONG JUAN	龍娟	500886 BAC	1:45.19	
3	1-3	CHAN NGA YI	陳雅儀	500953 DART	1:49.55	
4	1-6	CHEUNG WAI MAN CATHY	張慧雯	500990 DBSAC	1:57.76	
	1-7	KRIEL NGA WAN PHOEBE	林雅雲	500884 BAC	DNS	

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	2-3	YAU TSUI FUN	丘翠芬	500957 DART	1:07.50	HKMACR, R
2	2-5	KWONG MEI YEE	鄺美儀	500885 BAC	1:20.07	
3	2-7	LEUNG CHING HAN	梁靜嫻	501135 PoliceAC	1:22.84	
4	2-4	WONG YU FUN	王裕歡	500956 DART	1:53.75	
	2-6	LEUNG HIU MING	梁曉明	500955 DART	DNS	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W50 - 400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	57.55	Sally Cooke		Derby, GBR	2022/06/12
Masters ACR	1:09.04	YAU TSUI FUN GLORY 丘翠芬	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	1:09.04	YAU TSUI FUN GLORY 丘翠芬	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 15:25 24°C 40%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	2-3	YAU TSUI FUN	丘翠芬	500957 DART	1:07.50	HKMACR, R
2	2-5	KWONG MEI YEE	鄺美儀	500885 BAC	1:20.07	
3	2-7	LEUNG CHING HAN	梁靜嫻	501135 PoliceAC	1:22.84	
4	1-5	LUNG SHUK MAN	龍淑敏	501095 PKMSAA	1:34.64	
5	1-4	LONG JUAN	龍娟	500886 BAC	1:45.19	
6	1-3	CHAN NGA YI	陳雅儀	500953 DART	1:49.55	
7	2-4	WONG YU FUN	王裕歡	500956 DART	1:53.75	
8	1-6	CHEUNG WAI MAN CATHY	張慧雯	500990 DBSAC	1:57.76	
	1-7	KRIEL NGA WAN PHOEBE	林雅雲	500884 BAC	DNS	
	2-6	LEUNG HIU MING	梁曉明	500955 DART	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W50 - 800m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	2:12.50	EVA TROST		NEUSTADT, GER	2018/08/03
Masters ACR	2:50.45	YIP LAI CHONG 葉麗莊	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	2:50.45	YIP LAI CHONG 葉麗莊	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 15:40 27°C 49%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-8	YIP LAI CHONG	葉麗莊	501155 SCAA	2:55.47	
2	1-7	CHEUNG PUI LING PAULINE	張佩玲	500954 DART	3:24.45	
3	1-7	WONG YU FUN	王裕歡	500956 DART	4:38.63	
4	1-6	MA KA YIN NICKI	馬家賢	500991 DBSAC	5:03.81	
5	1-2	CHEUNG WAI MAN CATHY	張慧雯	500990 DBSAC	5:23.98	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W50 - 1500m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	4:35.40	NICOLE WEIJLING-DISSEL		UTRECHT, NED	2017/08/11
Masters ACR	5:44.23	WONG YUET CHI 黃月枝	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	5:44.23	WONG YUET CHI 黃月枝	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 08:30 15°C 62%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-4	YIP LAI CHONG	葉麗莊	501155 SCAA	5:50.82	
2	1-2	LEUNG CHING HAN	梁靜嫻	501135 PoliceAC	6:10.50	
3	1-1	CHEUNG PUI LING PAULINE	張佩玲	500954 DART	6:46.82	
4	1-5	KOON FUNG YEE	官鳳儀	501173 SDH	6:59.49	
5	1-3	CHAN SZE NGA	陳詩雅	501034 GHSAC	7:23.22	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W50 - 5000m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	16:51.17	GITTE KARLSHøJ		ARHUS, DEN	2009/06/23
Masters ACR	20:35.25	WONG YUET CHI 黃月枝	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	20:35.25	WONG YUET CHI 黃月枝	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 11:35 21°C 79%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-23	YIP LAI CHONG	葉麗莊	501155 SCAA	21:28.53	
		Split: 04:13.63 (4:13.63) 08:26.11 (4:12.48) 12:47.99 (4:21.88) 17:12.63 (4:24.64) 21'28.525" (4:15.37)				
2	1-27	LAM SIU FONG	林少芳	501151 SCAA	23:32.97	
		Split: 04:29.01 (4:29.01) 09:06.24 (4:37.24) 13:58.59 (4:52.34) 18:55.17 (4:56.59) 23'32.968" (4:36.82)				
3	1-24	CHEUNG PUI LING PAULINE	張佩玲	500954 DART	26:40.04	
		Split: 04:45.62 (4:45.62) 09:51.88 (5:06.26) 15:31.97 (5:40.09) 21:14.88 (5:42.91) 26'40.031" (5:25.12)				
	1-25	NG WING TUNG	吳詠彤	501153 SCAA	DNF	
	1-26	LEUNG SAU WAI SOPHIA	梁秀慧	500854 AVOHK	DNS	

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主辦機構: DBSAC ATHLETICS CLUB JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W50 - 5000mRW

Record	Perf	Athlete	Event	Place	Date
Masters ACR	33:27.28	WONG ALISON 黃瀟琼	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	33:27.28	WONG ALISON 黃瀟琼	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 11:30 24°C 40%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-12	CHUNG YAN TUNG ANNIE	鍾欣彤	501178 SHTB	35:47.89	
		Split: 06:39.73 (6:39.73) 13:47.53 (7:07.80) 21:10.27 (7:22.74) 28:34.11 (7:23.85) 35'47.890" (7:12.88)				
2	1-13	CHEUNG WAI MAN CATHY	張慧雯	500990 DBSAC	40:42.96	
		Split: 07:42.05 (7:42.05) 15:56.27 (8:14.22) 24:08.45 (8:12.18) 32:27.59 (8:19.15) 40'42.953" (8:14.40)				
3	1-14	MA KA YIN NICKI	馬家賢	500991 DBSAC	40:59.08	
		Split: 08:14.85 (8:14.85) 16:24.10 (8:09.26) 24:36.17 (8:12.06) 32:52.24 (8:16.08) 40'59.071" (8:06.75)				

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W50 - 80mH

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	12.08	CHRISTINE MüLLER		VATERSTETTEN,	2009/07/10
Masters ACR	14.39	CHUNG MAN YI 鍾敏儀	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD	14.39	CHUNG MAN YI 鍾敏儀	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 14:50 24°C 40%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-4	YAU TSUI FUN	丘翠芬	500957 DART	14.93	+0.3	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

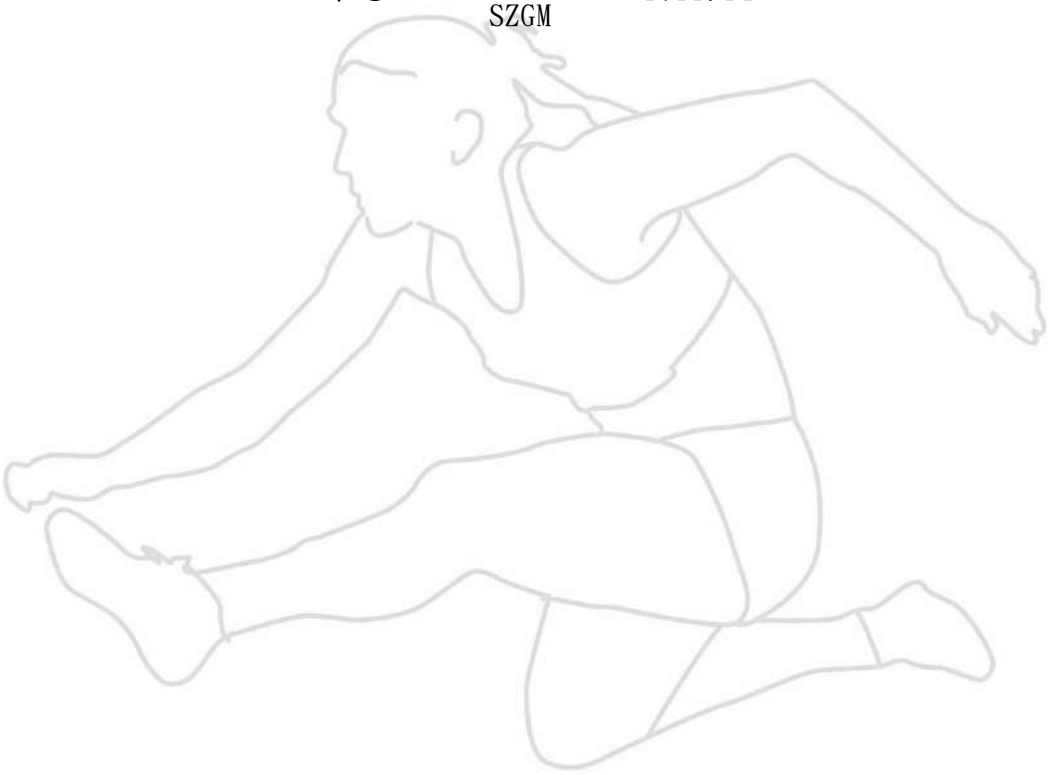
Women's W50 - 300mH

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	44.90	BARBARA GäHLING		LYON, FRA	2015/08/11
Masters ACR	53.44	YAU TSUI FUN GLORY 丘翠芬	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	53.44	YAU TSUI FUN GLORY 丘翠芬	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 14:20 27°C 49%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-6	YAU TSUI FUN	丘翠芬	500957 DART	52.45	HKMACR, R
2	1-5	LI HUI	李慧	501193 SZGM	1:11.14	



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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W50 - Long Jump

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	5.48	Maria Costanza Moroni		9b316ecc-8343-	2021/09/04
Masters ACR	3.93	Chang Corina 張彩珍	Hong Kong Masters Athletics	9d3c-	2018/10/27
HKMAC RECORD	3.93	Chang Corina 張彩珍	Hong Kong Masters Athletics	TKO SG	2018/10/27
				TKO SG	

2025/11/23 Start: 16:40 28°C 53%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-5	CHUNG MAN YI 鍾敏儀	500883 BAC	3.86m.		3.86 +0.9	x	x
2	1-3	YEUNG CHUN CHUN JANE 楊珍珍	500887 BAC	3.50m.		3.50 +1.3	x	x
3	1-2	LI HUI 李慧	501193 SZGM	3.38m.		3.32 +1.0	3.38 +1.8	3.32 +1.3
4	1-4	WU SHUN FONG SAVON 胡信芳	501154 SCAA	2.71m.		2.48 +1.6	2.71 +1.4	2.37 +0.9
	1-6	MA KA YIN NICKI 馬家賢	500991 DBSAC		DNS			

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W50 - Triple Jump

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	11.66	AKIKO OHINATA		SKIKISHIMA, JPN	2004/08/08

2025/11/22 Start: 13:05 24°C 40%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-2	MA KA YIN NICKI 馬家賢	500991 DBSAC	4.37m.		4.09 +0.8	x	4.37 +0.3
2	1-1	CHEUNG WAI MAN CATHY 張慧雯	500990 DBSAC	4.14m.		3.86 +0.2	3.76 +0.8	4.14 +0.6

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W50 - Shot Put

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	15.15	ALEXANDRA MARGHIEVA		LAHTI, FIN	2009/08/04
Masters ACR	9.75	CHEUNG May Hung Monita	Hong Kong Masters Athletics	TKO SG	2017/11/11
HKMAC RECORD	9.75	CHEUNG May Hung Monita	Hong Kong Masters Athletics	TKO SG	2017/11/11

2025/11/22 Start: 13:40 24°C 40%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-8	ALINAWATI HJ ALIAKBAR	500935 BRU	8.87m.		8.57	8.27	8.87
2	1-9	HUI VICKY 許穎琪	501035 GHSAC	8.21m.		7.17	8.21	7.93
3	1-3	WONG VILLIAN 王詠茵	501038 GHSAC	6.93m.		6.81	6.66	6.93
4	1-2	LI HUI 李慧	501193 SZGM	6.68m.		6.04	x	6.68
5	1-6	WONG YU FUN 王裕歡	500956 DART	6.60m.		6.58	6.52	6.60
6	1-4	CHEUNG WAI MAN CATHY 張慧雯	500990 DBSAC	5.75m.		5.75	5.75	4.15
7	1-1	CHOI HIU NAM 蔡曉嵐	501082 LSCAC	5.58m.		5.42	5.48	5.58
8	1-10	KWONG MEI YEE 鄺美儀	500885 BAC	5.51m.		4.83	5.51	5.26
9	1-5	NGAN WING SHAN VIVIAN 顏穎珊	501037 GHSAC	5.18m.		4.04	4.52	5.18
10	1-11	LO PUI LING 盧佩玲	501152 SCAA	4.82m.		4.82	4.63	4.68
	1-7	KWOK CHUI YI ANNIE 郭翠儀	501150 SCAA	DNS				

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W50 - Discus Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	46.11	OLGA CHERNIAVSKAIA		LYON, FRA	2015/08/11
Masters ACR	25.41	CHAN LING KUEN 陳玲娟	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD	25.41	CHAN LING KUEN 陳玲娟	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/23 Start: 18:10 23°C 62%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-1	YAU TSUI FUN 丘翠芬	500957 DART	19.60m.		19.59	19.22	19.60
2	1-2	HUI VICKY 許穎琪	501035 GHSAC	19.02m.		X	16.45	19.02
3	1-5	YEUNG CHUN CHUN JANE 楊珍珍	500887 BAC	16.67m.		X	16.67	15.46
4	1-3	CHOI HIU NAM 蔡曉嵐	501082 LSCAC	14.57m.		13.50	13.46	14.57
5	1-4	WONG YU FUN 王裕歡	500956 DART	12.74m.		12.74	X	11.98
6	1-6	CHEUNG WAI MAN CATHY 張慧雯	500990 DBSAC	12.49m.		X	10.93	12.49

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W50 - Javelin Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	47.53	FELICEA TILEA URECHE		MADRID, ESP	2018/03/24
Masters ACR	26.90	HUI VICKY 許穎琪	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	26.90	HUI VICKY 許穎琪	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 11:50 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-11	HUI VICKY 許穎琪	501035 GHSAC	24.86m.		23.24	24.86	19.53
2	1-1	ALINAWATI HJ ALIAKBAR	500935 BRU	23.56m.		23.56	22.43	19.18
3	1-7	YEUNG CHUN CHUN JANE 楊珍珍	500887 BAC	23.45m.		17.80	19.69	23.45
4	1-12	YAU TSUI FUN 丘翠芬	500957 DART	19.84m.		15.42	19.84	19.75
5	1-5	WU SHUN FONG SAVON 胡信芳	501154 SCAA	15.66m.		15.66	14.80	14.15
6	1-2	LI HUI 李慧	501193 SZGM	11.97m.		11.05	11.17	11.97
7	1-8	CHEUNG WAI MAN CATHY 張慧雯	500990 DBSAC	11.21m.		11.21	7.21	9.79
8	1-9	NGAN WING SHAN VIVIAN 顏穎珊	501037 GHSAC	11.13m.		9.43	11.13	x
9	1-10	WONG YU FUN 王裕歡	500956 DART	10.96m.		8.88	10.79	10.96
10	1-4	CHOI HIU NAM 蔡曉嵐	501082 LSCAC	9.68m.		x	x	9.68
11	1-6	LEUNG HIU MING 梁曉明	500955 DART	8.36m.		8.36	x	x
	1-3	YEUNG FELICIA Felicia Yeun	501039 GHSAC	NM		x	x	x

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W50 - 4X100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	51.50	POWELL,HORDER,MCCLELLAND,GO		L?UBL?ANA, SLO	2008/08/03
Masters ACR	1:00.56	SCAA W50 4X100M (A)	The 6th Hong Kong Masters	TKO SG	2021/09/11
HKMAC RECORD	1:00.56	SCAA W50 4X100M (A)	The 6th Hong Kong Masters	TKO SG	2021/09/11

2025/11/22 Start: 17:05 24°C 40%

Final

Pos	Heat/Lane	Name 姓名	Bib#/Team	Result	Remarks
1	1-7	赤道體育會 鍾敏儀, 楊珍珍, 鄺美儀, 林雅雲	BAC	1:03.67	
2	1-4	德望田徑會 黎淑雯, 黃秀清, 王詠茵, Felicia Yeun	GHSAC	1:08.97	
3	1-3	南華體育會 葉麗莊, 吳詠彤, 胡信芳, 馬淑嫻	SCAA	1:09.89	
4	1-5	達強田徑會 梁曉明, 陳雅儀, 王裕歡, 丘翠芬	DART	1:14.02	
5	1-6	拔萃男書院田徑會 馬家賢, 梁碧君, 張慧雯, 梁惠瑜	DBSAC	1:28.97	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W50 - 4X400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	4:10.80	MAHADY, HORDER, SAUNDERS-		LAHTI, FIN	2009/08/08
Masters ACR	5:11.38	南華 W50 4X400M (A)			2022/11/27
HKMAC RECORD	5:11.38	南華 W50 4X400M (A)			2022/11/27

2025/11/23 Start: 16:55 28°C 53%

Final

Pos	Heat/Lane	Name 姓名	Bib#/Team	Result	Remarks
1	1-6	南區康樂體育促進會有限公司暨南區長 黃雪微, 李麗雲, 官鳳儀, 何綺英	SDH	5:37.90	
2	1-7	德望田徑會 Felicia Yeun, 黎淑雯, 陳詩雅, 黃秀清	GHSAC	5:43.39	
3	1-5	赤道體育會 鍾敏儀, 鍾敏儀, 楊珍珍, 楊珍珍	BAC	5:45.70	
4	1-3	香港女子健跑會 周詠詩, 鄧素娟, 杜美如, 鄭燕玲	HKLRRC	6:06.21	
5	1-4	拔萃男書院田徑會 馬天惠, 馬家賢, 張慧雯, 周淑筠	DBSAC	8:04.82	

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W55 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	12.24	JULIE BRIMS		CANBERRA, AUS	2021/02/13
Masters ACR	14.02	TSE Wah Sau 謝華秀	Hong Kong Masters Athletics	Wanchai SG	2014/11/02
HKMAC RECORD	14.02	TSE Wah Sau 謝華秀	Hong Kong Masters Athletics	Wanchai SG	2014/11/02

2025/11/22 Start: 10:00 15°C 62%

Final 1 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-6	LAM SAU LING	林秀玲	551158 SCAA	15.96	-0.6	
2	1-2	LAI SHUI NIN INGRID	黎瑞年	550996 DBSAC	17.17	-0.6	
3	1-3	WAN DIN	温电	551139 RMAC	19.32	-0.6	
4	1-4	CHUNG SIU FONG MIRANDA	鍾少芳	550891 BAC	19.63	-0.6	
5	1-7	SO OI MING PEGGY	蘇愛明	550895 BAC	20.68	-0.6	
	1-5	LO LAN FA ANGEL	羅蘭花	550855 AVOHK	DNS		

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-2	CHAN SHUI LIN DEBBY	陳水蓮	550889 BAC	14.97	+1.0	
2	2-7	YUEN KAR WAI	袁嘉慧	551003 DBSAC	15.52	+1.0	
3	2-6	CHIM STELLA	詹愷怡	551157 SCAA	17.78	+1.0	
4	2-5	FONG SUM YU APRIL	方心如	551207 WAC	18.86	+1.0	
5	2-3	SUN KWAI CHUN	孫桂珍	550896 BAC	28.84	+1.0	
6	2-4	CHAN MEI FONG	陳美芳	550888 BAC	30.30	+1.0	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W55 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	12.24	JULIE BRIMS		CANBERRA, AUS	2021/02/13
Masters ACR	14.02	TSE Wah Sau 謝華秀	Hong Kong Masters Athletics	Wanchai SG	2014/11/02
HKMAC RECORD	14.02	TSE Wah Sau 謝華秀	Hong Kong Masters Athletics	Wanchai SG	2014/11/02

2025/11/22 Start: 10:00 15°C 62%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-2	CHAN SHUI LIN DEBBY	陳水蓮	550889 BAC	14.97	+1.0	
2	2-7	YUEN KAR WAI	袁嘉慧	551003 DBSAC	15.52	+1.0	
3	1-6	LAM SAU LING	林秀玲	551158 SCAA	15.96	-0.6	
4	1-2	LAI SHUI NIN INGRID	黎瑞年	550996 DBSAC	17.17	-0.6	
5	2-6	CHIM STELLA	詹愷怡	551157 SCAA	17.78	+1.0	
6	2-5	FONG SUM YU APRIL	方心如	551207 WAC	18.86	+1.0	
7	1-3	WAN DIN	温电	551139 RMAC	19.32	-0.6	
8	1-4	CHUNG SIU FONG MIRANDA	鍾少芳	550891 BAC	19.63	-0.6	
9	1-7	SO OI MING PEGGY	蘇愛明	550895 BAC	20.68	-0.6	
10	2-3	SUN KWAI CHUN	孫桂珍	550896 BAC	28.84	+1.0	
11	2-4	CHAN MEI FONG	陳美芳	550888 BAC	30.30	+1.0	
	1-5	LO LAN FA ANGEL	羅蘭花	550855 AVOHK	DNS		

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W55 - 200m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	25.07	JULIE BRIMS		BRISBANE, AUS	2021/03/07
Masters ACR	30.35	LUNG WAI LAN 龍惠蘭	The 6th Hong Kong Masters	TKO SG	2021/09/11
HKMAC RECORD	30.35	LUNG WAI LAN 龍惠蘭	The 6th Hong Kong Masters	TKO SG	2021/09/11

2025/11/23 Start: 10:05 21°C 79%

Final 1 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-4	CHIM STELLA	詹愷怡	551157 SCAA	37.89	+1.4	
2	1-7	WONG WAI SHEUNG EMMY	黃慧嫦	551001 DBSAC	39.82	+1.4	
3	1-3	CHAN MEI FONG	陳美芳	550888 BAC	48.10	+1.4	
4	1-2	CHUNG LAI HUNG	鍾麗紅	550890 BAC	54.71	+1.4	
5	1-1	SUN KWAI CHUN	孫桂珍	550896 BAC	1:08.08	+1.4	
	1-5	WONG SIU KING ALISON	黃瀟琼	551000 DBSAC	DNS		
	1-6	LEUNG GRACE	梁惠瑜	550997 DBSAC	DNS		
	1-8	LEUNG MEI PO MABEL	梁美寶	551046 GHSAC	DNS		

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-3	YUEN KAR WAI	袁嘉慧	551003 DBSAC	32.16	+1.8	
2	2-7	LAM SAU LING	林秀玲	551158 SCAA	34.06	+1.8	
3	2-6	LAI SHUI NIN INGRID	黎瑞年	550996 DBSAC	34.64	+1.8	
4	2-4	FONG SUM YU APRIL	方心如	551207 WAC	42.91	+1.8	
	2-2	WONG SAU CHING CANDY	黃秀清	551047 GHSAC	DNS		

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W55 - 200m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	25.07	JULIE BRIMS		BRISBANE, AUS	2021/03/07
Masters ACR	30.35	LUNG WAI LAN 龍惠蘭	The 6th Hong Kong Masters	TKO SG	2021/09/11
HKMAC RECORD	30.35	LUNG WAI LAN 龍惠蘭	The 6th Hong Kong Masters	TKO SG	2021/09/11

2025/11/23 Start: 10:05 21°C 79%

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
	2-5	CHAU SUK KWUN JULIE	周淑筠	550993 DBSAC	DNS		
	2-8	LO LAN FA ANGEL	羅蘭花	550855 AVOHK	DNS		

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主辦機構: DBSAC ATHLETICS CLUB JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W55 - 200m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	25.07	JULIE BRIMS		BRISBANE, AUS	2021/03/07
Masters ACR	30.35	LUNG WAI LAN 龍惠蘭	The 6th Hong Kong Masters	TKO SG	2021/09/11
HKMAC RECORD	30.35	LUNG WAI LAN 龍惠蘭	The 6th Hong Kong Masters	TKO SG	2021/09/11

2025/11/23 Start: 10:05 21°C 79%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-3	YUEN KAR WAI	袁嘉慧	551003 DBSAC	32.16	+1.8	
2	2-7	LAM SAU LING	林秀玲	551158 SCAA	34.06	+1.8	
3	2-6	LAI SHUI NIN INGRID	黎瑞年	550996 DBSAC	34.64	+1.8	
4	1-4	CHIM STELLA	詹愷怡	551157 SCAA	37.89	+1.4	
5	1-7	WONG WAI SHEUNG EMMY	黃慧嫦	551001 DBSAC	39.82	+1.4	
6	2-4	FONG SUM YU APRIL	方心如	551207 WAC	42.91	+1.8	
7	1-3	CHAN MEI FONG	陳美芳	550888 BAC	48.10	+1.4	
8	1-2	CHUNG LAI HUNG	鍾麗紅	550890 BAC	54.71	+1.4	
9	1-1	SUN KWAI CHUN	孫桂珍	550896 BAC	1:08.08	+1.4	
	1-5	WONG SIU KING ALISON	黃瀟琼	551000 DBSAC	DNS		
	1-6	LEUNG GRACE	梁惠瑜	550997 DBSAC	DNS		
	1-8	LEUNG MEI PO MABEL	梁美寶	551046 GHSAC	DNS		
	2-2	WONG SAU CHING CANDY	黃秀清	551047 GHSAC	DNS		
	2-5	CHAU SUK KWUN JULIE	周淑筠	550993 DBSAC	DNS		
	2-8	LO LAN FA ANGEL	羅蘭花	550855 AVOHK	DNS		

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Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W55 - 400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	59.36	JULIE BRIMS		BRISBANE, AUS	2021/01/23
Masters ACR	1:10.01	LUNG WAI LAN 龍惠蘭	The 6th Hong Kong Masters	TKO SG	2021/09/12
HKMAC RECORD	1:10.01	LUNG WAI LAN 龍惠蘭	The 6th Hong Kong Masters	TKO SG	2021/09/12

2025/11/22 Start: 15:10 24°C 40%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-7	LAI SHUI NIN INGRID	黎瑞年	550996 DBSAC	1:17.20	
2	1-2	YUEN KAR WAI	袁嘉慧	551003 DBSAC	1:18.05	
3	1-8	WU YINWAH	鄔燕華	551101 PKMSAA	1:46.58	
4	1-4	CHAN MEI FONG	陳美芳	550888 BAC	1:57.31	
	1-3	LO LAN FA ANGEL	羅蘭花	550855 AVOHK	DNS	
	1-5	WONG SAU CHING CANDY	黃秀清	551047 GHSAC	DNS	
	1-6	LAU YUK KIU	劉玉喬	551100 PKMSAA	DNS	

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Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W55 - 800m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	2:19.63	ANNE GILSHINAN		LEIXLIP, IRE	2019/06/08
Masters ACR	2:52.51	LO LAN FA ANGEL 羅蘭花	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	2:52.51	LO LAN FA ANGEL 羅蘭花	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 15:40 27°C 49%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-8	LAI SHUI NIN INGRID	黎瑞年	550996 DBSAC	3:06.12	
2	1-5	LEE SIK CHING	李適貞	551159 SCAA	3:12.90	
3	1-3	LAI SUK MAN	黎淑雯	551043 GHSAC	3:13.63	
4	1-5	TSANG SIU YEE SANDY	曾小儀	550897 BAC	3:15.25	
5	1-4	CHIU SIU WAI	焦小慧	551097 PKMSAA	3:37.13	
6	1-2	WONG SIU KING ALISON	黃瀟琼	551000 DBSAC	3:54.73	
7	1-7	WONG WAI SHEUNG EMMY	黃慧嫦	551001 DBSAC	3:57.33	
8	1-2	LEUNG PIK KWAN MICHELLE	梁碧君	550998 DBSAC	4:27.07	
	1-4	WU YINWAH	鄔燕華	551101 PKMSAA	DNS	
	1-6	LO LAN FA ANGEL	羅蘭花	550855 AVOHK	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W55 - 1500m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	4:41.46	ANNE GILSHINAN		BELFAST, GBR	2019/06/22
Masters ACR	5:56.11	LO LAN FA ANGEL 羅蘭花	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	5:56.11	LO LAN FA ANGEL 羅蘭花	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 08:30 15°C 62%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-10	LAI SHUI NIN INGRID	黎瑞年	550996 DBSAC	6:33.75	
2	1-8	LEE SIK CHING	李適貞	551159 SCAA	6:33.83	
3	1-11	LAI SUK MAN	黎淑雯	551043 GHSAC	6:40.13	
4	1-7	WONG SUET MI	黃雪微	551175 SDH	7:07.76	
5	1-12	LAM YIM CHING	林艷貞	550958 DART	7:14.57	
6	1-6	CHIU SIU WAI	焦小慧	551097 PKMSAA	7:18.98	
	1-9	LO LAN FA ANGEL	羅蘭花	550855 AVOHK	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W55 - 5000m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	17:29.28	SILKE SCHMIDT		EINDHOVEN, NED	2015/06/27
Masters ACR	22:32.82	LO LAN FA ANGEL 羅蘭花	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	22:32.82	LO LAN FA ANGEL 羅蘭花	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 11:35 21°C 79%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-28	LAI SUK MAN	黎淑雯	551043 GHSAC	24:54.33	
		Split: 04:56.14 (4:56.14) 10:00.89 (5:04.75) 15:04.43 (5:03.54) 20:05.39 (5:00.96) 24'54.326" (4:48.61)				
2	1-29	LAM YIM CHING	林艷貞	550958 DART	25:51.92	
		Split: 04:57.53 (4:57.53) 10:04.31 (5:06.78) 15:17.93 (5:13.62) 20:35.56 (5:17.63) 25'51.917" (5:15.44)				
3	1-30	CHEUNG MAN ALICE	張敏	550994 DBSAC	29:40.16	
		Split: 05:01.93 (5:01.93) 10:49.23 (5:47.31) 16:54.66 (6:05.42) 23:10.45 (6:15.79) 29'40.157" (6:29.55)				
	1-31	LO LAN FA ANGEL	羅蘭花	550855 AVOHK	DNS	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W55 - 5000mRW

Record	Perf	Athlete	Event	Place	Date
Masters ACR	26:08.69	ZINAIDA TEPEEVA	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	31:02.88	LAU SAU HAN 劉秀嫻	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 11:30 24°C 40%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-21	LAU SAU HAN	劉秀嫻	551180 SHTB	31:17.40	
		Split: 05:54.28 (5:54.28) 12:07.61 (6:13.33) 18:33.66 (6:26.05) 24:58.16 (6:24.50) 31'17.397" (6:18.84)				
2	1-17	WONG SIU KING ALISON	黃瀟琼	551000 DBSAC	33:58.01	
		Split: 06:33.94 (6:33.94) 13:21.31 (6:47.38) 20:13.20 (6:51.88) 27:15.07 (7:01.87) 33'58.008" (6:42.93)				
3	1-18	CHEUNG MEI YI	張美儀	551179 SHTB	35:30.09	
		Split: 06:40.79 (6:40.79) 13:47.66 (7:06.88) 20:58.84 (7:11.17) 28:18.73 (7:19.89) 35'30.085" (7:11.27)				
4	1-20	CHAU SUK KWUN JULIE	周淑筠	550993 DBSAC	37:40.41	
		Split: 07:16.06 (7:16.06) 14:54.30 (7:38.24) 22:38.36 (7:44.06) 30:16.42 (7:38.07) 37'40.408" (7:23.57)				
5	1-19	LEUNG PIK KWAN MICHELLE	梁碧君	550998 DBSAC	37:46.21	
		Split: 07:13.32 (7:13.32) 14:50.91 (7:37.60) 22:40.50 (7:49.58) 30:22.07 (7:41.57) 37'46.207" (7:23.93)				
6	1-16	LEUNG GRACE	梁惠瑜	550997 DBSAC	38:01.48	
		Split: 07:14.47 (7:14.47) 14:51.77 (7:37.31) 22:41.16 (7:49.38) 30:23.91 (7:42.75) 38'01.473" (7:37.09)				
7	1-15	WONG WAI SHEUNG EMMY	黃慧嫦	551001 DBSAC	38:53.19	
		Split: 07:26.53 (7:26.53) 15:17.27 (7:50.74) 23:17.92 (8:00.65) 31:07.05 (7:49.14) 38'53.183" (7:45.94)				

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W55 - 80mH

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	12.31	HELGI LAMP		HAAPSALU, EST	1999/07/17
Masters ACR	15.16	CHAN SHUI LIN DEBBY 陳水蓮	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	15.16	CHAN SHUI LIN DEBBY 陳水蓮	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 14:50 24°C 40%

Final 1 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-6	WONG SAU CHING CANDY	黃秀清	551047 GHSAC	17.72	+0.3	
2	1-5	MA SHUK HAN	馬淑嫻	551160 SCAA	18.45	+0.3	
3	1-7	WONG WAI SHEUNG EMMY	黃慧嫦	551001 DBSAC	19.96	+0.3	
	1-3	LO LAN FA ANGEL	羅蘭花	550855 AVOHK	DNS		
	1-4	WONG SIU KING ALISON	黃瀟琼	551000 DBSAC	DNS		

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-3	CHAN SHUI LIN DEBBY	陳水蓮	550889 BAC	15.56	+0.2	
2	2-4	LAM SAU LING	林秀玲	551158 SCAA	19.25	+0.2	
	2-5	FONG SUM YU APRIL	方心如	551207 WAC	DNS		
	2-6	YIU WENDY CHING KWAN	姚靜君	551002 DBSAC	DNS		

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W55 - 80mH

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	12.31	HELGI LAMP		HAAPSALU, EST	1999/07/17
Masters ACR	15.16	CHAN SHUI LIN DEBBY 陳水蓮	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	15.16	CHAN SHUI LIN DEBBY 陳水蓮	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 14:50 24°C 40%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-3	CHAN SHUI LIN DEBBY	陳水蓮	550889 BAC	15.56	+0.2	
2	1-6	WONG SAU CHING CANDY	黃秀清	551047 GHSAC	17.72	+0.3	
3	1-5	MA SHUK HAN	馬淑嫻	551160 SCAA	18.45	+0.3	
4	2-4	LAM SAU LING	林秀玲	551158 SCAA	19.25	+0.2	
5	1-7	WONG WAI SHEUNG EMMY	黃慧嫦	551001 DBSAC	19.96	+0.3	
	1-3	LO LAN FA ANGEL	羅蘭花	550855 AVOHK	DNS		
	1-4	WONG SIU KING ALISON	黃瀟琼	551000 DBSAC	DNS		
	2-5	FONG SUM YU APRIL	方心如	551207 WAC	DNS		
	2-6	YIU WENDY CHING KWAN	姚靜君	551002 DBSAC	DNS		

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W55 - 300mH

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	48.74	SUSAN FRISBY		ARHUS, DEN	2017/07/30
Masters ACR	1:00.91	CHAN SHUI LIN DEBBY 陳水蓮	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	1:00.91	CHAN SHUI LIN DEBBY 陳水蓮	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 14:20 27°C 49%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-4	CHAN SHUI LIN DEBBY	陳水蓮	550889 BAC	58.54	HKMACR, R
2	1-8	WONG SAU CHING CANDY	黃秀清	551047 GHSAC	1:05.97	
3	1-3	LAM SAU LING	林秀玲	551158 SCAA	1:12.08	
4	1-7	FONG SUM YU APRIL	方心如	551207 WAC	1:36.35	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W55 - 2000mSC

Record	Perf	Athlete	Event	Place	Date
Masters ACR	10:35.31	TSANG SIU YEE SANDY 曾小儀	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	10:35.31	TSANG SIU YEE SANDY 曾小儀	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 08:40 21°C 79%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-9	TSANG SIU YEE SANDY	曾小儀	550897 BAC	11:01.98	
		Split: 05:10.78 (5:10.79) 11'01.980 (5:50.21)				
2	1-8	TSANG WOON MING	曾煥明	551161 SCAA	11:52.29	
		Split: 05:45.09 (5:45.10) 11'52.287 (6:06.90)				
3	1-10	MA SHUK HAN	馬淑嫻	551160 SCAA	12:56.45	
		Split: 06:16.06 (6:16.07) 12'56.447 (6:39.93)				
	1-11	LO LAN FA ANGEL	羅蘭花	550855 AVOHK	DNS	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W55 - Long Jump

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	5.06	RAMONA PFEIFFER		ESSEN, GER	2016/09/03
	5.06	NERINGA JAKSTIENE		ALBUQUERQUE,	2019/06/16
Masters ACR	4.10	CHU SIU LING PANCY 朱少玲	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD	4.10	CHU SIU LING PANCY 朱少玲	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/23 Start: 08:40 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-4	WONG WAI SHEUNG EMMY 黃慧嫦	551001 DBSAC	2.71m.		2.69 +0.5	2.71 0.0	X
2	1-6	FONG SUM YU APRIL 方心如	551207 WAC	2.55m.		X	2.55 +0.1	X
3	1-3	CHIM STELLA 詹愷怡	551157 SCAA	2.37m.		2.01 +1.0	2.31 +0.2	2.37 +0.5
4	1-2	LAM VIVIAN WING YIN 林穎賢	551044 GHSAC	2.14m.		2.14 +0.4	2.06 +1.2	2.08 +0.2
5	1-5	CHUNG SIU FONG MIRANDA 鍾少芳	550891 BAC	1.99m.		1.82 0.0	1.99 +0.5	1.94 +0.8
6	1-7	QUIMBO CORAZON	551085 PHI-NMSAA	1.92m.		1.52 +0.2	1.82 +0.1	1.92 +0.8
	1-1	CHEUNG WING YI DORIS 張詠儀	550995 DBSAC		DNS			

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W55 - Triple Jump

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	10.97	AKIKO OHINATA		KOFU, JPN	2006/06/25

2025/11/22 Start: 12:25 24°C 40%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-1	WONG SIU KING ALISON 黃瀟琼	551000 DBSAC	6.73m.		6.48 +0.5	6.73 +0.4	r
2	1-3	WONG WAI SHEUNG EMMY 黃慧嫦	551001 DBSAC	5.36m.		5.36 +0.2	4.82 +0.4	5.18 +0.7
3	1-4	YUEN KAR WAI 袁嘉慧	551003 DBSAC	5.07m.		4.54 +2.5	5.03 +0.3	5.07 +0.2
4	1-2	LAI SHUI NIN INGRID 黎瑞年	550996 DBSAC	4.55m.		4.55 +1.1	-	r
5	1-5	LEUNG PIK KWAN MICHELLE 梁碧君	550998 DBSAC	3.51m.		3.51 -0.5	r	r

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W55 - Shot Put

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	14.47	SIGRIN KOFINK		TURKU, FIN	1991/07/21
Masters ACR	8.86	MAK Lai Fun	Hong Kong Masters Athletics	Wanchai SG	2014/11/02
HKMAC RECORD	8.86	MAK Lai Fun	Hong Kong Masters Athletics	Wanchai SG	2014/11/02

2025/11/23 Start: 11:15 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-9	GNANASUGANTHI ANNAVI	551076 IND-NAAA	7.74m.		7.57	7.74	7.11
2	1-13	WONG SIU KING ALISON 黃瀟琼	551000 DBSAC	7.65m.		7.34	X	7.65
3	1-3	WONG WAI SHEUNG EMMY 黃慧嫦	551001 DBSAC	7.10m.		6.72	6.81	7.10
4	1-7	CHAN LING KUEN 陳玲娟	551156 SCAA	7.09m.		6.47	7.09	6.84
5	1-15	HO KA LAI 何嘉麗	550892 BAC	6.76m.		6.67	6.54	6.76
6	1-1	FESSY GEORGE	551075 IND-NAAA	6.73m.		6.37	6.73	6.62
7	1-14	LAM VIVIAN WING YIN 林頴賢	551044 GHSAC	6.71m.		6.71	6.31	5.85
8	1-4	QUIMBO CORAZON	551085 PHI-NMSAA	6.11m.		6.11	5.88	5.64
9	1-10	CHAN SHUK MAN 陳淑敏	551040 GHSAC	5.90m.		5.90	X	5.74
10	1-8	CHIM STELLA 詹愷怡	551157 SCAA	5.55m.		5.19	5.55	4.16
11	1-5	CHAN WAI YIN 陳慧妍	550992 DBSAC	4.76m.		4.75	4.65	4.76
12	1-6	TSANG SIU YEE SANDY 曾小儀	550897 BAC	4.42m.		3.62	4.42	X
	1-2	IP KIT CHING HEIDI 葉潔清	551042 GHSAC	DNS				
	1-11	LEUNG PIK KWAN MICHELLE 梁碧君	550998 DBSAC	DNS				
	1-12	CHEUNG WING YI DORIS 張詠儀	550995 DBSAC	DNS				

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W55 - Discus Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	43.36	TAMARA DANILOVA		PRIEN, GER	1996/08/10
Masters ACR	23.41	CHAN LING KUEN 陳玲娟	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	23.41	CHAN LING KUEN 陳玲娟	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 18:10 23°C 62%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-6	CHAN LING KUEN 陳玲娟	551156 SCAA	23.54m.	HKMACR, R	23.54	23.28	22.92
2	1-8	WONG SIU KING ALISON 黃瀟琼	551000 DBSAC	17.97m.		17.97	X	14.49
3	1-9	WONG WAI SHEUNG EMMY 黃慧嫦	551001 DBSAC	15.96m.		X	X	15.96
4	1-10	HO KA LAI 何嘉麗	550892 BAC	15.56m.		15.19	14.33	15.56
5	1-12	FESSY GEORGE	551075 IND-NAAA	15.26m.		X	14.91	15.26
6	1-11	GNANASUGANTHI ANNAVI	551076 IND-NAAA	15.26m.		X	13.99	15.26
7	1-4	LAM VIVIAN WING YIN 林頴賢	551044 GHSAC	15.16m.		15.16	14.26	13.21
8	1-1	CHENG VIRGINIA TSE WAI 鄭子慧	551206 WAC	13.89m.		X	13.44	13.89
9	1-3	QUIMBO CORAZON	551085 PHI-NMSAA	13.52m.		12.34	13.52	13.16
10	1-7	CHAN SHUK MAN 陳淑敏	551040 GHSAC	12.31m.		12.31	X	X
11	1-5	CHIM STELLA 詹愷怡	551157 SCAA	10.60m.		X	10.60	9.88
	1-2	IP KIT CHING HEIDI 葉潔清	551042 GHSAC	DNS				
	1-13	LEUNG YUEN FAN JENNIFER 梁婉芬	550893 BAC	DNS				

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W55 - Javelin Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	44.44	NATAŠA BEZJAK URBANČ. I č		POTSDAM, GER	2002/08/21
Masters ACR	22.84	IP KIT CHING HEIDI 葉潔清	The 8th Hong Kong Masters	Wanchai SG	2023/10/28
HKMAC RECORD	22.84	IP KIT CHING HEIDI 葉潔清	The 8th Hong Kong Masters	Wanchai SG	2023/10/28

2025/11/23 Start: 11:50 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-2	WONG SIU KING ALISON 黃瀟琼	551000 DBSAC	20.11m.		19.84	17.09	20.11
2	1-4	CHENG VIRGINIA TSE WAI 鄭子慧	551206 WAC	17.56m.		17.56	12.26	15.69
3	1-1	LEE SIU WAI YVONNE 李少慧	551045 GHSAC	17.51m.		11.08	17.51	14.67
4	1-10	TAI MIU KUEN ALICE 戴妙娟	550999 DBSAC	17.35m.		16.61	17.35	16.34
5	1-8	LAM VIVIAN WING YIN 林穎賢	551044 GHSAC	15.85m.		15.85	6.36	x
6	1-15	WONG WAI SHEUNG EMMY 黃慧嫦	551001 DBSAC	14.30m.		14.18	14.30	x
7	1-13	CHAN SHUK MAN 陳淑敏	551040 GHSAC	13.35m.		13.35	x	12.39
8	1-16	LEUNG YUEN FAN JENNIFER 梁婉芬	550893 BAC	12.86m.		11.63	12.86	12.55
9	1-7	HO KA LAI 何嘉麗	550892 BAC	12.65m.		12.50	9.91	12.65
10	1-5	QUIMBO CORAZON	551085 PHI-NMSAA	12.57m.		11.86	12.57	x
11	1-3	CHIM STELLA 詹愷怡	551157 SCAA	12.07m.		10.16	11.53	12.07
12	1-14	HUI BONNIE 許穎汶	551041 GHSAC	10.44m.		10.44	x	9.24
13	1-12	HO SUI SAN 何瑞新	551098 PKMSAA	9.64m.		7.90	7.28	9.64
14	1-9	CHAN LING KUEN 陳玲娟	551156 SCAA	7.83m.		x	x	7.83
	1-6	LEUNG YUEN WAI 梁婉慧	550894 BAC	DNS				

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W55 - Javelin Throw

	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	44.44	NATAŠA BEZJAK URBANČIČ		POTSDAM, GER	2002/08/21
	Masters ACR	22.84	IP KIT CHING HEIDI 葉潔清	The 8th Hong Kong Masters	Wanchai SG	2023/10/28
	HKMAC RECORD	22.84	IP KIT CHING HEIDI 葉潔清	The 8th Hong Kong Masters	Wanchai SG	2023/10/28

2025/11/23 Start: 11:50 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
	1-11	IP KIT CHING HEIDI 葉潔清	551042 GHSAC	DNS				

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W55 - 4X100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	54.05	TRIOLO,ALLEN,SHOOK,UPSHAW		MALAGA, ESP	2018/09/15
Masters ACR	58.38	SCAA W55 4X100M (A)	The 6th Hong Kong Masters	TKO SG	2021/09/11
HKMAC RECORD	58.38	SCAA W55 4X100M (A)	The 6th Hong Kong Masters	TKO SG	2021/09/11

2025/11/22 Start: 16:55 24°C 40%

Final

Pos	Heat/Lane	Name 姓名	Bib#/Team	Result	Remarks
1	1-3	南華體育會 曾煥明, 詹愷怡, 林秀玲, 李適貞	SCAA	1:06.65	
2	1-5	拔萃男書院田徑會 A 張敏, 黎瑞年, 黃瀟琼, 袁嘉慧	DBSAC	1:08.26	
3	1-8	赤道體育會 A 曾小儀, 陳水蓮, 梁婉芬, 鍾少芳	BAC	1:09.26	
4	1-2	拔萃男書院田徑會 B 張詠儀, 黃慧嫦, 姚靜君, 陳慧妍	DBSAC	1:16.00	YC#
5	1-4	培僑中學校友會 鄔燕華, 何瑞新, 焦小慧, 張志群	PKMSAA	1:24.71	
6	1-7	赤道體育會 B 梁婉慧, 陳美芳, 蘇愛明, 陳梅秋	BAC	1:28.13	
7	1-6	香港女子健跑會 冼麗玲, 張雁萍, 李銘詩, 鄭燕玲	HKLRRC	1:28.20	

Note: # TR.16.5.3

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W55 - 4X400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	4:23.52	MCDONALD,VALLE,ROHL,BROCKNE		AMES, USA	2021/07/25
Masters ACR	5:24.12	SCAA W55 4X400M (A)	The 6th Hong Kong Masters	TKO SG	2021/09/12
HKMAC RECORD	5:24.12	SCAA W55 4X400M (A)	The 6th Hong Kong Masters	TKO SG	2021/09/12

2025/11/23 Start: 16:45 28°C 53%

Final

Pos	Heat/Lane	Name 姓名	Bib#/Team	Result	Remarks
1	1-6	拔萃男書院田徑會 A 黃瀟琼, 張敏, 袁嘉慧, 黎瑞年	DBSAC	5:45.71	
2	1-4	赤道體育會 曾小儀, 陳水蓮, 梁婉芬, 何嘉麗	BAC	5:54.43	
3	1-8	南華體育會 阮潔儀, 曾煥明, 駱雪儀, 李適貞	SCAA	6:14.93	
4	1-3	香港女子健跑會 劉詠茵, 梁麗麗, 李銘詩, 崔少妙	HKLRRC	6:26.32	
5	1-7	培僑中學校友會 鄔燕華, 何瑞新, 焦小慧, 劉玉喬	PKMSAA	7:02.85	
6	1-5	拔萃男書院田徑會 B 陳慧妍, 黃慧嫦, 梁碧君, 梁惠瑜	DBSAC	7:10.98	

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Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W60 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	13.20	Nicole Barilly Alexis		Tampere, FIN	2022/06/30
Masters ACR	14.69	HUNG KA YEE MARGARET 洪家儀	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD	14.69	HUNG KA YEE MARGARET 洪家儀	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 10:00 15°C 62%

Final 1 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-2	HUNG KA YEE MARGARET	洪家儀	600900 BAC	15.23	+0.6	15.223"
2	1-5	CHU SIU LING PANCY	朱少玲	601162 SCAA	15.28	+0.6	
3	1-3	LOK SUET YEE	駱雪儀	601163 SCAA	16.00	+0.6	
4	1-4	LEUNG YUEN MAN MANDY	梁婉文	600905 BAC	16.99	+0.6	
5	1-7	MA ESTHER	馬天惠	601004 DBSAC	20.18	+0.6	
6	1-6	KWONG LAI FAN	鄺麗芬	600901 BAC	20.46	+0.6	
7	1-8	LAU YUK KIU	劉玉嬌	600903 BAC	21.38	+0.6	
8	1-1	CHAN MUI CHAU	陳梅秋	600898 BAC	23.13	+0.6	

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-6	LUNG WAI LAN	龍惠蘭	601106 PKMSAA	15.23	+0.4	15.223"
2	2-1	NG SIU FONG	吳少芳	600907 BAC	16.67	+0.4	
3	2-5	TIN KWAI YING	田桂英	600908 BAC	18.64	+0.4	
4	2-2	WONG YEE SUM	黃意心	601140 RMAC	19.10	+0.4	
5	2-7	CHAN CHUK KWAN	陳竹筠	601102 PKMSAA	19.87	+0.4	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W60 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	13.20	Nicole Barilly Alexis		Tampere, FIN	2022/06/30
Masters ACR	14.69	HUNG KA YEE MARGARET 洪家儀	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD	14.69	HUNG KA YEE MARGARET 洪家儀	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 10:00 15°C 62%

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
6	2-3	LEUNG SUET KING	梁雪琼	600904 BAC	20.25	+0.4	
7	2-8	YAM YAN SHEUNG	任引嫦	600911 BAC	20.44	+0.4	
8	2-4	WONG OI KAN	黃愛勤	600910 BAC	23.01	+0.4	

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WMA RECORD	13.20	Nicole Barilly Alexis		Tampere, FIN	2022/06/30
Masters ACR	14.69	HUNG KA YEE MARGARET 洪家儀	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD	14.69	HUNG KA YEE MARGARET 洪家儀	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 10:00 15°C 62%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-2	HUNG KA YEE MARGARET	洪家儀	600900 BAC	15.23	+0.6	15.223"
1	2-6	LUNG WAI LAN	龍惠蘭	601106 PKMSAA	15.23	+0.4	15.223"
3	1-5	CHU SIU LING PANCY	朱少玲	601162 SCAA	15.28	+0.6	
4	1-3	LOK SUET YEE	駱雪儀	601163 SCAA	16.00	+0.6	
5	2-1	NG SIU FONG	吳少芳	600907 BAC	16.67	+0.4	
6	1-4	LEUNG YUEN MAN MANDY	梁婉文	600905 BAC	16.99	+0.6	
7	2-5	TIN KWAI YING	田桂英	600908 BAC	18.64	+0.4	
8	2-2	WONG YEE SUM	黃意心	601140 RMAC	19.10	+0.4	
9	2-7	CHAN CHUK KWAN	陳竹筠	601102 PKMSAA	19.87	+0.4	
10	1-7	MA ESTHER	馬天惠	601004 DBSAC	20.18	+0.6	
11	2-3	LEUNG SUET KING	梁雪琼	600904 BAC	20.25	+0.4	
12	2-8	YAM YAN SHEUNG	任引嫦	600911 BAC	20.44	+0.4	
13	1-6	KWONG LAI FAN	鄺麗芬	600901 BAC	20.46	+0.6	
14	1-8	LAU YUK KIU	劉玉嬌	600903 BAC	21.38	+0.6	
15	2-4	WONG OI KAN	黃愛勤	600910 BAC	23.01	+0.4	

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Women's W60 - 100m

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WMA RECORD	13.20	Nicole Barilly Alexis		Tampere, FIN	2022/06/30
Masters ACR	14.69	HUNG KA YEE MARGARET 洪家儀	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD	14.69	HUNG KA YEE MARGARET 洪家儀	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 10:00 15°C 62%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
16	1-1	CHAN MUI CHAU	陳梅秋	600898 BAC	23.13	+0.6	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W60 - 200m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	27.78	Nicole Barilly Alexis		Tampere, FIN	2022/07/03
Masters ACR	31.88	HUNG KA YEE MARGARET 洪家儀	The 8th Hong Kong Masters	Wanchai SG	2023/10/28
HKMAC RECORD	31.88	HUNG KA YEE MARGARET 洪家儀	The 8th Hong Kong Masters	Wanchai SG	2023/10/28

2025/11/23 Start: 10:05 21°C 79%

Final 1 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-4	LUNG WAI LAN	龍惠蘭	601106 PKMSAA	32.37	+0.7	
2	1-3	LEUNG YUEN MAN MANDY	梁婉文	600905 BAC	36.17	+0.7	
3	1-6	LEUNG SUET KING	梁雪琼	600904 BAC	45.74	+0.7	
4	1-5	LAU YUK KIU	劉玉嬌	600903 BAC	46.72	+0.7	
5	1-7	CHUNG SIU HA ANITA	鍾少霞	600899 BAC	49.72	+0.7	
6	1-2	TIN PO CHING	田寶貞	600909 BAC	49.84	+0.7	
7	1-8	WONG OI KAN	黃愛勤	600910 BAC	52.63	+0.7	

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-7	HUNG KA YEE MARGARET	洪家儀	600900 BAC	33.79	+1.1	
2	2-5	CHUI SIU MUI MARGARET	崔少妙	601057 HKLRRC	40.70	+1.1	
3	2-6	TIN KWAI YING	田桂英	600908 BAC	40.89	+1.1	
4	2-8	LAU WAI MEI	劉惠美	600902 BAC	43.59	+1.1	
5	2-2	MA ESTHER	馬天惠	601004 DBSAC	44.05	+1.1	
6	2-4	MIU WAI KUEN	繆渭娟	600906 BAC	49.57	+1.1	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W60 - 200m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	27.78	Nicole Barilly Alexis		Tampere, FIN	2022/07/03
Masters ACR	31.88	HUNG KA YEE MARGARET 洪家儀	The 8th Hong Kong Masters	Wanchai SG	2023/10/28
HKMAC RECORD	31.88	HUNG KA YEE MARGARET 洪家儀	The 8th Hong Kong Masters	Wanchai SG	2023/10/28

2025/11/23 Start: 10:05 21°C 79%

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
	2-3	KWOK CHOI WAN	郭彩雲	601105 PKMSAA	DNS		

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HKMAC RECORD	31.88	HUNG KA YEE MARGARET 洪家儀	The 8th Hong Kong Masters	Wanchai SG	2023/10/28

2025/11/23 Start: 10:05 21°C 79%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-4	LUNG WAI LAN	龍惠蘭	601106 PKMSAA	32.37	+0.7	
2	2-7	HUNG KA YEE MARGARET	洪家儀	600900 BAC	33.79	+1.1	
3	1-3	LEUNG YUEN MAN MANDY	梁婉文	600905 BAC	36.17	+0.7	
4	2-5	CHUI SIU MUI MARGARET	崔少妙	601057 HKLRRC	40.70	+1.1	
5	2-6	TIN KWAI YING	田桂英	600908 BAC	40.89	+1.1	
6	2-8	LAU WAI MEI	劉惠美	600902 BAC	43.59	+1.1	
7	2-2	MA ESTHER	馬天惠	601004 DBSAC	44.05	+1.1	
8	1-6	LEUNG SUET KING	梁雪琼	600904 BAC	45.74	+0.7	
9	1-5	LAU YUK KIU	劉玉嬌	600903 BAC	46.72	+0.7	
10	2-4	MIU WAI KUEN	繆渭娟	600906 BAC	49.57	+1.1	
11	1-7	CHUNG SIU HA ANITA	鍾少霞	600899 BAC	49.72	+0.7	
12	1-2	TIN PO CHING	田寶貞	600909 BAC	49.84	+0.7	
13	1-8	WONG OI KAN	黃愛勤	600910 BAC	52.63	+0.7	
	2-3	KWOK CHOI WAN	郭彩雲	601105 PKMSAA	DNS		

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W60 - 400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	1:04.31	CAROLINE POWELL		LYON, FRA	2015/08/12
Masters ACR	1:21.54	NG SIU FONG 吳少芳	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD	1:21.54	NG SIU FONG 吳少芳	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 15:10 24°C 40%

Final 1 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-5	LEUNG YUEN MAN MANDY	梁婉文	600905 BAC	1:33.70	
2	1-6	TO MOON CHI	杜滿芝	601165 SCAA	1:43.44	
3	1-7	TIN KWAI YING	田桂英	600908 BAC	1:46.03	
4	1-4	CHAN CHUK KWAN	陳竹筠	601102 PKMSAA	1:48.98	
5	1-3	TIN PO CHING	田寶貞	600909 BAC	2:14.73	

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	2-5	LUNG WAI LAN	龍惠蘭	601106 PKMSAA	1:18.37	HKMACR, R
2	2-6	MA ESTHER	馬天惠	601004 DBSAC	1:39.04	
3	2-4	LAU WAI MEI	劉惠美	600902 BAC	1:57.10	
4	2-7	CHAN MUI CHAU	陳梅秋	600898 BAC	1:59.69	

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Women's W60 - 400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	1:04.31	CAROLINE POWELL		LYON, FRA	2015/08/12
Masters ACR	1:21.54	NG SIU FONG 吳少芳	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD	1:21.54	NG SIU FONG 吳少芳	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 15:10 24°C 40%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	2-5	LUNG WAI LAN	龍惠蘭	601106 PKMSAA	1:18.37	HKMACR, R
2	1-5	LEUNG YUEN MAN MANDY	梁婉文	600905 BAC	1:33.70	
3	2-6	MA ESTHER	馬天惠	601004 DBSAC	1:39.04	
4	1-6	TO MOON CHI	杜滿芝	601165 SCAA	1:43.44	
5	1-7	TIN KWAI YING	田桂英	600908 BAC	1:46.03	
6	1-4	CHAN CHUK KWAN	陳竹筠	601102 PKMSAA	1:48.98	
7	2-4	LAU WAI MEI	劉惠美	600902 BAC	1:57.10	
8	2-7	CHAN MUI CHAU	陳梅秋	600898 BAC	1:59.69	
9	1-3	TIN PO CHING	田寶貞	600909 BAC	2:14.73	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W60 - 800m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	2:33.09	LIDIA ZENTNER		BAR LE DUC, FRA	2013/09/14
Masters ACR	3:18.94	Yeung Wing Han	Hong Kong Masters Athletics	Wanchai SG	2014/11/02
HKMAC RECORD	3:18.94	Yeung Wing Han	Hong Kong Masters Athletics	Wanchai SG	2014/11/02

2025/11/23 Start: 15:40 27°C 49%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-1	CHUI SIU MUI MARGARET	崔少妙	601057 HKLRRC	3:21.78	
2	1-7	MA ESTHER	馬天惠	601004 DBSAC	3:57.27	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W60 - 1500m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	5:06.65	LIDIA ZENTNER		HELMSHEIM, GER	2013/09/21
Masters ACR	6:36.24	CHUI SIU MIU MARGARET	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	6:36.24	CHUI SIU MIU MARGARET	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 08:30 15°C 62%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-13	CHUA HEUNG FEI	蔡香菲	601104 PKMSAA	8:03.85	

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W60 - 5000m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	17:59.16	SILKE SCHMIDT		WAGENINGEN, NED	2019/08/07
Masters ACR	22:42.66	LEE Suet Lin Shirley 李雪蓮	Hong Kong Masters Athletics	Wanchai SG	2016/10/29
HKMAC RECORD	22:42.66	LEE Suet Lin Shirley 李雪蓮	Hong Kong Masters Athletics	Wanchai SG	2016/10/29

2025/11/23 Start: 11:35 21°C 79%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-32	MA ESTHER	馬天惠	601004 DBSAC	29:37.01	

Split: 05:33.59 (5:33.59) 11:32.24 (5:58.65) 17:30.20 (5:57.96) 23:38.13 (6:07.94) 29'37.002" (5:58.86)

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W60 - 5000mRW

Record	Perf	Athlete	Event	Place	Date
Masters ACR	31:14.71	LAM SUK LAN 林淑蘭	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	31:14.71	LAM SUK LAN 林淑蘭	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 11:30 24°C 40%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-27	LAM SUK LAN	林淑蘭	601183 SHTB	32:05.48	
		Split: 06:18.22 (6:18.22) 12:46.16 (6:27.94) 19:16.00 (6:29.84) 25:45.69 (6:29.70) 32'05.478" (6:19.30)				
2	1-25	CHEUNG CHI TING	張紫婷	601065 HKRWA	34:42.69	
		Split: 06:45.84 (6:45.84) 13:36.98 (6:51.15) 20:36.57 (6:59.58) 27:44.13 (7:07.57) 34'42.684" (6:57.86)				
3	1-28	SIU WING SZE	邵詠絲	601184 SHTB	35:51.94	
		Split: 06:43.50 (6:43.50) 13:49.39 (7:05.90) 21:09.05 (7:19.65) 28:33.18 (7:24.14) 35'51.932" (7:17.81)				
4	1-26	CHIU WING KUEN	趙詠娟	601182 SHTB	37:19.81	
		Split: 07:18.81 (7:18.81) 14:47.29 (7:28.48) 22:21.51 (7:34.22) 29:56.21 (7:34.70) 37'19.809" (7:22.79)				
5	1-22	NG LAI FONG	吳麗芳	601066 HKRWA	38:20.22	
		Split: 07:20.52 (7:20.52) 14:58.97 (7:38.46) 22:46.40 (7:47.42) 30:36.09 (7:49.70) 38'20.215" (7:43.90)				
6	1-23	POON OI PAN	潘靄蘋	601067 HKRWA	38:47.92	
		Split: 07:01.46 (7:01.46) 14:41.15 (7:39.70) 22:45.07 (8:03.91) 30:51.38 (8:06.31) 38'47.914" (7:55.62)				
7	1-29	TSE SIU YIN	謝韶燕	601185 SHTB	39:14.32	
		Split: 07:24.35 (7:24.35) 15:13.37 (7:49.02) 23:21.92 (8:08.55) 31:22.60 (8:00.69) 39'14.311" (7:51.39)				
8	1-30	SHUM LAM SAU HA JUDY	沈林秀霞	601164 SCAA	43:02.28	
		Split: 08:10.74 (8:10.74) 16:51.92 (8:41.19) 25:39.20 (8:47.27) 34:22.65 (8:43.45) 43'02.280" (8:39.35)				
	1-24	CHAN KWAI YING	陳桂英	601181 SHTB	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W60 - Long Jump

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	4.75	CHRISTIANE SCHMALBRUCH		DURBAN, RSA	1997/07/19
Masters ACR	4.11	HUNG KA YEE MARGARET 洪家儀	The 8th Hong Kong Masters	Wanchai SG	2023/10/27
HKMAC RECORD	4.11	HUNG KA YEE MARGARET 洪家儀	The 8th Hong Kong Masters	Wanchai SG	2023/10/27

2025/11/23 Start: 08:40 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-3	HUNG KA YEE MARGARET 洪家儀	600900 BAC	3.66m.		3.46 +1.4	3.47 +1.6	3.66 +1.7
2	1-1	CHU SIU LING PANCY 朱少玲	601162 SCAA	3.52m.		3.10 -0.5	3.52 +0.2	3.45 +0.4
3	1-2	LEUNG YUEN MAN MANDY 梁婉文	600905 BAC	3.34m.		3.34 +0.9	3.34 +0.8	3.27 +1.5

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W60 - Triple Jump

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	11.04	AKIKO OHINATA		TAJIMI CITY,	2010/06/06

2025/11/22 Start: 10:55 15°C 62%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-2	CHU SIU LING PANCY 朱少玲	601162 SCAA	7.96m.		7.54 -0.2	x	7.96 +0.3
	1-1	LEUNG YUEN MAN MANDY 梁婉文	600905 BAC	DNS				

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W60 - Shot Put

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	13.68	MIHAELA LOGHIN		BUCHAREST,	ROU2012/06/09
Masters ACR	7.81	WONG MEI YING 黃美櫻	The 6th Hong Kong Masters	TKO SG	2021/09/11
HKMAC RECORD	7.81	WONG MEI YING 黃美櫻	The 6th Hong Kong Masters	TKO SG	2021/09/11

2025/11/22 Start: 15:20 24°C 40%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-8	WONG KAM FUNG 黃金鳳	601107 PKMSAA	7.05m.		4.95	7.05	6.69
2	1-3	CHAN FLORENCE 陳愛玲	601048 GHSAC	6.71m.		6.48	6.55	6.71
3	1-5	LEUNG YUEN MAN MANDY 梁婉文	600905 BAC	6.63m.		6.63	6.29	x
4	1-7	U CHUEN MING KATHERINE 胡川明	601005 DBSAC	6.46m.		5.43	4.70	6.46
5	1-2	SWAINE MARIA	600856 AVOHK	6.42m.		x	6.42	6.28
6	1-11	LOK SUET YEE 駱雪儀	601163 SCAA	6.20m.		5.74	5.96	6.20
7	1-9	CHANG CHI KWAN 張志群	601103 PKMSAA	5.75m.		4.91	5.56	5.75
8	1-6	MA ESTHER 馬天惠	601004 DBSAC	5.22m.		5.22	4.22	3.92
9	1-10	KWOK JOSEPHINE MUN KIT 郭文杰	601192 SMTFA	5.15m.		5.15	4.12	4.89
10	1-1	WOO SUET CHUNG 胡雪聰	601108 PKMSAA	4.83m.		4.83	3.51	4.61
11	1-4	WONG YIM KUEN JENNY 黃艷娟	600942 CLSAA	4.28m.		3.91	4.20	4.28

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W60 - Discus Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	40.76	CAROL FINSRUD		SAN MARCOS, US	2017/10/14
Masters ACR	17.69	Tay Yu Eng	Hong Kong Masters Athletics	Diocesan Boys'	2018/10/27
HKMAC RECORD	15.88	AU YEUNG Sau Chun 歐陽秀珍	Hong Kong Masters Athletics	TKO SG	2017/11/11

2025/11/23 Start: 15:35 27°C 49%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-3	WONG KAM FUNG 黃金鳳	601107 PKMSAA	16.41m.	R	x	15.53	16.41
2	1-1	LEUNG YUEN MAN MANDY 梁婉文	600905 BAC	14.78m.		14.78	12.87	13.96
3	1-7	NG SIU FONG 吳少芳	600907 BAC	14.65m.		13.58	14.65	x
4	1-6	CHANG CHI KWAN 張志群	601103 PKMSAA	12.20m.		12.15	12.20	11.57
5	1-2	WOO SUET CHUNG 胡雪聰	601108 PKMSAA	12.02m.		10.44	x	12.02
6	1-4	SWAINE MARIA	600856 AVOHK	11.34m.		x	11.34	x
7	1-5	MA ESTHER 馬天惠	601004 DBSAC	11.16m.		11.16	10.59	x

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W60 - Javelin Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	37.50	LINDA COHN		NORTHRIDGE, US	2014/05/02
Masters ACR	23.81	Tay Yu Eng	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	22.48	AU YEUNG Sau Chun 歐陽秀珍	Hong Kong Masters Athletics	TKO SG	2018/10/27

2025/11/23 Start: 08:30 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-2	TO MOON CHI 杜滿芝	601165 SCAA	17.89m.		16.18	14.67	17.89
2	1-4	WONG KAM FUNG 黃金鳳	601107 PKMSAA	17.00m.		14.28	17.00	16.40
3	1-10	NG SIU FONG 吳少芳	600907 BAC	16.00m.		16.00	14.42	13.29
4	1-5	LOK SUET YEE 駱雪儀	601163 SCAA	15.69m.		15.48	x	15.69
5	1-8	LEUNG YUEN MAN MANDY 梁婉文	600905 BAC	15.26m.		15.26	x	14.66
6	1-12	CHAN FLORENCE 陳愛玲	601048 GHSAC	12.43m.		10.89	12.43	11.73
7	1-6	MA ESTHER 馬天惠	601004 DBSAC	12.15m.		11.46	9.67	12.15
8	1-11	SWAINE MARIA	600856 AVOHK	10.57m.		x	10.57	9.16
9	1-7	CHANG CHI KWAN 張志群	601103 PKMSAA	10.52m.		10.18	9.94	10.52
10	1-3	TIN KWAI YING 田桂英	600908 BAC	7.51m.		6.75	7.51	5.73
11	1-1	TIN PO CHING 田寶貞	600909 BAC	6.33m.		6.33	6.29	x
	1-13	WOO SUET CHUNG 胡雪聰	601108 PKMSAA	NM		x	x	x
	1-9	LEUNG SUET KING 梁雪琼	600904 BAC	DNS				

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W60 - 4X100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	55.77	DRECOLL,REICHERT,HOFFMAN,HO		JYVaSKYLa,	FIN2000/07/09
Masters ACR	1:02.65	南華 W60 4X100米 (A)	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD	1:02.65	南華 W60 4X100米 (A)	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 16:55 24°C 40%

Final

Pos	Heat/Lane	Name 姓名	Bib#/Team	Result	Remarks
1	1-5	南華體育會 杜滿芝, 駱雪儀, 阮潔儀, 朱少玲	SCAA	1:05.27	
2	1-4	赤道體育會 A 田桂英, 梁婉文, 洪家儀, 吳少芳	BAC	1:07.26	
3	1-7	赤道體育會 B 任引嫦, 劉惠美, 田寶貞, 梁雪琼	BAC	1:22.96	
4	1-6	培僑中學校友會 趙樂美, 陳竹筠, 胡雪聰, 官麗梅	PKMSAA	1:24.77	

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主辦機構: 冠名贊助: 協辦機構: 支持媒體:

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W60 - 4X400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	4:41.85	WEST,GODSELL,HORDER,POWELL		MALAGA, ESP	2018/09/16
Masters ACR	6:20.09	HKLRRC	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	6:20.09	HKLRRC	Hong Kong Masters Athletics	TKO SG	2018/10/27

2025/11/23 Start: 16:45 28°C 53%

Final

Pos	Heat/Lane	Name 姓名	Bib#/Team	Result	Remarks
1	1-6	赤道體育會 B 田桂英, 洪家儀, 洪家儀, 洪家儀	BAC	6:19.08	HKMACR, R
2	1-7	培僑中學校友會 郭彩雲, 陳竹筠, 官麗梅, 龍惠蘭	PKMSAA	6:53.74	
3	1-4	南華體育會 杜滿芝, 杜滿芝, 謝華秀, 温燕儀	SCAA	7:11.18	
4	1-5	赤道體育會 A 田寶貞, 梁雪琼, 劉惠美, 黃愛勤	BAC	8:27.10	

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W65 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	13.91	KARLA DEL GRANDE		TORONTO, CAN	2018/08/11
Masters ACR	17.14	TSE WAH SAU 謝華秀	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	17.14	TSE WAH SAU 謝華秀	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 09:50 15°C 62%

Final 1 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-3	SONG JINZI	宋金子	651194 SZGM	16.01	+1.3	HKMACR
2	1-6	TANG OI LIN IRENE	鄧愛蓮	650920 BAC	18.14	+1.3	
3	1-1	WU ZHI QIONG	伍志琼	651007 DGD	19.66	+1.3	
4	1-7	KWUN LAI MUI	官麗梅	651111 PKMSAA	19.75	+1.3	
5	1-5	CHEN YUJUEN	陳玉娟	650912 BAC	20.15	+1.3	
6	1-2	LEUNG MEI NGAN	梁美顏	650915 BAC	20.89	+1.3	
7	1-4	CHEUNG PUI SHIU SHIRLEY	張沛韶	650913 BAC	28.37	+1.3	
	1-8	LAM ON HAN	林安嫻	650914 BAC	DNS		

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-8	WAN YIN YEE PANNY	温燕儀	651169 SCAA	16.39	+0.9	HKMACR, R
2	2-2	XING YU MEI	邢玉梅	651008 DGD	16.54	+0.9	HKMACR
3	2-1	LAI YIN MEI	黎賢美	651167 SCAA	18.24	+0.9	
4	2-5	SUNG CHE WAI, BETTY	孫志惠	650919 BAC	18.91	+0.9	
5	2-4	WONG MEI YING THERRY	黃美櫻	651170 SCAA	19.33	+0.9	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W65 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	13.91	KARLA DEL GRANDE		TORONTO, CAN	2018/08/11
Masters ACR	17.14	TSE WAH SAU 謝華秀	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	17.14	TSE WAH SAU 謝華秀	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 09:50 15°C 62%

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
6	2-7	NG MEI LIN	伍美蓮	650917 BAC	28.64	+0.9	
7	2-6	LUK YIM HA	陸艷霞	650916 BAC	31.49	+0.9	
	2-3	TSE WAH SAU	謝華秀	651168 SCAA	DNS		

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W65 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	13.91	KARLA DEL GRANDE		TORONTO, CAN	2018/08/11
Masters ACR	17.14	TSE WAH SAU 謝華秀	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	17.14	TSE WAH SAU 謝華秀	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 09:50 15°C 62%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-3	SONG JINZI	宋金子	651194 SZGM	16.01	+1.3	HKMACR
2	2-8	WAN YIN YEE PANNY	温燕儀	651169 SCAA	16.39	+0.9	HKMACR, R
3	2-2	XING YU MEI	邢玉梅	651008 DGD	16.54	+0.9	HKMACR
4	1-6	TANG OI LIN IRENE	鄧愛蓮	650920 BAC	18.14	+1.3	
5	2-1	LAI YIN MEI	黎賢美	651167 SCAA	18.24	+0.9	
6	2-5	SUNG CHE WAI, BETTY	孫志惠	650919 BAC	18.91	+0.9	
7	2-4	WONG MEI YING THERRY	黃美櫻	651170 SCAA	19.33	+0.9	
8	1-1	WU ZHI QIONG	伍志琼	651007 DGD	19.66	+1.3	
9	1-7	KWUN LAI MUI	官麗梅	651111 PKMSAA	19.75	+1.3	
10	1-5	CHEN YUJUEN	陳玉娟	650912 BAC	20.15	+1.3	
11	1-2	LEUNG MEI NGAN	梁美顏	650915 BAC	20.89	+1.3	
12	1-4	CHEUNG PUI SHIU SHIRLEY	張沛韶	650913 BAC	28.37	+1.3	
13	2-7	NG MEI LIN	伍美蓮	650917 BAC	28.64	+0.9	
14	2-6	LUK YIM HA	陸艷霞	650916 BAC	31.49	+0.9	
	1-8	LAM ON HAN	林安嫻	650914 BAC	DNS		

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W65 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	13.91	KARLA DEL GRANDE		TORONTO, CAN	2018/08/11
Masters ACR	17.14	TSE WAH SAU 謝華秀	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	17.14	TSE WAH SAU 謝華秀	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 09:50 15°C 62%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
	2-3	TSE WAH SAU	謝華秀	651168 SCAA	DNS		

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W65 - 200m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	28.53	KARLA DEL GRANDE		SURREY, CAN	2018/08/05
Masters ACR	37.46	SUNG CHE WAI BETTY 孫志惠			2022/11/27
HKMAC RECORD	38.37	SUNG CHE WAI BETTY 孫志惠	The 8th Hong Kong Masters	Wanchai SG	2023/10/28

2025/11/23 Start: 09:55 21°C 79%

Final 1 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-5	XING YU MEI	邢玉梅	651008 DGD	36.31	-0.3	HKMACR
2	1-4	TANG OI LIN IRENE	鄧愛蓮	650920 BAC	40.87	-0.3	
3	1-7	LAI YIN MEI	黎賢美	651167 SCAA	42.82	-0.3	
4	1-6	WU ZHI QIONG	伍志琼	651007 DGD	43.94	-0.3	
5	1-3	NG MEI LIN	伍美蓮	650917 BAC	1:19.99	-0.3	

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-7	TSE WAH SAU	謝華秀	651168 SCAA	35.39	-0.9	HKMACR, R
2	2-3	WAN YIN YEE PANNY	温燕儀	651169 SCAA	35.49	-0.9	HKMACR, R
3	2-5	WONG MEI YING THERRY	黃美櫻	651170 SCAA	45.01	-0.9	
4	2-6	CHEN YUJUEN	陳玉娟	650912 BAC	45.86	-0.9	
5	2-4	LEUNG MEI NGAN	梁美顏	650915 BAC	47.05	-0.9	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W65 - 200m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	28.53	KARLA DEL GRANDE		SURREY, CAN	2018/08/05
Masters ACR	37.46	SUNG CHE WAI BETTY 孫志惠			2022/11/27
HKMAC RECORD	38.37	SUNG CHE WAI BETTY 孫志惠	The 8th Hong Kong Masters	Wanchai SG	2023/10/28

2025/11/23 Start: 09:55 21°C 79%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-7	TSE WAH SAU	謝華秀	651168 SCAA	35.39	-0.9	HKMACR, R
2	2-3	WAN YIN YEE PANNY	温燕儀	651169 SCAA	35.49	-0.9	HKMACR, R
3	1-5	XING YU MEI	邢玉梅	651008 DGD	36.31	-0.3	HKMACR
4	1-4	TANG OI LIN IRENE	鄧愛蓮	650920 BAC	40.87	-0.3	
5	1-7	LAI YIN MEI	黎賢美	651167 SCAA	42.82	-0.3	
6	1-6	WU ZHI QIONG	伍志琼	651007 DGD	43.94	-0.3	
7	2-5	WONG MEI YING THERRY	黃美櫻	651170 SCAA	45.01	-0.9	
8	2-6	CHEN YUJUEN	陳玉娟	650912 BAC	45.86	-0.9	
9	2-4	LEUNG MEI NGAN	梁美顏	650915 BAC	47.05	-0.9	
10	1-3	NG MEI LIN	伍美蓮	650917 BAC	1:19.99	-0.3	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W65 - 400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	1:08.08	KARLA DEL GRANDE		TORONTO, CAN	2019/07/12
Masters ACR	1:34.21	CHOI Kam Har 蔡錦霞	Hong Kong Masters Athletics	Wanchai SG	2016/10/29
HKMAC RECORD	1:34.21	CHOI Kam Har 蔡錦霞	Hong Kong Masters Athletics	Wanchai SG	2016/10/29

2025/11/22 Start: 15:10 24°C 40%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-8	XING YU MEI	邢玉梅	651008 DGD	1:28.23	HKMACR
2	1-3	WAN YIN YEE PANNY	温燕儀	651169 SCAA	1:31.49	HKMACR, R
3	1-5	TANG OI LIN IRENE	鄧愛蓮	650920 BAC	1:35.76	
4	1-4	WU ZHI QIONG	伍志琼	651007 DGD	1:36.52	
5	1-2	CHEN YUJUEN	陳玉娟	650912 BAC	2:09.72	
	1-6	WONG MEI YING THERRY	黃美櫻	651170 SCAA	DNS	
	1-7	LEUNG MEI NGAN	梁美顏	650915 BAC	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W65 - 800m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	2:39.61	SABRA HARVEY		PERTH, AUS	2016/10/31
Masters ACR	3:44.48	Yeung Wing Han	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	3:44.48	Yeung Wing Han	Hong Kong Masters Athletics	TKO SG	2018/10/27

2025/11/23 Start: 15:40 27°C 49%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-1	YANG SHOU YING	杨守英	651009 DGD	3:15.71	HKMACR
	1-8	LEUNG JACQUELINE	梁慧	651006 DBSAC	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W65 - 1500m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	5:25.65	KATHRYN MARTIN		TORONTO, CAN	2017/08/11

2025/11/22 Start: 08:30 15°C 62%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-15	YANG SHOU YING	杨守英	651009 DGD	6:22.81	
2	1-16	SHEK YUEN HUNG HELEN	石元紅	650918 BAC	9:22.76	
	1-14	LEUNG JACQUELINE	梁慧	651006 DBSAC	DNS	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W65 - 5000m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	20:08.17	KATHRYN MARTIN		PERTH, AUS	2016/10/28
Masters ACR	27:25.54	SHEILA PURVES 贝维斯			2022/12/04
HKMAC RECORD	27:25.54	SHEILA PURVES 贝维斯			2022/12/04

2025/11/23 Start: 11:35 21°C 79%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-35	YANG SHOU YING	杨守英	651009 DGD	22:43.00	HKMACR
		Split: 04:19.51 (4:19.51) 08:51.24 (4:31.74) 13:30.91 (4:39.66) 18:08.44 (4:37.54) 22'42.991" (4:33.55)				
2	1-33	SUEN WAI HA	孫惠霞	651187 SHTB	26:19.58	HKMACR, R
		Split: 05:01.14 (5:01.14) 10:18.99 (5:17.86) 15:39.37 (5:20.37) 20:59.92 (5:20.56) 26'19.580" (5:19.07)				
3	1-34	SHEK YUEN HUNG HELEN	石元紅	650918 BAC	36:29.02	
		Split: 06:29.78 (6:29.78) 13:37.08 (7:07.30) 21:13.61 (7:36.53) 28:58.28 (7:44.68) 36'29.012" (7:30.71)				

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W65 - 5000mRW

Record	Perf	Athlete	Event	Place	Date
Masters ACR	31:26.51	KWAN SIU YIN 關小燕	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27
HKMAC RECORD	31:26.51	KWAN SIU YIN 關小燕	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27

2025/11/22 Start: 11:30 24°C 40%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-33	SUEN WAI HA	孫惠霞	651187 SHTB	33:14.42	
		Split: 06:28.62 (6:28.62) 13:13.49 (6:44.87) 19:57.73 (6:44.24) 26:34.90 (6:37.17) 33'14.416" (6:39.10)				
2	1-35	TAI SAU KING IRENE	戴秀琼	651188 SHTB	33:21.62	
		Split: 06:24.05 (6:24.05) 13:05.15 (6:41.11) 19:48.29 (6:43.13) 26:38.45 (6:50.17) 33'21.614" (6:42.54)				
3	1-31	LI YUET NGOR	李月娥	651186 SHTB	37:48.86	
		Split: 07:25.51 (7:25.51) 14:53.54 (7:28.04) 22:29.33 (7:35.78) 30:10.77 (7:41.44) 37'48.860" (7:37.23)				
4	1-32	WONG MUI FONG	王梅芳	651189 SHTB	43:40.54	
		Split: 08:35.73 (8:35.73) 17:27.91 (8:52.18) 26:19.02 (8:51.11) 35:03.78 (8:44.77) 43'40.538" (8:36.21)				
5	1-34	LEE SHIU MUI	李少梅	651068 HKRWA	44:38.85	
		Split: 08:38.16 (8:38.16) 17:36.28 (8:58.13) 26:41.02 (9:04.73) 35:47.78 (9:06.77) 44'38.844" (8:50.21)				

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W65 - 2000mSC

2025/11/23 Start: 08:40 21°C 79%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-12	TAI SAU KING IRENE	戴秀琼	651188 SHTB	11:58.79	

Split: 05:41.38 (5:41.38) 11'58.787 (6:16.62)

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W65 - Long Jump

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	4.64	CHRISTIANE SCHMALBRUCH		ATHENS, GRE	2002/08/16
Masters ACR	2.29	KWUN LAI MUI 官麗梅	The 8th Hong Kong Masters	Wanchai SG	2023/10/27
HKMAC RECORD	2.29	KWUN LAI MUI 官麗梅	The 8th Hong Kong Masters	Wanchai SG	2023/10/27

2025/11/23 Start: 08:40 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-1	SONG JINZI 宋金子	651194 SZGM	3.60m.	HKMACR	3.60 +1.4	X +1.0	3.35 +0.1
2	1-2	TSE WAH SAU 謝華秀	651168 SCAA	3.16m.	HKMACR, R	3.16 +0.7	r	

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Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W65 - Triple Jump

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	9.81	AKIKO OHINATA		NAGANO-SHI, JPN	2015/06/14

2025/11/22 Start: 10:55 15°C 62%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-1	SONG JINZI 宋金子	651194 SZGM	7.82m.		7.82 +0.1	7.81 +0.4	-

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W65 - Shot Put

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	13.36	MIHAELA LOGHIN		BUCHAREST, ROU	2017/07/01
Masters ACR	11.50	SUN XUEFANG 孙学舫	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	7.05	WONG MEI YING THERRY 黃美櫻	The 8th Hong Kong Masters	Wanchai SG	2023/10/27

2025/11/22 Start: 15:20 24°C 40%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-2	WONG MEI YING THERRY 黃美櫻	651170 SCAA	6.80m.		6.47	6.80	6.35
2	1-1	SONG JINZI 宋金子	651194 SZGM	6.54m.		6.07	6.54	6.30
3	1-3	LAI YIN MEI 黎賢美	651167 SCAA	6.11m.		5.51	6.11	6.07
4	1-4	CHOW PUI LING 周佩玲	651110 PKMSAA	5.87m.		5.74	5.80	5.87
5	1-5	TSE WAH SAU 謝華秀	651168 SCAA	5.41m.		5.41	4.75	4.90
6	1-6	WONG YUK YING 黃玉瑩	650921 BAC	5.25m.		4.51	5.02	5.25
7	1-8	TANG OI LIN IRENE 鄧愛蓮	650920 BAC	5.19m.		5.09	5.12	5.19
	1-7	HAJAH MARIAH HJ METUSSIN	650938 BRU	DNS				

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W65 - Discus Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	37.62	TAMARA DANILOVA		SAN SEBASTIAN	2005/08/28
Masters ACR	20.04	SUN XUEFANG 孙学舫	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	16.35	LAI YIN MEI 黎賢美	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 15:35 27°C 49%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-2	LAI YIN MEI 黎賢美	651167 SCAA	16.01m.		14.86	-	16.01
2	1-7	WONG MEI YING THERRY 黃美櫻	651170 SCAA	14.06m.		14.06	x	13.30
3	1-3	CHOW PUI LING 周佩玲	651110 PKMSAA	13.19m.		13.19	x	x
4	1-6	WONG YUK YING 黃玉瑩	650921 BAC	12.56m.		10.81	12.56	x
5	1-8	KWUN LAI MUI 官麗梅	651111 PKMSAA	12.11m.		12.11	11.76	11.95
6	1-4	TANG OI LIN IRENE 鄧愛蓮	650920 BAC	11.32m.		x	11.32	x
7	1-1	YU LAI FONG 余麗芳	651112 PKMSAA	10.37m.		10.08	x	10.37
	1-5	HAJAH MARIAH HJ METUSSIN	650938 BRU		DNS			

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Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W65 - Javelin Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	37.32	LINDA COHN		CERRITOS, USA	2018/04/13
Masters ACR	21.40	AU YEUNG SAU CHUN 歐陽秀珍	The 8th Hong Kong Masters	Wanchai SG	2023/10/28
HKMAC RECORD	21.40	AU YEUNG SAU CHUN 歐陽秀珍	The 8th Hong Kong Masters	Wanchai SG	2023/10/28

2025/11/23 Start: 08:30 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-4	SONG JINZI 宋金子	651194 SZGM	18.33m.		18.33	x	17.12
2	1-1	KWUN LAI MUI 官麗梅	651111 PKMSAA	13.91m.		x	13.91	x
3	1-8	LAI YIN MEI 黎賢美	651167 SCAA	13.47m.		13.47	x	11.93
4	1-7	WAN YIN YEE PANNY 温燕儀	651169 SCAA	11.97m.		10.72	11.28	11.97
5	1-12	WONG YUK YING 黃玉瑩	650921 BAC	11.41m.		10.24	10.16	11.41
6	1-11	YU LAI FONG 余麗芳	651112 PKMSAA	11.32m.		10.02	x	11.32
7	1-2	TSE WAH SAU 謝華秀	651168 SCAA	10.67m.		10.67	x	x
8	1-3	WONG MEI YING THERRY 黃美櫻	651170 SCAA	10.63m.		9.26	9.22	10.63
9	1-9	CHOW PUI LING 周佩玲	651110 PKMSAA	10.15m.		8.95	9.78	10.15
10	1-5	TAI SAU KING IRENE 戴秀琼	651188 SHTB	9.80m.		9.80	x	9.16
11	1-6	HAJAH AMINAH HJ AWG DAMIT	651937 BRU	9.72m.		9.37	9.03	9.72
12	1-10	TANG OI LIN IRENE 鄧愛蓮	650920 BAC	9.61m.		9.61	x	x

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W65 - 4X100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	1:00.31	ZöRNER,BUCHHOLZ,REISMANN,ME		LYON, FRA	2015/08/16
Masters ACR	1:15.57	南華體育會	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	1:25.43	南華 W65 4X100米	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 16:55 24°C 40%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-2	南華體育會 黎賢美, 温燕儀, 黃美櫻, 謝華秀		SCAA	1:09.27	HKMACR, R
2	1-3	赤道體育會 梁美顏, 孫志惠, 石元紅, 鄧愛蓮		BAC	1:26.05	
	1-8	培僑中學校友會		PKMSAA	DNS	

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Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W65 - 4X400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	4:52.76	DAVIS, BLURTON, FLYNN,		DARWIN, AUS	2017/06/12
Masters ACR	7:52.03	南華 W65 4X400M			2022/11/27
HKMAC RECORD	7:52.03	南華 W65 4X400M			2022/11/27

2025/11/23 Start: 16:45 28°C 53%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-3	赤道體育會 陳玉娟, 孫志惠, 石元紅, 鄧愛蓮		BAC	8:40.87	
	1-8	培僑中學校友會		PKMSAA	DNS	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W70 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	14.73	INGRID MEIER		ZITTAU, GER	2017/06/30
Masters ACR	18.84	MA SEK WAI YEE STELLA	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD	18.84	MA SEK WAI YEE STELLA	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 09:50 15°C 62%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-2	MA SEK WAI YEE STELLA	馬石慧儀	700924 BAC	19.27	+2.0	
2	1-4	CHOI KAM HAR	蔡錦霞	701070 HKRWA	20.95	+2.0	
3	1-3	NG SUI HEUNG	吳瑞香	700925 BAC	22.46	+2.0	
4	1-7	FU CHONG NGAN YIM	傅莊顏艷	700922 BAC	22.81	+2.0	
5	1-5	KAN WAI MI	簡惠媚	700923 BAC	39.70	+2.0	
	1-6	TOU MEI LEN	杜美玲	700926 BAC	DNS		

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W70 - 200m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	31.30	INGRID MEIER		ZITTAU, GER	2017/07/02
Masters ACR	39.29	MA SEK WAI YEE STELLA	The 8th Hong Kong Masters	Wanchai SG	2023/10/28
HKMAC RECORD	39.29	MA SEK WAI YEE STELLA	The 8th Hong Kong Masters	Wanchai SG	2023/10/28

2025/11/23 Start: 09:55 21°C 79%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-8	MA SEK WAI YEE STELLA	馬石慧儀	700924 BAC	43.17	-1.7	
2	1-5	CHOI KAM HAR	蔡錦霞	701070 HKRWA	47.90	-1.7	
3	1-3	FU CHONG NGAN YIM	傅莊顏艷	700922 BAC	50.28	-1.7	
4	1-7	NG SUI HEUNG	吳瑞香	700925 BAC	50.53	-1.7	
	1-4	KAN WAI MI	簡惠媚	700923 BAC	DNS		
	1-6	TOU MEI LEN	杜美玲	700926 BAC	DNS		

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W70 - 400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	1:11.78	BARBARA BLURTON		PERTH, AUS	2020/12/10
Masters ACR	1:37.38	MA SEK WAI YEE STELLA	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD	1:40.81	MA SEK WAI YEE, STELLA	The 6th Hong Kong Masters	TKO SG	2021/09/12

2025/11/22 Start: 15:10 24°C 40%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-4	MA SEK WAI YEE STELLA	馬石慧儀	700924 BAC	1:43.29	

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W70 - 5000mRW

2025/11/22 Start: 11:30 24°C 40%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-38	CHENG IP MING	鄭葉明	701069 HKRWA	34:47.03	
		Split: 06:50.90 (6:50.90) 13:49.63 (6:58.74) 20:49.34 (6:59.70) 27:52.69 (7:03.36) 34'47.022" (6:54.30)				
2	1-36	CHOI KAM HAR	蔡錦霞	701070 HKRWA	35:40.81	
		Split: 06:49.35 (6:49.35) 13:53.72 (7:04.37) 21:07.71 (7:13.99) 28:24.02 (7:16.31) 35'40.803" (7:15.98)				
3	1-37	FONG FUNG YEE STELLA	方鳳儀	701190 SHTB	47:04.20	
		Split: 09:14.21 (9:14.21) 18:37.39 (9:23.18) 28:02.92 (9:25.53) 37:38.24 (9:35.33) 47'04.191" (9:25.75)				

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W70 - Long Jump

	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	4.26	CAROL LAFAYETTE-BOYD		SAINT JOHN, CAN	2012/08/10
	Masters ACR	2.07	HO FERNANDA ANTONIA	The 7th Hong Kong Masters	Tin Shui Wai	2022/11/27
	HKMAC RECORD	2.07	HO FERNANDA ANTONIA	The 7th Hong Kong Masters	Tin Shui Wai	2022/11/27

2025/11/23 Start: 08:40 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-1	LAU SAU YIN 劉秀賢	701114 PKMSAA	1.29m.		-	1.24 +0.9	1.29 +1.4

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W70 - Shot Put

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	11.02	ROSEMARY CHRIMES		DERBY, GBR	2003/06/07
Masters ACR	6.81	WONG MIU TO 黃妙桃	The 8th Hong Kong Masters	Wanchai SG	2023/10/27
HKMAC RECORD	6.81	WONG MIU TO 黃妙桃	The 8th Hong Kong Masters	Wanchai SG	2023/10/27

2025/11/22 Start: 15:20 24°C 40%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-4	MA SEK WAI YEE STELLA 馬石慧儀	700924 BAC	5.82m.		5.64	5.82	x
2	1-2	WONG MIU TO 黃妙桃	701115 PKMSAA	5.20m.		5.20	4.84	4.75
3	1-5	PREMA VARADHARAJU	701077 IND-NAAA	4.95m.		4.95	4.92	4.62
4	1-1	FU CHONG NGAN YIM 傅莊顏艷	700922 BAC	4.16m.		4.16	3.86	4.03
5	1-3	LAU SAU YIN 劉秀賢	701114 PKMSAA	4.05m.		3.60	4.05	3.79

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W70 - Discus Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	33.55	TAMARA DANILOVA		NYiREGYHaZA,	2010/07/23
Masters ACR	13.15	WONG MIU TO 黃妙桃	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD	13.15	WONG MIU TO 黃妙桃	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/23 Start: 15:35 27°C 49%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-3	WONG MIU TO 黃妙桃	701115 PKMSAA	11.91m.		10.97	10.49	11.91
2	1-4	PREMA VARADHARAJU	701077 IND-NAAA	11.04m.		10.94	x	11.04
3	1-2	FU CHONG NGAN YIM 傅莊顏艷	700922 BAC	10.55m.		x	x	10.55
4	1-5	MA SEK WAI YEE STELLA 馬石慧儀	700924 BAC	9.82m.		x	9.82	x
	1-1	LAU SAU YIN 劉秀賢	701114 PKMSAA	DNS				

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Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W70 - Javelin Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	29.03	MASAKO SUZUKI		NARA, JPN	2018/10/28
Masters ACR	12.71	WONG MIU TO 黃妙桃	The 8th Hong Kong Masters	Wanchai SG	2023/10/28
HKMAC RECORD	12.71	WONG MIU TO 黃妙桃	The 8th Hong Kong Masters	Wanchai SG	2023/10/28

2025/11/23 Start: 08:30 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-2	WONG MIU TO 黃妙桃	701115 PKMSAA	11.62m.		10.48	9.96	11.62
2	1-4	LAU SAU YIN 劉秀賢	701114 PKMSAA	10.91m.		9.34	7.99	10.91
3	1-3	MA SEK WAI YEE STELLA 馬石慧儀	700924 BAC	7.36m.		x	7.36	x
	1-1	CHIU SUET MIU 趙雪梅	701113 PKMSAA	DNS				

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W70 - 4X100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	1:04.28	FOERSTER,ZOERNER,STUMP,MEIE		ARHUS, DEN	2017/08/05
Masters ACR	1:49.61	SCAA W70 4X100M	The 6th Hong Kong Masters	TKO SG	2021/09/11
HKMAC RECORD	1:49.61	SCAA W70 4X100M	The 6th Hong Kong Masters	TKO SG	2021/09/11

2025/11/22 Start: 16:55 24°C 40%

Final

Pos	Heat/Lane	Name 姓名	Bib#/Team	Result	Remarks
1	1-4	香港競走社 馮國婉, 劉鳳鈴, 鄭葉明, 蔡錦霞	HKRWA	1:41.11	HKMACR, R
2	1-5	赤道體育會 傅莊顏艷, 簡惠媚, 吳瑞香, 馬石慧儀	BAC	1:50.17	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W70 - 4X400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	5:32.95	MACLIVER, HAMPSON, LANG, ALLIS		LYON, FRA	2015/08/16

2025/11/23 Start: 16:45 28°C 53%

Final

Pos	Heat/Lane	Name 姓名	Bib#/Team	Result	Remarks
1	1-2	赤道體育會 傅莊顏艷, 馬石慧儀, 吳瑞香, 林翠玲	BAC	8:20.48	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W75 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	15.03	CAROL LAFAYETTE-BOYD		SURREY, CAN	2018/08/04
Masters ACR	18.63	LUI MARIA 梁乃港	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	18.63	LUI MARIA 梁乃港	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 09:50 15°C 62%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-4	SIU FUNG HING	蕭鳳慶	750930 BAC	26.20	+0.2	
2	1-7	LAU FUNG LING	劉鳳鈴	751072 HKRWA	27.80	+0.2	
3	1-3	NGAI KAM YU	魏錦如	750929 BAC	41.27	+0.2	
4	1-5	CHAN TOUNG YEE	陳統頤	750927 BAC	42.64	+0.2	
	1-6	FUNG MARY LENA	馮瑪利	751171 SCAA	DNS		

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Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W75 - 200m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	31.56	CAROL LAFAYETTE-BOYD		MaLAGA, ESP	2018/09/09
Masters ACR	38.51	LUI MARIA 梁乃港	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	38.51	LUI MARIA 梁乃港	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 09:55 21°C 79%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-6	KO SUSAN		750857 AVOHK	41.23	-0.7	
2	1-7	SIU FUNG HING	蕭鳳慶	750930 BAC	1:00.22	-0.7	
3	1-4	LAU FUNG LING	劉鳳鈴	751072 HKRWA	1:00.50	-0.7	
4	1-5	NGAI KAM YU	魏錦如	750929 BAC	1:03.80	-0.7	

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Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: 冠名贊助: 協辦機構: 支持媒體:

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W75 - 400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	1:19.53	CHRISTA BORTIGNON		KAMLOOPS, CAN	2013/08/22
Masters ACR	1:30.70	KO SUSAN MARGARET	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	1:30.70	KO SUSAN MARGARET	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 15:10 24°C 40%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-5	KO SUSAN		750857 AVOHK	1:34.39	
2	1-6	OGSIMER ROSALINDA		751086 PHI-NMSAA	2:11.29	

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W75 - 800m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	3:07.35	JEANNE DAPRANO		MOOR PARK, USA	2011/10/23
Masters ACR	3:42.72	KO SUSAN MARGARET	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	3:42.72	KO SUSAN MARGARET	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 15:40 27°C 49%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-6	KO SUSAN		750857 AVOHK	3:54.27	
2	1-3	OGSIMER ROSALINDA		751086 PHI-NMSAA	4:56.33	

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W75 - 1500m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	6:34.22	ELFRIEDE HODAPP		KEVELAER, GER	2010/07/03
Masters ACR	7:47.62	KO SUSAN MARGARET	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	7:47.62	KO SUSAN MARGARET	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 08:30 15°C 62%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-17	KO SUSAN		750857 AVOHK	7:57.98	
2	1-18	OGSIMER ROSALINDA		751086 PHI-NMSAA	9:45.53	

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W75 - 5000m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	23:30.93	LAVINIA PETRIE		MELBOURNE, AUS	2019/04/28
Masters ACR	29:25.41	KO SUSAN MARGARET	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	29:25.41	KO SUSAN MARGARET	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 11:35 21°C 79%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-36	KO SUSAN		750857 AVOHK	28:39.58	HKMACR, R
		Split: 05:29.74 (5:29.74) 11:15.31 (5:45.57) 17:03.59 (5:48.28) 22:58.79 (5:55.21) 28'39.578" (5:40.20)				
2	1-37	OGSIMER ROSALINDA		751086 PHI-NMSAA	35:30.25	
		Split: 06:45.14 (6:45.14) 13:55.68 (7:10.55) 21:07.94 (7:12.25) 28:19.95 (7:12.02) 35'30.243" (7:10.04)				
3	1-38	LAU FUNG LING	劉鳳鈴	751072 HKRWA	36:11.38	
		Split: 06:53.57 (6:53.57) 14:09.08 (7:15.52) 21:34.67 (7:25.58) 29:00.00 (7:25.34) 36'11.371" (7:10.99)				

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Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W75 - 5000mRW

Record	Perf	Athlete	Event	Place	Date
Masters ACR	56:04.61	WAKEFIELD EDITHA	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27
HKMAC RECORD	56:04.61	WAKEFIELD EDITHA	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27

2025/11/22 Start: 11:30 24°C 40%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-39	FUNG KWOK YUEN	馮國婉	751071 HKRWA	43:56.07	HKMACR, R
		Split: 08:46.81 (8:46.81) 17:35.11 (8:48.30) 26:30.02 (8:54.91) 35:20.26 (8:50.25) 43'56.062" (8:35.73)				
2	1-40	LAU FUNG LING	劉鳳鈴	751072 HKRWA	49:20.85	HKMACR, R
		Split: 10:01.63 (10:01.63) 20:30.16 (10:28.53) 29:57.60 (9:27.44) 39:43.76 (9:46.17) 49'20.848" (9:36.23)				

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W75 - Shot Put

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	12.12	MARIANNE MAIER		MaLAGA, ESP	2018/09/04
Masters ACR	7.68	FUNG MARY LENA 馮瑪利	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	7.68	FUNG MARY LENA 馮瑪利	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 14:30 24°C 40%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-2	FUNG MARY LENA 馮瑪利	751171 SCAA	7.63m.		x	7.01	7.63
2	1-3	KO SUSAN	750857 AVOHK	6.21m.		5.61	5.34	6.21
3	1-1	CHEUNG LAI KUEN 張勵娟	751116 PKMSAA	3.90m.		3.78	3.90	3.87

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W75 - Discus Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	31.56	TAMARA DANILOVA		NICE, FRA	2015/10/16
Masters ACR	16.98	FUNG MARY LENA 馮瑪利	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	16.98	FUNG MARY LENA 馮瑪利	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 15:35 27°C 49%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-2	FUNG MARY LENA 馮瑪利	751171 SCAA	13.83m.		x	13.83	13.14
2	1-4	YEUNG YING YING 楊瑩瑩	751117 PKMSAA	13.58m.		13.58	x	x
3	1-3	KO SUSAN	750857 AVOHK	10.73m.		x	10.73	x
	1-1	CHEUNG LAI KUEN 張勵娟	751116 PKMSAA		NM	x	x	x

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W75 - Javelin Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	29.92	EVAUN WILLIAMS		PORTO ALEGRE,	2013/10/22
Masters ACR	16.37	FUNG MARY LENA 馮瑪利	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	16.37	FUNG MARY LENA 馮瑪利	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 10:15 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-4	YEUNG YING YING 楊瑩瑩	751117 PKMSAA	16.16m.		12.31	12.39	16.16
2	1-2	FUNG MARY LENA 馮瑪利	751171 SCAA	14.16m.		11.81	x	14.16
3	1-1	KO SUSAN	750857 AVOHK	9.74m.		7.32	9.74	8.97
4	1-3	CHEUNG LAI KUEN 張勵娟	751116 PKMSAA	5.89m.		5.46	4.97	5.89

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHK LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W75 - 4X100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	1:10.19	OBERA,JORDAN,DONLEY,MEILER		SACRAMENTO, USA	2011/07/17
Masters ACR	1:40.52	SCAA	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	1:40.52	SCAA	Hong Kong Masters Athletics	TKO SG	2018/10/27

2025/11/22 Start: 16:55 24°C 40%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-6	赤道體育會 林翠玲, 陳統頤, 魏錦如, 蕭鳳慶		BAC	1:51.36	

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W80 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	16.23	Kathy Bergen		San Diego, USA	2021/09/19
Masters ACR	26.39	CHAN NUI NGAN 陳女銀	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD	26.39	CHAN NUI NGAN 陳女銀	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 09:50 15°C 62%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-3	SHIAO CHING FEN	蕭靜芬	800931 BAC	27.44	+1.6	
2	1-4	WAN LAI SHING ALMA	温麗城	800932 BAC	29.79	+1.6	
3	1-5	LEUNG DOROTHY		801084 LSCAC	34.30	+1.6	

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W80 - 200m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	35.34	KATHY BERGEN		SANTA ANA, USA	2021/06/06
Masters ACR	1:00.29	CHAN NUI NGAN 陳女銀	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	1:00.29	CHAN NUI NGAN 陳女銀	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 09:55 21°C 79%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-2	SHIAO CHING FEN	蕭靜芬	800931 BAC	1:04.68	-0.7	
2	1-8	WAN LAI SHING ALMA	溫麗城	800932 BAC	1:12.46	-0.7	
3	1-3	LEUNG DOROTHY		801084 LSCAC	1:30.36	-0.7	

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W80 - 5000mRW

2025/11/22 Start: 11:30 24°C 40%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-41	WAKEFIELD EDITHA		801061 HKLRRC	56:39.00	

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W80 - Shot Put

	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	10.07	EVAUN WILLIAMS		MaLAGA, ESP	2018/09/04
	Masters ACR	5.03	WAN LAI SHING ALMA 溫麗城	The 8th Hong Kong Masters	Wanchai SG	2023/10/27
	HKMAC RECORD	5.03	WAN LAI SHING ALMA 溫麗城	The 8th Hong Kong Masters	Wanchai SG	2023/10/27

2025/11/22 Start: 14:30 24°C 40%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-1	WAKEFIELD EDITHA	801061 HKLRRC	4.82m.		4.52	4.82	4.11

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W80 - Javelin Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	27.51	EVAUN WILLIAMS		TORU?, POL	2019/03/27
Masters ACR	8.07	WAN LAI SHING ALMA 溫麗城	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	8.07	WAN LAI SHING ALMA 溫麗城	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 10:15 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-1	WAKEFIELD EDITHA	801061 HKLRRC	8.15m.	HKMACR, R	7.80	8.15	x
2	1-2	WAN LAI SHING ALMA 溫麗城	800932 BAC	6.85m.		6.07	6.85	6.11

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W80 - 4X100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	1:21.06	DONLEY,MEILER,CHOU,OBERA		LYON, FRA	2015/08/16
Masters ACR	2:21.35	赤道體育會	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 16:55 24°C 40%

Final

Pos	Heat/Lane	Name 姓名	Bib#/Team	Result	Remarks
1	1-7	赤道體育會 温麗城, 藍楊佩芳, 蕭靜芬, 黎翠銀	BAC	2:53.87	

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W90 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	21.25	Emiko Saito		Surrey, CAN	2021/10/16
Masters ACR	36.68	LAM YEUNG PUI FONG 藍楊佩芳	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	36.68	LAM YEUNG PUI FONG 藍楊佩芳	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 09:50 15°C 62%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-6	LAM YEUNG PUI FONG	藍楊佩芳	900933 BAC	39.94	+1.6	

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W95 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	30.18	DIANE FRIEDMAN		BEDFORD, USA	2017/07/22

2025/11/22 Start: 09:50 15°C 62%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-7	LAI CHUI NGAN	黎翠銀	950934 BAC	1:04.33	+1.6	

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M35 - High Jump (Final)

Record	Perf	Athlete	Event	Place	Date
Masters ACR	1.92	NG Chit Wing 吳哲穎	Hong Kong Masters Athletics	TKO SG	2017/11/11

2025/11/22 Start: 09:50 15°C 62%

Pos	Order	NAME	姓名	Bib #	1.00	1.05	1.10	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.48	1.51	1.54	1.57	1.59	1.61	1.65	1.70	1.75	1.80	Result	Remarks
1	2	YUEN CHUN PONG	原振邦	350480 喇沙	-	-	-	-	-	-	-	-	-	-	-	-	o	o	-	o	o	o	x o	r	1.75m.	
2	5	WU WEIZHONG	吳偉鍾	350455 怡和	-	-	-	-	-	-	-	-	o	-	-	o	o	x o	o	x x x					1.59m.	
3	9	LI KIT	李杰	350685 南華	-	-	-	-	-	-	-	-	o	-	-	x o	-	x x x							1.51m.	
4	4	HAU WING CHUNG VINCENT	侯穎聰	350466 喇沙	-	-	-	-	o	-	o	-	o	o	o	x x x									1.48m.	
5	8	LEUNG WAI MAN RAYMOND	梁緯文	350194 拔萃	-	-	-	-	o	-	o	-	x	x	o	x	-	r							1.40m.	
6	3	YEUNG CHUN YIN JARVIS	楊俊彥	350208 拔萃	o	-	-	-	x	x	o	-	-	-	-	-	r								1.20m.	
	1	WONG KA CHAK	王嘉擇	350433 港大																					DNS	
	6	LAM HO FUNG	林昊鋒	350812 九龍華仁																					DNS	
	7	YEUNG MING KIU	楊銘翹	350038 赤道																					DNS	
	10	LAU WING MAN	劉穎文	350191 拔萃																					DNS	

"O" = Valid Trial 成功 "X" = Failed Trial 失敗 "-" = Passed Trial 免跳 "r" = Retired from Competition 退出比賽 NM = No Mark 無有效跳（擲）成績 DNS = Did not Start 未有出賽 DQ = Disqualified 取消比賽資格

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

Powered by: Pacers Athletics Club 飛達田徑會

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M40 - High Jump (Final)

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	2.28	DRAGUTIN TOPI□		BEOGRAD, SRB	2012/05/20
Masters ACR	1.72	IP YUI SUN 葉銳新			2024/11/23
HKMAC RECORD	1.72	IP YUI SUN 葉銳新			2024/11/23

2025/11/23 Start: 08:20 21°C 79%

Pos	Order	NAME	姓名	Bib #	1.00	1.05	1.10	1.15	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.55	1.58	1.61	1.63	1.65	1.67	1.69	1.71	1.73	1.76	1.78	Result	Remarks
1	5	HUI KIN SHING	許建成	400220 拔萃	-	-	-	-	-	-	-	-	-	-	o	o	-	o	o	o	o	o	o	xo	o	xr	1.76m.	HKMACR,
2	6	IP YUI SUN	葉銳新	400224 拔萃	-	-	-	-	-	-	-	-	-	-	o	o	xo	xx	oo	o	o	o	x-	xx			1.69m.	
3	4	CHANG MAN KIT	張文傑	400816 九龍華仁	-	-	-	-	-	-	-	-	o	o	o	o	xo	xx	o	xx							1.61m.	
4	8	CHAU ON KIT	周安傑	400778 公民	-	-	-	-	-	-	-	o	o	o	o	xxx											1.50m.	
5	7	LI FU CHUEN KAMIL	李富全	400654 警察	o	-	-	-	o	o	o	o	xo	o	xx	o	xx										1.50m.	
6	1	LEUNG TSZ KI	梁子琦	400230 拔萃	o	-	-	-	-	o	o	xo	o	o	xxx												1.45m.	
7	2	LUNG DONALD ANDREW	龍振國	400236 拔萃	o	o	o	o	o	o	xo	xxx															1.30m.	
7	9	LO KIN NGOK	勞健岳	400234 拔萃	o	o	o	o	o	o	xo	xxr															1.30m.	
	3	WAI MAN CHIK	韋文植	400243 拔萃																							DNS	
	10	LEE MING CHUNG	李銘冲	400122 張振興																							DNS	

"O" = Valid Trial 成功 "X" = Failed Trial 失敗 "-" = Passed Trial 免跳 "r" = Retired from Competition 退出比賽 NM = No Mark 無有效跳（擲）成績 DNS = Did not Start 未有出賽 DQ = Disqualified 取消比賽資格

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

Wan Chai Sports Ground
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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - High Jump (Final)

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	2.05	CHARLES AUSTIN		SAN MARCOS, USA	2014/06/21
Masters ACR	1.62	Jia Dong Jin 賈東進	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	1.62	Jia Dong Jin 賈東進	Hong Kong Masters Athletics	TKO SG	2018/10/27

2025/11/23 Start: 11:35 21°C 79%

Pos	Order	NAME	姓名	Bib #	1.10	1.15	1.20	1.25	1.30	1.33	1.36	1.39	1.42	1.45	1.48	1.51	1.54	1.57	1.60	1.63	1.66	1.69	1.72	Result	Remarks
1	7	NG CHIT WING	吳哲穎	450805 屈臣氏	-	-	-	-	-	-	-	-	o	-	-	o	-	o	-	o	o	xo	xxx	1.69m.	HKMACR,
2	10	LAU YU HIU	劉宇曉	450270 拔萃	o	-	-	-	-	-	-	-	o	-	-	o	-	o	xxoxxx					1.60m.	
3	11	CHAN YAN YEE JACKER	陳殷懿	450824 九龍華仁	o	-	-	-	o	-	o	-	o	-	-	o	-	xxx						1.51m.	
4	5	LEUNG SIU PAN	梁肇彬	450272 拔萃	o	-	-	xo	o	o	o	xo	o	r										1.42m.	
5	8	LUI CHI WANG ROBERT	呂志宏	450506 喇沙	o	-	-	o	o	o	-	xxx												1.33m.	
6	12	CHU CHEUK KIT JACKIE	朱卓傑	450456 怡和	o	o	o	xo	xo	xxx														1.30m.	
7	6	TSE KAI MING CARL	謝繼明	450152 達強	o	xo	xo	o	xr															1.25m.	
8	3	WAN MAN HO	温文灝	450283 拔萃	o	o	o	xo	xxx															1.25m.	
9	4	WONG CARRUK	黃嘉樂	450285 拔萃	o	o	o	xxx																1.20m.	
	1	KRIEL ALDO	歐立德	450051 赤道																				DNS	
	2	MAK ROCKY WANLONG	麥雲龍	450507 喇沙																				DNS	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

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Men's M45 - High Jump (Final)

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	2.05	CHARLES AUSTIN		SAN MARCOS, USA	2014/06/21
Masters ACR	1.62	Jia Dong Jin 賈東進	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	1.62	Jia Dong Jin 賈東進	Hong Kong Masters Athletics	TKO SG	2018/10/27

23 2025/11/23 Start: 11:35 21°C 79%

Pos	Order	NAME	姓名	Bib #	1.10	1.15	1.20	1.25	1.30	1.33	1.36	1.39	1.42	1.45	1.48	1.51	1.54	1.57	1.60	1.63	1.66	1.69	1.72	Result	Remarks
	9	LO MARK	盧致恒	450504 喇沙																				DNS	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

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香港先進田徑錦標賽
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Men's M50 - High Jump (Final)

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	1.98	THOMAS ZACHARIAS		BAUNATAL, GER	1997/05/17
Masters ACR	1.61	NG TAI WAI 吳大偉			2024/11/23
HKMAC RECORD	1.61	NG TAI WAI 吳大偉			2024/11/23

2025/11/22 Start: 11:15 24°C 40%

Pos	Order	NAME	姓名	Bib #	1.00	1.05	1.10	1.15	1.20	1.25	1.30	1.35	1.38	1.41	1.44	1.47	1.50	1.53	1.61	Result	Remarks
1	1	LIU CHI YUNG	廖智勇	500064 赤道	-	-	-	-	-	-	o	o	o	o	o	o	o	o	x x r	1.53m.	
2	7	IP YIU TONG	葉耀堂	500060 赤道	-	-	-	-	o	-	o	o	o	o	o	o	o	x x r		1.50m.	
3	5	TONG ALBERT	唐建衡	500532 喇沙	-	-	-	-	o	o	o	o	x o	o	o	o	x x x			1.47m.	
4	3	MA KING CHEUNG MEDES	馬敬將	500835 九龍華仁	o	o	-	-	o	-	o	x x x								1.30m.	
5	6	LAU KING SHAN DAVID	劉景山	500301 拔萃	-	o	-	-	o	-	x x x									1.20m.	
6	4	LEE SHI WANG	李仕宏	500303 拔萃	o	r														1.00m.	
	2	NG TAI WAI	吳大偉	500665 警察																DNS	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

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Men's M55 - High Jump (Final)

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	1.91	MARCO SEGATEL		ORVIETO, ITA	2017/07/08
Masters ACR	1.52	KWONG WING BIU 鄺永彪			2022/11/27
HKMAC RECORD	1.52	KWONG WING BIU 鄺永彪			2022/11/27

2025/11/23 Start: 14:00 27°C 49%

Pos	Order	NAME	姓名	Bib #	1.20	1.25	1.30	1.35	1.38	1.41	1.48	1.53	Result	Remarks
1	9	KWONG WING BIU	鄺永彪	550070 赤道	-	-	-	O	O	O	O	X X r	1.48m.	
2	7	WU DIK HUNG TEDDY	胡迪熊	550543 喇沙	-	-	O	O	O	X X X			1.38m.	
3	1	CHU WAI TAK VICTOR	朱偉德	550839 九龍華仁	O	O	O	O	X X O	X X X			1.38m.	
4	12	WU DIK LUN TOMMY	胡迪麟	550544 喇沙	O	O	X X X						1.25m.	
	2	BU QING YI	卜庆益	550405 上海田徑大師									DNS	
	3	CHAN KING YIM JEFFREY	陳敬嚴	550316 拔萃									DNS	
	4	LEUNG WING HANG MICHAEL	梁永鏗	550329 拔萃									DNS	
	5	SO TAK KING	蘇德擎	550072 赤道									DNS	
	6	HOUGH ALAN DEREK		550793 UK-NMAC									DNS	
	8	FUNG CHING CHEONG HARRY	馮正昌	550319 拔萃									DNS	
	10	CHAN MAN YUEN	陳文遠	550066 赤道									DNS	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

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Men's M55 - High Jump (Final)

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	1.91	MARCO SEGATEL		ORVIETO, ITA	2017/07/08
Masters ACR	1.52	KWONG WING BIU 鄺永彪			2022/11/27
HKMAC RECORD	1.52	KWONG WING BIU 鄺永彪			2022/11/27

2025/11/23 Start: 14:00 27°C 49%

Pos	Order	NAME	姓名	Bib #	1.20	1.25	1.30	1.35	1.38	1.41	1.48	1.53	Result	Remarks
	11	TAM CHUNG YING ERNIE	譚仲英	550334 拔萃									DNS	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

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Men's M60 - High Jump (Final)

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	1.81	VLADIMIR KUNTSEVICH		ZITTAU, GER	2012/08/20
Masters ACR	1.42	KUNG WAI LING 龔偉凌	The 6th Hong Kong Masters Athletics	TKO SG	2021/09/12
HKMAC RECORD	1.42	KUNG WAI LING 龔偉凌	The 6th Hong Kong Masters Athletics	TKO SG	2021/09/12

2025/11/23 Start: 15:30 27°C 49%

Pos	Order	NAME	姓名	Bib #	0.90	0.95	1.00	1.05	1.10	1.15	1.20	1.25	1.28	1.31	1.33	1.35	1.37	1.39	1.41	1.43	Result	Remarks
1	9	TAM SAMMY	譚旭生	600355 拔萃	-	-	-	-	-	-	-	o	-	o	-	o	-	o	-	x x x	1.39m.	
2	4	TONG CHUN FAN	唐俊勳	600358 拔萃	-	-	-	-	-	-	-	o	-	o	-	o	-	x o	-	x x x	1.39m.	
2	7	TANG TIN CHAI	鄧天齊	600357 拔萃	-	-	-	-	-	-	-	o	-	o	-	o	-	x o	-	x x r	1.39m.	
4	6	NAVARRO RENEL		600588 PHI-NMSAA	o	o	o	-	-	o	x x o	o	x x x								1.25m.	
5	1	NG KA YIU KARL	吳家耀	600354 拔萃	o	-	-	-	-	o	o	x x o	x -	r							1.25m.	
6	3	REEVES MARK FRANCIS	利瑪克	600018 AVOHK	o	-	o	o	o	x o	x			x r							1.15m.	
7	5	AU PETER	歐永照	600341 拔萃	o	o	-	-	x -	x r											0.95m.	
8	2	MO KIM FUNG BOSCO	武劍峰	600353 拔萃	o	x o	-	-	-	-	-	-	-	r							0.95m.	
9	8	TSANG ALBERT	曾仲文	600359 拔萃	o	r															0.90m.	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

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Men's M65 - High Jump (Final)

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	1.67	DUšAN PREZELJ		IZMIR, TUR	2014/08/26
Masters ACR	1.48	SUEN SHU KWAN, LEON 孫樹坤	The 6th Hong Kong Masters Athletics	TKO SG	2021/09/12
HKMAC RECORD	1.48	SUEN SHU KWAN, LEON 孫樹坤	The 6th Hong Kong Masters Athletics	TKO SG	2021/09/12

2025/11/22 Start: 15:00 24°C 40%

Pos	Order	NAME	姓名	Bib #	1.00	1.05	1.10	1.15	1.20	1.25	1.28	1.31	1.34	Result	Remarks
1	4	ZEE BENNY	徐仲鎂	650378 拔萃	-	-	O	-	O	X O	X O	O	X X X	1.31m.	
2	2	SUEN SHU KWAN LIONIMAN	孫樹坤	650096 赤道	-	O	O	-	O	X X O	X O	O	X X X	1.31m.	
3	8	LAM KIN HUNG	林建雄	650129 路德會協同	-	-	O	-	X O	X O	X X X			1.25m.	
4	9	WONG LIT CHOR ALEXIS	黃烈初	650375 拔萃	-	O	O	X O	O	X r				1.20m.	
5	1	CHAN WING KAY RICK	陳永基	650092 赤道	-	-	O	O	X X O	X X X				1.20m.	
6	6	CHENG HIN	鄭騫	650580 飛達	O	O	O	X X O	X r					1.15m.	
7	7	CHEUNG KAM WING	張錦榮	650609 培僑	-	O	O	-	X X X					1.10m.	
	3	AU KING TONG	歐敬唐	650607 培僑										DNS	
	5	YIM TIN LEUNG	嚴天亮	650715 南華										DNS	

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主辦機構: 冠名贊助: 協辦機構: 支持媒體:

香港先進田徑錦標賽
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Men's M70 - High Jump (Final)

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	1.60	DUšAN PREZELJ		PTUJ, SLO	2020/07/22
Masters ACR	1.15	CHUI HONG SHEUNG 崔康常	The 6th Hong Kong Masters Athletics	TKO SG	2021/09/12
HKMAC RECORD	1.15	CHUI HONG SHEUNG 崔康常	The 6th Hong Kong Masters Athletics	TKO SG	2021/09/12

2025/11/22 Start: 16:15 24°C 40%

Pos	Order	NAME	姓名	Bib #	0.80	0.85	0.90	0.95	1.00	1.03	1.06	1.09	1.12	1.15	1.18	1.21	Result	Remarks
1	1	JIN HUI	金辉	700414 上海田徑大師	-	-	O	O	O	XO	XXX						1.03m.	
2	3	LIU CHEUK LEUNG	廖卓良	700718 南華	-	-	O	O	-	-	-	-	-	-	-	-	0.95m.	
3	2	KO ALEX	高量洪	700379 拔萃	O	r											0.80m.	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

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Men's M75 - High Jump (Final)

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	1.49	CARL-ERIK SäRNDAL		LUND, SWE	2013/09/17
Masters ACR	1.15	YANG VICTOR 楊岳明	The 8th Hong Kong Masters Athletics	Wanchai SG	2023/10/27
HKMAC RECORD	1.15	YANG VICTOR 楊岳明	The 8th Hong Kong Masters Athletics	Wanchai SG	2023/10/27

22 2025/11/22 Start: 16:15 24°C 40%

Pos	Order	NAME	姓名	Bib #	0.80	0.85	0.90	0.95	1.00	1.03	1.06	1.09	1.12	1.15	1.18	1.21	Result	Remarks
1	2	XIAO GUO LIN	肖国林	750415 上海田徑大師	-	-	-	-	-	-	-	-	-	O	-	X X X	1.15m.	=HKMACR
2	3	PERIASAMY JAMES THANGAM		750440 IND-KMAC	-	-	-	-	O	O	O	X O	X X X				1.09m.	
3	1	LAI CHING TIN PETER	黎澄天	750552 喇沙	O	O	O	O	-	-	X X X						0.95m.	
3	4	CHUI HONG SHEUNG	崔康常	750384 拔萃	O	O	O	O	-	-	X r						0.95m.	
5	5	WAN CHARLES	尹兆祥	750392 拔萃	O	X X X											0.80m.	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M80 - High Jump (Final)

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	1.38	CARL-ERIK SäRNDAL		KARLSKRONA, SWE	2017/08/20
Masters ACR	1.09	Ho Shui On 何瑞安	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	1.09	Ho Shui On 何瑞安	Hong Kong Masters Athletics	TKO SG	2018/10/27

2025/11/22 Start: 16:15 24°C 40%

Pos	Order	NAME	姓名	Bib #	0.80	0.85	0.90	0.95	1.00	1.03	1.06	1.09	1.12	1.15	1.18	1.21	Result	Remarks
1	3	GEE ARTHUR		800024 AVOHK	O	-	-	-	-	-	XXO	r					1.06m.	
2	1	YANG VICTOR	楊岳明	800393 拔萃	O	-	O	-	-	-	-	-	-	-	-	-	0.90m.	
2	2	HWANG EDDIE	黃 呂	800635 培僑	O	O	O	r									0.90m.	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M85 - High Jump (Final)

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	1.25	SAMULI KORPI		INKEROINEN, FIN	2015/05/17
Masters ACR	1.05	HO SHUI ON 何瑞安	The 6th Hong Kong Masters Athletics	TKO SG	2021/09/12
HKMAC RECORD	1.05	HO SHUI ON 何瑞安	The 6th Hong Kong Masters Athletics	TKO SG	2021/09/12

2025/11/22 Start: 16:15 24°C 40%

Pos	Order	NAME	姓名	Bib #	0.80			0.85			Result	Remarks
1	1	HO SHUI ON	何瑞安	850723 南華	O			r			0.80m.	

"O" = Valid Trial 成功 "X" = Failed Trial 失敗 "-" = Passed Trial 免跳 "r" = Retired from Competition 退出比賽 NM = No Mark 無有效跳（擲）成績 DNS = Did not Start 未有出賽 DQ = Disqualified 取消比賽資格

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M30 - 100m

2025/11/22 Start: 11:15 24°C 40%

Final 1 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-3	CHAN CHING YIN	陳正賢	300794 WAC	11.79	+3.6	
2	1-7	MO WING YIN	毛永彥	300432 HKU	12.11	+3.6	
3	1-5	LEI HON WENG	李漢榮	300561 MAC-Masters	12.92	+3.6	
4	1-4	CHU LIN KAM	朱連錦	300567 PAC	14.43	+3.6	
	1-6	WONG WINGFAI	王榮輝	300118 CGHCAC	DNS		

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-3	ZACARIAS CANGA	勤家	300798 WAC	11.56	+1.9	
2	2-5	NGAN CHUN YIN	顏晉彥	300460 LSCAC	12.51	+1.9	
3	2-6	LEUNG CHEUK LUN	梁焯麟	300110 CEDSRC	13.28	+1.9	
4	2-4	HO PUI CHUNG	何沛聰	300028 BAC	15.17	+1.9	
5	2-7	WONG TSZ LOK DICKSON	黃子樂	300797 WAC	15.72	+1.9	

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M30 - 100m

2025/11/22 Start: 11:15 24°C 40%

Summary

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	2-3	ZACARIAS CANGA	勤家	300798 WAC	11.56	+1.9	
2	1-3	CHAN CHING YIN	陳正賢	300794 WAC	11.79	+3.6	
3	1-7	MO WING YIN	毛永彥	300432 HKU	12.11	+3.6	
4	2-5	NGAN CHUN YIN	顏晉彥	300460 LSCAC	12.51	+1.9	
5	1-5	LEI HON WENG	李漢榮	300561 MAC-Masters	12.92	+3.6	
6	2-6	LEUNG CHEUK LUN	梁焯麟	300110 CEDSRC	13.28	+1.9	
7	1-4	CHU LIN KAM	朱連錦	300567 PAC	14.43	+3.6	
8	2-4	HO PUI CHUNG	何沛聰	300028 BAC	15.17	+1.9	
9	2-7	WONG TSZ LOK DICKSON	黃子樂	300797 WAC	15.72	+1.9	
	1-6	WONG WINGFAI	王榮輝	300118 CGHCAC	DNS		

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M30 - 200m

2025/11/23 Start: 11:15 21°C 79%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-7	SHIMIZU RYUTARO	清水隆太郎	300148 DART	22.17	+1.1	
2	1-6	TSU KA CHON	徐嘉駿	300796 WAC	25.26	+1.1	
	1-4	NIP KA LEONG BRANDON	聶嘉亮	300029 BAC	DNS		
	1-5	WONG TSZ LOK DICKSON	黃子樂	300797 WAC	DNS		

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Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M30 - 400m

2025/11/22 Start: 16:35 24°C 40%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-1	SHIMIZU RYUTARO	清水隆太郎	300148 DART	50.38	
2	1-2	LAI TAT MING	黎達明	300637 PoliceAC	55.60	
3	1-8	LEE TSZ KIT	李子傑	300638 PoliceAC	56.66	
4	1-6	LO CHUN HUNG	羅進鴻	300639 PoliceAC	1:00.09	
5	1-4	KRUUSAMAEE UKU		300001 AVOHK	1:01.26	
6	1-5	CHU LIN KAM	朱連錦	300567 PAC	1:21.20	
	1-3	SO MAN CHUNG	蘇泯聰	300568 PAC	DNS	
	1-7	NIP KA LEONG BRANDON	聶嘉亮	300029 BAC	DNS	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M30 - 800m

2025/11/23 Start: 16:25 28°C 53%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-2	KRUUSAMAEE UKU		300001 AVOHK	2:13.58	
2	1-1	LO CHUN HUNG	羅進鴻	300639 PoliceAC	2:17.96	

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M30 - 1500m

Record	Perf	Athlete	Event	Place	Date
Masters ACR	5:01.25	HO CHUN TING TIMOTHY 何俊廷	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27
HKMAC RECORD	5:01.25	HO CHUN TING TIMOTHY 何俊廷	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27

2025/11/22 Start: 09:35 15°C 62%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-2	KRUUSAMAEE UKU		300001 AVOHK	4:38.88	HKMACR, R
2	1-3	PANG JOE HYMN JOSEPH	彭祖謙	300670 RMAC	5:30.19	
3	1-1	WONG TSZ LOK DICKSON	黃子樂	300797 WAC	6:58.76	

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M30 - 5000m

2025/11/23 Start: 13:40 21°C 79%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-5	KRUUSAMAEE UKU		300001 AVOHK	17:38.46	
		Split: 03:24.61 (3:24.61) 06:53.63 (3:29.03) 10:28.27 (3:34.63) 14:06.56 (3:38.29) 17'38.453 (3:31.44)				
2	1-2	CHEUNG FELIX HO-NIN	張浩年	300808 WYK	18:06.98	
		Split: 03:21.82 (3:21.82) 06:50.40 (3:28.59) 10:28.79 (3:38.38) 14:16.67 (3:47.89) 18'06.978 (3:49.32)				
3	1-1	LAM YU GIT	林于喆	300669 RMAC	18:17.48	
		Split: 03:28.17 (3:28.17) 07:05.75 (3:37.58) 10:51.53 (3:45.78) 14:40.66 (3:49.13) 18'17.475 (3:36.34)				
4	1-3	MOK KWAI CHIU	莫桂釗	300163 DBSAC	19:53.77	
		Split: 03:39.07 (3:39.07) 07:32.97 (3:53.90) 11:40.93 (4:07.96) 15:54.83 (4:13.90) 19'53.770 (3:58.17)				
5	1-6	CHAN KA HIN	陳嘉軒	300773 TCAA	23:39.61	
		Split: 04:00.17 (4:00.17) 08:34.27 (4:34.11) 13:33.14 (4:58.86) 18:47.58 (5:14.45) 23'39.606 (4:51.41)				
	1-7	CHAN KA HIN	陳嘉軒	300159 DBSAC	DNF	
	1-4	CHUNG MAN KIN	鍾文健	300809 WYK	DNS	

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Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC ATHLETICS CLUB JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M30 - 5000mRW

2025/11/22 Start: 13:10 24°C 40%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-1	CHEUNG FELIX HO-NIN	張浩年	300808 WYK	34:30.49	

Split: 05:57.70 (5:57.70) 12:52.04 (6:54.35) 20:14.64 (7:22.59) 27:35.84 (7:21.20) 34'30.484" (6:54.16)

Note: #TR54.7.5 Fourth red card

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Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M30 - 110mH

2025/11/22 Start: 13:55 24°C 40%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-4	LI LEONARD		300459 LSCAC	19.03	0.0	
2	1-5	TSANG HING LUN	曾慶麟	300640 PoliceAC	20.14	0.0	
	1-3	LEUNG KWOK CHUEN	梁國全	300132 CSDSA	DNS		

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Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M30 - 400mH

Record	Perf	Athlete	Event	Place	Date
Masters ACR	1:02.69 YU	SHEUNG-TSUN 余尚駿	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27
HKMAC RECORD	1:02.69 YU	SHEUNG-TSUN 余尚駿	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27

2025/11/23 Start: 15:20 27°C 49%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-6	MO WING YIN	毛永彥	300432 HKU	1:01.11	HKMACR, R
2	1-4	TAI SIU LUN	戴肇麟	300030 BAC	1:06.02	
	1-5	WU KA CHUN	胡嘉俊	300112 CEDSRC	DNS	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M30 - 3000mSC

2025/11/23 Start: 09:25 21°C 79%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-3	CHAN KA HIN	陳嘉軒	300773 TCAA	14:37.01	
		Split: 04:22.47 (4:22.47) 09:31.41 (5:08.94) 14'37.003" (5:05.59)				
	1-1	CHUNG MAN KIN	鍾文健	300809 WYK	DNS	
	1-2	WONG TSZ LOK DICKSON	黃子樂	300797 WAC	DNS	
	1-4	NIP KA LEONG BRANDON	聶嘉亮	300029 BAC	DNS	

Note: (1) TR17.2.3 Lane infringement
(2) TR17.2.4 Infringement of the inside border

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M30 - Long Jump

2025/11/23 Start: 12:25 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-3	NGAN CHUN YIN 顏晉彥	300460 LSCAC	6.34m.		X +0.8	6.19 +0.1	6.34 +1.0
2	1-5	MO WING YIN 毛永彥	300432 HKU	5.19m.		4.86 +1.0	5.19 +0.2	4.66 +1.2
3	1-2	YUNG YAM CHUN 戎欽俊	300641 PoliceAC	4.67m.		4.43 +0.3	4.67 +0.2	4.46 +0.4
4	1-4	LEUNG KAM FAI 梁錦徽	300161 DBSAC	3.58m.		X +1.2	3.58 -0.1	X +0.3
5	1-1	MUI CHI HANG 梅智鏗	300164 DBSAC	2.84m.		2.84 +0.6	2.58 +0.5	2.64 +0.1
	1-6	CHEUNG WAI LUN WILLIAM 張煒麟	300160 DBSAC		DNS			

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M30 - Triple Jump

2025/11/22 Start: 15:40 24°C 40%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-1	TAI SIU LUN 戴肇麟	300030 BAC	12.60m.		12.23 +0.7	12.60 +0.1	X
2	1-2	YUNG YAM CHUN 戎欽俊	300641 PoliceAC	10.01m.		10.01 -0.1	9.13 +0.5	-

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M30 - Shot Put

2025/11/22 Start: 08:50 15°C 62%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-8	LAW KA KI 羅家麒	300109 CEDSRC	10.27m.		9.76	x	10.27
2	1-2	CHU LIN KAM 朱連錦	300567 PAC	9.32m.		9.08	9.28	9.32
3	1-6	TONG HO YIN 湯灝賢	300774 TCAA	9.15m.		9.15	x	8.84
4	1-1	MO WING YIN 毛永彥	300432 HKU	8.11m.		8.11	x	8.04
5	1-4	LO CHEUK FEI JEFFREY 盧卓飛	300162 DBSAC	6.72m.		x	6.36	6.72
6	1-5	LEUNG KAM FAI 梁錦徽	300161 DBSAC	5.31m.		5.31	4.96	5.09
7	1-3	NIP KA LEONG BRANDON 聶嘉亮	300029 BAC	4.97m.		4.86	4.97	4.80
	1-7	SIU WAI WANG DEREK 蕭瑋宏	300165 DBSAC	DNS				

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Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M30 - Discus Throw

2025/11/22 Start: 11:30 24°C 40%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-6	TONG HO YIN 湯灝賢	300774 TCAA	40.06m.		40.06	39.00	37.70
2	1-7	CHU LIN KAM 朱連錦	300567 PAC	27.00m.		24.26	27.00	21.51
3	1-3	MO WING YIN 毛永彥	300432 HKU	24.93m.		21.22	24.93	X
4	1-1	NIP KA LEONG BRANDON 聶嘉亮	300029 BAC	12.32m.		X	11.51	12.32
	1-2	WONG PING HING 黃炳興	300454 JSA	DNS				
	1-4	WONG WINGFAI 王榮輝	300118 CGHCAC	DNS				
	1-5	SIU WAI WANG DEREK 蕭瑋宏	300165 DBSAC	DNS				

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Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M30 - Javelin Throw

2025/11/23 Start: 17:40 25°C 61%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-5	MAN KO CHUN 文高俊	300111 CEDSRC	51.80m.		45.24	45.14	51.80
2	1-3	LEUNG KWOK CHUEN 梁國全	300132 CSDSA	40.24m.		40.24	37.60	35.20
3	1-1	LO CHEUK FEI JEFFREY 盧卓飛	300162 DBSAC	35.32m.		x	35.32	x
4	1-7	CHU LIN KAM 朱連錦	300567 PAC	27.79m.		23.39	26.69	27.79
5	1-2	SIU WAI WANG DEREK 蕭瑋宏	300165 DBSAC	20.77m.		x	x	20.77
	1-4	WONG WINGFAI 王榮輝	300118 CGHCAC		DNS			
	1-6	CHOW PUI YIN 周培賢	300795 WAC		DNS			

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Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC ATHLETICS CLUB JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M30 - 4X100m

2025/11/22 Start: 17:45 24°C 40%

Final

Pos	Heat/Lane	Name 姓名	Bib#/Team	Result	Remarks
1	1-3	香港海關體育及康樂會 梁焯麟, 陳俊偉, 周啓文, 梁志坤	CEDSRC	49.73	
	1-4	拔萃男書院田徑會 B	DBSAC	DNS	
	1-5	澳門-澳門大師聯盟	MAC-Masters	DNS	
	1-6	喇沙書院田徑會	LSCAC	DNS	
	1-7	拔萃男書院田徑會 A	DBSAC	DNS	

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Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M30 - 4X400m

2025/11/23 Start: 18:10 23°C 62%

Final

Pos	Heat/Lane	Name 姓名	Bib#/Team	Result	Remarks
1	1-5	警察田徑會 方曉生, 李子傑, 羅進鴻, 黎達明	PoliceAC	3:56.24	
2	1-4	拔萃男書院田徑會 梅智鏗, 莫桂釗, 陳嘉軒, 蕭瑋宏	DBSAC	5:12.51	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

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Printed: 19:23

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M35 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	9.87	JUSTIN GATLIN		STANFORD, USA	2019/06/30
Masters ACR	11.22	TO Wai Lok 杜韋諾	Hong Kong Masters Athletics	Wanchai SG	2014/11/02
HKMAC RECORD	11.22	TO Wai Lok 杜韋諾	Hong Kong Masters Athletics	Wanchai SG	2014/11/02

2025/11/22 Start: 11:15 24°C 40%

Final 1 /5

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-1	ZHANG ZHONGLIANG	張忠亮	350769 SZGM	11.10	+0.7	HKMACR
2	1-6	LIM JONATHAN		350583 PHI-NMSAA	12.64	+0.7	12.639"
3	1-2	FONG TSZ WAI	方梓維	350033 BAC	12.77	+0.7	
4	1-4	WONG KA CHAK	王嘉擇	350433 HKU	13.15	+0.7	
	1-3	AO CHAN KIT	歐振傑	350562 MAC-Masters	DNS		
	1-5	LEUNG SHING LAI		350801 WAC	DNS		
	1-7	CHEUNG HANG YIU	張恒曜	350811 WYK	DNS		
	1-8	CHAN HO WING	陳浩榮	350031 BAC	DNS		

Final 2 /5

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-2	CHONG YIN LOK	莊賢樂	350799 WAC	11.75	+0.2	
2	2-6	HAU WING CHUNG VINCENT	侯頴聰	350466 LSCAC	12.58	+0.2	
3	2-8	CHAN CHUN WAI WILLIAM	陳俊偉	350113 CEDSRC	12.88	+0.2	
4	2-1	CHAN KIN SHING	陳建丞	350032 BAC	13.01	+0.2	
5	2-5	LAU WING HANG RINGO	劉栜杏	350190 DBSAC	13.19	+0.2	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M35 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	9.87	JUSTIN GATLIN		STANFORD, USA	2019/06/30
Masters ACR	11.22	TO Wai Lok 杜韋諾	Hong Kong Masters Athletics	Wanchai SG	2014/11/02
HKMAC RECORD	11.22	TO Wai Lok 杜韋諾	Hong Kong Masters Athletics	Wanchai SG	2014/11/02

2025/11/22 Start: 11:15 24°C 40%

Final 2 /5

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
6	2-4	MENG QINGHAN	孟庆晗	350687 SCAA	13.80	+0.2	
	2-3	CHAU KAI MAN	周啓文	350114 CEDSRC	DNS		
	2-7	CHUI TIMOTHY JONATHAN	崔昕祈	350178 DBSAC	DNS		

Final 3 /5

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	3-3	THANISLAS JOHN PETER		350476 LSCAC	12.40	+1.2	12.393"
2	3-1	CHAN LIT SHING	陳烈成	350642 PoliceAC	12.51	+1.2	
3	3-7	TSE KAM HO	謝金豪	350037 BAC	13.18	+1.2	13.174"
4	3-8	MA KAR MING	馬家銘	350686 SCAA	13.24	+1.2	
5	3-6	WONG AMBROSE	黃彥	350202 DBSAC	13.63	+1.2	
	3-2	CHAN CHEUK NAM STANLEY	陳卓男	350167 DBSAC	DNS		
	3-4	LAI CHUN HO	黎振浩	350185 DBSAC	DNS		
	3-5	YEUNG MING KIU	楊銘翹	350038 BAC	DNS		

Final 4 /5

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M35 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	9.87	JUSTIN GATLIN		STANFORD, USA	2019/06/30
Masters ACR	11.22	TO Wai Lok 杜韋諾	Hong Kong Masters Athletics	Wanchai SG	2014/11/02
HKMAC RECORD	11.22	TO Wai Lok 杜韋諾	Hong Kong Masters Athletics	Wanchai SG	2014/11/02

2025/11/22 Start: 11:15 24°C 40%

1	4-2	TANG SUI PONG	鄧瑞邦	350036 BAC	11.59	+1.2	
2	4-3	CHOW CHI WOO SAMUEL	周志活	350174 DBSAC	11.76	+1.2	
3	4-5	ZHANG YIFEI	張宜飛	350768 SZGM	11.89	+1.2	
4	4-7	TANG KIN YIP	鄧建業	350814 WYK	12.64	+1.2	12.631"
5	4-6	PANG YIU CHI EDWIN	彭耀慈	350475 LSCAC	12.74	+1.2	
6	4-8	CHAN WING KWAN	陳榮坤	350643 PoliceAC	12.98	+1.2	
7	4-1	YIP HIU MING	葉曉明	350648 PoliceAC	13.18	+1.2	13.172"
	4-4	LAU WING MAN	劉穎文	350191 DBSAC	DNS		

Final 5 /5

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	5-8	SONG XUE MIAO	宋学淼	350399 DGD	11.21	+0.5	HKMACR
2	5-2	CHU CHEUK HUNG	朱卓鴻	350683 SCAA	11.77	+0.5	
3	5-5	WU YUE HUI	吴悦辉	350400 DGD	12.40	+0.5	12.393"
4	5-7	LAM NGA TIK EDDY	林雅廸	350468 LSCAC	12.59	+0.5	
5	5-4	LIU WUN TSUN	廖煥浚	350738 SHTB	17.50	+0.5	
	5-3	CHENG KA MING AARON	鄭家名	350170 DBSAC	DNS		
	5-6	LAU ANSON KWOK PAN	劉國彬	350188 DBSAC	DNS		

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M35 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	9.87	JUSTIN GATLIN		STANFORD, USA	2019/06/30
Masters ACR	11.22	TO Wai Lok 杜韋諾	Hong Kong Masters Athletics	Wanchai SG	2014/11/02
HKMAC RECORD	11.22	TO Wai Lok 杜韋諾	Hong Kong Masters Athletics	Wanchai SG	2014/11/02

2025/11/22 Start: 11:15 24°C 40%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-1	ZHANG ZHONGLIANG	張忠亮	350769 SZGM	11.10	+0.7	HKMACR
2	5-8	SONG XUE MIAO	宋学淼	350399 DGD	11.21	+0.5	HKMACR
3	4-2	TANG SUI PONG	鄧瑞邦	350036 BAC	11.59	+1.2	
4	2-2	CHONG YIN LOK	莊賢樂	350799 WAC	11.75	+0.2	
5	4-3	CHOW CHI WOO SAMUEL	周志活	350174 DBSAC	11.76	+1.2	
6	5-2	CHU CHEUK HUNG	朱卓鴻	350683 SCAA	11.77	+0.5	
7	4-5	ZHANG YIFEI	張宜飛	350768 SZGM	11.89	+1.2	
8	3-3	THANISLAS JOHN PETER		350476 LSCAC	12.40	+1.2	12.393"
8	5-5	WU YUE HUI	吴悦辉	350400 DGD	12.40	+0.5	12.393"
10	3-1	CHAN LIT SHING	陳烈成	350642 PoliceAC	12.51	+1.2	
11	2-6	HAU WING CHUNG VINCENT	侯頴聰	350466 LSCAC	12.58	+0.2	
12	5-7	LAM NGA TIK EDDY	林雅廸	350468 LSCAC	12.59	+0.5	
13	4-7	TANG KIN YIP	鄧建業	350814 WYK	12.64	+1.2	12.631"
14	1-6	LIM JONATHAN		350583 PHI-NMSAA	12.64	+0.7	12.639"
15	4-6	PANG YIU CHI EDWIN	彭耀慈	350475 LSCAC	12.74	+1.2	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M35 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	9.87	JUSTIN GATLIN		STANFORD, USA	2019/06/30
Masters ACR	11.22	TO Wai Lok 杜韋諾	Hong Kong Masters Athletics	Wanchai SG	2014/11/02
HKMAC RECORD	11.22	TO Wai Lok 杜韋諾	Hong Kong Masters Athletics	Wanchai SG	2014/11/02

2025/11/22 Start: 11:15 24°C 40%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
16	1-2	FONG TSZ WAI	方梓維	350033 BAC	12.77	+0.7	
17	2-8	CHAN CHUN WAI WILLIAM	陳俊偉	350113 CEDSRC	12.88	+0.2	
18	4-8	CHAN WING KWAN	陳榮坤	350643 PoliceAC	12.98	+1.2	
19	2-1	CHAN KIN SHING	陳建丞	350032 BAC	13.01	+0.2	
20	1-4	WONG KA CHAK	王嘉擇	350433 HKU	13.15	+0.7	
21	4-1	YIP HIU MING	葉曉明	350648 PoliceAC	13.18	+1.2	13.172"
22	3-7	TSE KAM HO	謝金豪	350037 BAC	13.18	+1.2	13.174"
23	2-5	LAU WING HANG RINGO	劉栜杏	350190 DBSAC	13.19	+0.2	
24	3-8	MA KAR MING	馬家銘	350686 SCAA	13.24	+1.2	
25	3-6	WONG AMBROSE	黃彥	350202 DBSAC	13.63	+1.2	
26	2-4	MENG QINGHAN	孟庆晗	350687 SCAA	13.80	+0.2	
27	5-4	LIU WUN TSUN	廖煥浚	350738 SHTB	17.50	+0.5	
	1-3	AO CHAN KIT	歐振傑	350562 MAC-Masters	DNS		
	1-5	LEUNG SHING LAI		350801 WAC	DNS		
	1-7	CHEUNG HANG YIU	張恒曜	350811 WYK	DNS		

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M35 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	9.87	JUSTIN GATLIN		STANFORD, USA	2019/06/30
Masters ACR	11.22	TO Wai Lok 杜韋諾	Hong Kong Masters Athletics	Wanchai SG	2014/11/02
HKMAC RECORD	11.22	TO Wai Lok 杜韋諾	Hong Kong Masters Athletics	Wanchai SG	2014/11/02

2025/11/22 Start: 11:15 24°C 40%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
	1-8	CHAN HO WING	陳浩榮	350031 BAC	DNS		
	2-3	CHAU KAI MAN	周啓文	350114 CEDSRC	DNS		
	2-7	CHUI TIMOTHY JONATHAN	崔昕祈	350178 DBSAC	DNS		
	3-2	CHAN CHEUK NAM STANLEY	陳卓男	350167 DBSAC	DNS		
	3-4	LAI CHUN HO	黎振浩	350185 DBSAC	DNS		
	3-5	YEUNG MING KIU	楊銘翹	350038 BAC	DNS		
	4-4	LAU WING MAN	劉穎文	350191 DBSAC	DNS		
	5-3	CHENG KA MING AARON	鄭家名	350170 DBSAC	DNS		
	5-6	LAU ANSON KWOK PAN	劉國彬	350188 DBSAC	DNS		

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M35 - 200m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	20.11	LINFORD CHRISTIE		VILLENEUVE, SWE	95/06/25
Masters ACR	23.23	ZHANG ZHONGLIANG 张忠亮	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	23.43	TANG SUI PONG 鄧瑞邦	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 11:15 21°C 79%

Final 1 /3

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-3	TANG SUI PONG	鄧瑞邦	350036 BAC	23.62	+0.8	
2	1-5	LI JING BING	李晶冰	350397 DGD	24.15	+0.8	
3	1-8	CHOW CHI WOO SAMUEL	周志活	350174 DBSAC	24.49	+0.8	
4	1-4	TANG HO KIN	邓皓键	350418 HKLRRC	34.81	+0.8	
	1-6	MENG QINGHAN	孟庆晗	350687 SCAA	DNS		
	1-7	CHAN KIN SHING	陳建丞	350032 BAC	DNS		

Final 2 /3

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-5	PANG YIU CHI EDWIN	彭耀慈	350475 LSCAC	26.53	+1.5	
2	2-6	NG MING SUM RICKY	吳銘心	350688 SCAA	27.04	+1.5	
3	2-8	LEE WING YIN	李穎賢	350192 DBSAC	29.55	+1.5	
4	2-3	LIU WUN TSUN	廖煥浚	350738 SHTB	43.54	+1.5	
	2-4	CHAN CHEUK NAM STANLEY	陳卓男	350167 DBSAC	DNS		
	2-7	HAU WING CHUNG VINCENT	侯穎聰	350466 LSCAC	DNS		

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M35 - 200m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	20.11	LINFORD CHRISTIE		VILLENEUVE, SWE	95/06/25
Masters ACR	23.23	ZHANG ZHONGLIANG 张忠亮	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	23.43	TANG SUI PONG 鄧瑞邦	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 11:15 21°C 79%

Final 3 /3

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	3-8	ZHANG ZHONGLIANG	張忠亮	350769 SZGM	22.67	+1.2	HKMACR
2	3-7	ZHANG YIFEI	張宜飛	350768 SZGM	22.82	+1.2	HKMACR
3	3-5	WONG HON LEUNG	黃漢良	350205 DBSAC	26.18	+1.2	
	3-3	LAM NGA TIK EDDY	林雅廸	350468 LSCAC	DNS		
	3-4	TSE KAM HO	謝金豪	350037 BAC	DNS		
	3-6	TANG KIN YIP	鄧建業	350814 WYK	DNS		

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M35 - 200m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	20.11	LINFORD CHRISTIE		VILLENEUVE, SWE	95/06/25
Masters ACR	23.23	ZHANG ZHONGLIANG 张忠亮	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	23.43	TANG SUI PONG 鄧瑞邦	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 11:15 21°C 79%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	3-8	ZHANG ZHONGLIANG	張忠亮	350769 SZGM	22.67	+1.2	HKMACR
2	3-7	ZHANG YIFEI	張宜飛	350768 SZGM	22.82	+1.2	HKMACR
3	1-3	TANG SUI PONG	鄧瑞邦	350036 BAC	23.62	+0.8	
4	1-5	LI JING BING	李晶冰	350397 DGD	24.15	+0.8	
5	1-8	CHOW CHI WOO SAMUEL	周志活	350174 DBSAC	24.49	+0.8	
6	3-5	WONG HON LEUNG	黃漢良	350205 DBSAC	26.18	+1.2	
7	2-5	PANG YIU CHI EDWIN	彭耀慈	350475 LSCAC	26.53	+1.5	
8	2-6	NG MING SUM RICKY	吳銘心	350688 SCAA	27.04	+1.5	
9	2-8	LEE WING YIN	李穎賢	350192 DBSAC	29.55	+1.5	
10	1-4	TANG HO KIN	邓皓键	350418 HKLRRC	34.81	+0.8	
11	2-3	LIU WUN TSUN	廖煥浚	350738 SHTB	43.54	+1.5	
	1-6	MENG QINGHAN	孟庆晗	350687 SCAA	DNS		
	1-7	CHAN KIN SHING	陳建丞	350032 BAC	DNS		
	2-4	CHAN CHEUK NAM STANLEY	陳卓男	350167 DBSAC	DNS		
	2-7	HAU WING CHUNG VINCENT	侯穎聰	350466 LSCAC	DNS		

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M35 - 200m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	20.11	LINFORD CHRISTIE		VILLENEUVE, SWE	95/06/25
Masters ACR	23.23	ZHANG ZHONGLIANG 张忠亮	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	23.43	TANG SUI PONG 鄧瑞邦	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 11:15 21°C 79%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
	3-3	LAM NGA TIK EDDY	林雅廸	350468 LSCAC	DNS		
	3-4	TSE KAM HO	謝金豪	350037 BAC	DNS		
	3-6	TANG KIN YIP	鄧建業	350814 WYK	DNS		

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M35 - 400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	44.54	CHRISTOPHER BROWN		EUGENE, USA	2015/05/30
Masters ACR	50.82	TANG SUI PONG 鄧瑞邦	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	50.82	TANG SUI PONG 鄧瑞邦	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 16:35 24°C 40%

Final 1 /3

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-4	TANG SUI PONG	鄧瑞邦	350036 BAC	51.77	
2	1-6	LEUNG WAI MAN RAYMOND	梁緯文	350194 DBSAC	1:03.11	
3	1-7	KWONG YAN HIN ANSON	鄺恩衍	350184 DBSAC	1:13.27	
	1-2	CHAN CHUN KIT	陳駿杰	350168 DBSAC	DNS	
	1-3	NG MING SUM RICKY	吳銘心	350688 SCAA	DNS	
	1-5	YAM CHUN MING GARY	任鎮明	350477 LSCAC	DNS	
	1-8	CHEUNG HANG YIU	張恒曜	350811 WYK	DNS	

Final 2 /3

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	2-7	ZHANG YIFEI	張宜飛	350768 SZGM	52.00	
2	2-5	LI JING BING	李晶冰	350397 DGD	53.65	
3	2-4	LAM NGA TIK EDDY	林雅廸	350468 LSCAC	58.91	
	2-3	THANISLAS JOHN PETER		350476 LSCAC	DNS	
	2-6	GRANT LUCAS		350002 AVOHK	DNS	
	2-8	CHENG KA MING AARON	鄭家名	350170 DBSAC	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M35 - 400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	44.54	CHRISTOPHER BROWN		EUGENE, USA	2015/05/30
Masters ACR	50.82	TANG SUI PONG 鄧瑞邦	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	50.82	TANG SUI PONG 鄧瑞邦	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 16:35 24°C 40%

Final 3 /3

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	3-7	HO CHING HIM	何正謙	350671 RMAC	55.96	
2	3-6	CHOW JUEN	周進	350176 DBSAC	58.25	
3	3-3	LAW YUEN TO	羅遠韜	350471 LSCAC	1:06.01	
4	3-5	MOK DENNIS KA HONG	莫家康	350198 DBSAC	1:10.77	
5	3-8	LIU WUN TSUN	廖煥浚	350738 SHTB	1:46.25	
	3-4	YUEN CHUN PONG	原振邦	350480 LSCAC	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M35 - 400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	44.54	CHRISTOPHER BROWN		EUGENE, USA	2015/05/30
Masters ACR	50.82	TANG SUI PONG 鄧瑞邦	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	50.82	TANG SUI PONG 鄧瑞邦	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 16:35 24°C 40%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-4	TANG SUI PONG	鄧瑞邦	350036 BAC	51.77	
2	2-7	ZHANG YIFEI	張宜飛	350768 SZGM	52.00	
3	2-5	LI JING BING	李晶冰	350397 DGD	53.65	
4	3-7	HO CHING HIM	何正謙	350671 RMAC	55.96	
5	3-6	CHOW JUEN	周進	350176 DBSAC	58.25	
6	2-4	LAM NGA TIK EDDY	林雅廸	350468 LSCAC	58.91	
7	1-6	LEUNG WAI MAN RAYMOND	梁緯文	350194 DBSAC	1:03.11	
8	3-3	LAW YUEN TO	羅遠韜	350471 LSCAC	1:06.01	
9	3-5	MOK DENNIS KA HONG	莫家康	350198 DBSAC	1:10.77	
10	1-7	KWONG YAN HIN ANSON	鄺恩衍	350184 DBSAC	1:13.27	
11	3-8	LIU WUN TSUN	廖煥浚	350738 SHTB	1:46.25	
	1-2	CHAN CHUN KIT	陳駿杰	350168 DBSAC	DNS	
	1-3	NG MING SUM RICKY	吳銘心	350688 SCAA	DNS	
	1-5	YAM CHUN MING GARY	任鎮明	350477 LSCAC	DNS	
	1-8	CHEUNG HANG YIU	張恒曜	350811 WYK	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M35 - 400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	44.54	CHRISTOPHER BROWN		EUGENE, USA	2015/05/30
Masters ACR	50.82	TANG SUI PONG 鄧瑞邦	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	50.82	TANG SUI PONG 鄧瑞邦	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 16:35 24°C 40%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
	2-3	THANISLAS JOHN PETER		350476 LSCAC	DNS	
	2-6	GRANT LUCAS		350002 AVOHK	DNS	
	2-8	CHENG KA MING AARON	鄭家名	350170 DBSAC	DNS	
	3-4	YUEN CHUN PONG	原振邦	350480 LSCAC	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M35 - 800m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	1:43.36	JOHNNY GRAY		ZuRICH, SUI	1995/08/16
Masters ACR	2:09.95	Chan Ka Wai	Hong Kong Masters Athletics	Wanchai SG	2014/11/02
HKMAC RECORD	2:09.95	Chan Ka Wai	Hong Kong Masters Athletics	Wanchai SG	2014/11/02

2025/11/23 Start: 16:25 28°C 53%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-1	ZHANG YIFEI	張宜飛	350768 SZGM	2:11.06	
2	1-4	LO CHING HIN IVAN	勞証顯	350196 DBSAC	2:13.91	
3	1-6	CHAN WING KIU	陳穎橋	350434 HVAA	2:17.09	
4	1-2	LEUNG JEFFREY	梁晏碩	350193 DBSAC	2:18.94	
5	1-7	CHUI LIK HANG LEON	徐力行	350177 DBSAC	2:35.84	
6	1-3	LIU WUN TSUN	廖煥浚	350738 SHTB	4:33.16	
	1-5	CHAN FEI LUNG	陳飛龍	350553 LWRC	DNS	
	1-8	BASSETTO SANDRO	白诚德	350461 LSCAC	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M35 - 1500m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	3:32.51	BERNARD LAGAT		MONACO	2010/07/22
Masters ACR	4:46.11	CHAN FEI LUNG 陳飛龍	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	4:46.11	CHAN FEI LUNG 陳飛龍	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 09:35 15°C 62%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-10	MAN SIU KIT	文少杰	350673 RMAC	4:37.99	HKMACR, R
2	1-7	LO CHING HIN IVAN	勞証顯	350196 DBSAC	4:41.16	HKMACR, R
3	1-5	LAU KAI CHUNG	劉啟聰	350672 RMAC	4:59.41	
4	1-17	CHUI LIK HANG LEON	徐力行	350177 DBSAC	5:20.73	
5	1-9	AU YEUNG HAU YING	歐陽校英	350810 WYK	5:31.36	
6	1-13	CHEUNG CHE TSUEN DESMOND		350462 LSCAC	5:31.94	
7	1-8	CHONG HO BONG	鍾灝邦	350173 DBSAC	5:39.51	
8	1-4	LEE KIN LIK KENNETH	李健力	350813 WYK	5:39.70	
9	1-15	TAM HO YIN	譚浩言	350201 DBSAC	5:45.89	
10	1-18	CHEUNG GARY CHUNG YEE	張仲頤	350172 DBSAC	5:57.40	
11	1-11	HO TAT HENG FREDERICK	何達亨	350181 DBSAC	5:59.57	
12	1-16	MAN TING PONG	文定邦	350107 CASRC	6:22.17	
	1-6	LIN CHUN KIT	連俊傑	350473 LSCAC	DNS	
	1-12	CHAN FEI LUNG	陳飛龍	350553 LWRC	DNS	
	1-14	YEUNG YEUK FAI	楊躍輝	350690 SCAA	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M35 - 5000m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	12:53.60	BERNARD LAGAT		MONACO	2011/07/22
Masters ACR	17:04.62	Navaratnasingam	Hong Kong Masters Athletics	Wanchai SG	2015/10/03
HKMAC RECORD	17:04.62	Navaratnasingam	Hong Kong Masters Athletics	Wanchai SG	2015/10/03

2025/11/23 Start: 13:40 21°C 79%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-28	CHOI JORDAN		350464 LSCAC	17:18.48	
		Split: 03:22.95 (3:22.95) 06:51.43 (3:28.49) 10:22.36 (3:30.92) 13:57.27 (3:34.91) 17'18.477 (3:20.73)				
2	1-14	LO CHING HIN IVAN	勞証顯	350196 DBSAC	17:29.66	
		Split: 03:24.33 (3:24.33) 06:53.10 (3:28.78) 10:21.61 (3:28.50) 14:01.32 (3:39.71) 17'29.655 (3:27.68)				
3	1-11	LAW YIP CHUNG	羅業聰	350133 CSDSA	17:52.33	
		Split: 03:29.21 (3:29.21) 07:02.18 (3:32.98) 10:36.58 (3:34.39) 14:12.70 (3:36.13) 17'52.324 (3:39.29)				
4	1-19	CHEUNG KENDRICK	張嘉晉	350463 LSCAC	18:19.34	
		Split: 03:31.07 (3:31.07) 07:10.78 (3:39.72) 10:55.64 (3:44.85) 14:40.97 (3:45.34) 18'19.340 (3:38.02)				
5	1-9	MAK KIN SING MIKE	麥建升	350134 CSDSA	18:28.69	
		Split: 03:33.79 (3:33.79) 07:13.37 (3:39.58) 10:57.47 (3:44.10) 14:42.94 (3:45.47) 18'28.685 (3:45.06)				
6	1-24	CHU KA HO	朱加豪	350465 LSCAC	18:41.62	
		Split: 03:40.72 (3:40.72) 07:28.61 (3:47.90) 11:15.05 (3:46.43) 15:02.39 (3:47.35) 18'41.611 (3:38.60)				
7	1-23	WONG WAI HO	黃偉豪	350647 PoliceAC	18:50.98	
		Split: 03:32.62 (3:32.62) 07:07.11 (3:34.50) 10:52.73 (3:45.61) 14:54.05 (4:01.32) 18'50.971 (3:55.95)				
8	1-10	LEUNG JEFFREY	梁晏碩	350193 DBSAC	20:28.86	
		Split: 03:41.62 (3:41.62) 07:46.15 (4:04.54) 12:04.29 (4:18.13) 16:19.06 (4:14.77) 20'28.857 (4:08.94)				
9	1-16	LUK MARSHALL HO FUNG	陸浩峰	350197 DBSAC	21:17.43	
		Split: 04:11.04 (4:11.04) 08:30.26 (4:19.22) 12:49.76 (4:19.50) 17:10.14 (4:20.39) 21'17.424 (4:06.85)				

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M35 - 5000m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	12:53.60	BERNARD LAGAT		MONACO	2011/07/22
Masters ACR	17:04.62	Navaratnasingam	Hong Kong Masters Athletics	Wanchai SG	2015/10/03
HKMAC RECORD	17:04.62	Navaratnasingam	Hong Kong Masters Athletics	Wanchai SG	2015/10/03

2025/11/23 Start: 13:40 21°C 79%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
10	1-18	LAI CAMERON JUN MAN	黎俊文	350467 LSCAC	21:37.45	
		Split: 04:04.78 (4:04.78) 08:20.30 (4:15.52) 12:47.86 (4:27.56) 17:24.61 (4:36.75) 21'37.441 (4:12.39)				
11	1-25	CHEUNG CHE TSUEN DESMOND		350462 LSCAC	22:22.30	
		Split: 04:17.44 (4:17.44) 08:41.69 (4:24.25) 13:09.59 (4:27.90) 17:45.76 (4:36.17) 22'22.297 (4:36.24)				
12	1-20	LAW YUEN TO	羅遠韜	350471 LSCAC	22:46.33	
		Split: 04:05.87 (4:05.87) 08:36.44 (4:30.58) 13:18.32 (4:41.87) 18:05.75 (4:47.43) 22'46.328 (4:40.25)				
13	1-22	YU CHI KEUNG PETER	余志强	350479 LSCAC	23:51.24	
		Split: 04:03.36 (4:03.36) 08:41.42 (4:38.06) 13:47.30 (5:05.88) 18:55.05 (5:07.75) 23'51.237 (4:55.95)				
14	1-17	LAI TSUN TING	黎雋廷	350186 DBSAC	24:40.78	
		Split: 04:09.82 (4:09.82) 09:03.45 (4:53.64) 14:12.14 (5:08.68) 19:36.49 (5:24.35) 24'40.778 (5:03.51)				
15	1-8	LEE YIU KEI CHARLES	李耀基	350472 LSCAC	25:43.88	
		Split: 04:53.75 (4:53.75) 10:01.44 (5:07.69) 15:15.08 (5:13.64) 20:31.23 (5:16.15) 25'43.872 (5:11.77)				
16	1-21	NG YUET WAI IVAN	吳聿韡	350474 LSCAC	29:05.94	
		Split: 04:23.02 (4:23.02) 10:46.07 (6:23.06) 17:19.48 (6:33.40) 23:20.33 (6:00.86) 29'05.939 (5:44.66)				
17	1-15	LIU WUN TSUN	廖煥浚	350738 SHTB	34:52.42	
		Split: 06:12.36 (6:12.36) 13:04.07 (6:51.72) 20:15.07 (7:10.99) 27:40.00 (7:24.93) 34'52.417 (7:12.00)				
	1-12	WONG TSZ HONG KENNETH	黃子康	350206 DBSAC	DNS	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M35 - 5000m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	12:53.60	BERNARD LAGAT		MONACO	2011/07/22
Masters ACR	17:04.62	Navaratnasingam	Hong Kong Masters Athletics	Wanchai SG	2015/10/03
HKMAC RECORD	17:04.62	Navaratnasingam	Hong Kong Masters Athletics	Wanchai SG	2015/10/03

2025/11/23 Start: 13:40 21°C 79%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
	1-13	KWANKWUNSING	關冠昇	350554 LWRC	DNS	
	1-26	TSE MO PANG	謝武鵬	350646 PoliceAC	DNS	
	1-27	CHAN FEI LUNG	陳飛龍	350553 LWRC	DNS	

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M35 - 5000mRW

Record	Perf	Athlete	Event	Place	Date
Masters ACR	35:25.79	CHUI TING YUI 崔庭銳	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27
HKMAC RECORD	35:25.79	CHUI TING YUI 崔庭銳	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27

2025/11/22 Start: 13:10 24°C 40%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-2	SWAMINATHAN SHYAM SUNDAR		350453 IND-SS	34:59.88	HKMACR
		Split: 06:28.45 (6:28.45) 13:39.77 (7:11.32) 20:53.28 (7:13.51) 27:56.48 (7:03.20) 34'59.873" (7:02.52)				
2	1-6	LEE YIU KEI CHARLES	李耀基	350472 LSCAC	36:07.52	
		Split: 06:41.37 (6:41.37) 13:42.12 (7:00.76) 21:00.73 (7:18.60) 28:24.75 (7:24.02) 36'07.518" (7:42.25)				
3	1-5	LIU WUN TSUN	廖煥浚	350738 SHTB	37:46.03	
		Split: 06:43.34 (6:43.34) 13:58.71 (7:15.38) 21:49.04 (7:50.32) 29:51.13 (8:02.09) 37'46.023" (7:54.87)				
4	1-4	HON CHUNG HEI	韓松熹	350182 DBSAC	39:16.03	
		Split: 07:29.02 (7:29.02) 15:33.21 (8:04.19) 23:45.49 (8:12.28) 31:42.02 (7:56.53) 39'16.025" (7:33.98)				
	1-3	WONG CHIH YAN IVAN	黃喆仁	350203 DBSAC	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M35 - 110mH

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	12.96	ALLEN JOHNSON		ATHENS, GRE	2006/09/17
Masters ACR	15.45	LEUNG CHI CHEONG 梁志鏘			2022/12/04
HKMAC RECORD	15.57	LEUNG CHI CHEONG 梁志鏘	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 13:55 24°C 40%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-8	SONG XUE MIAO	宋学淼	350399 DGD	15.41	+1.0	HKMACR
2	1-3	CHU CHEUK HUNG	朱卓鸿	350683 SCAA	16.35	+1.0	
3	1-5	HAU WING CHUNG VINCENT	侯頴聰	350466 LSCAC	19.03	+1.0	
4	1-4	LEUNG WAI MAN RAYMOND	梁緯文	350194 DBSAC	20.26	+1.0	
5	1-6	LAU WING HANG RINGO	劉栜杏	350190 DBSAC	20.49	+1.0	
6	1-7	LIYEUNG LEO	李揚立德	350195 DBSAC	21.90	+1.0	
	1-2	YEUNG CHUN YIN JARVIS	楊俊彥	350208 DBSAC	DNS		

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M35 - 400mH

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	48.13	DANNY MCFARLANE		MONACO	2009/07/28
Masters ACR	1:01.03	LEUNG CHI CHEONG 梁志鏘	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27
HKMAC RECORD	1:01.03	LEUNG CHI CHEONG 梁志鏘	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27

2025/11/23 Start: 15:20 27°C 49%

Final 1 /2

Timing System: (HT)

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-6	ZHANG YIFEI	張宜飛	350768 SZGM	1:06.5	
	1-7	LEUNG CHI KWAN	梁志坤	350115 CEDSRC	DQ	TR22.6.2#
	1-3	YEUNG CHUN YIN JARVIS	楊俊彥	350208 DBSAC	DNS	
	1-4	HAU WING CHUNG VINCENT	侯頴聰	350466 LSCAC	DNS	
	1-5	CHEUNG HANG YIU	張恒曜	350811 WYK	DNS	

Final 2 /2

Timing System: (HT)

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	2-7	LAM NGA TIK EDDY	林雅廸	350468 LSCAC	1:07.0	
2	2-4	LAU WING HANG RINGO	劉栜杏	350190 DBSAC	1:12.3	
3	2-6	CHEUNG GARY CHUNG YEE	張仲頤	350172 DBSAC	1:19.9	
4	2-5	LIYEUNG LEO	李揚立德	350195 DBSAC	1:20.1	

Note: #TR22.6.2 Knocking down a hurdle in an illegal way

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M35 - 400mH

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	48.13	DANNY MCFARLANE		MONACO	2009/07/28
Masters ACR	1:01.03	LEUNG CHI CHEONG 梁志鏘	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27
HKMAC RECORD	1:01.03	LEUNG CHI CHEONG 梁志鏘	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27

2025/11/23 Start: 15:20 27°C 49%

Summary

Timing System: (HT)

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-6	ZHANG YIFEI	張宜飛	350768 SZGM	1:06.5	
2	2-7	LAM NGA TIK EDDY	林雅廸	350468 LSCAC	1:07.0	
3	2-4	LAU WING HANG RINGO	劉栜杏	350190 DBSAC	1:12.3	
4	2-6	CHEUNG GARY CHUNG YEE	張仲頤	350172 DBSAC	1:19.9	
5	2-5	LIYEUNG LEO	李揚立德	350195 DBSAC	1:20.1	
	1-7	LEUNG CHI KWAN	梁志坤	350115 CEDSRC	DQ	TR22.6.2#
	1-3	YEUNG CHUN YIN JARVIS	楊俊彥	350208 DBSAC	DNS	
	1-4	HAU WING CHUNG VINCENT	侯穎聰	350466 LSCAC	DNS	
	1-5	CHEUNG HANG YIU	張恒曜	350811 WYK	DNS	

Note: #TR22.6.2 Knocking down a hurdle in an illegal way

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M35 - 3000mSC

Record	Perf	Athlete	Event	Place	Date
Masters ACR	13:31.16	WUN YIU CHEONG 溫耀昌	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	13:31.16	WUN YIU CHEONG 溫耀昌	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 09:25 21°C 79%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-6	TANG CHEUK YIN	鄧焯言	350689 SCAA	13:54.37	
		Split: 04:24.91 (4:24.91) 09:18.31 (4:53.41) 13'54.365" (4:35.68)				
2	1-9	AU YEUNG HAU YING	歐陽校英	350810 WYK	14:05.95	
		Split: 04:14.87 (4:14.87) 09:00.74 (4:45.87) 14'05.942" (5:04.26)				
3	1-7	HO TAT HENG FREDERICK	何達亨	350181 DBSAC	15:30.76	
		Split: 04:51.76 (4:51.76) 10:10.07 (5:18.32) 15'30.759" (5:19.92)				
4	1-8	CHUNG AUTHUR	鍾晉軒	350179 DBSAC	18:42.63	
		Split: 05:29.87 (5:29.87) 12:04.09 (6:34.22) 18'42.629" (6:37.91)				
5	1-5	LIU WUN TSUN	廖煥浚	350738 SHTB	21:39.23	
		Split: 06:41.95 (6:41.95) 14:17.47 (7:35.53) 21'39.222" (7:21.52)				
	1-34	LAM SZE WAI	林思瑋	350844 SPCCAA	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M35 - Long Jump

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	8.50	LARRY MYRICKS		NEW YORK, USA	1991/06/15
	8.50	CARL LEWIS		ATLANTA, USA	1996/07/29
Masters ACR	6.21	NG Chit Wing 吳哲穎	Hong Kong Masters Athletics	Wanchai SG	2016/10/29
HKMAC RECORD	6.21	NG Chit Wing 吳哲穎	Hong Kong Masters Athletics	Wanchai SG	2016/10/29

2025/11/23 Start: 12:25 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-10	WONG HEI CHUN 黃晞峻	350147 CSWAC	6.24m.	HKMACR, R	6.24 +0.6	5.94 +1.3	3.85 +0.3
2	1-17	LIANG BIN AN 梁彬安	350398 DGD	5.82m.		5.82 +0.7	5.54 +0.9	5.65 +0.4
3	1-5	WONG HON LEUNG 黃漢良	350205 DBSAC	5.70m.		5.50 +0.5	5.70 +0.5	5.66 +0.6
4	1-20	ZHANG YIFEI 張宜飛	350768 SZGM	5.03m.		5.03 +1.2	4.81 +0.3	5.02 +0.5
5	1-8	WONG CHUN KIT 黃俊傑	350204 DBSAC	4.90m.		4.68 +1.4	4.81 +0.2	4.90 +0.8
6	1-7	TANG CHEUK YIN 鄧焯言	350689 SCAA	4.73m.		4.73 +0.1	4.73 +0.4	4.64 +0.7
7	1-3	BASSETTO SANDRO 白诚德	350461 LSCAC	4.36m.		4.36 +0.2	4.27 +1.4	X +1.3
8	1-2	CHAN CHAK PAN 陳澤斌	350166 DBSAC	3.86m.		3.72 +0.4	3.84 +0.8	3.86 +1.2
9	1-1	LIU WUN TSUN 廖煥浚	350738 SHTB	2.63m.		2.63 +1.2	2.49 +0.2	2.42 +1.1
	1-6	WONG KA CHAK 王嘉擇	350433 HKU	NM		X	X	X
	1-4	LAU WING HANG RINGO 劉栐杏	350190 DBSAC	DNS				

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M35 - Long Jump

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	8.50	LARRY MYRICKS		NEW YORK, USA	1991/06/15
	8.50	CARL LEWIS		ATLANTA, USA	1996/07/29
Masters ACR	6.21	NG Chit Wing 吳哲穎	Hong Kong Masters Athletics	Wanchai SG	2016/10/29
HKMAC RECORD	6.21	NG Chit Wing 吳哲穎	Hong Kong Masters Athletics	Wanchai SG	2016/10/29

2025/11/23 Start: 12:25 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
	1-9	WONG CHIH YAN IVAN 黃喆仁	350203 DBSAC	DNS				
	1-11	WON KIN NANG 黃見能	350777 TCAA	DNS				
	1-12	YAM WAI MING 任煒明	350135 CSDSA	DNS				
	1-13	LAU WING MAN 劉穎文	350191 DBSAC	DNS				
	1-14	WONG AMBROSE 黃彥	350202 DBSAC	DNS				
	1-15	CHU LAI HIN 朱禮軒	350149 DART	DNS				
	1-16	HAU WING CHUNG VINCENT 侯穎聰	350466 LSCAC	DNS				
	1-18	LEE WING YIN 李穎賢	350192 DBSAC	DNS				
	1-19	YUEN CHUN PONG 原振邦	350480 LSCAC	DNS				

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M35 - Triple Jump

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	17.92	JONATHAN EDWARDS		EDMONTON, CAN	2001/08/06

2025/11/22 Start: 15:40 24°C 40%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-2	WON KIN NANG 黃見能	350777 TCAA	11.54m.		X	11.54 +0.8	-
2	1-5	CHU LAI HIN 朱禮軒	350149 DART	11.43m.		11.43 +0.2	10.17 +0.3	-
3	1-14	LIANG BIN AN 梁彬安	350398 DGD	10.95m.		10.44 +0.4	10.31 +0.2	10.95 0.0
4	1-10	GRANT LUCAS	350002 AVOHK	10.01m.		X	9.90 -0.1	10.01 0.0
5	1-9	LEUNG WAI MAN RAYMOND 梁緯文	350194 DBSAC	9.12m.		8.58 +0.3	8.87 +0.4	9.12 +0.7
6	1-4	HAU WING CHUNG VINCENT 侯穎聰	350466 LSCAC	8.26m.		X	8.26 +1.5	-
7	1-6	TANG CHEUK YIN 鄧焯言	350689 SCAA	8.11m.		7.77 -0.1	8.11 -0.2	8.03 -0.1
8	1-1	YEUNG CHUN YIN JARVIS 楊俊彥	350208 DBSAC	4.90m.		X	4.90 +0.7	-
	1-11	LIU WUN TSUN 廖煥浚	350738 SHTB	NM		X	X	X
	1-3	LAM HO FUNG 林昊鋒	350812 WYK	DNS				
	1-7	WONG CHIH YAN IVAN 黃喆仁	350203 DBSAC	DNS				
	1-8	WONG HON LEUNG 黃漢良	350205 DBSAC	DNS				
	1-12	NG MING SUM RICKY	350688	DNS				

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

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The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M35 - Triple Jump

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	17.92	JONATHAN EDWARDS		EDMONTON, CAN	2001/08/06

2025/11/22 Start: 15:40 24°C 40%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
		吳銘心	SCAA					
	1-13	LAU WING MAN 劉穎文	350191 DBSAC	DNS				

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M35 - Shot Put

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	22.19	BRIAN OLDFIELD		SAN JOSE, USA	1984/05/26
Masters ACR	11.52	CHAN KWOK HEI MATTHEW	The 6th Hong Kong Masters	TKO SG	2021/09/11
HKMAC RECORD	11.52	CHAN KWOK HEI MATTHEW	The 6th Hong Kong Masters	TKO SG	2021/09/11

2025/11/23 Start: 12:10 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-19	LAM WAI 林瑋	350800 WAC	12.41m.	HKMACR, R	12.41	11.96	X
2	1-28	WONG IP HOI 黃業海	350563 MAC-Masters	10.04m.		10.04	9.99	-
3	1-11	TOH WEI DE 卓维德	350754 SMTFA	9.82m.		9.71	X	9.82
4	1-33	LEE CHI CHEUNG 李志祥	350684 SCAA	9.62m.		8.59	9.33	9.62
5	1-21	LEUNG JINN HO BENJAMIN 梁展豪	350776 TCAA	9.54m.		9.54	9.16	9.30
6	1-24	KO THA FUNG 高沓峯	350183 DBSAC	9.53m.		9.34	9.53	9.05
7	1-12	CHEUNG TAK FAI 張德輝	350146 CSWAC	8.93m.		8.93	8.71	8.55
8	1-7	PENG LIANG TONY 彭亮	350645 PoliceAC	8.86m.		8.58	8.71	8.86
9	1-22	GRANT LUCAS	350002 AVOHK	8.85m.		X	7.80	8.85
10	1-10	KONG CHAK FUNG 江澤峰	350034 BAC	8.84m.		8.84	8.68	X
11	1-23	YUEN WAI KUEN 袁偉權	350210 DBSAC	8.71m.		8.45	8.71	8.38
12	1-5	CUNNINGHAM DAMIEN 簡迪勉	350180 DBSAC	8.26m.		8.26	7.90	7.74
13	1-15	CHOW CHUN YIN 周俊賢	350175 DBSAC	8.06m.		X	7.70	8.06
14	1-31	LAU ANSON KWOK PAN 劉國彬	350188 DBSAC	7.98m.		7.52	7.66	7.98
15	1-27	LAM SHING LUN 林勝倫	350644 PoliceAC	7.83m.		7.83	X	X

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M35 - Shot Put

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	22.19	BRIAN OLDFIELD		SAN JOSE, USA	1984/05/26
Masters ACR	11.52	CHAN KWOK HEI MATTHEW	The 6th Hong Kong Masters	TKO SG	2021/09/11
HKMAC RECORD	11.52	CHAN KWOK HEI MATTHEW	The 6th Hong Kong Masters	TKO SG	2021/09/11

2025/11/23 Start: 12:10 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
16	1-13	CHAN JIMMY 陳栢豪	350169 DBSAC	7.76m.		7.76	7.67	7.60
17	1-18	KONG WING HANG 江永恒	350150 DART	7.73m.		7.35	7.73	X
18	1-3	LIYEUNG LEO 李揚立德	350195 DBSAC	7.66m.		7.66	7.49	7.25
19	1-6	CHUNG AUTHUR 鍾晉軒	350179 DBSAC	7.51m.		7.51	X	7.42
20	1-30	NG KA HO 吳茄嗃	350199 DBSAC	7.50m.		7.39	X	7.50
21	1-29	TANG KIN YIP 鄧建業	350814 WYK	7.49m.		7.49	7.24	X
22	1-16	NG TING HIN 吳庭軒	350200 DBSAC	7.17m.		6.66	6.69	7.17
23	1-14	WONG CHIH YAN IVAN 黃喆仁	350203 DBSAC	5.34m.		5.34	4.68	5.04
	1-1	CHAN CHAK PAN 陳澤斌	350166 DBSAC	DNS				
	1-2	THANISLAS JOHN PETER	350476 LSCAC	DNS				
	1-4	HAU WING CHUNG VINCENT 侯頴聰	350466 LSCAC	DNS				
	1-8	LEE HO YIN 李浩然	350775 TCAA	DNS				
	1-9	CHONG HO BONG 鍾灝邦	350173 DBSAC	DNS				
	1-17	LI KIT 李杰	350685 SCAA	DNS				
	1-20	YUEN KAM WAI 袁錦偉	350209 DBSAC	DNS				

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M35 - Shot Put

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	22.19	BRIAN OLDFIELD		SAN JOSE, USA	1984/05/26
Masters ACR	11.52	CHAN KWOK HEI MATTHEW	The 6th Hong Kong Masters	TKO SG	2021/09/11
HKMAC RECORD	11.52	CHAN KWOK HEI MATTHEW	The 6th Hong Kong Masters	TKO SG	2021/09/11

2025/11/23 Start: 12:10 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
	1-25	LAI CHUN HO 黎振浩	350185 DBSAC	DNS				
	1-26	LAW DOMINIC 羅正義	350470 LSCAC	DNS				
	1-32	GNANESHWAR SEETHARAM	350441 IND-NAAA	DNS				

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M35 - Discus Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	71.56	VIRGILJUS ALEKNA		KAUNAS, LTU	2007/07/25
Masters ACR	33.16	CHAN KWOK HEI MATTHEW	The 6th Hong Kong Masters	TKO SG	2021/09/12
HKMAC RECORD	33.16	CHAN KWOK HEI MATTHEW	The 6th Hong Kong Masters	TKO SG	2021/09/12

2025/11/22 Start: 11:30 24°C 40%

Final

Pos	Heat/ Order	Name	Bib#/ Team	Result	Remarks	1	2	3
1	1-6	TOH WEI DE 卓维德	350754 SMTFA	36.13m.	HKMACR	35.70	36.10	36.13
2	1-13	LAM WAI 林瑋	350800 WAC	33.14m.		33.14	32.21	33.04
3	1-26	GRANT LUCAS	350002 AVOHK	29.79m.		29.79	x	x
4	1-20	SONG XUE MIAO 宋学淼	350399 DGD	28.62m.		x	22.81	28.62
5	1-12	LEE CHI CHEUNG 李志祥	350684 SCAA	28.23m.		25.85	28.23	x
6	1-24	LEUNG JINN HO BENJAMIN 梁展豪	350776 TCAA	26.61m.		26.61	x	22.24
7	1-11	KO THA FUNG 高沓峯	350183 DBSAC	26.38m.		x	26.38	x
8	1-16	LAM SHING LUN 林勝倫	350644 PoliceAC	25.35m.		25.35	23.74	23.39
9	1-10	WU FONG HIU 胡昉曉	350207 DBSAC	25.29m.		24.61	25.29	23.85
10	1-19	NG KA HO 吳茄嗃	350199 DBSAC	23.18m.		22.43	x	23.18
11	1-22	CUNNINGHAM DAMIEN 簡迪勉	350180 DBSAC	23.07m.		23.07	x	x
12	1-28	LAW DOMINIC 羅正義	350470 LSCAC	23.05m.		23.05	x	22.23
13	1-5	SLUTSKY HOLDEN NATTER	350119 CGHCAC	22.24m.		20.45	21.56	22.24
14	1-27	WONG IP HOI 黃業海	350563 MAC-Masters	21.77m.		21.77	r	
15	1-9	TSE WING LUNG 謝永龍	350151 DART	20.70m.		20.70	x	18.57

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M35 - Discus Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	71.56	VIRGILJUS ALEKNA		KAUNAS, LTU	2007/07/25
Masters ACR	33.16	CHAN KWOK HEI MATTHEW	The 6th Hong Kong Masters	TKO SG	2021/09/12
HKMAC RECORD	33.16	CHAN KWOK HEI MATTHEW	The 6th Hong Kong Masters	TKO SG	2021/09/12

2025/11/22 Start: 11:30 24°C 40%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
16	1-1	LIYEUNG LEO 李揚立德	350195 DBSAC	20.69m.		20.00	19.60	20.69
17	1-4	HAU WING CHUNG VINCENT 侯穎聰	350466 LSCAC	16.03m.		x	16.03	x
18	1-3	LAU WILSON 劉緯俊	350189 DBSAC	15.24m.		13.11	15.24	x
19	1-7	TANG KIN YIP 鄧建業	350814 WYK	14.83m.		14.83	x	x
20	1-2	CHEUNG CHUN HIN KELVIN 張俊軒	350171 DBSAC	14.56m.		14.56	13.28	x
	1-8	LEE HO YIN 李浩然	350775 TCAA		DNS			
	1-14	LAU ANSON KWOK PAN 劉國彬	350188 DBSAC		DNS			
	1-15	GNANESHWAR SEETHARAM	350441 IND-NAAA		DNS			
	1-17	WONG CHUN KIT 黃俊傑	350204 DBSAC		DNS			
	1-18	YAM WAI MING 任煒明	350135 CSDSA		DNS			
	1-21	PRASANNA VENKATESH	350442 IND-NAAA		DNS			
	1-23	WONG CHIH YAN IVAN 黃喆仁	350203 DBSAC		DNS			
	1-25	LAM WAN HING 林蘊興	350187 DBSAC		DNS			
	1-29	YEUNG MING KIU 楊銘翹	350038 BAC		DNS			

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M35 - Javelin Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	92.80	JAN ZELEZNY		EDMONTON, CAN	2001/08/12
Masters ACR	52.06	WONG IP HOI 黃業海	The 8th Hong Kong Masters	Wanchai SG	2023/10/28
HKMAC RECORD	52.06	WONG IP HOI 黃業海	The 8th Hong Kong Masters	Wanchai SG	2023/10/28

2025/11/23 Start: 17:40 25°C 61%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-25	WONG IP HOI 黃業海	350563 MAC-Masters	48.11m.		47.25	48.11	45.57
2	1-14	GRANT LUCAS	350002 AVOHK	41.03m.		x	37.43	41.03
3	1-15	PENG LIANG TONY 彭亮	350645 PoliceAC	37.44m.		37.44	35.46	36.43
4	1-8	LIANG BIN AN 梁彬安	350398 DGD	37.13m.		34.53	x	37.13
5	1-7	SONG XUE MIAO 宋学淼	350399 DGD	36.00m.		36.00	34.90	32.89
6	1-20	NG KA HO 吳茄嚎	350199 DBSAC	35.11m.		34.20	35.11	34.92
7	1-23	TSE WING LUNG 謝永龍	350151 DART	35.09m.		31.65	35.09	33.77
8	1-17	SLUTSKY HOLDEN NATTER	350119 CGHCAC	34.42m.		34.42	34.41	32.97
9	1-1	LAU PAK KI 劉柏奇	350469 LSCAC	31.78m.		28.42	27.82	31.78
10	1-6	LI KIT 李杰	350685 SCAA	31.12m.		30.83	31.12	29.98
11	1-21	LIYEUNG LEO 李揚立德	350195 DBSAC	29.85m.		29.04	29.85	x
12	1-16	CHEUNG GARY CHUNG YEE 張仲頤	350172 DBSAC	27.87m.		18.85	25.72	27.87
13	1-2	LAU ANSON KWOK PAN 劉國彬	350188 DBSAC	24.64m.		16.51	24.64	23.52
14	1-3	LAM NGA TIK EDDY 林雅廸	350468 LSCAC	24.64m.		24.64	x	22.30
15	1-19	CUNNINGHAM DAMIEN 簡迪勉	350180 DBSAC	23.86m.		19.18	17.23	23.86

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M35 - Javelin Throw

	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	92.80	JAN ZELEZNY		EDMONTON, CAN	2001/08/12
	Masters ACR	52.06	WONG IP HOI 黃業海	The 8th Hong Kong Masters	Wanchai SG	2023/10/28
	HKMAC RECORD	52.06	WONG IP HOI 黃業海	The 8th Hong Kong Masters	Wanchai SG	2023/10/28

2025/11/23 Start: 17:40 25°C 61%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
16	1-5	CHEUNG CHUN HIN KELVIN 張俊軒	350171 DBSAC	21.50m.		x	19.65	21.50
17	1-11	CHAN CHUN KIT 陳駿杰	350168 DBSAC	19.47m.		19.47	10.59	15.67
18	1-13	WONG CHIH YAN IVAN 黃喆仁	350203 DBSAC	11.57m.		8.54	9.74	11.57
19	1-24	LIU WUN TSUN 廖煥浚	350738 SHTB	10.26m.		8.26	10.26	x
	1-22	LAU WILSON 劉緯俊	350189 DBSAC	NM		r		
	1-4	NG YUET WAI IVAN 吳聿韡	350474 LSCAC	DNS				
	1-9	HAU WING CHUNG VINCENT 侯頴聰	350466 LSCAC	DNS				
	1-10	PRASANNA VENKATESH	350442 IND-NAAA	DNS				
	1-12	WONG AMBROSE 黃彥	350202 DBSAC	DNS				
	1-18	LEE HO YIN 李浩然	350775 TCAA	DNS				

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M35 - 4X100m

	Record	Perf	Athlete	Event	Place	Date
WMA RECORD		41.30	PARKER, ROLAND, BURNETT, GREEN		ATLANTA, USA	2019/05/26
Masters ACR		46.16	香港元老田徑會	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD		46.24	WAC M35 4X100M (A)	The 6th Hong Kong Masters	TKO SG	2021/09/11

2025/11/22 Start: 17:45 24°C 40%

Final

Pos	Heat/Lane	Name 姓名	Bib#/Team	Result	Remarks
1	1-1	上海田徑大師隊 吴悦辉, 陆剑亭, 卜允涵, 宋学淼	DGD	45.94	HKMACR
2	1-4	赤道體育會 方梓維, 歐立德, 鄧瑞邦, 譚榮斌	BAC	46.47	
3	1-6	拔萃男書院田徑會 A 陳卓男, 周進, 劉林杏, 周志活	DBSAC	49.33	
4	1-3	喇沙書院田徑會 彭耀慈, THANISLAS JOHN PETER, 林雅廸, 侯頴聰	LSCAC	49.55	
5	1-2	南華體育會 鄧焯言, 馬家銘, 孟庆晗, 朱卓鴻	SCAA	50.78	
6	1-7	警察田徑會 陳烈成, 陳榮坤, 李富全, 陳宇樂	PoliceAC	52.55	
7	1-8	拔萃男書院田徑會 B 黃喆仁, 鍾灝邦, 黎振浩, 陸浩峰	DBSAC	57.11	
	1-5	九龍華仁書	WYK	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M35 - 4X400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	3:17.82	BAIRD,BROWN,COLLINS,BEARDSE		LYON, FRA	2015/08/16
Masters ACR	3:51.33	PAC	Hong Kong Masters Athletics	TKO SG	2017/11/11
HKMAC RECORD	3:51.33	PAC	Hong Kong Masters Athletics	TKO SG	2017/11/11

2025/11/23 Start: 18:10 23°C 62%

Final

Pos	Heat/Lane	Name 姓名	Bib#/Team	Result	Remarks
1	1-6	赤道體育會 劉盛, 廖偉健, 謝金豪, 鄧瑞邦	BAC	4:02.74	
2	1-8	拔萃男書院田徑會 A 劉林杏, 吳茄暠, 梁晏碩, 勞証顯	DBSAC	4:07.52	
3	1-3	喇沙書院田徑會 A 彭耀慈, 黎俊文, 張嘉晉, 林雅廸	LSCAC	4:07.98	
4	1-2	南華體育會 吳銘心, 陳曦, 陳錫寧, 鄧焯言	SCAA	4:16.11	
5	1-4	拔萃男書院田徑會 B 袁錦偉, 張仲頤, 陳卓男, 黎雋廷	DBSAC	4:33.44	
6	1-7	喇沙書院田徑會 B 余志强, CHEUNG CHE TSUEN DESMOND, 吳聿韡, 羅遠韜	LSCAC	4:41.64	
7	1-1	九龍華仁書 陳庸非, 李澤民, 陳俊廷, 梁振聲	WYK	5:29.97	
	1-5	上海田徑大師隊	DGD	DNS	

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M40 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	9.93	KIM COLLINS		BOTTROP, GER	2016/05/29
Masters ACR	11.42	MEKWIAN JIRAPONG	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	11.54	KRIEL ALDO 歐立德	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 11:05 24°C 40%

Final 1 /4

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-2	BU YUN HAN	卜允涵	400401 DGD	11.94	-1.2	
2	1-8	LEUNG CHI CHEONG	梁志鏘	400819 WYK	12.18	-1.2	
3	1-6	YAN HO CHUN	殷浩俊	400247 DBSAC	12.62	-1.2	
4	1-4	LEUNG CHI HANG	梁志鏗	400820 WYK	13.76	-1.2	
5	1-3	LEUNG CHI HONG	梁志匡	400821 WYK	23.97	-1.2	
	1-5	CHENG CHUN YEUNG	鄭振揚	400213 DBSAC	DNS		
	1-7	YEUNG WING HONG	楊永康	400047 BAC	DNS		

Final 2 /4

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-5	MEKWIAN JIRAPONG		400784 THA	11.30	+1.1	HKMACR
2	2-2	LU JIAN TING	陆剑亭	400402 DGD	11.48	+1.1	
3	2-4	WONG ROBERT		400804 WAC	12.36	+1.1	
4	2-7	CHEUNG HIN	張軒	400652 PoliceAC	12.65	+1.1	
5	2-3	CHEN XI	陳曦	400692 SCAA	14.09	+1.1	
	2-6	CHU WING YAT	朱永日	400121 CGHCAC	DNS		

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M40 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	9.93	KIM COLLINS		BOTTROP, GER	2016/05/29
Masters ACR	11.42	MEKWIAN JIRAPONG	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	11.54	KRIEL ALDO 歐立德	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 11:05 24°C 40%

Final 3 /4

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	3-3	LEE KAI YIU	李啟堯	400043 BAC	11.65	+1.6	
2	3-4	KHUNKAEW SONSAK		400783 THA	12.41	+1.6	
3	3-5	LAU HING	劉鑫	400042 BAC	13.35	+1.6	
	3-7	HO HUI HIN	何栩軒	400693 SCAA	DNF		
	3-2	LIU HANG CHIU	廖恆照	400123 CGHCAC	DNS		
	3-6	SUWANNARANGSRI RATCHAKRIT		400787 THA	DNS		

Final 4 /4

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	4-4	SUKAPHAI APINAN		400786 THA	11.60	+1.6	
2	4-2	TAM WING PAN	譚榮斌	400046 BAC	12.02	+1.6	
3	4-7	CHEUNG KA LAI	張嘉禮	400039 BAC	12.75	+1.6	
4	4-3	CHAN YU LOK	陳宇樂	400650 PoliceAC	14.20	+1.6	
	4-5	LI WAI LAM	李慧霖	400233 DBSAC	DNS		
	4-6	JOHN NIGEL		400041 BAC	DNS		

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M40 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	9.93	KIM COLLINS		BOTTROP, GER	2016/05/29
Masters ACR	11.42	MEKWIAN JIRAPONG	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	11.54	KRIEL ALDO 歐立德	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 11:05 24°C 40%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-5	MEKWIAN JIRAPONG		400784 THA	11.30	+1.1	HKMACR
2	2-2	LU JIAN TING	陆剑亭	400402 DGD	11.48	+1.1	
3	4-4	SUKAPHAI APINAN		400786 THA	11.60	+1.6	
4	3-3	LEE KAI YIU	李啟堯	400043 BAC	11.65	+1.6	
5	1-2	BU YUN HAN	卜允涵	400401 DGD	11.94	-1.2	
6	4-2	TAM WING PAN	譚榮斌	400046 BAC	12.02	+1.6	
7	1-8	LEUNG CHI CHEONG	梁志鏘	400819 WYK	12.18	-1.2	
8	2-4	WONG ROBERT		400804 WAC	12.36	+1.1	
9	3-4	KHUNKAEW SONSAK		400783 THA	12.41	+1.6	
10	1-6	YAN HO CHUN	殷浩俊	400247 DBSAC	12.62	-1.2	
11	2-7	CHEUNG HIN	張軒	400652 PoliceAC	12.65	+1.1	
12	4-7	CHEUNG KA LAI	張嘉禮	400039 BAC	12.75	+1.6	
13	3-5	LAU HING	劉鑫	400042 BAC	13.35	+1.6	
14	1-4	LEUNG CHI HANG	梁志鏗	400820 WYK	13.76	-1.2	
15	2-3	CHEN XI	陳曦	400692 SCAA	14.09	+1.1	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M40 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	9.93	KIM COLLINS		BOTTROP, GER	2016/05/29
Masters ACR	11.42	MEKWIAN JIRAPONG	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	11.54	KRIEL ALDO 歐立德	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 11:05 24°C 40%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
16	4-3	CHAN YU LOK	陳宇樂	400650 PoliceAC	14.20	+1.6	
17	1-3	LEUNG CHI HONG	梁志匡	400821 WYK	23.97	-1.2	
	3-7	HO HUI HIN	何栩軒	400693 SCAA	DNF		
	1-5	CHENG CHUN YEUNG	鄭振揚	400213 DBSAC	DNS		
	1-7	YEUNG WING HONG	楊永康	400047 BAC	DNS		
	2-6	CHU WING YAT	朱永日	400121 CGHCAC	DNS		
	3-2	LIU HANG CHIU	廖恆照	400123 CGHCAC	DNS		
	3-6	SUWANNARANGSRI RATCHAKRIT		400787 THA	DNS		
	4-5	LI WAI LAM	李慧霖	400233 DBSAC	DNS		
	4-6	JOHN NIGEL		400041 BAC	DNS		

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M40 - 200m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	20.64	TROY DOUGLAS		PARIS, FRA	2003/08/27
Masters ACR	23.47	MEKWIAN JIRAPONG	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	24.04	KRIEL ALDO 歐立德	The 8th Hong Kong Masters	Wanchai SG	2023/10/28

2025/11/23 Start: 11:15 21°C 79%

Final 1 /3

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-7	LEUNG CHI CHEONG	梁志鏘	400819 WYK	24.60	+0.6	
2	1-5	WONG ROBERT		400804 WAC	25.27	+0.6	
3	1-8	MUKDASANIT RATTAPOL		400785 THA	25.84	+0.6	
4	1-1	BARWICKI PAWEL		400636 POL	26.13	+0.6	
5	1-6	LU JIAN TING	陆剑亭	400402 DGD	30.57	+0.6	
6	1-2	LAU HING	劉鑫	400042 BAC	30.82	+0.6	
7	1-3	WONG DANIEL	黃祈恩	400492 LSCAC	35.76	+0.6	
	1-4	YEUNG WING HONG	楊永康	400047 BAC	DNS		

Final 2 /3

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-8	LEE KAI YIU	李啟堯	400043 BAC	23.99	-0.3	R
2	2-6	BU YUN HAN	卜允涵	400401 DGD	24.25	-0.3	
3	2-3	PARRY MICHAEL	彭懿葭	400044 BAC	24.67	-0.3	
4	2-7	YAN HO CHUN	殷浩俊	400247 DBSAC	26.35	-0.3	
	2-2	CHEUNG TAI YIP KENO	張泰業	400215 DBSAC	DNS		

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M40 - 200m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	20.64	TROY DOUGLAS		PARIS, FRA	2003/08/27
Masters ACR	23.47	MEKWIAN JIRAPONG	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	24.04	KRIEL ALDO 歐立德	The 8th Hong Kong Masters	Wanchai SG	2023/10/28

2025/11/23 Start: 11:15 21°C 79%

Final 2 /3

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
	2-4	CHEUNG WING FAI	張榮輝	400653 PoliceAC	DNS		
	2-5	HO HUI HIN	何栩軒	400693 SCAA	DNS		

Final 3 /3

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	3-5	SUKAPHAI APINAN		400786 THA	24.79	+1.4	
2	3-8	TAM WING PAN	譚榮斌	400046 BAC	25.18	+1.4	
3	3-2	KHUNKAEW SONSAK		400783 THA	25.72	+1.4	
	3-3	CHEUNG KA LAI	張嘉禮	400039 BAC	DNS		
	3-4	JOHN NIGEL		400041 BAC	DNS		
	3-6	CHEUNG HIN	張軒	400652 PoliceAC	DNS		
	3-7	CHEN XI	陳曦	400692 SCAA	DNS		

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M40 - 200m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	20.64	TROY DOUGLAS		PARIS, FRA	2003/08/27
Masters ACR	23.47	MEKWIAN JIRAPONG	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	24.04	KRIEL ALDO 歐立德	The 8th Hong Kong Masters	Wanchai SG	2023/10/28

2025/11/23 Start: 11:15 21°C 79%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-8	LEE KAI YIU	李啟堯	400043 BAC	23.99	-0.3	R
2	2-6	BU YUN HAN	卜允涵	400401 DGD	24.25	-0.3	
3	1-7	LEUNG CHI CHEONG	梁志鏘	400819 WYK	24.60	+0.6	
4	2-3	PARRY MICHAEL	彭懿葭	400044 BAC	24.67	-0.3	
5	3-5	SUKAPHAI APINAN		400786 THA	24.79	+1.4	
6	3-8	TAM WING PAN	譚榮斌	400046 BAC	25.18	+1.4	
7	1-5	WONG ROBERT		400804 WAC	25.27	+0.6	
8	3-2	KHUNKAEW SONSAK		400783 THA	25.72	+1.4	
9	1-8	MUKDASANIT RATTAPOL		400785 THA	25.84	+0.6	
10	1-1	BARWICKI PAWEL		400636 POL	26.13	+0.6	
11	2-7	YAN HO CHUN	殷浩俊	400247 DBSAC	26.35	-0.3	
12	1-6	LU JIAN TING	陆剑亭	400402 DGD	30.57	+0.6	
13	1-2	LAU HING	劉鑫	400042 BAC	30.82	+0.6	
14	1-3	WONG DANIEL	黃祈恩	400492 LSCAC	35.76	+0.6	
	1-4	YEUNG WING HONG	楊永康	400047 BAC	DNS		

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M40 - 200m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	20.64	TROY DOUGLAS		PARIS, FRA	2003/08/27
Masters ACR	23.47	MEKWIAN JIRAPONG	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	24.04	KRIEL ALDO 歐立德	The 8th Hong Kong Masters	Wanchai SG	2023/10/28

2025/11/23 Start: 11:15 21°C 79%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
	2-2	CHEUNG TAI YIP KENO	張泰業	400215 DBSAC	DNS		
	2-4	CHEUNG WING FAI	張榮輝	400653 PoliceAC	DNS		
	2-5	HO HUI HIN	何栩軒	400693 SCAA	DNS		
	3-3	CHEUNG KA LAI	張嘉禮	400039 BAC	DNS		
	3-4	JOHN NIGEL		400041 BAC	DNS		
	3-6	CHEUNG HIN	張軒	400652 PoliceAC	DNS		
	3-7	CHEN XI	陳曦	400692 SCAA	DNS		

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主辦機構: 冠名贊助: 協辦機構: 支持媒體:

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M40 - 400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	47.81	ENRICO SARACENI		ARHUS, DEN	2004/07/28
Masters ACR	53.88	Wong Kin On 黃健安	Hong Kong Masters Athletics	TKO SG	2017/11/11
HKMAC RECORD	53.88	Wong Kin On 黃健安	Hong Kong Masters Athletics	TKO SG	2017/11/11

2025/11/22 Start: 16:35 24°C 40%

Final 1 /3

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-5	LEUNG CHI CHEONG	梁志鏘	400819 WYK	56.72	
2	1-7	CHEUNG WING FAI	張榮輝	400653 PoliceAC	59.03	
3	1-3	MUKDASANIT RATTAPOL		400785 THA	59.15	
4	1-6	MANOHARAN KARTHIK		400444 IND-NAAA	1:06.14	
5	1-4	YIM WING CHUNG	嚴詠竣	400657 PoliceAC	1:10.16	
6	1-8	YIU PAK TO	姚柏濤	400250 DBSAC	1:13.96	

Final 2 /3

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	2-7	TANG CHUN YIP	鄧駿業	400655 PoliceAC	55.25	
2	2-3	BARWICKI PAWEL		400636 POL	59.22	
3	2-6	WONG KWOK LEUNG	王國良	400694 SCAA	1:12.94	
	2-4	SHE WONG HOI	石黃海	400240 DBSAC	DNS	
	2-5	YEUNG WING HONG	楊永康	400047 BAC	DNS	
	2-8	CHEUNG KA YI	張家怡	400817 WYK	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M40 - 400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	47.81	ENRICO SARACENI		ARHUS, DEN	2004/07/28
Masters ACR	53.88	Wong Kin On 黃健安	Hong Kong Masters Athletics	TKO SG	2017/11/11
HKMAC RECORD	53.88	Wong Kin On 黃健安	Hong Kong Masters Athletics	TKO SG	2017/11/11

2025/11/22 Start: 16:35 24°C 40%

Final 3 /3

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	3-4	PARRY MICHAEL	彭懿葭	400044 BAC	55.99	
2	3-8	LAU HING	劉鑫	400042 BAC	1:00.75	
3	3-7	CHEUNG HIN	張軒	400652 PoliceAC	1:03.24	
4	3-3	KONG CHAK LEUNG	江澤樑	400228 DBSAC	1:12.14	
	3-5	HO HUI HIN	何栩軒	400693 SCAA	DNS	
	3-6	NG WAI KEI KEVIN	吳偉基	400238 DBSAC	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M40 - 400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	47.81	ENRICO SARACENI		ARHUS, DEN	2004/07/28
Masters ACR	53.88	Wong Kin On 黃健安	Hong Kong Masters Athletics	TKO SG	2017/11/11
HKMAC RECORD	53.88	Wong Kin On 黃健安	Hong Kong Masters Athletics	TKO SG	2017/11/11

2025/11/22 Start: 16:35 24°C 40%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	2-7	TANG CHUN YIP	鄧駿業	400655 PoliceAC	55.25	
2	3-4	PARRY MICHAEL	彭懿葭	400044 BAC	55.99	
3	1-5	LEUNG CHI CHEONG	梁志鏘	400819 WYK	56.72	
4	1-7	CHEUNG WING FAI	張榮輝	400653 PoliceAC	59.03	
5	1-3	MUKDASANIT RATTAPOL		400785 THA	59.15	
6	2-3	BARWICKI PAWEL		400636 POL	59.22	
7	3-8	LAU HING	劉鑫	400042 BAC	1:00.75	
8	3-7	CHEUNG HIN	張軒	400652 PoliceAC	1:03.24	
9	1-6	MANOHARAN KARTHIK		400444 IND-NAAA	1:06.14	
10	1-4	YIM WING CHUNG	嚴詠竣	400657 PoliceAC	1:10.16	
11	3-3	KONG CHAK LEUNG	江澤樑	400228 DBSAC	1:12.14	
12	2-6	WONG KWOK LEUNG	王國良	400694 SCAA	1:12.94	
13	1-8	YIU PAK TO	姚柏濤	400250 DBSAC	1:13.96	
	2-4	SHE WONG HOI	石黃海	400240 DBSAC	DNS	
	2-5	YEUNG WING HONG	楊永康	400047 BAC	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M40 - 400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	47.81	ENRICO SARACENI		ARHUS, DEN	2004/07/28
Masters ACR	53.88	Wong Kin On 黃健安	Hong Kong Masters Athletics	TKO SG	2017/11/11
HKMAC RECORD	53.88	Wong Kin On 黃健安	Hong Kong Masters Athletics	TKO SG	2017/11/11

2025/11/22 Start: 16:35 24°C 40%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
	2-8	CHEUNG KA YI	張家怡	400817 WYK	DNS	
	3-5	HO HUI HIN	何栩軒	400693 SCAA	DNS	
	3-6	NG WAI KEI KEVIN	吳偉基	400238 DBSAC	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M40 - 800m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	1:48.05	ANTHONY WHITEMAN		MANCHESTER, GBR	2014/07/12
Masters ACR	2:03.74	LEE YUK TONG 李玉堂	The 6th Hong Kong Masters	TKO SG	2021/09/11
HKMAC RECORD	2:03.74	LEE YUK TONG 李玉堂	The 6th Hong Kong Masters	TKO SG	2021/09/11

2025/11/23 Start: 16:25 28°C 53%

Final 1 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-1	ROBBIE RYAN		400003 AVOHK	2:14.52	
2	1-3	CHENG HOK SUM	鄭學森	400651 PoliceAC	2:20.04	
3	1-4	CHAN SIK NING	陳錫寧	400691 SCAA	2:24.37	
4	1-6	WOO DAVID		400004 AVOHK	2:25.89	
5	1-1	LAU HING	劉鑫	400042 BAC	2:26.00	
6	1-7	HUI CHEUK YIN DEREK	許焯彥	400486 LSCAC	2:27.25	
7	1-8	KO HON KWAN ALEX		400226 DBSAC	2:34.51	
8	1-5	POON KAM FAI	潘錦暉	400045 BAC	2:36.79	
9	1-2	CHENG FU ON	鄭富安	400214 DBSAC	2:38.80	2'38.791"

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	2-8	CHAN CHEUK MAN	陳焯文	400674 RMAC	2:22.29	
2	2-2	HUI SIU TUNG	許兆東	400221 DBSAC	2:26.37	
3	2-4	MANOHARAN KARTHIK		400444 IND-NAAA	2:32.69	
4	2-3	LI CHUNG LUN	李宗倫	400232 DBSAC	2:33.34	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M40 - 800m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	1:48.05	ANTHONY WHITEMAN		MANCHESTER, GBR	2014/07/12
Masters ACR	2:03.74	LEE YUK TONG 李玉堂	The 6th Hong Kong Masters	TKO SG	2021/09/11
HKMAC RECORD	2:03.74	LEE YUK TONG 李玉堂	The 6th Hong Kong Masters	TKO SG	2021/09/11

2025/11/23 Start: 16:25 28°C 53%

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
5	2-1	HO LOK CHI WILLIAM	何樂智	400485 LSCAC	2:38.80	2'38.793"
6	2-5	YIM WING CHUNG	嚴詠竣	400657 PoliceAC	2:38.93	
	2-6	CHAN YU LOK	陳宇樂	400650 PoliceAC	DNS	
	2-7	WONG WAI SHIN WAYNE	王威善	400246 DBSAC	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M40 - 800m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	1:48.05	ANTHONY WHITEMAN		MANCHESTER, GBR	2014/07/12
Masters ACR	2:03.74	LEE YUK TONG 李玉堂	The 6th Hong Kong Masters	TKO SG	2021/09/11
HKMAC RECORD	2:03.74	LEE YUK TONG 李玉堂	The 6th Hong Kong Masters	TKO SG	2021/09/11

2025/11/23 Start: 16:25 28°C 53%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-1	ROBBIE RYAN		400003 AVOHK	2:14.52	
2	1-3	CHENG HOK SUM	鄭學森	400651 PoliceAC	2:20.04	
3	2-8	CHAN CHEUK MAN	陳焯文	400674 RMAC	2:22.29	
4	1-4	CHAN SIK NING	陳錫寧	400691 SCAA	2:24.37	
5	1-6	WOO DAVID		400004 AVOHK	2:25.89	
6	1-1	LAU HING	劉鑫	400042 BAC	2:26.00	
7	2-2	HUI SIU TUNG	許兆東	400221 DBSAC	2:26.37	
8	1-7	HUI CHEUK YIN DEREK	許焯彥	400486 LSCAC	2:27.25	
9	2-4	MANOHARAN KARTHIK		400444 IND-NAAA	2:32.69	
10	2-3	LI CHUNG LUN	李宗倫	400232 DBSAC	2:33.34	
11	1-8	KO HON KWAN ALEX		400226 DBSAC	2:34.51	
12	1-5	POON KAM FAI	潘錦暉	400045 BAC	2:36.79	
13	1-2	CHENG FU ON	鄭富安	400214 DBSAC	2:38.80	2'38.791"
14	2-1	HO LOK CHI WILLIAM	何樂智	400485 LSCAC	2:38.80	2'38.793"
15	2-5	YIM WING CHUNG	嚴詠竣	400657 PoliceAC	2:38.93	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M40 - 800m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	1:48.05	ANTHONY WHITEMAN		MANCHESTER, GBR	2014/07/12
Masters ACR	2:03.74	LEE YUK TONG 李玉堂	The 6th Hong Kong Masters	TKO SG	2021/09/11
HKMAC RECORD	2:03.74	LEE YUK TONG 李玉堂	The 6th Hong Kong Masters	TKO SG	2021/09/11

2025/11/23 Start: 16:25 28°C 53%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
	2-6	CHAN YU LOK	陳宇樂	400650 PoliceAC	DNS	
	2-7	WONG WAI SHIN WAYNE	王威善	400246 DBSAC	DNS	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M40 - 1500m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	3:41.87	BERNARD LAGAT		BIRMINGHAM, GBR	2015/06/07
Masters ACR	4:46.40	WOO DAVID	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27
HKMAC RECORD	4:46.40	WOO DAVID	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27

2025/11/22 Start: 09:30 15°C 62%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-3	YUEN WAN HO	袁允灝	400005 AVOHK	4:40.93	HKMACR, R
2	1-9	CHENG HOK SUM	鄭學森	400651 PoliceAC	4:48.11	
3	1-16	HUI SIU TUNG	許兆東	400221 DBSAC	4:50.77	
4	1-15	WOO DAVID		400004 AVOHK	4:55.04	
5	1-8	HUI CHEUK YIN DEREK	許焯彥	400486 LSCAC	5:00.08	
6	1-2	CHAN SAI LIM	陳世廉	400483 LSCAC	5:05.33	
7	1-11	CHAN CHEUK MAN	陳焯文	400674 RMAC	5:08.91	
8	1-17	CHAN SIK NING	陳錫寧	400691 SCAA	5:12.23	
9	1-7	HO LOK CHI WILLIAM	何樂智	400485 LSCAC	5:18.95	
10	1-13	CHENG FU ON	鄭富安	400214 DBSAC	5:19.88	
11	1-1	KO HON KWAN ALEX		400226 DBSAC	5:38.96	
12	1-12	LAI YIN CHUNG	賴彥宗	400593 PKMSAA	5:39.05	
13	1-4	WONG SHUN TAK	黃信德	400677 RMAC	6:08.19	
	1-5	MA SIU HANG DICKSON	馬兆鏗	400489 LSCAC	DNS	
	1-6	TSANG FAN CHUN		400491 LSCAC	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M40 - 1500m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	3:41.87	BERNARD LAGAT		BIRMINGHAM, GBR	2015/06/07
Masters ACR	4:46.40	WOO DAVID	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27
HKMAC RECORD	4:46.40	WOO DAVID	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27

2025/11/22 Start: 09:30 15°C 62%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
	1-10	WONG WAI SHIN WAYNE	王威善	400246 DBSAC	DNS	
	1-14	MANOHARAN KARTHIK		400444 IND-NAAA	DNS	

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Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M40 - 5000m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	13:06.78	BERNARD LAGAT		RIO DE	2016/08/20
Masters ACR	16:56.78	WONG WANG KEUNG 黃宏强			2022/12/04
HKMAC RECORD	16:56.78	WONG WANG KEUNG 黃宏强			2022/12/04

2025/11/23 Start: 13:00 21°C 79%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-12	WOO DAVID		400004 AVOHK	17:44.76	
		Split: 03:32.71 (3:32.71) 07:04.98 (3:32.27) 10:39.20 (3:34.22) 14:11.43 (3:32.23) 17'44.760" (3:32.57)				
2	1-1	HUI SIU TUNG	許兆東	400221 DBSAC	18:15.02	
		Split: 03:29.23 (3:29.23) 07:05.05 (3:35.82) 10:46.67 (3:41.62) 14:33.34 (3:46.68) 18'15.019" (3:41.65)				
3	1-14	CHAN LAI CHIU	陳禮朝	400675 RMAC	18:19.17	
		Split: 03:30.18 (3:30.18) 07:11.80 (3:41.63) 10:53.41 (3:41.60) 14:37.43 (3:44.03) 18'19.168" (3:41.56)				
4	1-8	CHAN KWUN KIU JASON	陳冠喬	400482 LSCAC	18:36.87	
		Split: 03:31.75 (3:31.75) 07:09.93 (3:38.19) 10:56.64 (3:46.70) 14:50.27 (3:53.64) 18'36.866" (3:45.72)				
5	1-7	HUI CHEUK YIN DEREK	許焯彥	400486 LSCAC	18:49.40	
		Split: 03:30.91 (3:30.91) 07:08.90 (3:38.00) 10:54.54 (3:45.63) 14:48.82 (3:54.29) 18'49.392" (4:00.17)				
6	1-3	PUN TAK KIU	潘德翹	400803 WAC	19:46.68	
		Split: 03:41.76 (3:41.76) 07:39.22 (3:57.46) 11:44.89 (4:05.67) 15:47.79 (4:02.90) 19'46.673" (3:58.21)				
7	1-5	HO LOK CHI WILLIAM	何樂智	400485 LSCAC	19:57.42	
		Split: 03:36.88 (3:36.88) 07:29.32 (3:52.44) 11:28.44 (3:59.12) 15:43.59 (4:15.16) 19'57.417" (4:13.40)				
8	1-13	CHENG FU ON	鄭富安	400214 DBSAC	20:36.23	
		Split: 03:59.18 (3:59.18) 08:06.58 (4:07.40) 12:17.78 (4:11.20) 16:31.32 (4:13.55) 20'36.225" (4:04.67)				
9	1-11	WONG SHUN TAK	黃信德	400677 RMAC	22:25.15	
		Split: 04:07.56 (4:07.56) 08:30.69 (4:23.13) 12:56.91 (4:26.22) 17:35.26 (4:38.36) 22'25.148" (4:49.73)				

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M40 - 5000m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	13:06.78	BERNARD LAGAT		RIO DE	2016/08/20
Masters ACR	16:56.78	WONG WANG KEUNG 黃宏强			2022/12/04
HKMAC RECORD	16:56.78	WONG WANG KEUNG 黃宏强			2022/12/04

2025/11/23 Start: 13:00 21°C 79%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
10	1-9	MANOHARAN KARTHIK		400444 IND-NAAA	23:04.03	
		Split: 03:53.32 (3:53.32) 08:15.99 (4:22.68) 13:00.91 (4:44.91) 18:02.56 (5:01.66) 23'04.026" (5:01.43)				
11	1-2	WONG KAI YIN	黃啟然	400595 PKMSAA	23:19.68	
		Split: 04:36.88 (4:36.88) 09:18.09 (4:41.22) 14:06.86 (4:48.76) 18:47.80 (4:40.95) 23'19.676" (4:31.19)				
12	1-10	WONG KWOK LEUNG	王國良	400694 SCAA	24:01.08	
		Split: 04:13.73 (4:13.73) 08:54.13 (4:40.41) 13:48.84 (4:54.70) 18:58.34 (5:09.50) 24'01.079" (5:02.66)				
13	1-4	YEUNG HON WAI	楊漢威	400108 CASRC	26:00.42	
		Split: 04:33.79 (4:33.79) 09:50.13 (5:16.35) 15:07.57 (5:17.43) 20:37.70 (5:30.13) 26'00.419" (5:22.30)				
	1-6	WONG KA LUN	王嘉倫	400822 WYK	DNS	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M40 - 5000mRW

Record	Perf	Athlete	Event	Place	Date
Masters ACR	23:49.79	TSE CHUN HUNG 謝振雄	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27
HKMAC RECORD	23:49.79	TSE CHUN HUNG 謝振雄	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27

2025/11/22 Start: 13:10 24°C 40%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-12	TSE CHUN HUNG	謝振雄	400740 SHTB	26:09.02	
		Split: 04:51.36 (4:51.36) 09:47.64 (4:56.29) 15:07.64 (5:19.99) 20:42.05 (5:34.41) 26'09.020" (5:26.95)				
2	1-14	KONG CHAK LEUNG	江澤樑	400228 DBSAC	36:44.26	
		Split: 07:27.54 (7:27.54) 14:55.79 (7:28.25) 22:14.33 (7:18.54) 29:34.38 (7:20.05) 36'44.258" (7:09.62)				
3	1-11	CHEUNG TAI YIP KENO	張泰業	400215 DBSAC	39:05.60	
		Split: 07:30.69 (7:30.69) 15:47.21 (8:16.53) 23:55.48 (8:08.26) 31:47.10 (7:51.62) 39'05.592" (7:17.90)				
4	1-9	PUN TAK KIU	潘德翹	400803 WAC	39:05.67	
		Split: 07:47.18 (7:47.18) 16:33.29 (8:46.11) 24:01.66 (7:28.37) 31:41.65 (7:40.00) 39'05.668" (7:23.34)				
5	1-8	IP KWAN MING CLEMENT	葉坤明	400223 DBSAC	39:21.70	
		Split: 07:41.17 (7:41.17) 15:55.50 (8:14.33) 24:01.97 (8:06.47) 31:43.69 (7:41.72) 39'21.695" (7:37.31)				
6	1-10	YEUNG TAI WAI	楊大慧	400249 DBSAC	44:06.48	
		Split: 08:39.11 (8:39.11) 17:42.74 (9:03.64) 26:36.81 (8:54.06) 35:19.31 (8:42.51) 44'06.475" (8:46.68)				
	1-7	HONG KWAN YU	康鈞宇	400739 SHTB	DNS	
	1-13	WAI MAN CHIK	韋文植	400243 DBSAC	DNS	

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M40 - 110mH

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	13.73	DAVID ASHFORD		CAROLINA, PUR	2003/07/11
Masters ACR	15.40	LEUNG CHI CHEONG 梁志鏘	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	15.40	LEUNG CHI CHEONG 梁志鏘	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 14:05 24°C 40%

Final 1 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-5	CHEUNG KA LAI	張嘉禮	400039 BAC	18.74	+0.8	
2	1-3	LI FU CHUEN KAMIL	李富全	400654 PoliceAC	19.36	+0.8	
3	1-2	LEUNG CHI HANG	梁志鏗	400820 WYK	20.49	+0.8	
4	1-7	CHAU ON KIT	周安傑	400778 TCAA	20.68	+0.8	
5	1-4	LEUNG TSZ KI	梁子琦	400230 DBSAC	24.00	+0.8	
	1-6	LUNG DONALD ANDREW	龍振國	400236 DBSAC	DNS		

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-6	LEUNG CHI CHEONG	梁志鏘	400819 WYK	16.42	+0.9	
2	2-2	LUI KA LOK	呂家樂	400235 DBSAC	24.99	+0.9	
	2-3	CHENG CHUN YEUNG	鄭振揚	400213 DBSAC	DNS		
	2-4	CHEUNG KA YI	張家怡	400817 WYK	DNS		
	2-5	KAN YAT KIT	簡溢傑	400225 DBSAC	DNS		
	2-7	TAM PING KWAN	譚秉鈞	400116 CEDSRC	DNS		

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M40 - 110mH

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	13.73	DAVID ASHFORD		CAROLINA, PUR	2003/07/11
Masters ACR	15.40	LEUNG CHI CHEONG 梁志鏘	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	15.40	LEUNG CHI CHEONG 梁志鏘	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 14:05 24°C 40%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-6	LEUNG CHI CHEONG	梁志鏘	400819 WYK	16.42	+0.9	
2	1-5	CHEUNG KA LAI	張嘉禮	400039 BAC	18.74	+0.8	
3	1-3	LI FU CHUEN KAMIL	李富全	400654 PoliceAC	19.36	+0.8	
4	1-2	LEUNG CHI HANG	梁志鏗	400820 WYK	20.49	+0.8	
5	1-7	CHAU ON KIT	周安傑	400778 TCAA	20.68	+0.8	
6	1-4	LEUNG TSZ KI	梁子琦	400230 DBSAC	24.00	+0.8	
7	2-2	LUI KA LOK	呂家樂	400235 DBSAC	24.99	+0.9	
	1-6	LUNG DONALD ANDREW	龍振國	400236 DBSAC	DNS		
	2-3	CHENG CHUN YEUNG	鄭振揚	400213 DBSAC	DNS		
	2-4	CHEUNG KA YI	張家怡	400817 WYK	DNS		
	2-5	KAN YAT KIT	簡溢傑	400225 DBSAC	DNS		
	2-7	TAM PING KWAN	譚秉鈞	400116 CEDSRC	DNS		

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M40 - 400mH

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	49.69	DANNY MCFARLANE		KINGSTON, JAM	2012/06/29
Masters ACR	59.96	LEUNG CHI CHEONG 梁志鏘	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	59.96	LEUNG CHI CHEONG 梁志鏘	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 15:05 27°C 49%

Final 1 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-4	LEUNG CHI CHEONG	梁志鏘	400819 WYK	1:01.00	
2	1-5	CHAU ON KIT	周安傑	400778 TCAA	1:11.57	
3	1-6	LEUNG TSZ KI	梁子琦	400230 DBSAC	1:17.67	
4	1-7	YIU PAK TO	姚柏濤	400250 DBSAC	1:36.47	
5	1-8	CHAN KA HO KALVIN	陳家豪	400481 LSCAC	1:58.07	
	1-3	CHEUNG KA YI	張家怡	400817 WYK	DNS	

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	2-4	LAM TING PANG	林定邦	400564 MAC-Masters	1:01.33	
2	2-5	CHEUNG KA LAI	張嘉禮	400039 BAC	1:09.49	
3	2-3	KAN YAT KIT	簡溢傑	400225 DBSAC	1:34.69	
	2-8	WONG CHING YIN	王靖賢	400244 DBSAC	DQ	TR22.6.2#
	2-6	LUNG DONALD ANDREW	龍振國	400236 DBSAC	DNS	
	2-7	SHE WONG HOI	石黃海	400240 DBSAC	DNS	

Note: #TR22.6.2 Knocking down a hurdle in an illegal way

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M40 - 400mH

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	49.69	DANNY MCFARLANE		KINGSTON, JAM	2012/06/29
Masters ACR	59.96	LEUNG CHI CHEONG 梁志鏘	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	59.96	LEUNG CHI CHEONG 梁志鏘	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 15:05 27°C 49%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-4	LEUNG CHI CHEONG	梁志鏘	400819 WYK	1:01.00	
2	2-4	LAM TING PANG	林定邦	400564 MAC-Masters	1:01.33	
3	2-5	CHEUNG KA LAI	張嘉禮	400039 BAC	1:09.49	
4	1-5	CHAU ON KIT	周安傑	400778 TCAA	1:11.57	
5	1-6	LEUNG TSZ KI	梁子琦	400230 DBSAC	1:17.67	
6	2-3	KAN YAT KIT	簡溢傑	400225 DBSAC	1:34.69	
7	1-7	YIU PAK TO	姚柏濤	400250 DBSAC	1:36.47	
8	1-8	CHAN KA HO KALVIN	陳家豪	400481 LSCAC	1:58.07	
	2-8	WONG CHING YIN	王靖賢	400244 DBSAC	DQ	TR22.6.2#
	1-3	CHEUNG KA YI	張家怡	400817 WYK	DNS	
	2-6	LUNG DONALD ANDREW	龍振國	400236 DBSAC	DNS	
	2-7	SHE WONG HOI	石黃海	400240 DBSAC	DNS	

Note: #TR22.6.2 Knocking down a hurdle in an illegal way

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M40 - 3000mSC

Record	Perf	Athlete	Event	Place	Date
Masters ACR	11:57.57	CHAN WAI KEUNG 陳偉強	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	11:57.57	CHAN WAI KEUNG 陳偉強	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 09:25 21°C 79%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-12	HUI SIU TUNG	許兆東	400221 DBSAC	12:49.99	
		Split: 04:01.75 (4:01.75) 08:26.96 (4:25.21) 12'49.982" (4:22.04)				
2	1-13	LI CHUNG LUN	李宗倫	400232 DBSAC	13:07.17	
		Split: 04:14.96 (4:14.96) 08:39.90 (4:24.94) 13'07.170" (4:27.10)				
3	1-11	CHENG FU ON	鄭富安	400214 DBSAC	14:03.53	
		Split: 04:30.23 (4:30.23) 09:20.43 (4:50.20) 14'03.528" (4:42.57)				
4	1-10	LEUNG WAI HUNG	梁偉雄	400231 DBSAC	16:49.02	
		Split: 05:14.89 (5:14.89) 11:03.61 (5:48.73) 16'49.020" (5:45.38)				

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M40 - Long Jump

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	7.68	AARON SAMPSON		CEDAR CITY, US	2002/06/21
Masters ACR	6.20	Tse Kai Ming Carl 謝繼明	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	6.20	Tse Kai Ming Carl 謝繼明	Hong Kong Masters Athletics	TKO SG	2018/10/27

2025/11/23 Start: 10:20 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-7	WONG MAN YUI 黃文銳	400779 TCAA	6.08m.		5.76 +1.0	6.08 +1.7	5.72 +0.9
2	1-2	IP YUI SUN 葉銳新	400224 DBSAC	5.35m.		5.15 +1.3	X	5.35 0.0
3	1-1	SHUEN TSI SHING FELIX 孫子承	400241 DBSAC	4.16m.		4.16 +0.4	X	3.56 +0.9
4	1-10	KAN YAT KIT 簡溢傑	400225 DBSAC	4.07m.		3.88 +0.1	4.07 +0.9	X
5	1-11	KONG CHAK LEUNG 江澤樑	400228 DBSAC	3.51m.		3.51 +0.4	3.35 +0.9	3.46 +0.9
6	1-6	CHIO KAI MING 招啟明	400216 DBSAC	3.17m.		2.91 +0.3	3.13 +0.6	3.17 +1.0
7	1-4	PUN TAK KIU 潘德翹	400803 WAC	2.59m.		2.36 +1.8	X	2.59 +1.1
	1-3	YEUNG WING HONG 楊永康	400047 BAC		DNS			
	1-5	TSANG FAN CHUN	400491 LSCAC		DNS			
	1-8	CHIU NGOK HEI 晁岳熙	400217 DBSAC		DNS			
	1-9	SHE WONG HOI 石黃海	400240 DBSAC		DNS			
	1-12	CHEUNG KA YI 張家怡	400817 WYK		DNS			

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M40 - Long Jump

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	7.68	AARON SAMPSON		CEDAR CITY, US	2002/06/21
Masters ACR	6.20	Tse Kai Ming Carl 謝繼明	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	6.20	Tse Kai Ming Carl 謝繼明	Hong Kong Masters Athletics	TKO SG	2018/10/27

2025/11/23 Start: 10:20 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
	1-13	CHENG CHUN YEUNG 鄭振揚	400213 DBSAC	DNS				
	1-14	CHAN KA HING 陳家興	400649 PoliceAC	DNS				

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M40 - Triple Jump

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	16.93	FABRIZIO DONATO		ROVERETO, ITA	2016/09/06

2025/11/22 Start: 13:50 24°C 40%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-5	IP YUI SUN 葉銳新	400224 DBSAC	12.17m.		11.79 -2.4	12.11 +2.1	12.17 -0.2
2	1-1	LAU HING 劉鑫	400042 BAC	10.30m.		9.97 -1.4	10.30 -1.5	9.83 +0.1
3	1-7	WONG CHING YIN 王靖賢	400244 DBSAC	9.20m.		8.17 +0.8	9.20 +1.6	X
4	1-3	LEUNG TSZ KI 梁子琦	400230 DBSAC	9.14m.		8.92 -1.1	9.14 +1.1	9.08 +0.7
5	1-2	CHENG CHUN YEUNG 鄭振揚	400213 DBSAC	8.12m.		X	7.98 0.0	8.12 -1.3
6	1-6	CHEUNG TAI YIP KENO 張泰業	400215 DBSAC	6.74m.		6.74 +1.3	-	-
	1-4	CHEUNG KA YI 張家怡	400817 WYK		DNS			
	1-8	NG WAI KEI KEVIN 吳偉基	400238 DBSAC		DNS			
	1-9	WONG MAN YUI 黃文銳	400779 TCAA		DNS			

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M40 - Shot Put

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	21.41	BRIAN OLDFIELD		INNSBRUCK, AUT	1985/08/22
Masters ACR	10.52	CHAN KWOK HEI MATTHEW	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD	10.52	CHAN KWOK HEI MATTHEW	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 10:05 15°C 62%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-7	HOWIE PERCIVAL NAVEEN	400443 IND-NAAA	10.16m.		9.58	10.16	9.47
2	1-14	HO KOON LAM WILSON 何冠霖	400218 DBSAC	7.96m.		7.96	7.31	7.12
3	1-17	LI KA KI 李家其	400488 LSCAC	7.67m.		x	7.16	7.67
4	1-13	CHAN JASON 陳澤燊	400211 DBSAC	7.33m.		7.17	7.33	x
5	1-19	LAM YAU SUN DICKSON 林友燊	400229 DBSAC	6.79m.		6.79	6.72	6.76
6	1-1	CHAN SAMUEL STEPHEN CHI CHUN 陳子進	400212 DBSAC	6.78m.		6.78	6.02	6.55
7	1-20	HON LEUNG 韓亮	400219 DBSAC	6.70m.		6.68	6.70	6.42
8	1-5	YEUNG EDWIN CHUN YUE 楊鎮宇	400248 DBSAC	6.65m.		6.65	6.43	6.19
9	1-11	CHEUNG TAI YIP KENO 張泰業	400215 DBSAC	6.36m.		6.17	5.81	6.36
10	1-15	LUI KA LOK 呂家樂	400235 DBSAC	6.23m.		x	5.57	6.23
11	1-6	MOK LAI HONG CHARLES 莫禮康	400237 DBSAC	6.17m.		5.88	6.17	5.52
12	1-9	WONG CHUN HUNG NELSON 王俊雄	400245 DBSAC	6.09m.		5.74	6.09	5.96
13	1-12	HUNG CHEUNG KIT JOHN 孔祥傑	400222 DBSAC	5.98m.		5.54	5.23	5.98
	1-2	NG WAI KEI KEVIN 吳偉基	400238 DBSAC	DNS				

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M40 - Shot Put

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	21.41	BRIAN OLDFIELD		INNSBRUCK, AUT	1985/08/22
Masters ACR	10.52	CHAN KWOK HEI MATTHEW	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD	10.52	CHAN KWOK HEI MATTHEW	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 10:05 15°C 62%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
	1-3	SHE WONG HOI 石黃海	400240 DBSAC	DNS				
	1-4	TANG TIN CHI 鄧天智	400242 DBSAC	DNS				
	1-8	DASAN LOURDHU JUDE	400484 LSCAC	DNS				
	1-10	PANG KING KIN 彭景鍵	400744 SJC	DNS				
	1-16	NGAN SAU YAT DARYL 顏首一	400239 DBSAC	DNS				
	1-18	CHAN CHEUK MAN 陳焯文	400674 RMAC	DNS				

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M40 - Discus Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	70.28	VIRGILJUS ALEKNA		KLAIPEDA, LTU	2012/06/23
Masters ACR	27.58	TANG Kwok Leung 鄧國樑	Hong Kong Masters Athletics	TKO SG	2017/11/11
HKMAC RECORD	27.58	TANG Kwok Leung 鄧國樑	Hong Kong Masters Athletics	TKO SG	2017/11/11

2025/11/22 Start: 10:25 15°C 62%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-10	HOWIE PERCIVAL NAVEEN	400443 IND-NAAA	29.45m.	HKMACR	26.55	29.45	28.35
2	1-3	IP YUI SUN 葉銳新	400224 DBSAC	28.14m.	HKMACR, R	25.79	27.58	28.14
3	1-12	LEUNG CHI CHEONG 梁志鏘	400819 WYK	25.05m.		25.05	x	-
4	1-13	LAM TING PANG 林定邦	400564 MAC-Masters	23.63m.		22.11	23.20	23.63
5	1-4	HO KOON LAM WILSON 何冠霖	400218 DBSAC	22.19m.		22.19	x	21.47
6	1-15	KOLJONEN PAUL 高日藍	400227 DBSAC	19.97m.		19.14	19.97	18.74
7	1-7	HON LEUNG 韓亮	400219 DBSAC	18.50m.		15.85	16.65	18.50
8	1-5	YEUNG EDWIN CHUN YUE 楊鎮宇	400248 DBSAC	16.43m.		16.43	16.16	14.19
9	1-2	CHAN JASON 陳澤燊	400211 DBSAC	16.31m.		x	x	16.31
10	1-9	LUI KA LOK 呂家樂	400235 DBSAC	15.34m.		13.86	15.34	x
11	1-6	HUNG CHEUNG KIT JOHN 孔祥傑	400222 DBSAC	15.10m.		15.10	x	x
12	1-14	CHEUNG TAI YIP KENO 張泰業	400215 DBSAC	14.23m.		14.13	13.50	14.23
13	1-11	MOK LAI HONG CHARLES 莫禮康	400237 DBSAC	13.66m.		13.66	13.12	x
14	1-8	YEUNG TAI WAI 楊大慧	400249 DBSAC	11.53m.		x	10.72	11.53
	1-1	SHE WONG HOI 石黃海	400240 DBSAC	DNS				

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M40 - Javelin Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	85.92	JAN ZELEZNY		GoTEBORG,SWE	2006/08/09
Masters ACR	49.29	YEUNG HAU MO 楊翰武	The 6th Hong Kong Masters	TKO SG	2021/09/11
HKMAC RECORD	49.29	YEUNG HAU MO 楊翰武	The 6th Hong Kong Masters	TKO SG	2021/09/11

2025/11/23 Start: 16:25 28°C 53%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-16	NG HON MING 吳翰鳴	400802 WAC	44.95m.		41.35	44.95	43.38
2	1-4	YEUNG HON MO 楊翰武	400124 CGHCAC	43.24m.		43.24	42.64	38.41
3	1-17	CHOW WAI KIN 周偉健	400120 CGHCAC	41.60m.		35.59	41.60	38.53
4	1-7	IP YUI SUN 葉銳新	400224 DBSAC	39.35m.		32.24	35.67	39.35
5	1-23	LAU CHUN KI 劉焌錡	400676 RMAC	35.54m.		35.54	34.97	33.40
6	1-3	HOWIE PERCIVAL NAVEEN	400443 IND-NAAA	32.15m.		27.87	32.15	31.07
7	1-6	CHAN CHUN TING ANDREW 陳俊廷	400815 WYK	31.26m.		31.26	30.18	30.87
8	1-19	CHAN YU LOK 陳宇樂	400650 PoliceAC	28.65m.		28.65	25.31	24.82
9	1-10	LI FU CHUEN KAMIL 李富全	400654 PoliceAC	26.24m.		26.24	X	X
10	1-1	KOLJONEN PAUL 高日藍	400227 DBSAC	25.18m.		18.52	25.18	X
11	1-5	CONSTANTINO CHRISTOPHER	400585 PHI-NMSAA	25.05m.		X	25.05	X
12	1-8	CHEUNG TAI YIP KENO 張泰業	400215 DBSAC	25.00m.		24.56	X	25.00
13	1-9	TANG TIN CHI 鄧天智	400242 DBSAC	23.28m.		19.80	23.28	X
14	1-21	CHAN JASON 陳澤燊	400211 DBSAC	22.74m.		X	X	22.74
15	1-12	HUNG CHEUNG KIT JOHN 孔祥傑	400222 DBSAC	18.86m.		18.62	18.86	X

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M40 - Javelin Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	85.92	JAN ZELEZNY		GoTEBORG, SWE	2006/08/09
Masters ACR	49.29	YEUNG HAU MO 楊翰武	The 6th Hong Kong Masters	TKO SG	2021/09/11
HKMAC RECORD	49.29	YEUNG HAU MO 楊翰武	The 6th Hong Kong Masters	TKO SG	2021/09/11

2025/11/23 Start: 16:25 28°C 53%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
16	1-22	HON LEUNG 韓亮	400219 DBSAC	18.38m.		15.69	18.38	17.87
17	1-18	CHIO KAI MING 招啟明	400216 DBSAC	17.69m.		12.63	17.69	15.88
	1-15	WONG KWOK LEUNG 王國良	400694 SCAA	NM		X	X	X
	1-2	CHAUDHARY RAJAT	400584 PHI-NMSAA	DNS				
	1-11	MOK LAI HONG CHARLES 莫禮康	400237 DBSAC	DNS				
	1-13	LUI KA LOK 呂家樂	400235 DBSAC	DNS				
	1-14	LEE MING CHUNG 李銘冲	400122 CGHCAC	DNS				
	1-20	YEUNG TAI WAI 楊大慧	400249 DBSAC	DNS				

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M40 - 4X100m

	Record	Perf	Athlete	Event	Place	Date
WMA RECORD		42.18	CARTY,BRADLEY,ELLIOTT,CHAMB		LONDON, GBR	2018/08/19
Masters ACR		44.63	Thailand	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD		46.71	LSCAC	Hong Kong Masters Athletics	TKO SG	2018/10/27

2025/11/22 Start: 17:45 24°C 40%

Final 1 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-6	THAILAND MUKDASANIT RATTAPOL, SUKAPHAI APINAN, KHUNKAEW SONSAK, MEKWIAN JIRAPONG		THA	46.92	
2	1-3	培僑中學校友會 李成敏, 蔡榮杭, 施偉雄, 郭肇基		PKMSAA	55.72	
3	1-5	南華體育會 李嘉輝, 陳錫寧, 陳曦, 何梓恒		SCAA	59.12	
	1-4	赤道體育會 B		BAC	DNS	
	1-7	拔萃男書院田徑會 B		DBSAC	DNS	
	1-8	張振興書院田徑會		CGHCAC	DNS	

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	2-3	警察田徑會 張軒, 張榮輝, 黃詩俊, 鄧駿業		PoliceAC	48.76	
2	2-4	拔萃男書院田徑會 A 張泰業, 殷浩俊, 葉銳新, 李慧霖		DBSAC	49.80	
3	2-8	喇沙書院田徑會 陳家豪, DASAN LOURDHU JUDE, 麥樂勳, TUNG HING CHUNG		LSCAC	54.72	
4	2-7	赤道體育會 A 劉鑫, 李啟堯, 張嘉禮, 黃利寶		BAC	57.20	
	2-5	香港元老田徑		AVOHK	DNS	
	2-6	九龍華仁書		WYK	DNS	

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M40 - 4X100m

	Record	Perf	Athlete	Event	Place	Date
WMA RECORD		42.18	CARTY,BRADLEY,ELLIOTT,CHAMB		LONDON, GBR	2018/08/19
Masters ACR		44.63	Thailand	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD		46.71	LSCAC	Hong Kong Masters Athletics	TKO SG	2018/10/27

2025/11/22 Start: 17:45 24°C 40%

Summary

Pos	Heat/Lane	Name 姓名	Bib#/Team	Result	Remarks
1	1-6	THAILAND MUKDASANIT RATTAPOL, SUKAPHAI APINAN, KHUNKAEW SONSAK, MEKWIAN JIRAPONG	THA	46.92	
2	2-3	警察田徑會 張軒, 張榮輝, 黃詩俊, 鄧駿業	PoliceAC	48.76	
3	2-4	拔萃男書院田徑會 A 張泰業, 殷浩俊, 葉銳新, 李慧霖	DBSAC	49.80	
4	2-8	喇沙書院田徑會 陳家豪, DASAN LOURDHU JUDE, 麥樂勳, TUNG HING CHUNG	LSCAC	54.72	
5	1-3	培僑中學校友會 李成敏, 蔡榮杭, 施偉雄, 郭肇基	PKMSAA	55.72	
6	2-7	赤道體育會 A 劉鑫, 李啟堯, 張嘉禮, 黃利寶	BAC	57.20	
7	1-5	南華體育會 李嘉輝, 陳錫寧, 陳曦, 何梓恒	SCAA	59.12	
	1-4	赤道體育會 B	BAC	DNS	
	1-7	拔萃男書院田徑會 B	DBSAC	DNS	
	1-8	張振興書院田徑會	CGHCAC	DNS	
	2-5	香港元老田徑	AVOHK	DNS	
	2-6	九龍華仁書	WYK	DNS	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M40 - 4X400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	3:20.83	ALLAH,MORNING,GONERA,BLACKW		PHILADELPHIA,	2001/04/28
Masters ACR	3:45.80	PAC	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	3:45.80	PAC	Hong Kong Masters Athletics	TKO SG	2018/10/27

2025/11/23 Start: 18:10 23°C 62%

Final 1 /2

Pos	Heat/Lane	Name 姓名	Bib#/Team	Result	Remarks
1	1-3	警察田徑會 張榮輝, 張軒, 關子麟, 鄧駿業	PoliceAC	3:54.64	
2	1-5	拔萃男書院田徑會 A KO HON KWAN ALEX, 李宗倫, 鄭富安, 許兆東	DBSAC	4:23.54	
3	1-6	赤道體育會 B 陳嘯軒, 涂國海, 李浩銓, 潘錦暉	BAC	4:30.74	
4	1-8	培僑中學校友會 蔡榮杭, 盧鈞樂, 賴彥宗, 黃啟然	PKMSAA	4:50.67	
5	1-7	香港女子健跑會 ZHOU YAN, 陳浩基, 鄧漢榮, 黃一慈	HKLRRC	4:51.67	
6	1-4	喇沙書院田徑會 B 陳安立, 梁國偉, 劉錦德, 黃祈恩	LSCAC	5:58.42	

Final 2 /2

Pos	Heat/Lane	Name 姓名	Bib#/Team	Result	Remarks
1	2-6	赤道體育會 A 譚榮斌, 張嘉禮, 劉鑫, 李啟堯	BAC	3:57.70	
2	2-8	九龍華仁書 梁志鏗, 王嘉倫, 林健, 梁志鏘	WYK	4:18.14	
3	2-5	喇沙書院田徑會 A 許焯彥, 陳冠喬, 何樂智, 馬兆鏗	LSCAC	4:25.00	
4	2-3	拔萃男書院田徑會 B 梁子琦, 孫子承, 葉銳新, 晁岳熙	DBSAC	4:31.70	
	2-4	THAILAND	THA	DNS	
	2-7	香港元老田徑	AVOHK	DNS	

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Hong Kong Masters Athletics Club

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Men's M40 - 4X400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	3:20.83	ALLAH,MORNING,GONERA,BLACKW		PHILADELPHIA,	2001/04/28
Masters ACR	3:45.80	PAC	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	3:45.80	PAC	Hong Kong Masters Athletics	TKO SG	2018/10/27

2025/11/23 Start: 18:10 23°C 62%

Summary

Pos	Heat/Lane	Name 姓名	Bib#/Team	Result	Remarks
1	1-3	警察田徑會 張榮輝, 張軒, 關子麟, 鄧駿業	PoliceAC	3:54.64	
2	2-6	赤道體育會 A 譚榮斌, 張嘉禮, 劉鑫, 李啟堯	BAC	3:57.70	
3	2-8	九龍華仁書 梁志鏗, 王嘉倫, 林健, 梁志鏘	WYK	4:18.14	
4	1-5	拔萃男書院田徑會 A KO HON KWAN ALEX, 李宗倫, 鄭富安, 許兆東	DBSAC	4:23.54	
5	2-5	喇沙書院田徑會 A 許焯彥, 陳冠喬, 何樂智, 馬兆鏗	LSCAC	4:25.00	
6	1-6	赤道體育會 B 陳嘯軒, 涂國海, 李浩銓, 潘錦暉	BAC	4:30.74	
7	2-3	拔萃男書院田徑會 B 梁子琦, 孫子承, 葉銳新, 晁岳熙	DBSAC	4:31.70	
8	1-8	培僑中學校友會 蔡榮杭, 盧鈞樂, 賴彥宗, 黃啟然	PKMSAA	4:50.67	
9	1-7	香港女子健跑會 ZHOU YAN, 陳浩基, 鄧漢榮, 黃一慈	HKLRRC	4:51.67	
10	1-4	喇沙書院田徑會 B 陳安立, 梁國偉, 劉錦德, 黃祈恩	LSCAC	5:58.42	
	2-4	THAILAND	THA	DNS	
	2-7	香港元老田徑	AVOHK	DNS	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - 100m

100m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	10.72	WILLIE GAULT		INDIANAPOLIS,	2006/06/24
	Masters ACR	11.71	KRIEL ALDO 歐立德	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
	HKMAC RECORD	11.71	KRIEL ALDO 歐立德	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 11:05 24°C 40%

Final 1 /4

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-3	WONG CHARLES CHUN YIP	黃振業	450055 BAC	12.25	+0.7	
2	1-6	CHIU SUNG LI	趙崇理	450049 BAC	12.59	+0.7	
3	1-4	CHEUNG CHIN TUNG	張展東	450745 SJACS	13.21	+0.7	13.209"
4	1-2	AU CHRIS	區志豪	450493 LSCAC	13.85	+0.7	
5	1-5	LAI KAN YIN	黎謹賢	450596 PKMSAA	15.12	+0.7	
6	1-7	CHAN YUNG FEI	陳庸非	450825 WYK	15.58	+0.7	
	1-8	LAU YU HIU	劉宇曉	450270 DBSAC	DNS		

Final 2 /4

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-2	FUNG CHI HO	馮志豪	450136 CSDSA	13.03	-1.0	
2	2-4	YUEN LEONARD	源旭	450292 DBSAC	13.07	-1.0	
3	2-3	WONG SHUI MING		450572 PAC	13.16	-1.0	
4	2-7	YAU TAK HIM	丘德謙	450573 PAC	13.26	-1.0	
5	2-6	LEUNG HO MAN	梁浩民	450747 SJACS	13.62	-1.0	
	2-5	CHAN WING KWONG DEREK	陳永光	450498 LSCAC	DNS		

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - 100m

100m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	10.72	WILLIE GAULT		INDIANAPOLIS,	2006/06/24
	Masters ACR	11.71	KRIEL ALDO 歐立德	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
	HKMAC RECORD	11.71	KRIEL ALDO 歐立德	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 11:05 24°C 40%

Final 3 /4

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	3-5	KRIEL ALDO	歐立德	450051 BAC	11.57	+1.0	HKMACR, R
2	3-6	CHAN SAN HEI ALAN	陳新禧	450255 DBSAC	12.50	+1.0	
3	3-3	TO KWOK HOI	涂國海	450054 BAC	13.21	+1.0	13.209"
4	3-2	LAU SHING	劉盛	450052 BAC	13.36	+1.0	
5	3-4	TUNG HING CHUNG		450511 LSCAC	13.74	+1.0	
6	3-7	TSE KAI MING CARL	謝繼明	450152 DART	14.70	+1.0	

Final 4 /4

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	4-2	YEUNG CHI HANG	楊志恒	450056 BAC	12.22	+2.4	
2	4-5	NG CHIT WING	吳哲穎	450805 WAC	12.56	+2.4	
3	4-4	LAM KING WAI	林經緯	450265 DBSAC	13.72	+2.4	
4	4-3	CHOW MING YIN	周銘賢	450050 BAC	15.68	+2.4	
5	4-6	TANG KAI SING	鄧啟昇	450509 LSCAC	15.84	+2.4	
	4-7	CHU CHEUK KIT JACKIE	朱卓傑	450456 JSA	DNS		

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - 100m

100m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	10.72	WILLIE GAULT		INDIANAPOLIS,	2006/06/24
	Masters ACR	11.71	KRIEL ALDO 歐立德	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
	HKMAC RECORD	11.71	KRIEL ALDO 歐立德	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 11:05 24°C 40%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	3-5	KRIEL ALDO	歐立德	450051 BAC	11.57	+1.0	HKMACR, R
2	4-2	YEUNG CHI HANG	楊志恒	450056 BAC	12.22	+2.4	
3	1-3	WONG CHARLES CHUN YIP	黃振業	450055 BAC	12.25	+0.7	
4	3-6	CHAN SAN HEI ALAN	陳新禧	450255 DBSAC	12.50	+1.0	
5	4-5	NG CHIT WING	吳哲穎	450805 WAC	12.56	+2.4	
6	1-6	CHIU SUNG LI	趙崇理	450049 BAC	12.59	+0.7	
7	2-2	FUNG CHI HO	馮志豪	450136 CSDSA	13.03	-1.0	
8	2-4	YUEN LEONARD	源旭	450292 DBSAC	13.07	-1.0	
9	2-3	WONG SHUI MING		450572 PAC	13.16	-1.0	
10	3-3	TO KWOK HOI	涂國海	450054 BAC	13.21	+1.0	13.209"
10	1-4	CHEUNG CHIN TUNG	張展東	450745 SJACS	13.21	+0.7	13.209"
12	2-7	YAU TAK HIM	丘德謙	450573 PAC	13.26	-1.0	
13	3-2	LAU SHING	劉盛	450052 BAC	13.36	+1.0	
14	2-6	LEUNG HO MAN	梁浩民	450747 SJACS	13.62	-1.0	
15	4-4	LAM KING WAI	林經緯	450265 DBSAC	13.72	+2.4	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - 100m

100m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	10.72	WILLIE GAULT		INDIANAPOLIS,	2006/06/24
	Masters ACR	11.71	KRIEL ALDO 歐立德	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
	HKMAC RECORD	11.71	KRIEL ALDO 歐立德	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 11:05 24°C 40%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
16	3-4	TUNG HING CHUNG		450511 LSCAC	13.74	+1.0	
17	1-2	AU CHRIS	區志豪	450493 LSCAC	13.85	+0.7	
18	3-7	TSE KAI MING CARL	謝繼明	450152 DART	14.70	+1.0	
19	1-5	LAI KAN YIN	黎謹賢	450596 PKMSAA	15.12	+0.7	
20	1-7	CHAN YUNG FEI	陳庸非	450825 WYK	15.58	+0.7	
21	4-3	CHOW MING YIN	周銘賢	450050 BAC	15.68	+2.4	
22	4-6	TANG KAI SING	鄧啟昇	450509 LSCAC	15.84	+2.4	
	1-8	LAU YU HIU	劉宇曉	450270 DBSAC	DNS		
	2-5	CHAN WING KWONG DEREK	陳永光	450498 LSCAC	DNS		
	4-7	CHU CHEUK KIT JACKIE	朱卓傑	450456 JSA	DNS		

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - 200m

200m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	21.65	Alexander Kosenkow		Minden, GER	2022/07/23
	Masters ACR	23.69	KRIEL ALDO 歐立德	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
	HKMAC RECORD	23.69	KRIEL ALDO 歐立德	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 11:05 21°C 79%

Final 1 /3

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-5	YEUNG CHI HANG	楊志恒	450056 BAC	25.42	-0.5	
2	1-6	WONG CHARLES CHUN YIP	黃振業	450055 BAC	25.74	-0.5	
3	1-3	NG CHIT WING	吳哲穎	450805 WAC	25.95	-0.5	
4	1-7	YUEN LEONARD	源旭	450292 DBSAC	26.70	-0.5	
5	1-4	FUNG CHI HO	馮志豪	450136 CSDSA	27.16	-0.5	
	1-8	WONG TING YAN	黃廷恩	450141 CSKOBA	DNS		

Final 2 /3

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-6	CHIU SUNG LI	趙崇理	450049 BAC	26.44	+1.1	
2	2-4	YAU TAK HIM	丘德謙	450573 PAC	27.37	+1.1	
3	2-3	CHAN CHUNG YU MARK	陳頌瑜	450252 DBSAC	27.65	+1.1	
4	2-7	CHEUNG CHIN TUNG	張展東	450745 SJACS	27.77	+1.1	
5	2-5	CHAN YUNG FEI	陳庸非	450825 WYK	33.17	+1.1	
	2-8	CHAN WING KWONG DEREK	陳永光	450498 LSCAC	DNS		

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - 200m

200m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	21.65	Alexander Kosenkow		Minden, GER	2022/07/23
	Masters ACR	23.69	KRIEL ALDO 歐立德	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
	HKMAC RECORD	23.69	KRIEL ALDO 歐立德	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 11:05 21°C 79%

Final 3 /3

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	3-5	KRIEL ALDO	歐立德	450051 BAC	23.98	-0.7	
2	3-8	CHAN SAN HEI ALAN	陳新禧	450255 DBSAC	25.53	-0.7	
3	3-3	LEUNG HO MAN	梁浩民	450747 SJACS	28.38	-0.7	
4	3-7	CHAN CHI YIP	陳智業	450823 WYK	29.29	-0.7	
	3-4	YEUNG WAI KONG	楊偉剛	450057 BAC	DNS		
	3-6	LO MARK	盧致恒	450504 LSCAC	DNS		

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - 200m

200m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	21.65	Alexander Kosenkow		Minden, GER	2022/07/23
	Masters ACR	23.69	KRIEL ALDO 歐立德	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
	HKMAC RECORD	23.69	KRIEL ALDO 歐立德	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 11:05 21°C 79%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	3-5	KRIEL ALDO	歐立德	450051 BAC	23.98	-0.7	
2	1-5	YEUNG CHI HANG	楊志恒	450056 BAC	25.42	-0.5	
3	3-8	CHAN SAN HEI ALAN	陳新禧	450255 DBSAC	25.53	-0.7	
4	1-6	WONG CHARLES CHUN YIP	黃振業	450055 BAC	25.74	-0.5	
5	1-3	NG CHIT WING	吳哲穎	450805 WAC	25.95	-0.5	
6	2-6	CHIU SUNG LI	趙崇理	450049 BAC	26.44	+1.1	
7	1-7	YUEN LEONARD	源旭	450292 DBSAC	26.70	-0.5	
8	1-4	FUNG CHI HO	馮志豪	450136 CSDSA	27.16	-0.5	
9	2-4	YAU TAK HIM	丘德謙	450573 PAC	27.37	+1.1	
10	2-3	CHAN CHUNG YU MARK	陳頌瑜	450252 DBSAC	27.65	+1.1	
11	2-7	CHEUNG CHIN TUNG	張展東	450745 SJACS	27.77	+1.1	
12	3-3	LEUNG HO MAN	梁浩民	450747 SJACS	28.38	-0.7	
13	3-7	CHAN CHI YIP	陳智業	450823 WYK	29.29	-0.7	
14	2-5	CHAN YUNG FEI	陳庸非	450825 WYK	33.17	+1.1	
	1-8	WONG TING YAN	黃廷恩	450141 CSKOBA	DNS		

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - 200m

200m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	21.65	Alexander Kosenkow		Minden, GER	2022/07/23
	Masters ACR	23.69	KRIEL ALDO 歐立德	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
	HKMAC RECORD	23.69	KRIEL ALDO 歐立德	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 11:05 21°C 79%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
	2-8	CHAN WING KWONG DEREK	陳永光	450498 LSCAC	DNS		
	3-4	YEUNG WAI KONG	楊偉剛	450057 BAC	DNS		
	3-6	LO MARK	盧致恒	450504 LSCAC	DNS		

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - 400m

400m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	49.09	ALLEN WOODARD		HOUSTON, USA	2017/03/18
	Masters ACR	52.61	Wong Kin On 黃健安	Hong Kong Masters Athletics	TKO SG	2018/10/27
	HKMAC RECORD	52.61	Wong Kin On 黃健安	Hong Kong Masters Athletics	TKO SG	2018/10/27

2025/11/22 Start: 16:15 24°C 40%

Final 1 /4

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-7	YEUNG WAI KONG	楊偉剛	450057 BAC	58.37	
2	1-8	TEASDALE MICHAEL GERARD		450007 AVOHK	1:00.16	
3	1-3	LUI CHI WANG ROBERT	呂志宏	450506 LSCAC	1:01.03	
4	1-4	CHAN CHUNG YU MARK	陳頌瑜	450252 DBSAC	1:05.00	
5	1-2	CHAN CHI YIP	陳智業	450823 WYK	1:05.08	
6	1-5	LI KIN HING	李健興	450829 WYK	1:07.65	
7	1-6	PANG KWOK CHING	彭國程	450140 CSKOBA	1:23.07	

Final 2 /4

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	2-8	CHAN KA WAI	陳家偉	450569 PAC	59.77	
2	2-7	MA KA CHUN	馬嘉俊	450053 BAC	1:05.98	
3	2-5	CHAN MING YUI ERNEST	陳明睿	450254 DBSAC	1:06.16	
4	2-6	CHEUNG YAN WING	張欣穎	450259 DBSAC	1:06.62	
5	2-3	HUI HOK TUNG	許學東	450264 DBSAC	1:11.94	
6	2-4	WAN MAN HO	温文灝	450283 DBSAC	1:16.98	

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - 400m

400m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	49.09	ALLEN WOODARD		HOUSTON, USA	2017/03/18
	Masters ACR	52.61	Wong Kin On 黃健安	Hong Kong Masters Athletics	TKO SG	2018/10/27
	HKMAC RECORD	52.61	Wong Kin On 黃健安	Hong Kong Masters Athletics	TKO SG	2018/10/27

2025/11/22 Start: 16:15 24°C 40%

Final 3/4

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	3-6	CHAN WAI KEUNG	陳偉強	450695 SCAA	56.35	
2	3-3	ARBOLEDA LINO		450755 SMTFA	57.93	
3	3-8	KRIEL ALDO	歐立德	450051 BAC	58.84	
4	3-4	LAM KING WAI	林經緯	450265 DBSAC	1:07.56	
5	3-5	YU YUK MING	余毓明	450291 DBSAC	1:08.62	
6	3-7	RUAN WENJUN	阮文駿	450697 SCAA	1:09.07	

Final 4/4

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	4-6	LEUNG TAT WAI	梁達威	450570 PAC	56.67	
2	4-8	KWAN TZE LUN	關子麟	450660 PoliceAC	59.49	
3	4-4	TANG WING KIN	鄧永健	450571 PAC	1:02.69	
	4-3	LO MARK	盧致恒	450504 LSCAC	DNS	
	4-5	CHAN SAN HEI ALAN	陳新禧	450255 DBSAC	DNS	
	4-7	CHAN KING CHUNG ANTHONY	陳勁中	450253 DBSAC	DNS	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - 400m

400m	Record	Perf	Athlete	Event	Place	Date
WMA RECORD		49.09	ALLEN WOODARD		HOUSTON, USA	2017/03/18
Masters ACR		52.61	Wong Kin On 黃健安	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD		52.61	Wong Kin On 黃健安	Hong Kong Masters Athletics	TKO SG	2018/10/27

2025/11/22 Start: 16:15 24°C 40%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	3-6	CHAN WAI KEUNG	陳偉強	450695 SCAA	56.35	
2	4-6	LEUNG TAT WAI	梁達威	450570 PAC	56.67	
3	3-3	ARBOLEDA LINO		450755 SMTFA	57.93	
4	1-7	YEUNG WAI KONG	楊偉剛	450057 BAC	58.37	
5	3-8	KRIEL ALDO	歐立德	450051 BAC	58.84	
6	4-8	KWAN TZE LUN	關子麟	450660 PoliceAC	59.49	
7	2-8	CHAN KA WAI	陳家偉	450569 PAC	59.77	
8	1-8	TEASDALE MICHAEL GERARD		450007 AVOHK	1:00.16	
9	1-3	LUI CHI WANG ROBERT	呂志宏	450506 LSCAC	1:01.03	
10	4-4	TANG WING KIN	鄧永健	450571 PAC	1:02.69	
11	1-4	CHAN CHUNG YU MARK	陳頌瑜	450252 DBSAC	1:05.00	
12	1-2	CHAN CHI YIP	陳智業	450823 WYK	1:05.08	
13	2-7	MA KA CHUN	馬嘉俊	450053 BAC	1:05.98	
14	2-5	CHAN MING YUI ERNEST	陳明睿	450254 DBSAC	1:06.16	
15	2-6	CHEUNG YAN WING	張欣頴	450259 DBSAC	1:06.62	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - 400m

400m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	49.09	ALLEN WOODARD		HOUSTON, USA	2017/03/18
	Masters ACR	52.61	Wong Kin On 黃健安	Hong Kong Masters Athletics	TKO SG	2018/10/27
	HKMAC RECORD	52.61	Wong Kin On 黃健安	Hong Kong Masters Athletics	TKO SG	2018/10/27

2025/11/22 Start: 16:15 24°C 40%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
16	3-4	LAM KING WAI	林經緯	450265 DBSAC	1:07.56	
17	1-5	LI KIN HING	李健興	450829 WYK	1:07.65	
18	3-5	YU YUK MING	余毓明	450291 DBSAC	1:08.62	
19	3-7	RUAN WENJUN	阮文駿	450697 SCAA	1:09.07	
20	2-3	HUI HOK TUNG	許學東	450264 DBSAC	1:11.94	
21	2-4	WAN MAN HO	温文灝	450283 DBSAC	1:16.98	
22	1-6	PANG KWOK CHING	彭國程	450140 CSKOBA	1:23.07	
	4-3	LO MARK	盧致恒	450504 LSCAC	DNS	
	4-5	CHAN SAN HEI ALAN	陳新禧	450255 DBSAC	DNS	
	4-7	CHAN KING CHUNG ANTHONY	陳勁中	450253 DBSAC	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - 800m

800m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	1:49.86	ANTHONY WHITEMAN		MANCHESTER, GBR	2017/08/19
	Masters ACR	2:16.52	CHAN KA WAI 陳家偉	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
	HKMAC RECORD	2:16.52	CHAN KA WAI 陳家偉	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 16:25 28°C 53%

Final 1 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-1	CHAN WAI KEUNG	陳偉強	450695 SCAA	2:17.55	
2	1-2	CHAN KA WAI	陳家偉	450569 PAC	2:17.89	
3	1-5	WONG SHUI MING		450572 PAC	2:25.89	
4	1-8	TSE MAN LUNG	謝文龍	450698 SCAA	2:36.22	
5	1-3	LI KIN HING	李健興	450829 WYK	2:36.32	
6	1-2	AU YING MAN	區應民	450494 LSCAC	2:42.35	
7	1-6	WONG CHO KAN STEPHEN	王祖勤	450662 PoliceAC	2:42.74	
8	1-3	LAM KING WAI	林經緯	450265 DBSAC	2:44.58	
9	1-4	FONG WAI KUK DENNIS	方緯谷	450261 DBSAC	2:51.71	
10	1-7	HUI HOK TUNG	許學東	450264 DBSAC	2:51.84	
11	1-1	CHAN HO KEI	陳浩基	450420 HKLRRC	3:01.39	
	1-4	YIP CHAK LUN GERALD	葉澤麟	450288 DBSAC	DNS	
	1-5	LEUNG TAT WAI	梁達威	450570 PAC	DNS	
	1-6	KWAN TZE LUN	關子麟	450660 PoliceAC	DNS	
	1-7	YIP CHUN HANG	葉晉亨	450289 DBSAC	DNS	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - 800m

800m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	1:49.86	ANTHONY WHITEMAN		MANCHESTER, GBR	2017/08/19
	Masters ACR	2:16.52	CHAN KA WAI 陳家偉	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
	HKMAC RECORD	2:16.52	CHAN KA WAI 陳家偉	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 16:25 28°C 53%

Final 1 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
	1-8	HO TSZ HANG STEPHEN	何梓恒	450696 SCAA	DNS	

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	2-8	YEUNG WAI KONG	楊偉剛	450057 BAC	2:21.06	
2	2-7	ARBOLEDA LINO		450755 SMTFA	2:22.67	
3	2-2	CHAN MING YUI ERNEST	陳明睿	450254 DBSAC	2:32.33	
4	2-5	YEUNG BENJAMIN	楊家豪	450287 DBSAC	2:32.93	
5	2-1	CHAN CHI YIP	陳智業	450823 WYK	2:33.75	
6	2-4	CHAN YING HO	陳英豪	450138 CSKOBA	2:37.29	
7	2-2	LAU WING KEI STEPHEN	劉永基	450269 DBSAC	2:40.96	
8	2-1	CHAN YAN YEE JACKER	陳殷懿	450824 WYK	2:50.51	
9	2-5	TSANG ALBY	曾德輝	450281 DBSAC	3:05.44	
10	2-4	KWOK WAI CHOI	郭偉才	450139 CSKOBA	3:36.58	
	2-3	ZAGURY ALAN		450008 AVOHK	DNS	
	2-3	SHUM YIU MAN SIMON	沈耀文	450457 JSA	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - 800m

800m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	1:49.86	ANTHONY WHITEMAN		MANCHESTER, GBR	2017/08/19
	Masters ACR	2:16.52	CHAN KA WAI 陳家偉	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
	HKMAC RECORD	2:16.52	CHAN KA WAI 陳家偉	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 16:25 28°C 53%

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
	2-6	NGUI MAU SHUN JOSEPH	魏茂信	450275 DBSAC	DNS	
	2-7	CHOW LING FUNG	周凌峰	450125 CGHCAC	DNS	
	2-8	YUEN KWOK WAI	袁國偉	450058 BAC	DNS	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - 800m

800m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	1:49.86	ANTHONY WHITEMAN		MANCHESTER, GBR	2017/08/19
	Masters ACR	2:16.52	CHAN KA WAI 陳家偉	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
	HKMAC RECORD	2:16.52	CHAN KA WAI 陳家偉	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 16:25 28°C 53%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-1	CHAN WAI KEUNG	陳偉強	450695 SCAA	2:17.55	
2	1-2	CHAN KA WAI	陳家偉	450569 PAC	2:17.89	
3	2-8	YEUNG WAI KONG	楊偉剛	450057 BAC	2:21.06	
4	2-7	ARBOLEDA LINO		450755 SMTFA	2:22.67	
5	1-5	WONG SHUI MING		450572 PAC	2:25.89	
6	2-2	CHAN MING YUI ERNEST	陳明睿	450254 DBSAC	2:32.33	
7	2-5	YEUNG BENJAMIN	楊家豪	450287 DBSAC	2:32.93	
8	2-1	CHAN CHI YIP	陳智業	450823 WYK	2:33.75	
9	1-8	TSE MAN LUNG	謝文龍	450698 SCAA	2:36.22	
10	1-3	LI KIN HING	李健興	450829 WYK	2:36.32	
11	2-4	CHAN YING HO	陳英豪	450138 CSKOBA	2:37.29	
12	2-2	LAU WING KEI STEPHEN	劉永基	450269 DBSAC	2:40.96	
13	1-2	AU YING MAN	區應民	450494 LSCAC	2:42.35	
14	1-6	WONG CHO KAN STEPHEN	王祖勤	450662 PoliceAC	2:42.74	
15	1-3	LAM KING WAI	林經緯	450265 DBSAC	2:44.58	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - 800m

800m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	1:49.86	ANTHONY WHITEMAN		MANCHESTER, GBR	2017/08/19
	Masters ACR	2:16.52	CHAN KA WAI 陳家偉	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
	HKMAC RECORD	2:16.52	CHAN KA WAI 陳家偉	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 16:25 28°C 53%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
16	2-1	CHAN YAN YEE JACKER	陳殷懿	450824 WYK	2:50.51	
17	1-4	FONG WAI KUK DENNIS	方緯谷	450261 DBSAC	2:51.71	
18	1-7	HUI HOK TUNG	許學東	450264 DBSAC	2:51.84	
19	1-1	CHAN HO KEI	陳浩基	450420 HKLRRC	3:01.39	
20	2-5	TSANG ALBY	曾德輝	450281 DBSAC	3:05.44	
21	2-4	KWOK WAI CHOI	郭偉才	450139 CSKOBA	3:36.58	
	1-4	YIP CHAK LUN GERALD	葉澤麟	450288 DBSAC	DNS	
	1-5	LEUNG TAT WAI	梁達威	450570 PAC	DNS	
	1-6	KWAN TZE LUN	關子麟	450660 PoliceAC	DNS	
	1-7	YIP CHUN HANG	葉晉亨	450289 DBSAC	DNS	
	1-8	HO TSZ HANG STEPHEN	何梓恒	450696 SCAA	DNS	
	2-3	SHUM YIU MAN SIMON	沈耀文	450457 JSA	DNS	
	2-3	ZAGURY ALAN		450008 AVOHK	DNS	
	2-6	NGUI MAU SHUN JOSEPH	魏茂信	450275 DBSAC	DNS	
	2-7	CHOW LING FUNG	周凌峰	450125 CGHCAC	DNS	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - 800m

800m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	1:49.86	ANTHONY WHITEMAN		MANCHESTER, GBR	2017/08/19
	Masters ACR	2:16.52	CHAN KA WAI 陳家偉	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
	HKMAC RECORD	2:16.52	CHAN KA WAI 陳家偉	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 16:25 28°C 53%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
	2-8	YUEN KWOK WAI	袁國偉	450058 BAC	DNS	

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - 1500m

1500m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	3:48.72	ANTHONY WHITEMAN		LOUGHBOROUGH,	2017/07/08
	Masters ACR	4:51.61	CHAN KA WAI 陳家偉	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
	HKMAC RECORD	4:51.61	CHAN KA WAI 陳家偉	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 09:20 15°C 62%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-9	JIAO CHENG GAO	矫成高	450403 DGD	4:34.94	HKMACR
2	1-5	DAGA-AS JOJIE L		450586 PHI-NMSAA	4:40.37	HKMACR
3	1-12	CHAN KA WAI	陳家偉	450569 PAC	4:46.80	HKMACR, R
4	1-13	CHOW LING FUNG	周凌峰	450125 CGHCAC	4:56.29	
5	1-16	NAM WAI SING	藍偉誠	450661 PoliceAC	5:06.53	
6	1-8	WONG SHUI MING		450572 PAC	5:06.78	
7	1-14	CHAN CHI YIP	陳智業	450823 WYK	5:18.87	
8	1-6	CHAN MING YUI ERNEST	陳明睿	450254 DBSAC	5:19.14	
9	1-10	LUK WAI MAN	陸偉文	450006 AVOHK	5:26.28	
10	1-4	TSE MAN LUNG	謝文龍	450698 SCAA	5:36.33	
11	1-3	TSANG ALBY	曾德輝	450281 DBSAC	6:33.85	
	1-1	PANG KWOK CHING	彭國程	450140 CSKOBA	DNS	
	1-2	SHUM YIU MAN SIMON	沈耀文	450457 JSA	DNS	
	1-7	YUEN KWOK WAI	袁國偉	450058 BAC	DNS	
	1-11	NGUI MAU SHUN JOSEPH	魏茂信	450275 DBSAC	DNS	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - 1500m

1500m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	3:48.72	ANTHONY WHITEMAN		LOUGHBOROUGH,	2017/07/08
	Masters ACR	4:51.61	CHAN KA WAI 陳家偉	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
	HKMAC RECORD	4:51.61	CHAN KA WAI 陳家偉	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 09:20 15°C 62%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
	1-15	TANG YAT LAM AARON	鄧日霖	450510 LSCAC	DNS	

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - 5000m

5000m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	14:23.60	LUCIEN RAULT		VANNES, FRA	1982/06/19
	Masters ACR	17:12.46	WONG TIN YAU 王天佑			2022/12/04
	HKMAC RECORD	17:12.46	WONG TIN YAU 王天佑			2022/12/04

2025/11/23 Start: 13:00 21°C 79%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-24	DAGA-AS JOJIE L		450586 PHI-NMSAA	18:06.28	
		Split: 03:22.94 (3:22.94) 06:54.05 (3:31.12) 10:35.88 (3:41.82) 14:26.90 (3:51.02) 18'06.276" (3:39.10)				
2	1-32	SO HOI NAM	蘇凱男	450277 DBSAC	18:08.12	
		Split: 03:21.51 (3:21.51) 06:50.35 (3:28.85) 10:28.98 (3:38.62) 14:22.52 (3:53.54) 18'08.118" (3:45.48)				
3	1-25	ZAGURY ALAN		450008 AVOHK	18:30.87	
		Split: 03:42.55 (3:42.55) 07:28.01 (3:45.46) 11:12.25 (3:44.24) 14:55.65 (3:43.41) 18'30.863" (3:34.34)				
4	1-16	LAI KWOK HANG	黎國恆	450678 RMAC	18:39.21	
		Split: 03:33.67 (3:33.67) 07:08.12 (3:34.46) 10:55.41 (3:47.28) 14:47.93 (3:52.52) 18'39.206" (3:51.07)				
5	1-35	LAI SIU CHEONG	黎兆昌	450828 WYK	18:43.52	
		Split: 03:44.44 (3:44.44) 07:31.96 (3:47.53) 11:20.44 (3:48.47) 15:08.64 (3:48.20) 18'43.520" (3:34.36)				
6	1-21	YIP CHAK LUN GERALD	葉澤麟	450288 DBSAC	19:21.54	
		Split: 03:47.85 (3:47.85) 07:41.54 (3:53.70) 11:35.38 (3:53.83) 15:32.74 (3:57.36) 19'21.538" (3:48.26)				
7	1-27	CHAN KING CHUN	陳競進	450497 LSCAC	19:51.31	
		Split: 04:01.76 (4:01.76) 08:04.53 (4:02.77) 12:07.76 (4:03.23) 16:01.56 (3:53.81) 19'51.308" (3:49.43)				
8	1-34	YIP CHUN HANG	葉晉亨	450289 DBSAC	19:52.76	
		Split: 03:49.06 (3:49.06) 07:42.77 (3:53.71) 11:36.91 (3:54.14) 15:44.04 (4:07.14) 19'52.759" (4:07.95)				
9	1-26	SO TSUNG NAM	蘇淙南	450806 WAC	20:12.80	
		Split: 03:52.45 (3:52.45) 07:54.84 (4:02.39) 11:58.81 (4:03.97) 16:11.12 (4:12.32) 20'12.791" (4:00.87)				

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - 5000m

5000m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	14:23.60	LUCIEN RAULT		VANNES, FRA	1982/06/19
	Masters ACR	17:12.46	WONG TIN YAU 王天佑			2022/12/04
	HKMAC RECORD	17:12.46	WONG TIN YAU 王天佑			2022/12/04

2025/11/23 Start: 13:00 21°C 79%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
10	1-29	TANG YAT LAM AARON	鄧日霖	450510 LSCAC	20:25.04	
		Split: 03:58.49 (3:58.49) 08:03.81 (4:05.32) 12:12.57 (4:08.76) 16:23.41 (4:10.85) 20'25.032" (4:01.58)				
11	1-17	LAM CHEUNG SHING SONNY	林掌成	450501 LSCAC	21:14.13	
		Split: 04:00.67 (4:00.67) 08:10.28 (4:09.62) 12:32.40 (4:22.11) 17:00.01 (4:27.62) 21'14.125" (4:13.98)				
12	1-15	WONG CHO KAN STEPHEN	王祖勤	450662 PoliceAC	21:31.57	
		Split: 03:55.02 (3:55.02) 07:59.67 (4:04.66) 12:20.41 (4:20.73) 16:56.16 (4:35.76) 21'31.568" (4:34.83)				
13	1-19	HUI CHEUK KIT FREDERICK	許卓傑	450826 WYK	29:00.48	
		Split: 05:07.34 (5:07.34) 11:04.74 (5:57.40) 17:11.85 (6:07.11) 23:10.00 (5:58.15) 29'00.478" (5:50.00)				
	1-22	JIAO CHENG GAO	矫成高	450403 DGD	DQ	
	1-18	POW LAP SHAN ALFRED	鮑立山	450508 LSCAC	DNS	
	1-20	CHAN MING YUI ERNEST	陳明睿	450254 DBSAC	DNS	
	1-23	NGUI MAU SHUN JOSEPH	魏茂信	450275 DBSAC	DNS	
	1-28	WONG CHI YUEN	黃智遠	450512 LSCAC	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - 5000m

5000m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	14:23.60	LUCIEN RAULT		VANNES, FRA	1982/06/19
	Masters ACR	17:12.46	WONG TIN YAU 王天佑			2022/12/04
	HKMAC RECORD	17:12.46	WONG TIN YAU 王天佑			2022/12/04

2025/11/23 Start: 13:00 21°C 79%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
	1-30	TSANG HOI HONG	曾海康	450679 RMAC	DNS	
	1-31	WONG KIN PONG	黃健邦	450513 LSCAC	DNS	
	1-33	CHAN KA LUNG ANDY	陳嘉龍	450496 LSCAC	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - 5000mRW

5000mRW	Record	Perf	Athlete	Event	Place	Date
	Masters ACR	29:12.46	TIN JOHN 田廸尊	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
	HKMAC RECORD	29:12.46	TIN JOHN 田廸尊	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 13:10 24°C 40%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-16	TIN JOHN TIK CHUEN	田廸尊	450280 DBSAC	29:34.57	
		Split: 05:36.62 (5:36.62) 11:19.10 (5:42.48) 17:00.78 (5:41.68) 22:59.49 (5:58.72) 29'34.570" (6:34.50)				
2	1-21	FONG WAI KUK DENNIS	方緯谷	450261 DBSAC	33:59.96	
		Split: 06:38.91 (6:38.91) 13:42.12 (7:03.22) 20:24.95 (6:42.82) 27:11.40 (6:46.46) 33'59.957" (6:47.59)				
3	1-23	LAU YU HIU	劉宇曉	450270 DBSAC	34:31.21	
		Split: 06:40.10 (6:40.10) 13:38.10 (6:58.00) 20:39.71 (7:01.61) 27:47.87 (7:08.16) 34'31.204" (6:43.13)				
4	1-20	LEUNG DUN LOK	梁敦樂	450271 DBSAC	37:40.90	
		Split: 06:38.27 (6:38.27) 14:03.88 (7:25.61) 21:57.59 (7:53.71) 29:48.69 (7:51.11) 37'40.891" (7:51.30)				
5	1-24	LAU MAN LUNG KEVIN	劉文龍	450267 DBSAC	38:10.03	
		Split: 07:08.64 (7:08.64) 14:40.21 (7:31.58) 22:15.97 (7:35.75) 30:13.08 (7:57.12) 38'10.023" (7:56.91)				
6	1-22	TSANG ALBY	曾德輝	450281 DBSAC	44:56.70	
		Split: 08:34.75 (8:34.75) 17:31.87 (8:57.12) 26:35.75 (9:03.88) 35:28.51 (8:52.76) 44'56.700" (9:27.49)				
7	1-17	LAU STEPHEN	劉名峰	450268 DBSAC	45:01.83	
		Split: 08:33.31 (8:33.31) 17:27.41 (8:54.10) 26:31.30 (9:03.89) 35:36.49 (9:05.19) 45'01.827" (9:24.51)				
8	1-19	CHOW KIT MAN	周傑文	450260 DBSAC	46:29.75	
		Split: 07:47.55 (7:47.55) 18:20.34 (10:32.79) 28:19.54 (9:59.20) 37:40.21 (9:20.67) 46'29.746" (8:48.79)				
	1-15	POON FELIX	潘曉東	450276 DBSAC	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - 5000mRW

5000mRW	Record	Perf	Athlete	Event	Place	Date
	Masters ACR	29:12.46	TIN JOHN 田廸尊	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
	HKMAC RECORD	29:12.46	TIN JOHN 田廸尊	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 13:10 24°C 40%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
	1-18	CHEUNG LAWRENCE YAN KIT	張欣傑	450258 DBSAC	DNS	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

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Draft: 16:30

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - 110mH

110mH	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	14.38	SHAUN BOWNES		PRETORIA, RSA	2016/02/04
	Masters ACR	17.64	YU YUEN FAI 余遠輝	The 6th Hong Kong Masters	TKO SG	2021/09/12
	HKMAC RECORD	17.64	YU YUEN FAI 余遠輝	The 6th Hong Kong Masters	TKO SG	2021/09/12

2025/11/22 Start: 14:05 24°C 40%

Final 1 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-4	CHAN WAI KEUNG	陳偉強	450695 SCAA	19.44	+1.0	
2	1-7	LAU YU HIU	劉宇曉	450270 DBSAC	19.66	+1.0	
	1-3	HO WAI LUN ALAN	何偉倫	450263 DBSAC	DNS		
	1-5	LO MARK	盧致恒	450504 LSCAC	DNS		
	1-6	PANG KWOK CHING	彭國程	450140 CSKOBA	DNS		

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-5	NG CHIT WING	吳哲穎	450805 WAC	17.34	+1.6	HKMACR, R
2	2-7	KRIEL ALDO	歐立德	450051 BAC	21.45	+1.6	
3	2-3	FONG HIU SANG	方曉生	450659 PoliceAC	21.92	+1.6	
4	2-4	CHAN SIU HIN	陳嘯軒	450048 BAC	23.69	+1.6	
	2-6	TSE KAI MING CARL	謝繼明	450152 DART	DNS		

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - 110mH

110mH	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	14.38	SHAUN BOWNES		PRETORIA, RSA	2016/02/04
	Masters ACR	17.64	YU YUEN FAI 余遠輝	The 6th Hong Kong Masters	TKO SG	2021/09/12
	HKMAC RECORD	17.64	YU YUEN FAI 余遠輝	The 6th Hong Kong Masters	TKO SG	2021/09/12

2025/11/22 Start: 14:05 24°C 40%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-5	NG CHIT WING	吳哲穎	450805 WAC	17.34	+1.6	HKMACR, R
2	1-4	CHAN WAI KEUNG	陳偉強	450695 SCAA	19.44	+1.0	
3	1-7	LAU YU HIU	劉宇曉	450270 DBSAC	19.66	+1.0	
4	2-7	KRIEL ALDO	歐立德	450051 BAC	21.45	+1.6	
5	2-3	FONG HIU SANG	方曉生	450659 PoliceAC	21.92	+1.6	
6	2-4	CHAN SIU HIN	陳嘯軒	450048 BAC	23.69	+1.6	
	1-3	HO WAI LUN ALAN	何偉倫	450263 DBSAC	DNS		
	1-5	LO MARK	盧致恒	450504 LSCAC	DNS		
	1-6	PANG KWOK CHING	彭國程	450140 CSKOBA	DNS		
	2-6	TSE KAI MING CARL	謝繼明	450152 DART	DNS		

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The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - 400mH

400mH	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	53.57	ARAMIS DiAZ		ROME, ITA	2020/09/05
	Masters ACR	1:05.15	CHEUNG ALAN	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27
	HKMAC RECORD	1:05.15	CHEUNG ALAN	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27

2025/11/23 Start: 15:05 27°C 49%

Final 1 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-6	FONG HIU SANG	方曉生	450659 PoliceAC	1:11.76	
2	1-4	LAM KING WAI	林經緯	450265 DBSAC	1:41.49	
	1-3	HO WAI LUN ALAN	何偉倫	450263 DBSAC	DNS	
	1-5	LAU STEPHEN	劉名峰	450268 DBSAC	DNS	
	1-7	TANG HON SING	鄧漢昇	450279 DBSAC	DNS	

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	2-5	CHAN WAI KEUNG	陳偉強	450695 SCAA	1:05.96	
2	2-4	LO MARK	盧致恒	450504 LSCAC	1:17.20	
3	2-6	LAU YU HIU	劉宇曉	450270 DBSAC	1:56.95	
	2-3	TIN JOHN TIK CHUEN	田廸尊	450280 DBSAC	DNS	
	2-7	HO PUI LUN ALAN	何沛倫	450262 DBSAC	DNS	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - 400mH

400mH	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	53.57	ARAMIS DiAZ		ROME, ITA	2020/09/05
	Masters ACR	1:05.15	CHEUNG ALAN	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27
	HKMAC RECORD	1:05.15	CHEUNG ALAN	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27

2025/11/23 Start: 15:05 27°C 49%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	2-5	CHAN WAI KEUNG	陳偉強	450695 SCAA	1:05.96	
2	1-6	FONG HIU SANG	方曉生	450659 PoliceAC	1:11.76	
3	2-4	LO MARK	盧致恒	450504 LSCAC	1:17.20	
4	1-4	LAM KING WAI	林經緯	450265 DBSAC	1:41.49	
5	2-6	LAU YU HIU	劉宇曉	450270 DBSAC	1:56.95	
	1-3	HO WAI LUN ALAN	何偉倫	450263 DBSAC	DNS	
	1-5	LAU STEPHEN	劉名峰	450268 DBSAC	DNS	
	1-7	TANG HON SING	鄧漢昇	450279 DBSAC	DNS	
	2-3	TIN JOHN TIK CHUEN	田廸尊	450280 DBSAC	DNS	
	2-7	HO PUI LUN ALAN	何沛倫	450262 DBSAC	DNS	

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

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The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - 3000mSC

3000mSC	Record	Perf	Athlete	Event	Place	Date
Masters ACR	13:57.47	CHAN SIU HIN 陳嘯軒		The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	13:57.47	CHAN SIU HIN 陳嘯軒		The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 09:25 21°C 79%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-19	DAGA-AS JOJIE L		450586 PHI-NMSAA	11:35.22	HKMACR
		Split: 03:30.09 (3:30.09) 07:24.90 (3:54.82) 11'35.217" (4:10.09)				
2	1-22	CHAN WAI KEUNG	陳偉強	450695 SCAA	12:03.08	HKMACR, R
		Split: 03:37.36 (3:37.36) 07:52.40 (4:15.04) 12'03.074" (4:10.60)				
3	1-16	SIM LEUNG WAI	沈樑威	450780 TCAA	13:07.51	HKMACR, R
		Split: 04:05.32 (4:05.32) 08:35.76 (4:30.44) 13'07.509" (4:31.24)				
4	1-23	NGUI MAU SHUN JOSEPH	魏茂信	450275 DBSAC	13:08.87	HKMACR, R
		Split: 04:00.59 (4:00.59) 08:32.74 (4:32.16) 13'08.861" (4:35.25)				
5	1-15	YIP CHAK LUN GERALD	葉澤麟	450288 DBSAC	13:25.73	HKMACR, R
		Split: 04:21.86 (4:21.86) 08:50.09 (4:28.23) 13'25.722" (4:34.91)				
6	1-20	CHAN SIU HIN	陳嘯軒	450048 BAC	13:41.14	HKMACR, R
		Split: 04:29.89 (4:29.89) 09:10.07 (4:40.18) 13'41.138" (4:30.93)				
7	1-24	CHAN CHING WAN	陳青雲	450658 PoliceAC	14:38.08	
		Split: 04:39.89 (4:39.89) 09:38.60 (4:58.71) 14'38.078" (4:59.40)				
8	1-18	RUAN WENJUN	阮文駿	450697 SCAA	14:47.31	
		Split: 04:39.88 (4:39.88) 09:46.23 (5:06.36) 14'47.307" (5:00.76)				
9	1-35	LEE GABRIEL	李嘉豪	450845 SPCCAA	16:40.89	
		Split: 05:04.98 (5:04.98) 11:19.35 (6:14.37) 16'40.882" (5:20.65)				

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The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - 3000mSC

3000mSC	Record	Perf	Athlete	Event	Place	Date
Masters ACR	13:57.47	CHAN SIU HIN 陳嘯軒		The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	13:57.47	CHAN SIU HIN 陳嘯軒		The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 09:25 21°C 79%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
	1-14	TSE MAN LUNG	謝文龍	450698 SCAA	DQ	
	1-17	LAU STEPHEN	劉名峰	450268 DBSAC	DNS	
	1-21	LAU YU HIU	劉宇曉	450270 DBSAC	DNS	
	1-25	SO HOI NAM	蘇凱男	450277 DBSAC	DNS	

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - Long Jump

Long Jump	Record	Perf	Athlete	Event	Place	Date
WMA RECORD		7.27	TAPANI TAAVITSAINEN		BERN, SWI	1990/08/21
Masters ACR		6.07	Tam Chung Ying Ernie 譚仲英	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD		6.07	Tam Chung Ying Ernie 譚仲英	Hong Kong Masters Athletics	TKO SG	2018/10/27

2025/11/22 Start: 11:20 24°C 40%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-2	KRIEL ALDO 歐立德	450051 BAC	5.76m.		5.28 +0.5	5.26 +2.0	5.76 +0.3
2	1-4	NG CHIT WING 吳哲穎	450805 WAC	5.73m.		5.35 +1.2	5.41 +0.1	5.73 +1.3
3	1-16	FUNG CHI HO 馮志豪	450136 CSDSA	5.43m.		5.43 -0.5	5.25 +1.5	4.89 +0.6
4	1-10	CHAN SAN HEI ALAN 陳新禧	450255 DBSAC	5.39m.		5.39 -0.5	5.03 +1.3	5.19 +2.0
5	1-7	LAU YU HIU 劉宇曉	450270 DBSAC	5.09m.		4.84 +1.1	5.09 +2.7	x +1.7
6	1-3	CHIU SUNG LI 趙崇理	450049 BAC	4.64m.		4.64 +0.8	4.61 +0.9	4.57 +1.8
7	1-11	CHOW MING YIN 周銘賢	450050 BAC	4.14m.		3.86 +1.6	4.14 -0.8	3.86 -0.3
8	1-8	WONG MAN HO AARON 黃敏豪	450286 DBSAC	3.82m.		3.82 -0.3	x +1.0	3.81 +2.3
9	1-1	LAU STEPHEN 劉名峰	450268 DBSAC	3.69m.		3.69 +0.1	3.45 -0.7	3.42 +1.1
10	1-9	LAI KAN YIN 黎謹賢	450596 PKMSAA	3.68m.		3.28 +1.2	3.68 -0.3	3.45 +1.5
11	1-17	CHENG SHIH HAO CECIL 程思浩	450257 DBSAC	3.68m.		3.68 +1.0	x	x
12	1-21	CHEUNG LAWRENCE YAN KI 張欣傑	450258 DBSAC	2.79m.		2.79 +2.1	-	x

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Men's M45 - Long Jump

Long Jump	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	7.27	TAPANI TAAVITSAINEN		BERN, SWI	1990/08/21
	Masters ACR	6.07	Tam Chung Ying Ernie 譚仲英	Hong Kong Masters Athletics	TKO SG	2018/10/27
	HKMAC RECORD	6.07	Tam Chung Ying Ernie 譚仲英	Hong Kong Masters Athletics	TKO SG	2018/10/27

2025/11/22 Start: 11:20 24°C 40%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
	1-12	TSE KAI MING CARL 謝繼明	450152 DART	NM		x	x	x
	1-5	LAU SHING 劉盛	450052 BAC	DNS				
	1-6	LO MARK 盧致恒	450504 LSCAC	DNS				
	1-13	CHU CHEUK KIT JACKIE 朱卓傑	450456 JSA	DNS				
	1-14	TANG HON SING 鄧漢昇	450279 DBSAC	DNS				
	1-15	YEUNG CHI HO HENRY 楊志豪	450516 LSCAC	DNS				
	1-18	WAN MAN HO 温文灝	450283 DBSAC	DNS				
	1-19	PANG KWOK CHING 彭國程	450140 CSKOBA	DNS				
	1-20	HO PUI LUN ALAN 何沛倫	450262 DBSAC	DNS				

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Men's M45 - Triple Jump

Triple Jump	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	15.13	WOLFGANG KNABE		GARBSEN, GER	2005/05/22

2025/11/22 Start: 09:15 15°C 62%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-5	NG CHIT WING 吳哲穎	450805 WAC	12.05m.		11.24 -0.1	11.66 +0.8	12.05 -0.6
2	1-1	LAU YU HIU 劉宇曉	450270 DBSAC	11.65m.		11.65 +0.8	-	10.82 +0.2
3	1-9	MUKDASANIT NUTTAPONG	450788 THA	10.63m.		10.63 -0.6	10.54 +1.0	-
4	1-14	KRIEL ALDO 歐立德	450051 BAC	10.54m.		10.46 -1.8	9.59 -1.7	10.54 -1.2
5	1-10	CHAN SAN HEI ALAN 陳新禧	450255 DBSAC	10.45m.		x	10.45 +0.2	x
6	1-4	TSE KAI MING CARL 謝繼明	450152 DART	9.80m.		8.44 +0.3	9.80 +1.2	-
7	1-6	CHENG SHIH HAO CECIL 程思浩	450257 DBSAC	8.36m.		7.04 -0.5	7.86 -0.1	8.36 +0.5
8	1-11	CHAN CHUNG YU MARK 陳頌瑜	450252 DBSAC	7.38m.		7.38 -0.4	r	-
9	1-13	LAU STEPHEN 劉名峰	450268 DBSAC	7.03m.		x	x	7.03 +1.5
	1-2	LEUNG DUN LOK 梁敦樂	450271 DBSAC	DNS				
	1-3	TIN JOHN TIK CHUEN 田廸尊	450280 DBSAC	DNS				
	1-7	WAN MAN HO 温文灝	450283 DBSAC	DNS				
	1-8	HO WAI LUN ALAN	450263	DNS				

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

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Men's M45 - Triple Jump

Triple Jump	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	15.13	WOLFGANG KNABE		GARBSEN, GER	2005/05/22

2025/11/22 Start: 09:15 15°C 62%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
		何偉倫	DBSAC					
	1-12	HO PUI LUN ALAN 何沛倫	450262 DBSAC	DNS				
	1-15	PANG KWOK CHING 彭國程	450140 CSKOBA	DNS				

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Men's M45 - Shot Put

Shot Put	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	20.77	IVAN IVANCIC		KOBLENZ, GER	1983/08/31
	Masters ACR	10.92	Tsang Kwun Kau 曾冠球	Hong Kong Masters Athletics	TKO SG	2018/10/27
	HKMAC RECORD	10.92	Tsang Kwun Kau 曾冠球	Hong Kong Masters Athletics	TKO SG	2018/10/27

2025/11/23 Start: 16:35 28°C 53%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-21	SRIKANTH SELVAKUMAR	450445 IND-NAAA	10.57m.		10.39	10.57	10.21
2	1-9	NG CHIT WING 吳哲穎	450805 WAC	9.34m.		8.98	9.34	9.30
3	1-1	LOPEZ CARMELO	450505 LSCAC	8.70m.		8.44	8.65	8.70
4	1-16	HO WAI LUN 何偉倫	450746 SJACS	8.21m.		7.86	7.84	8.21
5	1-18	HO PUI LUN ALAN 何沛倫	450262 DBSAC	8.11m.		6.86	7.71	8.11
6	1-26	TSENG WUN HSIUNG 曾文雄	450756 SMTFA	8.10m.		7.61	8.10	8.07
7	1-20	KRIEL ALDO 歐立德	450051 BAC	7.91m.		7.91	7.57	7.43
8	1-7	MAK ROCKY WANLONG 麥雲龍	450507 LSCAC	7.79m.		7.46	7.58	7.79
9	1-13	CHAN CHUNG YU MARK 陳頌瑜	450252 DBSAC	7.58m.		6.46	7.18	7.58
10	1-23	LI CHENGMIN 李成敏	450597 PKMSAA	6.96m.		X	X	6.96
11	1-15	TSE KAI MING CARL 謝繼明	450152 DART	6.85m.		6.68	6.85	6.73
12	1-19	WANG MURPHY 王家峰	450284 DBSAC	6.62m.		X	6.62	5.22
13	1-8	LAU STEPHEN 劉名峰	450268 DBSAC	6.41m.		6.41	6.33	5.98
14	1-10	SZE YEUNG KUEN MARCO 施養權	450278 DBSAC	6.40m.		6.32	6.40	5.86
15	1-17	YIU CHI FUNG JONATHAN 姚志峰	450290 DBSAC	6.20m.		5.56	6.20	5.82

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - Shot Put

Shot Put	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	20.77	IVAN IVANCIC		KOBLENZ, GER	1983/08/31
	Masters ACR	10.92	Tsang Kwun Kau 曾冠球	Hong Kong Masters Athletics	TKO SG	2018/10/27
	HKMAC RECORD	10.92	Tsang Kwun Kau 曾冠球	Hong Kong Masters Athletics	TKO SG	2018/10/27

2025/11/23 Start: 16:35 28°C 53%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
16	1-4	YEUNG CHI HO HENRY 楊志豪	450516 LSCAC	6.06m.		X	5.63	6.06
17	1-25	WONG CHUN CHUNG 黃振中	450830 WYK	5.74m.		5.56	5.67	5.74
18	1-3	TIN JOHN TIK CHUEN 田廸尊	450280 DBSAC	5.55m.		5.04	5.50	5.55
19	1-6	CHEUNG LAWRENCE YAN KIT 張欣傑	450258 DBSAC	5.30m.		5.30	-	-
20	1-14	KWOK WAI CHOI 郭偉才	450139 CSKOBA	5.11m.		4.06	5.11	-
21	1-22	CHAN SAN HEI ALAN 陳新禧	450255 DBSAC	5.05m.		5.05	-	-
22	1-5	TSANG KWOK TUNG 曾國棟	450282 DBSAC	4.94m.		4.02	4.94	4.79
23	1-24	CHANG HSI TSE JOSEPH JEREMY 張熙澤	450256 DBSAC	4.21m.		4.21	4.11	4.21
	1-2	LAM KING YIN CLIFFORD 林敬然	450266 DBSAC	DNS				
	1-11	HO WAI LUN ALAN 何偉倫	450263 DBSAC	DNS				
	1-12	WONG CHARLES CHUN YIP 黃振業	450055 BAC	DNS				

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - Discus Throw

Discus Throw	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	66.12	AL OERTER		WESTFIELD, USA	1982/03/28
	HKMAC RECORD	27.42	ELLISON Steve	Hong Kong Masters Athletics	Wanchai SG	2015/10/03

2025/11/22 Start: 13:40 24°C 40%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-16	LOPEZ CARMELO	450505 LSCAC	26.48m.		23.69	26.48	25.49
2	1-1	NG CHIT WING 吳哲穎	450805 WAC	25.35m.		25.35	25.04	x
3	1-6	TSENG WUN HSIUNG 曾文雄	450756 SMTFA	25.25m.		x	24.33	25.25
4	1-20	HO WAI LUN 何偉倫	450746 SJACS	23.99m.		X	X	23.99
5	1-11	CHAN CALVIN KA WAI 陳家偉	450495 LSCAC	22.90m.		X	22.20	22.90
6	1-3	WONG PAK KI 黃栢麒	450514 LSCAC	22.52m.		22.04	20.79	22.52
7	1-4	WANG MURPHY 王家峰	450284 DBSAC	21.98m.		20.24	21.32	21.98
8	1-14	CHAN YING HO 陳英豪	450138 CSKOBA	20.47m.		18.06	X	20.47
9	1-9	LAU STEPHEN 劉名峰	450268 DBSAC	18.04m.		16.16	17.27	18.04
10	1-18	CHAN CHUNG YU MARK 陳頌瑜	450252 DBSAC	17.88m.		16.93	17.88	X
11	1-13	YIU CHI FUNG JONATHAN 姚志峰	450290 DBSAC	17.14m.		15.30	17.14	16.50
12	1-2	LUI LAMBERT 呂慶樑	450273 DBSAC	15.45m.		14.28	14.38	15.45
13	1-12	TIN JOHN TIK CHUEN 田廸尊	450280 DBSAC	15.18m.		14.06	15.18	13.94
14	1-15	CHENG SHIH HAO CECIL 程思浩	450257 DBSAC	15.16m.		15.16	13.17	X
15	1-8	LEE FRANCIS KAM LUN 李金倫	450502 LSCAC	14.22m.		14.19	14.22	13.24

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - Discus Throw

Discus Throw	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	66.12	AL OERTER		WESTFIELD, USA	1982/03/28
	HKMAC RECORD	27.42	ELLISON Steve	Hong Kong Masters Athletics	Wanchai SG	2015/10/03

2025/11/22 Start: 13:40 24°C 40%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
16	1-5	TSE KAI MING CARL 謝繼明	450152 DART	12.76m.		12.76	x	12.52
	1-7	MAK ROCKY WANLONG 麥雲龍	450507 LSCAC	DNS				
	1-10	LAM KING YIN CLIFFORD 林敬然	450266 DBSAC	DNS				
	1-17	CHAN CHIN WAN 陳展雲	450251 DBSAC	DNS				
	1-19	TSANG KWOK TUNG 曾國棟	450282 DBSAC	DNS				

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - Javelin Throw

Javelin Throw	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	77.15	PETER BLANK		REHLINGEN, GER	2007/05/28
	Masters ACR	43.77	Ellison Steve	Hong Kong Masters Athletics	Wanchai SG	2014/11/02
	HKMAC RECORD	43.77	Ellison Steve	Hong Kong Masters Athletics	Wanchai SG	2014/11/02

2025/11/23 Start: 15:15 27°C 49%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-16	LOPEZ CARMELO	450505 LSCAC	39.71m.		35.34	34.55	39.71
2	1-17	NG CHIT WING 吳哲穎	450805 WAC	39.28m.		35.32	35.75	39.28
3	1-19	TSE FU MING 謝富明	450117 CEDSRC	36.41m.		35.59	36.41	X
4	1-13	CHEUNG TAK LAI PHILIP 張德禮	450499 LSCAC	35.33m.		26.73	29.54	35.33
5	1-8	LO MARK 盧致恒	450504 LSCAC	32.44m.		32.40	29.56	32.44
6	1-5	HO PUI LUN ALAN 何沛倫	450262 DBSAC	30.83m.		30.83	24.24	27.79
7	1-20	LI CHENGMIN 李成敏	450597 PKMSAA	30.14m.		23.90	X	30.14
8	1-9	TSENG WUN HSIUNG 曾文雄	450756 SMTFA	28.07m.		24.92	25.74	28.07
9	1-3	CHAN CHUNG YU MARK 陳頌瑜	450252 DBSAC	25.72m.		22.82	22.36	25.72
10	1-14	CHAN WING KWONG DEREK 陳永光	450498 LSCAC	24.85m.		21.58	22.46	24.85
11	1-21	TSE MAN LUNG 謝文龍	450698 SCAA	24.61m.		X	24.61	22.64
12	1-18	CHAN YING HO 陳英豪	450138 CSKOBA	22.57m.		20.93	22.57	X
13	1-6	LAU STEPHEN 劉名峰	450268 DBSAC	21.91m.		18.79	18.65	21.91
14	1-7	NG CHUN CHIU STANLEY 伍進超	450274 DBSAC	19.27m.		19.27	17.12	18.87
15	1-15	CHENG SHIH HAO CECIL 程思浩	450257 DBSAC	17.85m.		15.80	17.85	14.71

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - Javelin Throw

Javelin Throw	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	77.15	PETER BLANK		REHLINGEN, GER	2007/05/28
	Masters ACR	43.77	Ellison Steve	Hong Kong Masters Athletics	Wanchai SG	2014/11/02
	HKMAC RECORD	43.77	Ellison Steve	Hong Kong Masters Athletics	Wanchai SG	2014/11/02

2025/11/23 Start: 15:15 27°C 49%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
16	1-4	KWOK WAI CHOI 郭偉才	450139 CSKOBA	17.69m.		17.69	16.50	17.30
17	1-12	LUI LAMBERT 呂慶樑	450273 DBSAC	15.47m.		X	15.09	15.47
18	1-11	WANG MURPHY 王家峰	450284 DBSAC	11.62m.		X	X	11.62
	1-1	TSE KAI MING CARL 謝繼明	450152 DART		NM	X	X	X
	1-2	LEE FRANCIS KAM LUN 李金倫	450502 LSCAC		NM	X	X	X
	1-10	TSANG KWOK TUNG 曾國棟	450282 DBSAC		NM	X	X	X

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - 4X100m

4X100m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	43.27	FUKUZATO,MINAKUCHI,KOGA,ASA		KUCHING, MAS	2019/12/06
	Masters ACR	47.81	南華 M45 4X100米 (A)	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
	HKMAC RECORD	47.81	南華 M45 4X100米 (A)	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 17:35 24°C 40%

Final 1 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-4	赤道體育會 B 馬嘉俊, 袁國偉, 涂國海, 劉盛		BAC	52.80	
2	1-3	喇沙書院田徑會 呂志宏, 陳永光, 盧致恒, 區志豪		LSCAC	53.01	
3	1-5	拔萃男書院田徑會 B 林經緯, 黃嘉樂, 劉名峰, 梁肇彬		DBSAC	55.36	
4	1-6	南華體育會 譚家俊, 阮文駿, 謝文龍, 陳偉強		SCAA	55.47	
5	1-7	九龍華仁書 李健興, 陳智業, 談安鐸, 陳殷懿		WYK	57.47	

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	2-6	赤道體育會 A 趙崇理, 楊志恒, 黃振業, 楊偉剛		BAC	48.38	
2	2-4	拔萃男書院田徑會 A 源旭, 劉宇曉, 鄧漢昇, 陳新禧		DBSAC	49.21	
	2-5	培僑中學校友會		PKMSAA	DNS	
	2-7	警察田徑會		PoliceAC	DNS	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - 4X100m

4X100m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	43.27	FUKUZATO,MINAKUCHI,KOGA,ASA		KUCHING, MAS	2019/12/06
	Masters ACR	47.81	南華 M45 4X100米 (A)	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
	HKMAC RECORD	47.81	南華 M45 4X100米 (A)	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 17:35 24°C 40%

Summary

Pos	Heat/ Lane	Name 姓名	Bib#/ Team	Result	Remarks
1	2-6	赤道體育會 A 趙崇理, 楊志恒, 黃振業, 楊偉剛	BAC	48.38	
2	2-4	拔萃男書院田徑會 A 源旭, 劉宇曉, 鄧漢昇, 陳新禧	DBSAC	49.21	
3	1-4	赤道體育會 B 馬嘉俊, 袁國偉, 涂國海, 劉盛	BAC	52.80	
4	1-3	喇沙書院田徑會 呂志宏, 陳永光, 盧致恒, 區志豪	LSCAC	53.01	
5	1-5	拔萃男書院田徑會 B 林經緯, 黃嘉樂, 劉名峰, 梁肇彬	DBSAC	55.36	
6	1-6	南華體育會 譚家俊, 阮文駿, 謝文龍, 陳偉強	SCAA	55.47	
7	1-7	九龍華仁書 李健興, 陳智業, 談安鐸, 陳殷懿	WYK	57.47	
	2-5	培僑中學校友會	PKMSAA	DNS	
	2-7	警察田徑會	PoliceAC	DNS	

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主辦機構: DBSAC ATHLETICS CLUB JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - 4X400m

4X400m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	3:22.79	VICKERS,GOMES,BRIDGES,WOODA		PHILADELPHIA,	2017/04/29
	Masters ACR	3:48.75	南華 M45 4X400米 (A)	The 8th Hong Kong Masters	Wanchai SG	2023/10/28
	HKMAC RECORD	3:48.75	南華 M45 4X400米 (A)	The 8th Hong Kong Masters	Wanchai SG	2023/10/28

2025/11/23 Start: 17:55 25°C 61%

Final 1 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-6	拔萃男書院田徑會 A 陳頌瑜, 蘇凱男, 源旭, 陳新禧		DBSAC	4:05.43	
2	1-4	喇沙書院田徑會 A TUNG HING CHUNG, 區應民, 呂志宏, 盧致恒		LSCAC	4:22.03	
3	1-3	南華體育會 阮文駿, 何梓恒, 謝文龍, 陳偉強		SCAA	4:23.72	
4	1-7	培僑中學校友會 施偉雄, 萬漢基, 李成敏, 黎謹賢		PKMSAA	4:54.37	
	1-5	赤道體育會 A		BAC	DNS	

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	2-6	赤道體育會 B 趙崇理, 歐立德, 楊志恒, 楊偉剛		BAC	3:53.67	
2	2-4	飛達田徑會 鄧永健, WONG SHUI MING, 陳家偉, 梁達威		PAC	3:55.34	
3	2-3	拔萃男書院田徑會 B 陳勁中, 陳明睿, 林經緯, 楊家豪		DBSAC	4:23.20	
4	2-7	九龍華仁書 陳智業, 陳殷懿, 談安鐸, 李健興		WYK	4:34.34	
5	2-5	喇沙書院田徑會 B 葉耘開, 黃偉棠, LI SIU MAN GABRIEL, 林掌成		LSCAC	4:56.67	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - 4X400m

4X400m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	3:22.79	VICKERS,GOMES,BRIDGES,WOODA		PHILADELPHIA,	2017/04/29
	Masters ACR	3:48.75	南華 M45 4X400米 (A)	The 8th Hong Kong Masters	Wanchai SG	2023/10/28
	HKMAC RECORD	3:48.75	南華 M45 4X400米 (A)	The 8th Hong Kong Masters	Wanchai SG	2023/10/28

2025/11/23 Start: 17:55 25°C 61%

Summary

Pos	Heat/Lane	Name 姓名	Bib#/Team	Result	Remarks
1	2-6	赤道體育會 B 趙崇理, 歐立德, 楊志恒, 楊偉剛	BAC	3:53.67	
2	2-4	飛達田徑會 鄧永健, WONG SHUI MING, 陳家偉, 梁達威	PAC	3:55.34	
3	1-6	拔萃男書院田徑會 A 陳頌瑜, 蘇凱男, 源旭, 陳新禧	DBSAC	4:05.43	
4	1-4	喇沙書院田徑會 A TUNG HING CHUNG, 區應民, 呂志宏, 盧致恒	LSCAC	4:22.03	
5	2-3	拔萃男書院田徑會 B 陳勁中, 陳明睿, 林經緯, 楊家豪	DBSAC	4:23.20	
6	1-3	南華體育會 阮文駿, 何梓恒, 謝文龍, 陳偉強	SCAA	4:23.72	
7	2-7	九龍華仁書 陳智業, 陳殷懿, 談安鐸, 李健興	WYK	4:34.34	
8	1-7	培僑中學校友會 施偉雄, 萬漢基, 李成敏, 黎謹賢	PKMSAA	4:54.37	
9	2-5	喇沙書院田徑會 B 葉耘開, 黃偉棠, LI SIU MAN GABRIEL, 林掌成	LSCAC	4:56.67	
	1-5	赤道體育會 A	BAC	DNS	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M50 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	10.88	WILLIE GAULT		LOS ANGELES,	2011/05/07
Masters ACR	11.82	WONG KIN ON 黃健安	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD	11.82	WONG KIN ON 黃健安	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 10:55 15°C 62%

Final 1 /3

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-6	YU YUEN FAI	余遠輝	500065 BAC	12.26	+0.8	
2	1-4	KWAN WING LOK	關永樂	500061 BAC	13.24	+0.8	
3	1-3	SIU HUBERT		500530 LSCAC	13.35	+0.8	
4	1-7	WAI YAT CHUNG PETER	衛逸聰	500750 SJACS	13.41	+0.8	
5	1-2	CHEUNG PRINCETON	張嘉恆	500296 DBSAC	13.79	+0.8	
6	1-5	LAM LOK FU	林樂夫	500062 BAC	17.62	+0.8	

Final 2 /3

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-2	LIU CHI YUNG	廖智勇	500064 BAC	11.96	+1.2	
2	2-5	WONG KIN ON	黃健安	500838 WYK	12.21	+1.2	
3	2-3	CHAN LAP CHI	陳立致	500059 BAC	12.27	+1.2	
4	2-4	NGAI JOSEPH	倪以理	500308 DBSAC	14.02	+1.2	
5	2-6	OR YIN SIK	柯延適	500142 CSKOBA	15.97	+1.2	
	2-7	LEE JOHN HO CHUEN	李浩銓	500063 BAC	DNS		

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M50 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	10.88	WILLIE GAULT		LOS ANGELES,	2011/05/07
Masters ACR	11.82	WONG KIN ON 黃健安	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD	11.82	WONG KIN ON 黃健安	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 10:55 15°C 62%

Final 3 /3

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	3-6	CHEUNG ALAN		500519 LSCAC	12.29	+1.0	
2	3-5	FUNGFUANG WIRASAK		500789 THA	13.03	+1.0	
3	3-2	NGAN HUNG PUN	顏鴻斌	500749 SJACS	13.58	+1.0	
	3-3	IP YIU TONG	葉耀堂	500060 BAC	DNS		
	3-4	NG TAI WAI	吳大偉	500665 PoliceAC	DNS		
	3-7	NG KWOK LEUNG TERENCE	伍國樑	500664 PoliceAC	DNS		

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M50 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	10.88	WILLIE GAULT		LOS ANGELES,	2011/05/07
Masters ACR	11.82	WONG KIN ON 黃健安	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD	11.82	WONG KIN ON 黃健安	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 10:55 15°C 62%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-2	LIU CHI YUNG	廖智勇	500064 BAC	11.96	+1.2	
2	2-5	WONG KIN ON	黃健安	500838 WYK	12.21	+1.2	
3	1-6	YU YUEN FAI	余遠輝	500065 BAC	12.26	+0.8	
4	2-3	CHAN LAP CHI	陳立致	500059 BAC	12.27	+1.2	
5	3-6	CHEUNG ALAN		500519 LSCAC	12.29	+1.0	
6	3-5	FUNGFUANG WIRASAK		500789 THA	13.03	+1.0	
7	1-4	KWAN WING LOK	關永樂	500061 BAC	13.24	+0.8	
8	1-3	SIU HUBERT		500530 LSCAC	13.35	+0.8	
9	1-7	WAI YAT CHUNG PETER	衛逸聰	500750 SJACS	13.41	+0.8	
10	3-2	NGAN HUNG PUN	顏鴻斌	500749 SJACS	13.58	+1.0	
11	1-2	CHEUNG PRINCETON	張嘉恆	500296 DBSAC	13.79	+0.8	
12	2-4	NGAI JOSEPH	倪以理	500308 DBSAC	14.02	+1.2	
13	2-6	OR YIN SIK	柯延適	500142 CSKOBA	15.97	+1.2	
14	1-5	LAM LOK FU	林樂夫	500062 BAC	17.62	+0.8	
	2-7	LEE JOHN HO CHUEN	李浩銓	500063 BAC	DNS		

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M50 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	10.88	WILLIE GAULT		LOS ANGELES,	2011/05/07
Masters ACR	11.82	WONG KIN ON 黃健安	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD	11.82	WONG KIN ON 黃健安	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 10:55 15°C 62%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
	3-3	IP YIU TONG	葉耀堂	500060 BAC	DNS		
	3-4	NG TAI WAI	吳大偉	500665 PoliceAC	DNS		
	3-7	NG KWOK LEUNG TERENCE	伍國樑	500664 PoliceAC	DNS		

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Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M50 - 200m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	22.44	WILLIE GAULT		LOS ANGELES,	2011/05/07
Masters ACR	23.88	WONG KIN ON 黃健安	The 8th Hong Kong Masters	Wanchai SG	2023/10/28
HKMAC RECORD	23.88	WONG KIN ON 黃健安	The 8th Hong Kong Masters	Wanchai SG	2023/10/28

2025/11/23 Start: 11:05 21°C 79%

Final 1 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-3	LIU CHI YUNG	廖智勇	500064 BAC	24.50	+1.5	
2	1-7	CHAN LAP CHI	陳立致	500059 BAC	24.91	+1.5	
3	1-5	SIU HUBERT		500530 LSCAC	27.50	+1.5	
4	1-8	KWAN WING LOK	關永樂	500061 BAC	27.58	+1.5	
5	1-6	LAI WAI YEUNG	賴維揚	500832 WYK	28.33	+1.5	
	1-4	OR YIN SIK	柯延適	500142 CSKOBA	DNS		

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-7	WONG KIN ON	黃健安	500838 WYK	24.79	-0.1	
2	2-5	FUNGFUANG WIRASAK		500789 THA	26.52	-0.1	
	2-3	WAI YAT CHUNG PETER	衛逸聰	500750 SJACS	DNS		
	2-4	NG KWOK LEUNG TERENCE	伍國樑	500664 PoliceAC	DNS		
	2-6	NGAN HUNG PUN	顏鴻斌	500749 SJACS	DNS		

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M50 - 200m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	22.44	WILLIE GAULT		LOS ANGELES,	2011/05/07
Masters ACR	23.88	WONG KIN ON 黃健安	The 8th Hong Kong Masters	Wanchai SG	2023/10/28
HKMAC RECORD	23.88	WONG KIN ON 黃健安	The 8th Hong Kong Masters	Wanchai SG	2023/10/28

2025/11/23 Start: 11:05 21°C 79%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-3	LIU CHI YUNG	廖智勇	500064 BAC	24.50	+1.5	
2	2-7	WONG KIN ON	黃健安	500838 WYK	24.79	-0.1	
3	1-7	CHAN LAP CHI	陳立致	500059 BAC	24.91	+1.5	
4	2-5	FUNGFUANG WIRASAK		500789 THA	26.52	-0.1	
5	1-5	SIU HUBERT		500530 LSCAC	27.50	+1.5	
6	1-8	KWAN WING LOK	關永樂	500061 BAC	27.58	+1.5	
7	1-6	LAI WAI YEUNG	賴維揚	500832 WYK	28.33	+1.5	
	1-4	OR YIN SIK	柯延適	500142 CSKOBA	DNS		
	2-3	WAI YAT CHUNG PETER	衛逸聰	500750 SJACS	DNS		
	2-4	NG KWOK LEUNG TERENCE	伍國樑	500664 PoliceAC	DNS		
	2-6	NGAN HUNG PUN	顏鴻斌	500749 SJACS	DNS		

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M50 - 400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	50.51	JUAN LUIS LOPEZ ANAYA		GRANADA, ESP	2021/07/16
Masters ACR	54.04	WONG KIN ON 黃健安	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD	54.04	WONG KIN ON 黃健安	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 16:15 24°C 40%

Final 1 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-3	CHEUNG ALAN		500519 LSCAC	57.19	
2	1-5	WONG KIN ON	黃健安	500838 WYK	59.32	
3	1-6	WONG KAI TUNG DOMINIC	黃啟東	500837 WYK	1:00.29	
4	1-7	SIU HUBERT		500530 LSCAC	1:03.72	
5	1-4	LAI WAI YEUNG	賴維揚	500832 WYK	1:07.66	

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	2-7	CHAN LAP CHI	陳立致	500059 BAC	55.45	
2	2-4	FU YIN HO	符彥豪	500831 WYK	1:04.01	
3	2-5	THANARAJAN VERASALAM		500759 SMTFA	1:05.17	
4	2-6	TAM ON TOK ARTHUR	談安鐸	500836 WYK	1:18.70	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M50 - 400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	50.51	JUAN LUIS LOPEZ ANAYA		GRANADA, ESP	2021/07/16
Masters ACR	54.04	WONG KIN ON 黃健安	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD	54.04	WONG KIN ON 黃健安	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 16:15 24°C 40%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	2-7	CHAN LAP CHI	陳立致	500059 BAC	55.45	
2	1-3	CHEUNG ALAN		500519 LSCAC	57.19	
3	1-5	WONG KIN ON	黃健安	500838 WYK	59.32	
4	1-6	WONG KAI TUNG DOMINIC	黃啟東	500837 WYK	1:00.29	
5	1-7	SIU HUBERT		500530 LSCAC	1:03.72	
6	2-4	FU YIN HO	符彥豪	500831 WYK	1:04.01	
7	2-5	THANARAJAN VERASALAM		500759 SMTFA	1:05.17	
8	1-4	LAI WAI YEUNG	賴維揚	500832 WYK	1:07.66	
9	2-6	TAM ON TOK ARTHUR	談安鐸	500836 WYK	1:18.70	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M50 - 800m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	1:58.65	NOLAN SHAHEED		EAGLE ROCK, USA	2000/05/13
Masters ACR	2:20.94	Lam Tsun Fat Peter 林俊發	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	2:20.94	Lam Tsun Fat Peter 林俊發	Hong Kong Masters Athletics	TKO SG	2018/10/27

2025/11/23 Start: 16:10 28°C 53%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-4	CHAN MAN FOR	陳文科	500663 PoliceAC	2:17.60	HKMACR, R
2	1-2	SHUTE NATHAN ROBERT		500013 AVOHK	2:25.90	
3	1-1	CHAN DANIEL	陳恒	500294 DBSAC	2:28.42	
4	1-3	THANARAJAN VERASALAM		500759 SMTFA	2:40.32	
5	1-5	WAN CHI WAH	尹志華	500666 PoliceAC	2:52.93	
6	1-8	LAM JOSEPH		500300 DBSAC	3:02.11	
7	1-1	LAU SIU WAH HERRICK	劉紹華	500526 LSCAC	3:19.09	
8	1-3	LEE CHAK MAN EDWARD	李澤民	500833 WYK	3:44.48	
	1-2	FORDE NICHOLAS JULIAN		500010 AVOHK	DNS	
	1-6	LAI WAI YEUNG	賴維揚	500832 WYK	DNS	
	1-7	WONG KIN ON	黃健安	500838 WYK	DNS	
	1-8	YEUNG STEVE	楊時飛	500313 DBSAC	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M50 - 1500m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	3:58.26	DAVID HEATH		CASTRES, FRA	2015/06/21
Masters ACR	4:55.47	SUE ROBERT	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	4:55.47	SUE ROBERT	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 09:10 15°C 62%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-11	CHAN MAN FOR	陳文科	500663 PoliceAC	4:45.03	HKMACR, R
2	1-10	HEIJBOER GODEFRIEDUS JELTE		500011 AVOHK	4:53.15	HKMACR, R
3	1-8	FORDE NICHOLAS JULIAN		500010 AVOHK	4:57.24	
4	1-2	RIEHM FRANK		500012 AVOHK	5:07.87	
5	1-14	CHAN DANIEL	陳恒	500294 DBSAC	5:15.27	
6	1-9	CHOW CHI KEUNG	周自強	500574 PAC	5:16.70	
7	1-12	LO MAN KA NORMAN	羅文嘉	500306 DBSAC	5:28.39	
8	1-3	HUI PETER	許彼得	500298 DBSAC	5:45.98	
9	1-6	THANARAJAN VERASALAM		500759 SMTFA	5:59.80	
10	1-4	LAI HONG MAN ALOYSIUS		500525 LSCAC	6:01.50	
11	1-13	LAM JOSEPH		500300 DBSAC	6:13.67	
	1-1	HO RICHARD CHRISTOPHER		500522 LSCAC	DNS	
	1-5	LEE JOHN HO CHUEN	李浩銓	500063 BAC	DNS	
	1-7	WONG KIN ON	黃健安	500838 WYK	DNS	
	1-15	SHUTE NATHAN ROBERT		500013 AVOHK	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M50 - 5000m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	14:52.92	SEAN WADE		HOUSTON, USA	2016/03/25
Masters ACR	16:52.16	CAPPER Michael	Hong Kong Masters Athletics	Wanchai SG	2015/10/03
HKMAC RECORD	16:52.16	CAPPER Michael	Hong Kong Masters Athletics	Wanchai SG	2015/10/03

2025/11/23 Start: 12:15 21°C 79%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-4	HEIJBOER GODEFRIEDUS JELTE		500011 AVOHK	17:15.26	
		Split: 03:23.48 (3:23.48) 06:43.30 (3:19.82) 10:10.29 (3:26.99) 13:42.01 (3:31.72) 17'15.257" (3:32.99)				
2	1-10	FORDE NICHOLAS JULIAN		500010 AVOHK	17:16.96	
		Split: 03:24.03 (3:24.03) 06:46.83 (3:22.81) 10:13.47 (3:26.63) 13:44.96 (3:31.50) 17'16.957" (3:31.03)				
3	1-11	CHOW CHI KEUNG	周自強	500574 PAC	19:01.74	
		Split: 03:40.75 (3:40.75) 07:27.69 (3:46.94) 11:16.66 (3:48.97) 15:13.51 (3:56.86) 19'01.737" (3:47.48)				
4	1-18	ZHU LIANGTAO	朱良涛	500700 SCAA	19:07.71	
		Split: 03:47.57 (3:47.57) 07:30.42 (3:42.86) 11:18.49 (3:48.06) 15:12.62 (3:54.13) 19'07.705" (3:54.38)				
5	1-17	RIEHM FRANK		500012 AVOHK	19:09.00	
		Split: 03:39.73 (3:39.73) 07:26.66 (3:46.93) 11:18.97 (3:52.31) 15:17.29 (3:58.33) 19'08.999" (3:50.70)				
6	1-14	NG WAI KEUNG	吳偉強	500155 DART	19:09.57	
		Split: 03:38.77 (3:38.77) 07:25.38 (3:46.61) 11:16.02 (3:50.64) 15:20.48 (4:04.47) 19'09.566" (3:48.51)				
7	1-34	LEUNG SHAU LUN	梁守綸	500846 SPCCAA	19:50.68	
		Split: 03:53.48 (3:53.48) 07:51.73 (3:58.25) 11:51.26 (3:59.53) 15:51.43 (4:00.18) 19'50.678" (3:58.56)				
8	1-16	LO MAN KA NORMAN	羅文嘉	500306 DBSAC	19:54.35	
		Split: 03:43.96 (3:43.96) 07:35.81 (3:51.86) 11:40.01 (4:04.19) 15:53.55 (4:13.54) 19'54.349" (4:00.45)				
9	1-5	CHEUNG PING WONG	張炳煌	500598 PKMSAA	20:58.72	
		Split: 04:16.88 (4:16.88) 08:29.14 (4:12.27) 12:40.63 (4:11.48) 16:52.52 (4:11.90) 20'58.719" (4:05.47)				

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Men's M50 - 5000m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	14:52.92	SEAN WADE		HOUSTON, USA	2016/03/25
Masters ACR	16:52.16	CAPPER Michael	Hong Kong Masters Athletics	Wanchai SG	2015/10/03
HKMAC RECORD	16:52.16	CAPPER Michael	Hong Kong Masters Athletics	Wanchai SG	2015/10/03

2025/11/23 Start: 12:15 21°C 79%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
10	1-19	SZE YING KIT		500531 LSCAC	21:22.53	
		Split: 04:06.65 (4:06.65) 08:19.63 (4:12.99) 12:37.59 (4:17.95) 16:59.15 (4:21.57) 21'22.524" (4:22.84)				
11	1-15	TAM KA CHUN GEORGE	譚家俊	500699 SCAA	21:42.76	
		Split: 03:51.33 (3:51.33) 08:06.51 (4:15.19) 12:34.46 (4:27.94) 17:04.57 (4:30.12) 21'42.759" (4:37.42)				
12	1-7	WAN CHI WAH	尹志華	500666 PoliceAC	23:00.38	
		Split: 04:08.47 (4:08.47) 08:39.82 (4:31.35) 13:23.49 (4:43.67) 18:14.84 (4:51.36) 23'00.371" (4:45.15)				
13	1-12	LAI HONG MAN ALOYSIUS		500525 LSCAC	23:08.09	
		Split: 04:27.15 (4:27.15) 08:57.68 (4:30.53) 13:38.70 (4:41.02) 18:21.77 (4:43.07) 23'08.088" (4:46.23)				
14	1-21	CHAN LEO LI	陳利	500517 LSCAC	23:21.28	
		Split: 04:26.59 (4:26.59) 09:07.07 (4:40.48) 13:55.29 (4:48.22) 18:46.05 (4:50.77) 23'21.278" (4:34.94)				
15	1-1	LAM JOSEPH		500300 DBSAC	23:35.30	
		Split: 04:28.73 (4:28.73) 09:12.27 (4:43.54) 14:01.38 (4:49.11) 18:53.57 (4:52.20) 23'35.291" (4:41.42)				
16	1-6	FUNG YUT CHIU GILDAS	馮佚樵	500520 LSCAC	26:01.16	
		Split: 04:29.56 (4:29.56) 09:20.43 (4:50.88) 14:37.66 (5:17.22) 20:14.60 (5:36.94) 26'01.156" (5:46.40)				
17	1-13	LEUNG HO YIN	梁浩然	500528 LSCAC	26:17.29	
		Split: 04:40.77 (4:40.77) 09:36.61 (4:55.84) 14:57.51 (5:20.90) 20:42.20 (5:44.69) 26'17.285" (5:34.80)				
18	1-20	KUNG WAI PAN CHARIS	孔维濱	500299 DBSAC	27:37.99	
		Split: 04:46.41 (4:46.41) 10:26.12 (5:39.71) 16:11.07 (5:44.95) 21:58.35 (5:47.29) 27'37.988" (5:38.64)				

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M50 - 5000m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	14:52.92	SEAN WADE		HOUSTON, USA	2016/03/25
Masters ACR	16:52.16	CAPPER Michael	Hong Kong Masters Athletics	Wanchai SG	2015/10/03
HKMAC RECORD	16:52.16	CAPPER Michael	Hong Kong Masters Athletics	Wanchai SG	2015/10/03

2025/11/23 Start: 12:15 21°C 79%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
	1-2	LEE PUI HANG JULIAN	李沛鏗	500527 LSCAC	DNS	
	1-3	HUI PETER	許彼得	500298 DBSAC	DNS	
	1-8	LEUNG KWAN HANG IVAN	梁君恒	500304 DBSAC	DNS	
	1-9	HO RICHARD CHRISTOPHER		500522 LSCAC	DNS	

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The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M50 - 5000mRW

Record	Perf	Athlete	Event	Place	Date
Masters ACR	25:41.61	VIACHESLAV DEGTIARENKO	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	29:35.92	GREGOIRE PETER JOHN	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27

2025/11/22 Start: 13:10 24°C 40%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-25	LAU WAI KIN KELVIN	劉偉健	500302 DBSAC	28:35.51	R
		Split: 05:35.82 (5:35.82) 11:18.26 (5:42.44) 17:00.17 (5:41.91) 22:45.83 (5:45.67) 28'35.501" (5:49.16)				
2	1-29	LEE SHI WANG	李仕宏	500303 DBSAC	35:57.85	
		Split: 06:44.10 (6:44.10) 13:54.65 (7:10.55) 21:10.79 (7:16.14) 28:39.00 (7:28.21) 35'57.846" (7:18.00)				
3	1-28	SHIU TAK CHI BYRON	邵得志	500310 DBSAC	41:52.93	
		Split: 08:23.49 (8:23.49) 16:56.76 (8:33.27) 25:06.20 (8:09.44) 33:32.21 (8:26.01) 41'52.923" (8:19.79)				
	1-26	MOK KWAN TING MARTIN	莫昆庭	500307 DBSAC	DQ	
	1-27	HO CHUN WAI	何俊威	500521 LSCAC	DNS	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M50 - 100mH

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	13.57	WALTER BUTLER		NAPERVILLE, USA	1991/07/05
Masters ACR	15.13	CHEUNG ALAN	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	15.13	CHEUNG ALAN	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 14:15 24°C 40%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-3	CHEUNG ALAN		500519 LSCAC	14.53	+0.2	HKMACR, R
2	1-6	YU YUEN FAI	余遠輝	500065 BAC	14.86	+0.2	HKMACR, R
3	1-7	WONG KAI TUNG DOMINIC	黃啟東	500837 WYK	17.52	+0.2	
4	1-4	LEUNG KA HONG	梁家康	500154 DART	20.26	+0.2	
	1-2	TONG ALBERT	唐建衡	500532 LSCAC	DNS		
	1-5	NG TAI WAI	吳大偉	500665 PoliceAC	DNS		

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The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M50 - 400mH

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	56.35	MATTHIAS SUNNEBORN		SOLLENTUNA, SWE	2021/06/13
Masters ACR	1:04.83	CHEUNG ALAN	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	1:04.83	CHEUNG ALAN	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 14:55 27°C 49%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-1	CHEUNG ALAN		500519 LSCAC	1:03.15	HKMACR, R
2	1-8	WONG KAI TUNG DOMINIC	黃啟東	500837 WYK	1:06.64	
3	1-4	LEUNG KA HONG	梁家康	500154 DART	1:25.66	
	1-2	WONG KIN ON	黃健安	500838 WYK	DNS	
	1-3	SIU HUBERT		500530 LSCAC	DNS	
	1-5	LEE SHI WANG	李仕宏	500303 DBSAC	DNS	
	1-6	NGAI JOSEPH	倪以理	500308 DBSAC	DNS	
	1-7	YU YUEN FAI	余遠輝	500065 BAC	DNS	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M50 - 3000mSC

Record	Perf	Athlete	Event	Place	Date
Masters ACR	13:41.14	ZARGAR AMINI BABAK	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	13:50.73	YIP KA LUN 葉家麟	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 09:25 21°C 79%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-28	CHU WING LEONG	朱永亮	500566 Move	15:42.95	
		Split: 04:59.89 (4:59.89) 10:22.58 (5:22.70) 15'42.948" (5:19.41)				
2	1-27	LAM JOSEPH		500300 DBSAC	15:45.60	
		Split: 05:06.49 (5:06.49) 10:29.89 (5:23.41) 15'45.595" (5:15.10)				
3	1-26	SZE WAI HUNG	施偉雄	500599 PKMSAA	17:25.10	
		Split: 04:55.12 (4:55.12) 11:10.72 (6:15.60) 17'25.094" (6:14.28)				

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M50 - Long Jump

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	6.84	TAPANI TAAVITSAINEN		GENEVE, SWI	1994/06/18
Masters ACR	5.92	TAM CHUNG YING ERNIE 譚仲英			2022/11/27
HKMAC RECORD	5.92	TAM CHUNG YING ERNIE 譚仲英			2022/11/27

2025/11/23 Start: 15:50 28°C 53%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-2	LIU CHI YUNG 廖智勇	500064 BAC	5.68m.		5.47 +1.5	5.68 +1.1	5.55 +1.3
2	1-9	IP YIU TONG 葉耀堂	500060 BAC	5.43m.		5.18 +1.6	5.16 +1.9	5.43 +1.3
3	1-8	KUANG TIEK DANG ADAM 上官哲谈	500404 DGD	5.19m.		4.95 +1.2	5.19 +1.8	4.85 +1.2
4	1-10	CHU WING LEONG 朱永亮	500566 Move	4.41m.		4.30 +1.4	4.40 +1.3	4.41 +1.0
5	1-3	CHAN ON LAP FELIX 陳安立	500518 LSCAC	2.95m.		2.67 +1.7	x	2.95 +0.9
	1-1	LEE SHI WANG 李仕宏	500303 DBSAC		DNS			
	1-4	ROBERTO WONG 王偉國	500309 DBSAC		DNS			
	1-5	WONG WAI KUEN ANTHONY 王偉權	500312 DBSAC		DNS			
	1-6	SIU HUBERT	500530 LSCAC		DNS			
	1-7	KWOK SIU KAY KEVIN 郭兆基	500524 LSCAC		DNS			

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M50 - Triple Jump

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	14.44	WOLFGANG KNABE		LuBECK, GER	2009/07/18

2025/11/22 Start: 15:35 24°C 40%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-1	KUANG TIEK DANG ADAM 上官哲谈	500404 DGD	9.91m.		X	9.91 +1.0	9.89 -0.3
2	1-2	IP YIU TONG 葉耀堂	500060 BAC	9.91m.		9.70 +0.7	X	9.91 -0.2
3	1-8	ROBERTO WONG 王偉國	500309 DBSAC	9.11m.		9.11 +1.3	-	X
4	1-6	TANG SAI KONG SIMON 鄧世剛	500311 DBSAC	7.57m.		7.52 -0.2	7.57 -1.2	7.26 0.0
5	1-7	CHEUNG PRINCETON 張嘉恆	500296 DBSAC	7.45m.		7.45 +0.4	7.19 -1.1	r
6	1-9	CHAU WAI HUNG ANTONIO 周偉雄	500295 DBSAC	7.31m.		6.77 +1.0	7.31 +0.9	6.49 -0.7
7	1-3	LEE SHI WANG 李仕宏	500303 DBSAC	7.07m.		7.07 -1.3	6.89 -0.2	7.03 -1.0
8	1-4	LAM JOSEPH	500300 DBSAC	5.10m.		X	X	5.10 -0.2
	1-5	NGAI JOSEPH 倪以理	500308 DBSAC		DNS			

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M50 - Shot Put

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	18.63	STUART GYNGELL		WOLLONGONG, AUS	2014/01/25
Masters ACR	11.29	Kwok Tak Jim, Wicky 郭德霑	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	11.29	Kwok Tak Jim, Wicky 郭德霑	Hong Kong Masters Athletics	TKO SG	2018/10/27

2025/11/23 Start: 09:30 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-16	KWOK NINE WAH 郭念華	500523 LSCAC	10.29m.		9.62	10.29	10.10
2	1-11	ROBERTO WONG 王偉國	500309 DBSAC	9.75m.		9.43	9.27	9.75
3	1-7	FONG RYAN 方仁宏	500297 DBSAC	7.74m.		7.00	5.75	7.74
4	1-5	COLLOTON TOM	500009 AVOHK	7.63m.		7.14	7.39	7.63
5	1-14	WONG WAI KUEN ANTHONY 王偉權	500312 DBSAC	7.60m.		7.21	7.37	7.60
6	1-17	YEUNG HO YIN 楊浩賢	500156 DART	7.15m.		6.24	7.11	7.15
7	1-10	YUEN HSI CARL 源曦	500314 DBSAC	6.99m.		6.92	6.99	6.83
8	1-1	AU ARTHUR 區天旂	500293 DBSAC	6.54m.		6.54	6.39	6.47
9	1-4	CHAN ON LAP FELIX 陳安立	500518 LSCAC	6.14m.		6.14	5.89	5.84
10	1-2	CHEUNG KAI PONG 張啟邦	500153 DART	5.75m.		5.75	5.28	5.11
11	1-3	LEUNG CHUN SING 梁振聲	500834 WYK	5.71m.		5.71	4.05	5.35
12	1-13	LIE LEONARD	500529 LSCAC	5.62m.		5.62	5.06	5.62
13	1-9	LEUNG WING HONG ALVIN 梁永康	500305 DBSAC	5.46m.		5.14	x	5.46
	1-15	TANG SAI KONG SIMON 鄧世剛	500311 DBSAC	NM		DNS	DNS	DNS
	1-6	SHIU TAK CHI BYRON 邵得志	500310 DBSAC	DNS				

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M50 - Shot Put

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	18.63	STUART GYNGELL		WOLLONGONG, AUS	2014/01/25
Masters ACR	11.29	Kwok Tak Jim, Wicky 郭德霑	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	11.29	Kwok Tak Jim, Wicky 郭德霑	Hong Kong Masters Athletics	TKO SG	2018/10/27

2025/11/23 Start: 09:30 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
	1-8	CHEUNG PRINCETON 張嘉恆	500296 DBSAC	DNS				
	1-12	LEE JOHN HO CHUEN 李浩銓	500063 BAC	DNS				

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M50 - Discus Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	68.40	KLAUS WEIFFENBACH		MEDELBY, GER	1997/05/10
Masters ACR	33.19	TSANG KWUN KAU 曾冠球			2022/12/04
HKMAC RECORD	33.03	TSANG KWUN KAU 曾冠球	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 08:30 15°C 62%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-5	WONG YU HIN IAN 黃宇軒	500533 LSCAC	29.93m.		28.70	29.93	x
2	1-10	ROBERTO WONG 王偉國	500309 DBSAC	28.11m.		27.17	27.65	28.11
3	1-7	COLLOTON TOM	500009 AVOHK	26.03m.		25.14	25.19	26.03
4	1-11	KWOK NINE WAH 郭念華	500523 LSCAC	23.84m.		23.84	x	23.44
5	1-9	IP YIU TONG 葉耀堂	500060 BAC	23.76m.		22.17	23.76	21.94
6	1-2	CHAU WAI HUNG ANTONIO 周偉雄	500295 DBSAC	22.64m.		18.99	22.64	x
7	1-8	KUNG KIN CHUG DANIEL 龔建忠	500748 SJACS	21.22m.		20.07	21.22	17.51
8	1-12	AU ARTHUR 區天旂	500293 DBSAC	20.43m.		18.83	20.43	x
9	1-6	YEUNG MAN YUNG DAVID 楊文勇	500534 LSCAC	19.14m.		19.14	x	19.06
10	1-1	YEUNG HO YIN 楊浩賢	500156 DART	18.46m.		x	x	18.46
11	1-4	WONG WAI KUEN ANTHONY 王偉權	500312 DBSAC	15.71m.		13.68	x	15.71
12	1-3	LIE LEONARD	500529 LSCAC	13.49m.		x	x	13.49

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M50 - Javelin Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	76.16	ROALD BRADSTOCK		CLERMONT,	USA 2012/06/02
Masters ACR	44.84	Ellison Steve	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	44.84	Ellison Steve	Hong Kong Masters Athletics	TKO SG	2018/10/27

2025/11/23 Start: 08:30 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-8	ROBERTO WONG 王偉國	500309 DBSAC	33.64m.		29.71	33.64	32.76
2	1-11	KWOK NINE WAH 郭念華	500523 LSCAC	31.39m.		28.27	31.39	28.80
3	1-1	KUANG TIEK DANG ADAM 上官哲谈	500404 DGD	29.96m.		29.96	27.20	29.21
4	1-6	YEUNG MAN YUNG DAVID 楊文勇	500534 LSCAC	27.88m.		23.42	24.72	27.88
5	1-5	CHAU WAI HUNG ANTONIO 周偉雄	500295 DBSAC	26.26m.		26.01	26.26	26.22
6	1-9	LEE SHI WANG 李仕宏	500303 DBSAC	25.49m.		25.07	21.79	25.49
7	1-7	OR YIN SIK 柯延適	500142 CSKOBA	24.58m.		22.76	23.72	24.58
8	1-3	COLLOTON TOM	500009 AVOHK	22.36m.		x	20.35	22.36
9	1-4	YEUNG HO YIN 楊浩賢	500156 DART	21.26m.		x	21.26	x
10	1-2	AU ARTHUR 區天旂	500293 DBSAC	16.60m.		x	13.76	16.60
11	1-10	LIE LEONARD	500529 LSCAC	13.33m.		x	13.33	x

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M50 - 4X100m

	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	44.47	FREY,JAMES,FULTON,BARNWELL		PHILADELPHIA,	2009/04/24
	Masters ACR	48.17	SCAA M50 4X100M (A)	The 6th Hong Kong Masters	TKO SG	2021/09/11
	HKMAC RECORD	48.17	SCAA M50 4X100M (A)	The 6th Hong Kong Masters	TKO SG	2021/09/11

2025/11/22 Start: 17:35 24°C 40%

Final

Pos	Heat/ Lane	Name 姓名	Bib#/ Team	Result	Remarks
1	1-4	赤道體育會 陳立致, 余遠輝, 關永樂, 廖智勇	BAC	48.97	
2	1-8	九龍華仁書 賴維揚, 馬敬將, 黃啟東, 黃健安	WYK	50.72	
3	1-7	喇沙書院田徑會 唐建衡, 余致力, SIU HUBERT, CHEUNG ALAN	LSCAC	51.93	
4	1-5	聖若瑟舊生田徑會 黃昌泰, 衛逸聰, 何志遠, 顏鴻斌	SJACS	52.34	
5	1-6	上海田徑大師隊 上官哲谈, 卜庆益, 张新安, 李绝奇	DGD	54.21	
6	1-3	拔萃男書院田徑會 關文輝, 張嘉恆, 楊時飛, 倪以理	DBSAC	55.79	
	1-2	香港元老田徑	AVOHK	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M50 - 4X400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	3:31.76	SULLIVAN,MOODY,GATLING,BLAC		SACRAMENTO, US	2011/07/17
Masters ACR	4:00.15	九龍華仁書院舊生會	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	4:00.15	九龍華仁書院舊生會	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 17:55 25°C 61%

Final

Pos	Heat/Lane	Name 姓名	Bib#/Team	Result	Remarks
1	1-4	赤道體育會 關永樂, 余遠輝, 廖智勇, 陳立致	BAC	3:57.42	HKMACR, R
2	1-3	九龍華仁書 朱偉德, 符彥豪, 馬敬將, 黃啟東	WYK	4:06.06	
3	1-7	喇沙書院田徑會 李明瀚, 劉紹華, SIU HUBERT, CHEUNG ALAN	LSCAC	4:20.70	
4	1-5	拔萃男書院田徑會 羅文嘉, 楊時飛, 陳恒, 倪以理	DBSAC	4:32.72	
	1-8	南區康樂體育促進會有限公司暨南區長 郭沛然, 鍾達志, 鮑曉峰, 曾憲能	SDH	DQ	TR24.15#
	1-2	香港元老田徑	AVOHK	DNS	
	1-6	聖若瑟舊生田徑會	SJACS	DNS	

Note: #TR24.15 Leaving the assigned lane before the breakline

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M55 - 100m

100m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	11.30	WILLIE GAULT		EAGLE ROCK, USA	2016/05/07
	Masters ACR	12.46	WONG TUNG HONG EDDIE 黃東康	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
	HKMAC RECORD	12.46	WONG TUNG HONG EDDIE 黃東康	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 10:55 15°C 62%

Final 1 /3

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-4	LUI TIM	雷裕文	550332 DBSAC	12.81	-1.4	
2	1-2	KANG KWOK KEUNG DEREK	江國強	550069 BAC	13.02	-1.4	
3	1-5	YAU CHUN TAK SANDERS	邱振德	550840 WYK	13.70	-1.4	
4	1-7	TAM KING TONG	譚景棠	550073 BAC	14.02	-1.4	
5	1-3	LEUNG CHUN WAI WILLIAM	梁振威	550667 PoliceAC	15.30	-1.4	
	1-6	HO CHI YUEN	何志遠	550751 SJACS	DNS		

Final 2 /3

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-3	LI JUE QI	李绝奇	550406 DGD	12.63	+0.3	
2	2-2	WONG TUNG HONG EDDIE	黃東康	550076 BAC	12.67	+0.3	
3	2-6	BOONJUER WICHIEN		550790 THA	12.77	+0.3	
4	2-5	WANG JIAN	王堅	550074 BAC	13.13	+0.3	
5	2-7	SO TAK KING	蘇德擎	550072 BAC	14.06	+0.3	
6	2-4	YU TAK KWONG	余德廣	550339 DBSAC	20.00	+0.3	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M55 - 100m

100m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	11.30	WILLIE GAULT		EAGLE ROCK, USA	2016/05/07
	Masters ACR	12.46	WONG TUNG HONG EDDIE 黃東康	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
	HKMAC RECORD	12.46	WONG TUNG HONG EDDIE 黃東康	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 10:55 15°C 62%

Final 3 /3

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	3-3	TAM CHUNG YING ERNIE	譚仲英	550334 DBSAC	12.57	+0.9	
2	3-5	YU MAN TO GERALD MAXIMILLIAN	余孟滔	550417 HKICPA	13.48	+0.9	
3	3-6	LEE CHUNG SING	李宗成	550843 YLTH	19.34	+0.9	
	3-4	CHU WAI TAK VICTOR	朱偉德	550839 WYK	DNS		
	3-7	MA XIAO JUN	马小军	550407 DGD	DNS		

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M55 - 100m

100m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	11.30	WILLIE GAULT		EAGLE ROCK, USA	2016/05/07
	Masters ACR	12.46	WONG TUNG HONG EDDIE 黃東康	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
	HKMAC RECORD	12.46	WONG TUNG HONG EDDIE 黃東康	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 10:55 15°C 62%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	3-3	TAM CHUNG YING ERNIE	譚仲英	550334 DBSAC	12.57	+0.9	
2	2-3	LI JUE QI	李绝奇	550406 DGD	12.63	+0.3	
3	2-2	WONG TUNG HONG EDDIE	黃東康	550076 BAC	12.67	+0.3	
4	2-6	BOONJUER WICHIEN		550790 THA	12.77	+0.3	
5	1-4	LUI TIM	雷裕文	550332 DBSAC	12.81	-1.4	
6	1-2	KANG KWOK KEUNG DEREK	江國強	550069 BAC	13.02	-1.4	
7	2-5	WANG JIAN	王堅	550074 BAC	13.13	+0.3	
8	3-5	YU MAN TO GERALD MAXIMILLIAN	余孟滔	550417 HKICPA	13.48	+0.9	
9	1-5	YAU CHUN TAK SANDERS	邱振德	550840 WYK	13.70	-1.4	
10	1-7	TAM KING TONG	譚景棠	550073 BAC	14.02	-1.4	
11	2-7	SO TAK KING	蘇德擎	550072 BAC	14.06	+0.3	
12	1-3	LEUNG CHUN WAI WILLIAM	梁振威	550667 PoliceAC	15.30	-1.4	
13	3-6	LEE CHUNG SING	李宗成	550843 YLTH	19.34	+0.9	
14	2-4	YU TAK KWONG	余德廣	550339 DBSAC	20.00	+0.3	
	1-6	HO CHI YUEN	何志遠	550751 SJACS	DNS		

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

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Men's M55 - 100m

100m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	11.30	WILLIE GAULT		EAGLE ROCK, USA	2016/05/07
	Masters ACR	12.46	WONG TUNG HONG EDDIE 黃東康	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
	HKMAC RECORD	12.46	WONG TUNG HONG EDDIE 黃東康	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 10:55 15°C 62%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
	3-4	CHU WAI TAK VICTOR	朱偉德	550839 WYK	DNS		
	3-7	MA XIAO JUN	马小军	550407 DGD	DNS		

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

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Men's M55 - 200m

200m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	23.24	WILLIE GAULT		EAGLE ROCK, USA	2016/05/07
	Masters ACR	25.82	WONG TUNG HONG EDDIE 黃東康	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
	HKMAC RECORD	25.82	WONG TUNG HONG EDDIE 黃東康	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 10:55 21°C 79%

Final 1 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-2	SO TAK KING	蘇德擎	550072 BAC	28.34	+0.9	
2	1-3	YAU CHUN TAK SANDERS	邱振德	550840 WYK	29.12	+0.9	
3	1-6	TAM KING TONG	譚景棠	550073 BAC	29.49	+0.9	
	1-1	LEE CHUNG SING	李宗成	550843 YLTH	DNS		
	1-4	MA XIAO JUN	马小军	550407 DGD	DNS		
	1-5	CRUZ ANTONY JOSEPH		550435 IND-KMAC	DNS		
	1-7	CHU WAI TAK VICTOR	朱偉德	550839 WYK	DNS		
	1-8	WONG HO MAN ALBERT	黃浩文	550337 DBSAC	DNS		

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-7	TAM CHUNG YING ERNIE	譚仲英	550334 DBSAC	25.41	+1.4	HKMACR, R
2	2-5	LI JUE QI	李绝奇	550406 DGD	25.68	+1.4	HKMACR
3	2-2	WONG TUNG HONG EDDIE	黃東康	550076 BAC	26.40	+1.4	
4	2-1	LUI TIM	雷裕文	550332 DBSAC	26.95	+1.4	
5	2-3	HO CHI YUEN	何志遠	550751 SJACS	27.12	+1.4	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M55 - 200m

200m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	23.24	WILLIE GAULT		EAGLE ROCK, USA	2016/05/07
	Masters ACR	25.82	WONG TUNG HONG EDDIE 黃東康	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
	HKMAC RECORD	25.82	WONG TUNG HONG EDDIE 黃東康	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 10:55 21°C 79%

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
6	2-4	KANG KWOK KEUNG DEREK	江國強	550069 BAC	27.21	+1.4	
	2-6	WANG JIAN	王堅	550074 BAC	DNS		
	2-8	TAM KA SHUN	譚嘉信	550335 DBSAC	DNS		

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香港先進田徑錦標賽
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Men's M55 - 200m

200m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	23.24	WILLIE GAULT		EAGLE ROCK, USA	2016/05/07
	Masters ACR	25.82	WONG TUNG HONG EDDIE 黃東康	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
	HKMAC RECORD	25.82	WONG TUNG HONG EDDIE 黃東康	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 10:55 21°C 79%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-7	TAM CHUNG YING ERNIE	譚仲英	550334 DBSAC	25.41	+1.4	HKMACR, R
2	2-5	LI JUE QI	李绝奇	550406 DGD	25.68	+1.4	HKMACR
3	2-2	WONG TUNG HONG EDDIE	黃東康	550076 BAC	26.40	+1.4	
4	2-1	LUI TIM	雷裕文	550332 DBSAC	26.95	+1.4	
5	2-3	HO CHI YUEN	何志遠	550751 SJACS	27.12	+1.4	
6	2-4	KANG KWOK KEUNG DEREK	江國強	550069 BAC	27.21	+1.4	
7	1-2	SO TAK KING	蘇德擎	550072 BAC	28.34	+0.9	
8	1-3	YAU CHUN TAK SANDERS	邱振德	550840 WYK	29.12	+0.9	
9	1-6	TAM KING TONG	譚景棠	550073 BAC	29.49	+0.9	
	1-1	LEE CHUNG SING	李宗成	550843 YLTH	DNS		
	1-4	MA XIAO JUN	马小军	550407 DGD	DNS		
	1-5	CRUZ ANTONY JOSEPH		550435 IND-KMAC	DNS		
	1-7	CHU WAI TAK VICTOR	朱偉德	550839 WYK	DNS		
	1-8	WONG HO MAN ALBERT	黃浩文	550337 DBSAC	DNS		
	2-6	WANG JIAN	王堅	550074 BAC	DNS		

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M55 - 200m

200m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	23.24	WILLIE GAULT		EAGLE ROCK, USA	2016/05/07
	Masters ACR	25.82	WONG TUNG HONG EDDIE 黃東康	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
	HKMAC RECORD	25.82	WONG TUNG HONG EDDIE 黃東康	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 10:55 21°C 79%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
	2-8	TAM KA SHUN	譚嘉信	550335 DBSAC	DNS		

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

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The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M55 - 400m

400m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	52.24	CHARLES ALLIE		CAROLINA, PUR	2003/07/12
	Masters ACR	59.06	WONG FOONG WEE 黃鴻伟	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
	HKMAC RECORD	59.18	WANG JIAN 王堅	The 6th Hong Kong Masters	TKO SG	2021/09/12

2025/11/22 Start: 16:15 24°C 40%

Final 1 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-5	LI JUE QI	李绝奇	550406 DGD	59.89	
2	1-8	WANG JIAN	王堅	550074 BAC	1:01.84	
3	1-4	KANG KWOK KEUNG DEREK	江國強	550069 BAC	1:02.20	
4	1-6	LUI MOSES	雷裕武	550331 DBSAC	1:05.10	
5	1-7	WU DIK HUNG TEDDY	胡迪熊	550543 LSCAC	1:06.83	
6	1-2	LO WAI HUNG	盧偉洪	550668 PoliceAC	1:25.27	
	1-1	HO CHI YUEN	何志遠	550751 SJACS	DNS	
	1-3	TAM CHUNG YING ERNIE	譚仲英	550334 DBSAC	DNS	

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	2-4	LEE MING HON EDWARD	李明瀚	550539 LSCAC	1:01.36	
2	2-3	CHUI KAM TONG TONY	崔錦棠	550807 WAC	1:03.44	
3	2-6	CHAN MAN YUEN	陳文遠	550066 BAC	1:04.71	
4	2-1	SO TAK KING	蘇德擎	550072 BAC	1:07.72	
5	2-5	YAU CHUN TAK SANDERS	邱振德	550840 WYK	1:10.42	

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M55 - 400m

400m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	52.24	CHARLES ALLIE		CAROLINA, PUR	2003/07/12
	Masters ACR	59.06	WONG FOONG WEE 黃鴻伟	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
	HKMAC RECORD	59.18	WANG JIAN 王堅	The 6th Hong Kong Masters	TKO SG	2021/09/12

2025/11/22 Start: 16:15 24°C 40%

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
	2-2	CRUZ ANTONY JOSEPH		550435 IND-KMAC	DNS	
	2-7	CHENG KAY YEN RONNIE	鄭基恩	550318 DBSAC	DNS	
	2-8	YU TAK KWONG	余德廣	550339 DBSAC	DNS	

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Men's M55 - 400m

400m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	52.24	CHARLES ALLIE		CAROLINA, PUR	2003/07/12
	Masters ACR	59.06	WONG FOONG WEE 黃鴻伟	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
	HKMAC RECORD	59.18	WANG JIAN 王堅	The 6th Hong Kong Masters	TKO SG	2021/09/12

2025/11/22 Start: 16:15 24°C 40%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-5	LI JUE QI	李绝奇	550406 DGD	59.89	
2	2-4	LEE MING HON EDWARD	李明瀚	550539 LSCAC	1:01.36	
3	1-8	WANG JIAN	王堅	550074 BAC	1:01.84	
4	1-4	KANG KWOK KEUNG DEREK	江國強	550069 BAC	1:02.20	
5	2-3	CHUI KAM TONG TONY	崔錦棠	550807 WAC	1:03.44	
6	2-6	CHAN MAN YUEN	陳文遠	550066 BAC	1:04.71	
7	1-6	LUI MOSES	雷裕武	550331 DBSAC	1:05.10	
8	1-7	WU DIK HUNG TEDDY	胡迪熊	550543 LSCAC	1:06.83	
9	2-1	SO TAK KING	蘇德擎	550072 BAC	1:07.72	
10	2-5	YAU CHUN TAK SANDERS	邱振德	550840 WYK	1:10.42	
11	1-2	LO WAI HUNG	盧偉洪	550668 PoliceAC	1:25.27	
	1-1	HO CHI YUEN	何志遠	550751 SJACS	DNS	
	1-3	TAM CHUNG YING ERNIE	譚仲英	550334 DBSAC	DNS	
	2-2	CRUZ ANTONY JOSEPH		550435 IND-KMAC	DNS	
	2-7	CHENG KAY YEN RONNIE	鄭基恩	550318 DBSAC	DNS	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M55 - 400m

400m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	52.24	CHARLES ALLIE		CAROLINA, PUR	2003/07/12
	Masters ACR	59.06	WONG FOONG WEE 黃鴻偉	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
	HKMAC RECORD	59.18	WANG JIAN 王堅	The 6th Hong Kong Masters	TKO SG	2021/09/12

2025/11/22 Start: 16:15 24°C 40%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
	2-8	YU TAK KWONG	余德廣	550339 DBSAC	DNS	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M55 - 800m

800m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	2:02.92	PETER OBERLIESEN		SCHWALBACH, GER	2016/05/07
	Masters ACR	2:19.66	LAM TSUN FAT 林俊發			2022/11/27
	HKMAC RECORD	2:19.66	LAM TSUN FAT 林俊發			2022/11/27

2025/11/23 Start: 16:10 28°C 53%

Final 1 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-3	CHUI KAM TONG TONY	崔錦棠	550807 WAC	2:37.66	
2	1-7	LEUNG KAM KUEN MICHAEL	梁錦權	550540 LSCAC	2:45.91	
3	1-1	WU DIK HUNG TEDDY	胡迪熊	550543 LSCAC	2:54.72	
4	1-1	TSE LAP YIN JOHNNY	謝立言	550336 DBSAC	3:40.58	
	1-2	LUI MOSES	雷裕武	550331 DBSAC	DNS	
	1-4	CHU WAI TAK VICTOR	朱偉德	550839 WYK	DNS	
	1-5	YAU CHUN TAK SANDERS	邱振德	550840 WYK	DNS	
	1-6	CHENG KAY YEN RONNIE	鄭基恩	550318 DBSAC	DNS	
	1-8	YU WING KIN	余永健	550340 DBSAC	DNS	

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	2-4	YU YI DONG	于义东	550408 DGD	2:23.92	
2	2-6	CHAN WAI KEI	陳煒基	550067 BAC	2:26.69	
3	2-5	YAO QIN	姚勤	550770 SZGM	2:32.92	
4	2-2	OWAIN LEWES VAUGHAN		550017 AVOHK	2:59.47	

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Men's M55 - 800m

800m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	2:02.92	PETER OBERLIESEN		SCHWALBACH, GER	2016/05/07
	Masters ACR	2:19.66	LAM TSUN FAT 林俊發			2022/11/27
	HKMAC RECORD	2:19.66	LAM TSUN FAT 林俊發			2022/11/27

2025/11/23 Start: 16:10 28°C 53%

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
	2-1	CHAN MAN YUEN	陳文遠	550066 BAC	DNS	
	2-1	SO TAK KING	蘇德擎	550072 BAC	DNS	
	2-3	HO CHI LEUNG BERNARD	何志亮	550537 LSCAC	DNS	
	2-7	LO WAI HUNG	盧偉洪	550668 PoliceAC	DNS	
	2-8	JACOBSEN WILLIAM KEITH	葉偉其	550322 DBSAC	DNS	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M55 - 800m

800m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	2:02.92	PETER OBERLIESEN		SCHWALBACH, GER	2016/05/07
	Masters ACR	2:19.66	LAM TSUN FAT 林俊發			2022/11/27
	HKMAC RECORD	2:19.66	LAM TSUN FAT 林俊發			2022/11/27

2025/11/23 Start: 16:10 28°C 53%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	2-4	YU YI DONG	于义东	550408 DGD	2:23.92	
2	2-6	CHAN WAI KEI	陳煒基	550067 BAC	2:26.69	
3	2-5	YAO QIN	姚勤	550770 SZGM	2:32.92	
4	1-3	CHUI KAM TONG TONY	崔錦棠	550807 WAC	2:37.66	
5	1-7	LEUNG KAM KUEN MICHAEL	梁錦權	550540 LSCAC	2:45.91	
6	1-1	WU DIK HUNG TEDDY	胡迪熊	550543 LSCAC	2:54.72	
7	2-2	OWAIN LEWES VAUGHAN		550017 AVOHK	2:59.47	
8	1-1	TSE LAP YIN JOHNNY	謝立言	550336 DBSAC	3:40.58	
	1-2	LUI MOSES	雷裕武	550331 DBSAC	DNS	
	1-4	CHU WAI TAK VICTOR	朱偉德	550839 WYK	DNS	
	1-5	YAU CHUN TAK SANDERS	邱振德	550840 WYK	DNS	
	1-6	CHENG KAY YEN RONNIE	鄭基恩	550318 DBSAC	DNS	
	1-8	YU WING KIN	余永健	550340 DBSAC	DNS	
	2-1	SO TAK KING	蘇德擎	550072 BAC	DNS	
	2-1	CHAN MAN YUEN	陳文遠	550066 BAC	DNS	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M55 - 800m

800m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	2:02.92	PETER OBERLIESEN		SCHWALBACH, GER	2016/05/07
	Masters ACR	2:19.66	LAM TSUN FAT 林俊發			2022/11/27
	HKMAC RECORD	2:19.66	LAM TSUN FAT 林俊發			2022/11/27

2025/11/23 Start: 16:10 28°C 53%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
	2-3	HO CHI LEUNG BERNARD	何志亮	550537 LSCAC	DNS	
	2-7	LO WAI HUNG	盧偉洪	550668 PoliceAC	DNS	
	2-8	JACOBSEN WILLIAM KEITH	葉偉其	550322 DBSAC	DNS	

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M55 - 1500m

1500m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	4:12.35	KEITH BATEMAN		SACRAMENTO, US	2011/07/15
	Masters ACR	5:30.65	YIP KAM KWONG 葉錦光	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
	HKMAC RECORD	5:30.65	YIP KAM KWONG 葉錦光	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 09:10 15°C 62%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-23	YU YI DONG	于义东	550408 DGD	4:47.50	HKMACR
2	1-22	YAO QIN	姚勤	550770 SZGM	4:59.79	HKMACR
3	1-19	YIP KAM KWONG	葉錦光	550704 SCAA	5:16.29	HKMACR, R
4	1-17	WONG KENNETH	王偉濤	550338 DBSAC	5:21.98	HKMACR, R
5	1-20	HO CHI LEUNG BERNARD	何志亮	550537 LSCAC	5:40.53	
6	1-16	LAI KOON SHING	賴官勝	550016 AVOHK	5:57.37	
7	1-18	LUI MOSES	雷裕武	550331 DBSAC	6:11.06	
8	1-21	YU TAK KWONG	余德廣	550339 DBSAC	6:27.97	

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The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M55 - 5000m

5000m	Record	Perf	Athlete	Event	Place	Date
WMA RECORD		15:29.70	KEITH BATEMAN		BLACKTOWN, AUS	2011/01/05
Masters ACR		18:30.26	CAPPER MICHAEL DAVID	The 8th Hong Kong Masters	Wanchai SG	2023/10/28
HKMAC RECORD		18:30.26	CAPPER MICHAEL DAVID	The 8th Hong Kong Masters	Wanchai SG	2023/10/28

2025/11/23 Start: 12:15 21°C 79%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-33	YU YI DONG	于义东	550408 DGD	17:06.06	HKMACR
		Split: 03:25.01 (3:25.01) 06:45.18 (3:20.18) 10:12.17 (3:26.98) 13:42.23 (3:30.06) 17'06.051" (3:23.77)				
2	1-32	YAO QIN	姚勤	550770 SZGM	18:30.81	
		Split: 03:43.49 (3:43.49) 07:26.68 (3:43.19) 11:09.51 (3:42.83) 14:54.38 (3:44.88) 18'30.807" (3:35.61)				
3	1-30	YIP KAM KWONG	葉錦光	550704 SCAA	19:08.73	
		Split: 03:46.23 (3:46.23) 07:33.69 (3:47.47) 11:29.73 (3:56.03) 15:24.46 (3:54.73) 19'08.724" (3:43.54)				
4	1-29	CHAN WAI KEI	陳煒基	550067 BAC	19:39.17	
		Split: 03:46.62 (3:46.62) 07:35.98 (3:49.36) 11:33.48 (3:57.50) 15:41.00 (4:07.52) 19'39.161" (3:58.00)				
5	1-22	WONG HO LUEN	黃浩聯	550680 RMAC	19:44.96	
		Split: 03:41.71 (3:41.71) 07:30.46 (3:48.75) 11:28.51 (3:58.05) 15:36.75 (4:08.24) 19'44.952" (4:07.25)				
6	1-27	WONG KENNETH	王偉濤	550338 DBSAC	19:57.55	
		Split: 03:44.73 (3:44.73) 07:37.15 (3:52.42) 11:41.34 (4:04.19) 15:57.43 (4:16.09) 19'57.543" (3:59.57)				
7	1-25	CHU WAI SING	朱偉成	550555 LWRC	20:45.33	
		Split: 04:08.91 (4:08.91) 08:13.06 (4:04.16) 12:21.24 (4:08.17) 16:39.86 (4:18.63) 20'45.322" (4:05.13)				
8	1-31	HO CHI LEUNG BERNARD	何志亮	550537 LSCAC	21:29.63	
		Split: 04:10.21 (4:10.21) 08:26.50 (4:16.29) 12:50.43 (4:23.93) 17:12.77 (4:22.35) 21'29.622" (4:16.22)				
9	1-28	LAI KOON SHING	賴官勝	550016 AVOHK	21:49.82	
		Split: 04:23.47 (4:23.47) 08:46.02 (4:22.56) 13:09.32 (4:23.29) 17:36.62 (4:27.31) 21'49.820" (4:12.37)				

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M55 - 5000m

5000m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	15:29.70	KEITH BATEMAN		BLACKTOWN, AUS	2011/01/05
	Masters ACR	18:30.26	CAPPER MICHAEL DAVID	The 8th Hong Kong Masters	Wanchai SG	2023/10/28
	HKMAC RECORD	18:30.26	CAPPER MICHAEL DAVID	The 8th Hong Kong Masters	Wanchai SG	2023/10/28

2025/11/23 Start: 12:15 21°C 79%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
	1-23	CHEUNG KWOK FAI	張國輝	550015 AVOHK	DNS	
	1-24	LAM CHI YUNG	林志勇	550701 SCAA	DNS	
	1-26	WONG CHUN	黃俊	550703 SCAA	DNS	

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

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Men's M55 - 5000mRW

5000mRW	Record	Perf	Athlete	Event	Place	Date
	Masters ACR	29:01.95	KO TAI CHIU 高大釗	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
	HKMAC RECORD	29:01.95	KO TAI CHIU 高大釗	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 12:20 24°C 40%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-2	KO TAI CHIU	高大釗	550425 HKRWA	28:32.56	HKMACR, R
		Split: 05:35.31 (5:35.31) 11:11.85 (5:36.54) 17:04.07 (5:52.22) 22:56.55 (5:52.48) 28'32.552" (5:35.45)				
2	1-5	NGAN SING YIN	顏星現	550741 SHTB	28:36.72	HKMACR, R
		Split: 05:34.47 (5:34.47) 11:08.83 (5:34.37) 17:04.73 (5:55.89) 22:58.11 (5:53.39) 28'36.712" (5:37.88)				
3	1-9	TSE LAP YIN JOHNNY	謝立言	550336 DBSAC	29:58.61	
		Split: 05:38.30 (5:38.30) 11:36.82 (5:58.53) 17:44.40 (6:07.57) 23:54.81 (6:10.42) 29'58.606" (6:03.18)				
4	1-7	JACOBSEN ANTHONY PAUL	葉偉誠	550321 DBSAC	32:14.69	
		Split: 06:06.23 (6:06.23) 12:46.08 (6:39.86) 19:25.20 (6:39.11) 25:57.22 (6:32.02) 32'14.681" (6:16.78)				
5	1-10	LEE CHUNG WAH	李仲華	550326 DBSAC	34:21.03	
		Split: 06:12.61 (6:12.61) 13:12.19 (7:59.59) 20:22.33 (7:10.13) 27:31.30 (7:08.97) 34'21.021" (6:49.70)				
6	1-12	CHAN KA HUNG	陳嘉鴻	550315 DBSAC	35:54.30	
		Split: 06:48.38 (6:48.38) 13:53.65 (7:05.27) 21:02.25 (7:08.60) 28:24.91 (7:22.67) 35'54.294" (7:29.08)				
7	1-1	YU WING KIN	余永健	550340 DBSAC	35:55.45	
		Split: 06:30.55 (6:30.55) 13:41.59 (7:11.04) 21:06.92 (7:25.33) 28:37.04 (7:30.12) 35'55.446" (7:17.96)				
8	1-8	LEUNG KAM KUEN MICHAEL	梁錦權	550540 LSCAC	36:45.86	
		Split: 07:09.45 (7:09.45) 14:35.49 (7:26.05) 22:01.65 (7:26.15) 29:27.51 (7:25.86) 36'45.860" (7:17.49)				
9	1-13	WU DIK LUN TOMMY	胡迪麟	550544 LSCAC	38:22.24	
		Split: 07:16.90 (7:16.90) 15:00.50 (7:43.61) 22:48.28 (7:47.77) 30:40.59 (7:52.32) 38'22.234" (7:41.40)				

Note: #TR54.7.5 Fourth red card

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M55 - 5000mRW

5000mRW	Record	Perf	Athlete	Event	Place	Date
	Masters ACR	29:01.95	KO TAI CHIU 高大釗	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
	HKMAC RECORD	29:01.95	KO TAI CHIU 高大釗	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 12:20 24°C 40%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
10	1-11	TANG HON WING	鄧漢榮	550423 HKLRRC	38:57.34	
		Split: 07:24.11 (7:24.11) 15:24.26 (8:00.16) 23:32.41 (8:08.14) 31:22.89 (7:50.49) 38'57.335" (7:34.10)				
11	1-6	CHIU YEE HANG THOMAS	趙懿行	550536 LSCAC	40:33.11	
		Split: 07:30.03 (7:30.03) 15:45.95 (8:15.92) 24:05.40 (8:19.45) 32:23.81 (8:18.41) 40'33.103" (8:09.19)				
	1-4	WAN CHI WAI	尹志偉	550426 HKRWA	DQ	TR54.7.5#
	1-3	HO SHIU KEI JAMES	何紹基	550320 DBSAC	DNS	

Note: #TR54.7.5 Fourth red card

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M55 - 100mH

100mH	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	14.25	HERBERT KREINER		NYiREGYHaZA,	2010/07/22
	Masters ACR	16.23	LAM WAI KEUNG GALEN 林威強	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
	HKMAC RECORD	16.23	LAM WAI KEUNG GALEN 林威強	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 14:15 24°C 40%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-4	BOONJUER WICHIEN		550790 THA	16.70	-1.0	
2	1-7	CHUI KAM TONG TONY	崔錦棠	550807 WAC	17.83	-1.0	
3	1-3	CHU WAI TAK VICTOR	朱偉德	550839 WYK	18.53	-1.0	
4	1-2	CHUNG TZE LEUNG	鍾子良	550068 BAC	22.98	-1.0	
5	1-6	WONG CHEONG TAI TAIDY	黃昌泰	550752 SJACS	23.22	-1.0	
	1-5	LEE KA FAI	李嘉輝	550702 SCAA	DQ		TR22.6.3#
	1-8	KWAN MAN FAI	關文輝	550323 DBSAC	DNS		

Note: #TR22.6.3 Knocking down a hurdle thus impacting another athlete

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Hong Kong Masters Athletics Club

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Men's M55 - 400mH

400mH	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	57.73	GETULIO ECHEANDIA JR		AMES, USA	2019/07/14
	Masters ACR	1:09.23	CHUI KAM TONG TONY 崔錦棠	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
	HKMAC RECORD	1:09.23	CHUI KAM TONG TONY 崔錦棠	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 14:55 27°C 49%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-4	CHUI KAM TONG TONY	崔錦棠	550807 WAC	1:09.42	
2	1-2	CHOW WEE CHIN ARTHUR	蔣惟敬	550761 SMTFA	1:10.76	
3	1-1	CHU WAI TAK VICTOR	朱偉德	550839 WYK	1:13.90	
4	1-3	KWAN MAN FAI	關文輝	550323 DBSAC	1:27.41	
	1-5	LO WAI HUNG	盧偉洪	550668 PoliceAC	DNS	
	1-6	LEE KA FAI	李嘉輝	550702 SCAA	DNS	
	1-7	WONG CHEONG TAI TAIDY	黃昌泰	550752 SJACS	DNS	
	1-8	BU QING YI	卜庆益	550405 DGD	DNS	

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M55 - 3000mSC

2025/11/23 Start: 09:25 21°C 79%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-30	KWAN MAN FAI	關文輝	550323 DBSAC	17:22.02	
		Split: 05:35.61 (5:35.61) 11:41.00 (6:05.39) 17'22.014" (5:41.00)				
	1-33	YAO QIN	姚勤	550770 SZGM	DQ	
	1-29	LEE KA FAI	李嘉輝	550702 SCAA	DNS	
	1-31	LEE CHUNG WAH	李仲華	550326 DBSAC	DNS	
	1-32	CHUI KAM TONG TONY	崔錦棠	550807 WAC	DNS	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M55 - Long Jump

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	6.50	GIANNI BECATTI		MaLAGA, ESP	2018/09/09
Masters ACR	5.77	KUNG Wai Ling 龔偉凌	Hong Kong Masters Athletics	Wanchai SG	2016/10/29
HKMAC RECORD	5.77	KUNG Wai Ling 龔偉凌	Hong Kong Masters Athletics	Wanchai SG	2016/10/29

2025/11/23 Start: 11:25 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-16	TAM CHUNG YING ERNIE 譚仲英	550334 DBSAC	5.32m.		5.32 +1.1	-	-
2	1-7	CHU WAI TAK VICTOR 朱偉德	550839 WYK	4.70m.		4.32 -0.4	4.66 -0.4	4.70 +1.2
3	1-4	LEUNG CHUN WAI WILLIAM 梁振威	550667 PoliceAC	4.69m.		4.55 +0.7	4.69 +0.3	4.56 +0.8
4	1-12	YU MAN TO GERALD MAXIMILLIAN 余孟滔	550417 HKICPA	4.52m.		X	4.02 -0.4	4.52 -0.5
5	1-10	LUI MOSES 雷裕武	550331 DBSAC	4.46m.		4.33 +0.9	4.46 -0.6	X
6	1-14	CHAN MAN YUEN 陳文遠	550066 BAC	4.42m.		4.42 +0.6	r	
7	1-3	CHUI KAM TONG TONY 崔錦棠	550807 WAC	4.39m.		4.26 +1.2	X	4.39 -0.1
8	1-9	TAM KING TONG 譚景棠	550073 BAC	4.30m.		4.12 +0.9	4.28 -0.1	4.30 +0.5
9	1-5	WONG CHEONG TAI TAIDY 黃昌泰	550752 SJACS	3.79m.		3.79 0.0	r	
	1-1	KWAN MAN FAI 關文輝	550323 DBSAC	DNS				
	1-2	LUK KING HANG 陸敬行	550333 DBSAC	DNS				
	1-6	BU QING YI	550405	DNS				

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M55 - Long Jump

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	6.50	GIANNI BECATTI		MaLAGA, ESP	2018/09/09
Masters ACR	5.77	KUNG Wai Ling 龔偉凌	Hong Kong Masters Athletics	Wanchai SG	2016/10/29
HKMAC RECORD	5.77	KUNG Wai Ling 龔偉凌	Hong Kong Masters Athletics	Wanchai SG	2016/10/29

2025/11/23 Start: 11:25 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
		卜庆益	DGD					
	1-8	WAI SIU BONG BASIL 衛紹邦	550542 LSCAC	DNS				
	1-11	TAM KA SHUN 譚嘉信	550335 DBSAC	DNS				
	1-13	LEE KA FAI 李嘉輝	550702 SCAA	DNS				
	1-15	WONG HO MAN ALBERT 黃浩文	550337 DBSAC	DNS				

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M55 - Triple Jump

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	14.13	WOLFGANG KNABE		IZMIR, TUR	2014/08/28

2025/11/22 Start: 16:30 24°C 40%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-4	BU QING YI 卜庆益	550405 DGD	10.89m.		10.62 -1.1	10.89 +0.6	10.77 0.0
2	1-15	TAM CHUNG YING ERNIE 譚仲英	550334 DBSAC	10.69m.		10.47 -0.8	10.69 +0.8	X
3	1-1	CHU WAI TAK VICTOR 朱偉德	550839 WYK	9.44m.		8.80 +0.1	8.85 +0.5	9.44 +0.3
4	1-10	FUNG CHING CHEONG HARRY 馮正昌	550319 DBSAC	9.03m.		9.03 -0.3	8.86 -0.6	8.49 -0.4
5	1-6	WONG CHEONG TAI TAIDY 黃昌泰	550752 SJACS	8.99m.		8.99 +0.3	8.74 -0.1	X
6	1-3	KWAN MAN FAI 關文輝	550323 DBSAC	8.47m.		8.47 +0.2	8.42 +0.8	8.35 +0.3
7	1-8	LAU YIP KWONG FRANCIS 劉業光	550325 DBSAC	7.28m.		6.49 -0.5	7.16 -0.5	7.28 +0.1
8	1-13	LEE KA FAI 李嘉輝	550702 SCAA	7.04m.		7.04 -0.2	X	X
9	1-11	HO SHIU KEI JAMES 何紹基	550320 DBSAC	6.82m.		6.74 -0.4	6.82 -0.2	6.50 +0.6
10	1-14	WONG HO MAN ALBERT 黃浩文	550337 DBSAC	6.64m.		6.64 -0.5	r	-
11	1-5	YU WING KIN 余永健	550340 DBSAC	6.35m.		6.35 +1.5	X	X
12	1-2	LEUNG WING HANG MICHAEL 梁永鏗	550329 DBSAC	6.26m.		6.26 +0.1	r	-
	1-7	LUK KING HANG	550333	DNS				

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Men's M55 - Triple Jump

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	14.13	WOLFGANG KNABE		IZMIR, TUR	2014/08/28

2025/11/22 Start: 16:30 24°C 40%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
		陸敬行	DBSAC					
	1-9	CHOW WEE CHIN ARTHUR 蔣煒敬	550761 SMTFA	DNS				
	1-12	WAI SIU BONG BASIL 衛紹邦	550542 LSCAC	DNS				

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M55 - Shot Put

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	17.50	KLAUS LIEDTKE		GELSENKIRCHEN	1996/07/21
Masters ACR	10.34	FONG ALAN 鄺耀才			2022/11/27
HKMAC RECORD	10.34	FONG ALAN 鄺耀才			2022/11/27

2025/11/23 Start: 09:30 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-2	HOUGH ALAN DEREK	550793 UK-NMAC	10.37m.	HKMACR	x	10.37	x
2	1-12	SANKARALINGAM SHIRI SELVAM	550436 IND-KMAC	9.22m.		8.16	9.22	8.88
3	1-3	LAM CHI KEUNG 林志強	550601 PKMSAA	9.10m.		8.43	9.10	8.33
4	1-14	TAM CHUNG YING ERNIE 譚仲英	550334 DBSAC	8.54m.		8.40	8.54	8.13
5	1-8	HUANG MARK 黃嘉為	550538 LSCAC	8.19m.		7.79	7.80	8.19
6	1-9	CHU WAI TAK VICTOR 朱偉德	550839 WYK	7.92m.		7.33	7.92	x
7	1-4	CHAN PAK HAY SIMON 陳栢熙	550317 DBSAC	7.85m.		6.45	7.85	6.84
8	1-11	WONG HO MAN ALBERT 黃浩文	550337 DBSAC	7.52m.		6.98	7.52	7.16
9	1-6	CHAN MOU HUNG MOSES 陳謀雄	550600 PKMSAA	7.40m.		6.68	7.40	7.32
10	1-1	LEUNG JEROME 梁振志	550328 DBSAC	6.57m.		6.42	5.92	6.57
11	1-5	TAM KA SHUN 譚嘉信	550335 DBSAC	5.33m.		4.92	4.67	5.33
12	1-13	LEE RAYMOND 李國偉	550327 DBSAC	5.29m.		4.94	5.29	5.28
	1-7	MA XIAO JUN 马小军	550407 DGD	DNS				
	1-10	CHEUNG CHAK MAN 張澤文	550014 AVOHK	DNS				

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M55 - Discus Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	64.58	KLAUS LIEDTKE		MEDELBY, GER	2000/10/08
Masters ACR	30.06	CHAN PAK HAY SIMON 陳栢熙	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD	30.06	CHAN PAK HAY SIMON 陳栢熙	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 15:05 24°C 40%

Final

Pos	Heat/ Order	Name	Bib#/ Team	Result	Remarks	1	2	3
1	1-10	CHAN MOU HUNG MOSES 陳謀雄	550600 PKMSAA	31.79m.	HKMACR, R	23.64	X	31.79
2	1-14	HOUGH ALAN DEREK	550793 UK-NMAC	30.34m.	HKMACR	30.34	X	30.18
3	1-17	CHUNG TZE LEUNG 鍾子良	550068 BAC	27.74m.		25.22	25.17	27.74
4	1-7	SANKARALINGAM SHIRI SELVAM	550436 IND-KMAC	26.68m.		24.75	X	26.68
5	1-13	TAM CHUNG YING ERNIE 譚仲英	550334 DBSAC	26.47m.		X	24.46	26.47
6	1-3	CHAN KING YIM JEFFREY 陳敬嚴	550316 DBSAC	24.79m.		24.79	24.52	22.56
7	1-4	CHAN PAK HAY SIMON 陳栢熙	550317 DBSAC	24.45m.		19.26	24.27	24.45
8	1-8	LEUNG YAT WAH LEWIS 梁一华	550330 DBSAC	21.65m.		21.65	20.40	19.22
9	1-9	WONG HO MAN ALBERT 黃浩文	550337 DBSAC	21.25m.		21.25	18.89	20.24
10	1-5	LAU YIP KWONG FRANCIS 劉業光	550325 DBSAC	20.93m.		20.93	X	18.31
11	1-11	WONG LEI PO 黃利寶	550075 BAC	20.22m.		X	18.36	20.22
12	1-16	LUK KING HANG 陸敬行	550333 DBSAC	17.73m.		17.10	17.73	15.80
13	1-18	LAM CHI KEUNG 林志強	550601 PKMSAA	17.51m.		16.70	17.51	X
14	1-2	LEE RAYMOND 李國偉	550327 DBSAC	16.62m.		16.62	X	16.48
15	1-1	WU DIK LUN TOMMY 胡迪麟	550544 LSCAC	13.02m.		12.31	11.40	13.02

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M55 - Discus Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	64.58	KLAUS LIEDTKE		MEDELBY, GER	2000/10/08
Masters ACR	30.06	CHAN PAK HAY SIMON 陳栢熙	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD	30.06	CHAN PAK HAY SIMON 陳栢熙	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 15:05 24°C 40%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
	1-6	LOUEY CHI CHING ALAN 雷治正	550541 LSCAC	NM		X	X	X
	1-12	HUANG MARK 黃嘉為	550538 LSCAC	DNS				
	1-15	LEUNG JEROME 梁振志	550328 DBSAC	DNS				

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The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M55 - Javelin Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	66.76	ROALD BRADSTOCK		CLERMONT, USA	2017/05/13
Masters ACR	38.80	HO CHI CHEUNG FELIX 何志翔	The 6th Hong Kong Masters	TKO SG	2021/09/11
HKMAC RECORD	38.80	HO CHI CHEUNG FELIX 何志翔	The 6th Hong Kong Masters	TKO SG	2021/09/11

2025/11/23 Start: 08:30 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-6	HOUGH ALAN DEREK	550793 UK-NMAC	36.68m.		32.87	33.93	36.68
2	1-17	LAM CHI KEUNG 林志強	550601 PKMSAA	29.82m.		24.61	29.82	29.17
3	1-9	CHUNG TZE LEUNG 鍾子良	550068 BAC	29.48m.		x	29.48	29.15
4	1-3	CHAN MOU HUNG MOSES 陳謀雄	550600 PKMSAA	29.37m.		x	29.37	26.77
5	1-11	CHAN KING YIM JEFFREY 陳敬嚴	550316 DBSAC	27.99m.		27.68	27.99	22.77
6	1-14	KWAN MAN FAI 關文輝	550323 DBSAC	24.91m.		24.53	24.91	22.55
7	1-10	HUANG MARK 黃嘉為	550538 LSCAC	24.53m.		24.53		x
8	1-12	WONG HO MAN ALBERT 黃浩文	550337 DBSAC	24.45m.		23.28	x	24.45
9	1-2	LAI CHRISTOPHER 黎百年	550324 DBSAC	23.50m.		22.31	22.46	23.50
10	1-13	LAU YIP KWONG FRANCIS 劉業光	550325 DBSAC	21.15m.		19.67	x	21.15
11	1-5	CHU WAI TAK VICTOR 朱偉德	550839 WYK	16.52m.		16.52	16.21	x
12	1-1	CHIU YEE HANG THOMAS 趙懿行	550536 LSCAC	11.37m.		11.37	x	10.49
	1-16	TAM CHUNG YING ERNIE 譚仲英	550334 DBSAC	NM		17..9	-	-
	1-4	CHENG KAY YEN RONNIE 鄭基恩	550318 DBSAC	DNS				
	1-7	WONG LEI PO 黃利寶	550075 BAC	DNS				

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M55 - Javelin Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	66.76	ROALD BRADSTOCK		CLERMONT, USA	2017/05/13
Masters ACR	38.80	HO CHI CHEUNG FELIX 何志翔	The 6th Hong Kong Masters	TKO SG	2021/09/11
HKMAC RECORD	38.80	HO CHI CHEUNG FELIX 何志翔	The 6th Hong Kong Masters	TKO SG	2021/09/11

2025/11/23 Start: 08:30 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
	1-8	LEUNG JEROME 梁振志	550328 DBSAC	DNS				
	1-15	LEE KA FAI 李嘉輝	550702 SCAA	DNS				

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The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M55 - 4X100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	46.16	FRANKLYN,WALCOTT,ROSS,OLIVE		RICCIONE, ITA	2007/09/15
Masters ACR	50.36	赤道體育會 (A)	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	51.30	南華 M55 4X100米 (A)	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 17:35 24°C 40%

Final

Pos	Heat/Lane	Name 姓名	Bib#/Team	Result	Remarks
1	1-6	赤道體育會 B 黃東康, 江國強, 鄺永彪, 王堅	BAC	51.13	R
2	1-5	拔萃男書院田徑會 A 唐俊勳, 譚旭生, 鄧天齊, 曾仲文	DBSAC	51.87	
3	1-7	赤道體育會 A 陳文遠, 蘇德擎, 譚景棠, 梁欣榮	BAC	53.64	
4	1-3	九龍華仁書 黎同昇, 邱振德, 朱偉德, 盧仲强	WYK	1:01.51	
5	1-4	拔萃男書院田徑會 B 鄭斌, 姚啟鏘, 陳炎林, 勞思傑	DBSAC	1:10.80	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M55 - 4X400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	3:40.62	ALLIE,HAYWOOD,COLLINS,GRANT		PHILADELPHIA,	2010/04/23
Masters ACR	4:14.52	赤道體育會 (A)	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	4:14.52	赤道體育會 (A)	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 17:40 25°C 61%

Final

Pos	Heat/Lane	Name 姓名	Bib#/Team	Result	Remarks
1	1-7	赤道體育會 B 黃東康, 江國強, 蘇德擎, 王堅	BAC	4:12.17	HKMACR, R
2	1-6	上海田徑大師隊 张新安, 于义东, 李明平, 李绝奇	DGD	4:12.28	HKMACR
3	1-4	拔萃男書院田徑會 B 關文輝, 雷裕武, 余永健, 譚仲英	DBSAC	4:25.54	
4	1-5	喇沙書院田徑會 胡迪麟, 何志亮, 梁錦權, 胡迪熊	LSCAC	4:46.26	
5	1-8	赤道體育會 A 王偉超, 陳煒基, 黃文光, 譚景棠	BAC	5:06.10	
	1-2	拔萃男書院田徑會 A	DBSAC	DNS	
	1-3	南華體育會	SCAA	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M60 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	11.70	RONALD TAYLOR		ATHENS, GRE	1994/06/04
Masters ACR	12.94	KUNG WAI LING 龔偉凌	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD	12.94	KUNG WAI LING 龔偉凌	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 10:40 15°C 62%

Final 1 /5

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-8	HU BAO YING	胡宝英	600410 DGD	13.80	-0.5	
2	1-5	CHAN YIM LAM PATRICK	陳炎林	600342 DBSAC	14.77	-0.5	
3	1-1	LEUNG TOBY	梁國偉	600549 LSCAC	14.81	-0.5	
4	1-4	LANG WAI LUN	梁偉倫	600126 CLSAA	16.46	-0.5	16.452"
5	1-7	REEVES MARK FRANCIS	利瑪克	600018 AVOHK	17.29	-0.5	
6	1-3	SZE TIN CHEE	施天賜	600605 PKMSAA	21.22	-0.5	
	1-2	CHOW CHEE WING ANTHONY	周治榮	600545 LSCAC	DNS		
	1-6	IP HUNG YAM	葉鴻蔭	600576 PAC	DNS		

Final 2 /5

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-5	TSANG ALBERT	曾仲文	600359 DBSAC	14.07	+0.5	14.067"
2	2-7	CHUNG KIN WAI	鍾健偉	600158 DART	14.27	+0.5	
3	2-6	KOO HEUNG SHING PETER	顧向聖	600548 LSCAC	14.53	+0.5	
4	2-8	WONG WAI CHIU	王偉超	600090 BAC	15.52	+0.5	
5	2-4	NAVARRO RENEL		600588 PHI-NMSAA	17.59	+0.5	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M60 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	11.70	RONALD TAYLOR		ATHENS, GRE	1994/06/04
Masters ACR	12.94	KUNG WAI LING 龔偉凌	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD	12.94	KUNG WAI LING 龔偉凌	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 10:40 15°C 62%

Final 2 /5

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
6	2-3	LEUNG CHI KIN SIMON	梁志堅	600082 BAC	18.02	+0.5	
	2-2	TAI WAI MING	戴偉銘	600606 PKMSAA	DNS		

Final 3 /5

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	3-6	LAI TUNG SING JEFFREY	黎同昇	600841 WYK	12.89	+0.9	HKMACR, R
2	3-2	LI WAI HO	李偉浩	600084 BAC	13.93	+0.9	
3	3-4	SO KA LUN	蘇家麟	600791 TSC	15.15	+0.9	
4	3-5	CHAN CHI SING	陳志成	600077 BAC	15.90	+0.9	
5	3-3	MO KIM FUNG BOSCO	武劍峰	600353 DBSAC	16.94	+0.9	
6	3-8	WONG HOI MING	黃海明	600682 RMAC	19.47	+0.9	
	3-7	YIP KAM KEUNG ALEX	葉錦強	600709 SCAA	DNS		

Final 4 /5

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	4-3	LEUNG YAN WING	梁欣榮	600083 BAC	13.43	+0.3	
2	4-6	ZHANG XIN AN	张新安	600412 DGD	13.83	+0.3	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M60 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	11.70	RONALD TAYLOR		ATHENS, GRE	1994/06/04
Masters ACR	12.94	KUNG WAI LING 龔偉凌	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD	12.94	KUNG WAI LING 龔偉凌	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 10:40 15°C 62%

Final 4 /5

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
3	4-8	TAM CHU HIN LOUIE	譚柱軒	600087 BAC	14.07	+0.3	14.064"
4	4-2	HUI WAI KEUNG JOSEPH	許偉強	600546 LSCAC	16.46	+0.3	16.455"
5	4-7	WAN SIU PING	溫少平	600088 BAC	19.11	+0.3	
	4-4	LAM TSUN FAT	林俊發	600080 BAC	DNS		
	4-5	HO ANTHONY K C	何國聰	600346 DBSAC	DNS		

Final 5 /5

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	5-2	LO KIN YIP	盧建業	600085 BAC	12.96	+1.4	
2	5-6	YUEN PAK CHUEN	袁柏泉	600091 BAC	13.96	+1.4	
3	5-3	FONG ALAN	鄺耀才	600345 DBSAC	14.42	+1.4	
4	5-7	LO RAYMOND	勞思傑	600352 DBSAC	14.64	+1.4	
5	5-8	SZETO YUK KEUNG	司徒旭強	600086 BAC	21.49	+1.4	
	5-4	LI MING PING	李明平	600411 DGD	DNS		
	5-5	FU MIN	傅敏	600409 DGD	DNS		

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M60 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	11.70	RONALD TAYLOR		ATHENS, GRE	1994/06/04
Masters ACR	12.94	KUNG WAI LING 龔偉凌	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
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2025/11/22 Start: 10:40 15°C 62%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	3-6	LAI TUNG SING JEFFREY	黎同昇	600841 WYK	12.89	+0.9	HKMACR, R
2	5-2	LO KIN YIP	盧建業	600085 BAC	12.96	+1.4	
3	4-3	LEUNG YAN WING	梁欣榮	600083 BAC	13.43	+0.3	
4	1-8	HU BAO YING	胡宝英	600410 DGD	13.80	-0.5	
5	4-6	ZHANG XIN AN	张新安	600412 DGD	13.83	+0.3	
6	3-2	LI WAI HO	李偉浩	600084 BAC	13.93	+0.9	
7	5-6	YUEN PAK CHUEN	袁柏泉	600091 BAC	13.96	+1.4	
8	4-8	TAM CHU HIN LOUIE	譚柱軒	600087 BAC	14.07	+0.3	14.064"
9	2-5	TSANG ALBERT	曾仲文	600359 DBSAC	14.07	+0.5	14.067"
10	2-7	CHUNG KIN WAI	鍾健偉	600158 DART	14.27	+0.5	
11	5-3	FONG ALAN	鄺耀才	600345 DBSAC	14.42	+1.4	
12	2-6	KOO HEUNG SHING PETER	顧向聖	600548 LSCAC	14.53	+0.5	
13	5-7	LO RAYMOND	勞思傑	600352 DBSAC	14.64	+1.4	
14	1-5	CHAN YIM LAM PATRICK	陳炎林	600342 DBSAC	14.77	-0.5	
15	1-1	LEUNG TOBY	梁國偉	600549 LSCAC	14.81	-0.5	

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Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M60 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	11.70	RONALD TAYLOR		ATHENS, GRE	1994/06/04
Masters ACR	12.94	KUNG WAI LING 龔偉凌	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD	12.94	KUNG WAI LING 龔偉凌	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 10:40 15°C 62%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
16	3-4	SO KA LUN	蘇家麟	600791 TSC	15.15	+0.9	
17	2-8	WONG WAI CHIU	王偉超	600090 BAC	15.52	+0.5	
18	3-5	CHAN CHI SING	陳志成	600077 BAC	15.90	+0.9	
19	1-4	LANG WAI LUN	梁偉倫	600126 CLSAA	16.46	-0.5	16.452"
20	4-2	HUI WAI KEUNG JOSEPH	許偉強	600546 LSCAC	16.46	+0.3	16.455"
21	3-3	MO KIM FUNG BOSCO	武劍峰	600353 DBSAC	16.94	+0.9	
22	1-7	REEVES MARK FRANCIS	利瑪克	600018 AVOHK	17.29	-0.5	
23	2-4	NAVARRO RENEL		600588 PHI-NMSAA	17.59	+0.5	
24	2-3	LEUNG CHI KIN SIMON	梁志堅	600082 BAC	18.02	+0.5	
25	4-7	WAN SIU PING	溫少平	600088 BAC	19.11	+0.3	
26	3-8	WONG HOI MING	黃海明	600682 RMAC	19.47	+0.9	
27	1-3	SZE TIN CHEE	施天賜	600605 PKMSAA	21.22	-0.5	
28	5-8	SZETO YUK KEUNG	司徒旭強	600086 BAC	21.49	+1.4	
	1-2	CHOW CHEE WING ANTHONY	周治榮	600545 LSCAC	DNS		
	1-6	IP HUNG YAM	葉鴻蔭	600576 PAC	DNS		

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M60 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	11.70	RONALD TAYLOR		ATHENS, GRE	1994/06/04
Masters ACR	12.94	KUNG WAI LING 龔偉凌	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD	12.94	KUNG WAI LING 龔偉凌	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 10:40 15°C 62%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
	2-2	TAI WAI MING	戴偉銘	600606 PKMSAA	DNS		
	3-7	YIP KAM KEUNG ALEX	葉錦強	600709 SCAA	DNS		
	4-4	LAM TSUN FAT	林俊發	600080 BAC	DNS		
	4-5	HO ANTHONY K C	何國聰	600346 DBSAC	DNS		
	5-4	LI MING PING	李明平	600411 DGD	DNS		
	5-5	FU MIN	傅敏	600409 DGD	DNS		

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Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M60 - 200m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	24.00	RONALD TAYLOR		ATHENS, GRE	1994/06/10
Masters ACR	26.76	ZHAO HUAN CHUN 赵环春	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	27.08	KUNG WAI LING 龔偉凌	The 8th Hong Kong Masters	Wanchai SG	2023/10/28

2025/11/23 Start: 10:55 21°C 79%

Final 1 /4

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-6	LAI TUNG SING JEFFREY	黎同昇	600841 WYK	26.78	+0.9	R
2	1-3	CHUNG KIN WAI	鍾健偉	600158 DART	29.85	+0.9	
3	1-7	SO KA LUN	蘇家麟	600791 TSC	31.44	+0.9	
	1-2	CHOW CHEE WING ANTHONY	周治榮	600545 LSCAC	DNS		
	1-4	SZE TIN CHEE	施天賜	600605 PKMSAA	DNS		
	1-5	WONG MAN KWONG PETER	黃文光	600089 BAC	DNS		
	1-8	LO RAYMOND	勞思傑	600352 DBSAC	DNS		

Final 2 /4

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-8	LAM TSUN FAT	林俊發	600080 BAC	27.37	+0.6	
2	2-4	YUEN PAK CHUEN	袁柏泉	600091 BAC	29.13	+0.6	
3	2-6	WONG WAI CHIU	王偉超	600090 BAC	32.54	+0.6	
	2-2	YIU KARO DAKCHISON JR.	姚啟鏘	600361 DBSAC	DNS		
	2-3	HO ANTHONY K C	何國聰	600346 DBSAC	DNS		
	2-5	LI MING PING	李明平	600411 DGD	DNS		

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M60 - 200m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	24.00	RONALD TAYLOR		ATHENS, GRE	1994/06/10
Masters ACR	26.76	ZHAO HUAN CHUN 赵环春	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	27.08	KUNG WAI LING 龔偉凌	The 8th Hong Kong Masters	Wanchai SG	2023/10/28

2025/11/23 Start: 10:55 21°C 79%

Final 2 /4

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
	2-7	YIP KAM KEUNG ALEX	葉錦強	600709 SCAA	DNS		

Final 3 /4

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	3-8	HU BAO YING	胡宝英	600410 DGD	28.67	+1.2	
2	3-2	ZHANG XIN AN	张新安	600412 DGD	28.81	+1.2	
3	3-7	TSANG ALBERT	曾仲文	600359 DBSAC	29.12	+1.2	
4	3-6	LI WAI HO	李偉浩	600084 BAC	30.06	+1.2	
5	3-3	REEVES MARK FRANCIS	利瑪克	600018 AVOHK	35.87	+1.2	
6	3-4	MO KIM FUNG BOSCO	武劍峰	600353 DBSAC	37.30	+1.2	
7	3-5	WAN SIU PING	溫少平	600088 BAC	42.71	+1.2	

Final 4 /4

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	4-6	LO KIN YIP	盧建業	600085 BAC	27.15	+0.6	
2	4-7	LEUNG CHI KIN SIMON	梁志堅	600082 BAC	39.51	+0.6	
	4-2	NAVARRO RENEL		600588 PHI-NMSAA	DNS		

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

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Masters ACR	26.76	ZHAO HUAN CHUN 赵环春	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	27.08	KUNG WAI LING 龔偉凌	The 8th Hong Kong Masters	Wanchai SG	2023/10/28

2025/11/23 Start: 10:55 21°C 79%

Final 4 /4

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
	4-3	TAN NICHOLAS	陳忠元	600356 DBSAC	DNS		
	4-4	FONG ALAN	鄺耀才	600345 DBSAC	DNS		
	4-5	TAM CHU HIN LOUIE	譚柱軒	600087 BAC	DNS		
	4-8	LEUNG TOBY	梁國偉	600549 LSCAC	DNS		

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主辦機構: DBSAC ATHLETICS CLUB JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M60 - 200m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	24.00	RONALD TAYLOR		ATHENS, GRE	1994/06/10
Masters ACR	26.76	ZHAO HUAN CHUN 赵环春	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	27.08	KUNG WAI LING 龔偉凌	The 8th Hong Kong Masters	Wanchai SG	2023/10/28

2025/11/23 Start: 10:55 21°C 79%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-6	LAI TUNG SING JEFFREY	黎同昇	600841 WYK	26.78	+0.9	R
2	4-6	LO KIN YIP	盧建業	600085 BAC	27.15	+0.6	
3	2-8	LAM TSUN FAT	林俊發	600080 BAC	27.37	+0.6	
4	3-8	HU BAO YING	胡宝英	600410 DGD	28.67	+1.2	
5	3-2	ZHANG XIN AN	张新安	600412 DGD	28.81	+1.2	
6	3-7	TSANG ALBERT	曾仲文	600359 DBSAC	29.12	+1.2	
7	2-4	YUEN PAK CHUEN	袁柏泉	600091 BAC	29.13	+0.6	
8	1-3	CHUNG KIN WAI	鍾健偉	600158 DART	29.85	+0.9	
9	3-6	LI WAI HO	李偉浩	600084 BAC	30.06	+1.2	
10	1-7	SO KA LUN	蘇家麟	600791 TSC	31.44	+0.9	
11	2-6	WONG WAI CHIU	王偉超	600090 BAC	32.54	+0.6	
12	3-3	REEVES MARK FRANCIS	利瑪克	600018 AVOHK	35.87	+1.2	
13	3-4	MO KIM FUNG BOSCO	武劍峰	600353 DBSAC	37.30	+1.2	
14	4-7	LEUNG CHI KIN SIMON	梁志堅	600082 BAC	39.51	+0.6	
15	3-5	WAN SIU PING	溫少平	600088 BAC	42.71	+1.2	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M60 - 200m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	24.00	RONALD TAYLOR		ATHENS, GRE	1994/06/10
Masters ACR	26.76	ZHAO HUAN CHUN 赵环春	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	27.08	KUNG WAI LING 龔偉凌	The 8th Hong Kong Masters	Wanchai SG	2023/10/28

2025/11/23 Start: 10:55 21°C 79%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
	1-2	CHOW CHEE WING ANTHONY	周治榮	600545 LSCAC	DNS		
	1-4	SZE TIN CHEE	施天賜	600605 PKMSAA	DNS		
	1-5	WONG MAN KWONG PETER	黃文光	600089 BAC	DNS		
	1-8	LO RAYMOND	勞思傑	600352 DBSAC	DNS		
	2-2	YIU KARO DAKCHISON JR.	姚啟鏘	600361 DBSAC	DNS		
	2-3	HO ANTHONY K C	何國聰	600346 DBSAC	DNS		
	2-5	LI MING PING	李明平	600411 DGD	DNS		
	2-7	YIP KAM KEUNG ALEX	葉錦強	600709 SCAA	DNS		
	4-2	NAVARRO RENEL		600588 PHI-NMSAA	DNS		
	4-3	TAN NICHOLAS	陳忠元	600356 DBSAC	DNS		
	4-4	FONG ALAN	鄺耀才	600345 DBSAC	DNS		
	4-5	TAM CHU HIN LOUIE	譚柱軒	600087 BAC	DNS		
	4-8	LEUNG TOBY	梁國偉	600549 LSCAC	DNS		

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M60 - 400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	53.88	RALPH ROMAIN		BUFFALO, USA	1995/07/22
Masters ACR	1:01.72	ZHAO HUAN CHUN 赵环春	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	1:03.09	AU King Tong 歐敬唐	Hong Kong Masters Athletics	TKO SG	2017/11/11

2025/11/22 Start: 16:00 24°C 40%

Final 1 /3

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-7	LO KIN YIP	盧建業	600085 BAC	1:05.94	
2	1-2	TSANG ALBERT	曾仲文	600359 DBSAC	1:07.89	
3	1-3	CHONG PUI KI	莊培基	600078 BAC	1:13.42	
4	1-4	LAM MAN SAN	林文山	600348 DBSAC	1:15.27	
5	1-5	CHAN CHI SING	陳志成	600077 BAC	1:16.92	
6	1-1	YIP KAM SHING	葉錦城	600579 PAC	1:19.61	
7	1-8	MO KIM FUNG BOSCO	武劍峰	600353 DBSAC	1:26.64	
	1-6	YIU KARO DAKCHISON JR.	姚啟鏘	600361 DBSAC	DNS	

Final 2 /3

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	2-3	MAN HON KEI	萬漢基	600603 PKMSAA	1:11.85	
2	2-1	REEVES MARK FRANCIS	利瑪克	600018 AVOHK	1:18.22	
3	2-8	SO KA LUN	蘇家麟	600791 TSC	1:18.34	
4	2-7	WONG MAN KWONG PETER	黃文光	600089 BAC	1:21.37	
5	2-5	HO FAT WA KENNETH	何佛華	600079 BAC	1:24.99	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M60 - 400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	53.88	RALPH ROMAIN		BUFFALO, USA	1995/07/22
Masters ACR	1:01.72	ZHAO HUAN CHUN 赵环春	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	1:03.09	AU King Tong 歐敬唐	Hong Kong Masters Athletics	TKO SG	2017/11/11

2025/11/22 Start: 16:00 24°C 40%

Final 2 /3

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
	2-2	CHAN YIM LAM PATRICK	陳炎林	600342 DBSAC	DNS	
	2-4	FONG ALAN	鄺耀才	600345 DBSAC	DNS	
	2-6	WONG HOI MING	黃海明	600682 RMAC	DNS	

Final 3 /3

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	3-2	LAM TSUN FAT	林俊發	600080 BAC	1:02.57	R
2	3-3	LI MING PING	李明平	600411 DGD	1:03.53	
3	3-7	TAI WAI MING	戴偉銘	600606 PKMSAA	1:24.23	
	3-4	TONG CHUN FAN	唐俊勳	600358 DBSAC	DNS	
	3-5	LEE YIU TING ALBERT	李耀廷	600081 BAC	DNS	
	3-6	TAN NICHOLAS	陳忠元	600356 DBSAC	DNS	
	3-8	LI WAI HO	李偉浩	600084 BAC	DNS	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M60 - 400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	53.88	RALPH ROMAIN		BUFFALO, USA	1995/07/22
Masters ACR	1:01.72	ZHAO HUAN CHUN 赵环春	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	1:03.09	AU King Tong 歐敬唐	Hong Kong Masters Athletics	TKO SG	2017/11/11

2025/11/22 Start: 16:00 24°C 40%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	3-2	LAM TSUN FAT	林俊發	600080 BAC	1:02.57	R
2	3-3	LI MING PING	李明平	600411 DGD	1:03.53	
3	1-7	LO KIN YIP	盧建業	600085 BAC	1:05.94	
4	1-2	TSANG ALBERT	曾仲文	600359 DBSAC	1:07.89	
5	2-3	MAN HON KEI	萬漢基	600603 PKMSAA	1:11.85	
6	1-3	CHONG PUI KI	莊培基	600078 BAC	1:13.42	
7	1-4	LAM MAN SAN	林文山	600348 DBSAC	1:15.27	
8	1-5	CHAN CHI SING	陳志成	600077 BAC	1:16.92	
9	2-1	REEVES MARK FRANCIS	利瑪克	600018 AVOHK	1:18.22	
10	2-8	SO KA LUN	蘇家麟	600791 TSC	1:18.34	
11	1-1	YIP KAM SHING	葉錦城	600579 PAC	1:19.61	
12	2-7	WONG MAN KWONG PETER	黃文光	600089 BAC	1:21.37	
13	3-7	TAI WAI MING	戴偉銘	600606 PKMSAA	1:24.23	
14	2-5	HO FAT WA KENNETH	何佛華	600079 BAC	1:24.99	
15	1-8	MO KIM FUNG BOSCO	武劍峰	600353 DBSAC	1:26.64	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M60 - 400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	53.88	RALPH ROMAIN		BUFFALO, USA	1995/07/22
Masters ACR	1:01.72	ZHAO HUAN CHUN 赵环春	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	1:03.09	AU King Tong 歐敬唐	Hong Kong Masters Athletics	TKO SG	2017/11/11

2025/11/22 Start: 16:00 24°C 40%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
	1-6	YIU KARO DAKCHISON JR.	姚啟鏘	600361 DBSAC	DNS	
	2-2	CHAN YIM LAM PATRICK	陳炎林	600342 DBSAC	DNS	
	2-4	FONG ALAN	鄺耀才	600345 DBSAC	DNS	
	2-6	WONG HOI MING	黃海明	600682 RMAC	DNS	
	3-4	TONG CHUN FAN	唐俊勳	600358 DBSAC	DNS	
	3-5	LEE YIU TING ALBERT	李耀廷	600081 BAC	DNS	
	3-6	TAN NICHOLAS	陳忠元	600356 DBSAC	DNS	
	3-8	LI WAI HO	李偉浩	600084 BAC	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M60 - 800m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	2:08.56	NOLAN SHAHEED		LOS ANGELES,	2011/04/23
Masters ACR	2:32.98	BROWN PETER	The 6th Hong Kong Masters	TKO SG	2021/09/11
HKMAC RECORD	2:32.98	BROWN PETER	The 6th Hong Kong Masters	TKO SG	2021/09/11

2025/11/23 Start: 16:10 28°C 53%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-7	LI MING PING	李明平	600411 DGD	2:29.83	HKMACR
2	1-2	LAM TSUN FAT	林俊發	600080 BAC	2:33.16	
3	1-5	MAK WING SANG	麥永生	600557 LWRC	2:40.16	
4	1-1	SHUM PING WAH	沈平華	600578 PAC	2:43.59	
5	1-6	TSANG ALBERT	曾仲文	600359 DBSAC	2:49.11	
6	1-3	WONG TAI CHUN MARK	王大鈞	600360 DBSAC	2:51.69	
7	1-3	TAN NICHOLAS	陳忠元	600356 DBSAC	2:52.33	
8	1-4	LAM MAN SAN	林文山	600348 DBSAC	2:53.76	
9	1-8	LO KENNY	羅偉基	600351 DBSAC	2:58.40	
10	1-2	REEVES MARK FRANCIS	利瑪克	600018 AVOHK	2:58.49	
11	1-1	YIP KAM SHING	葉錦城	600579 PAC	3:03.43	
12	1-8	MO KIM FUNG BOSCO	武劍峰	600353 DBSAC	3:35.47	
13	1-7	LANG WAI LUN	梁偉倫	600126 CLSAA	3:49.36	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M60 - 1500m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	4:24.00	NOLAN SHAHEED		NORWALK, USA	2011/04/30
Masters ACR	5:31.38	MAK WING SANG 麥永生	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27
HKMAC RECORD	5:31.38	MAK WING SANG 麥永生	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27

22 2025/11/22 Start: 09:00 15°C 62%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-14	MAK WING SANG	麥永生	600557 LWRC	5:33.97	
2	1-2	LAM TSUN FAT	林俊發	600080 BAC	5:39.41	
3	1-15	YIP KAM SHING	葉錦城	600579 PAC	5:45.01	
4	1-4	SHUM PING WAH	沈平華	600578 PAC	5:49.18	
5	1-8	CHING TANG FOON	程騰歡	600730 SDH	5:50.86	
6	1-6	TSANG ALBERT	曾仲文	600359 DBSAC	5:51.02	
7	1-12	WONG TAI CHUN MARK	王大鈞	600360 DBSAC	6:00.99	
8	1-1	SZETO MAURICE		600019 AVOHK	6:05.00	
9	1-10	SHEN GUODONG	沈國棟	600771 SZGM	6:06.30	
10	1-13	TAN NICHOLAS	陳忠元	600356 DBSAC	6:06.83	
11	1-11	REEVES MARK FRANCIS	利瑪克	600018 AVOHK	6:07.32	
12	1-3	LAM MAN SAN	林文山	600348 DBSAC	6:13.93	
13	1-5	CHU CHING KWOK	朱正國	600143 CSKOBA	6:27.08	
14	1-7	NG CHI KAM	吳志淦	600604 PKMSAA	7:31.29	
	1-9	CHIU CHUN KEUNG	趙春強	600575 PAC	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M60 - 1500m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	4:24.00	NOLAN SHAHEED		NORWALK, USA	2011/04/30
Masters ACR	5:31.38	MAK WING SANG 麥永生	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27
HKMAC RECORD	5:31.38	MAK WING SANG 麥永生	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27

2025/11/22 Start: 09:00 15°C 62%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
	1-16	HUNG FAN KEE FREDERICK	孔繁基	600547 LSCAC	DNS	
	1-17	SUEN WING HONG	孫永康	600145 CSKOBA	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M60 - 5000m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	15:56.41	YOSHITSUGU IWANAGA		SAGA, JPN	2020/11/14
Masters ACR	19:53.50	MAK WING SANG 麥永生	The 8th Hong Kong Masters	Wanchai SG	2023/10/28
HKMAC RECORD	19:53.50	MAK WING SANG 麥永生	The 8th Hong Kong Masters	Wanchai SG	2023/10/28

2025/11/23 Start: 18:30 23°C 62%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-6	LEUNG KWOK HUNG BENJAMIN	梁國雄	600556 LWRC	20:41.73	
		Split: 04:11.45 (4:11.45) 08:21.85 (4:10.41) 12:31.56 (4:09.70) 16:38.59 (4:07.04) 20'41.723" (4:02.40)				
2	1-8	YIP KAM SHING	葉錦城	600579 PAC	20:55.18	
		Split: 04:12.80 (4:12.80) 08:26.34 (4:13.54) 12:38.10 (4:11.76) 16:51.61 (4:13.51) 20'55.173" (4:03.39)				
3	1-10	CHING TANG FOON	程騰歡	600730 SDH	21:35.70	
		Split: 04:10.83 (4:10.83) 08:26.19 (4:15.37) 12:43.29 (4:17.09) 17:08.92 (4:25.63) 21'35.691" (4:26.08)				
4	1-9	SZETO MAURICE		600019 AVOHK	22:05.74	
		Split: 04:29.78 (4:29.78) 08:58.04 (4:28.27) 13:27.12 (4:29.07) 17:55.48 (4:28.37) 22'05.739" (4:09.51)				
5	1-4	SHEN GUODONG	沈國棟	600771 SZGM	22:21.17	
		Split: 04:09.22 (4:09.22) 08:36.90 (4:27.69) 13:11.37 (4:34.46) 17:47.12 (4:35.75) 22'21.169" (4:33.88)				
6	1-3	LAM MAN SAN	林文山	600348 DBSAC	24:44.64	
		Split: 04:35.25 (4:35.25) 09:30.62 (4:55.37) 14:30.88 (5:00.26) 19:38.58 (5:07.70) 24'44.633" (5:05.42)				
7	1-1	LEUNG WAI MAN RAYMOND	梁偉文	600707 SCAA	25:56.48	
		Split: 04:42.16 (4:42.16) 10:05.33 (5:23.18) 15:26.77 (5:21.43) 20:53.51 (5:26.74) 25'56.476" (5:02.49)				
	1-2	CHU CHING KWOK	朱正國	600143 CSKOBA	DNS	
	1-5	YING TZE KIN	英子堅	600137 CSDSA	DNS	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M60 - 5000m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	15:56.41	YOSHITSUGU IWANAGA		SAGA, JPN	2020/11/14
Masters ACR	19:53.50	MAK WING SANG 麥永生	The 8th Hong Kong Masters	Wanchai SG	2023/10/28
HKMAC RECORD	19:53.50	MAK WING SANG 麥永生	The 8th Hong Kong Masters	Wanchai SG	2023/10/28

2025/11/23 Start: 18:30 23°C 62%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
	1-7	REEVES MARK FRANCIS	利瑪克	600018 AVOHK	DNS	
	1-11	NAGARAJAN THIRUGNZNAM		600450 IND-NAAA	DNS	
	1-12	CHIU CHUN KEUNG	趙春強	600575 PAC	DNS	
	1-13	KWOK KA FAI	郭嘉輝	600577 PAC	DNS	
	1-14	HUNG FAN KEE FREDERICK	孔繁基	600547 LSCAC	DNS	
	1-15	TSE TIT HO ANTHONY	謝鐵豪	600681 RMAC	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M60 - 5000mRW

Record	Perf	Athlete	Event	Place	Date
Masters ACR	29:40.92	WONG KAI CHUNG 王啟聰	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27
HKMAC RECORD	29:40.92	WONG KAI CHUNG 王啟聰	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27

2025/11/22 Start: 12:20 24°C 40%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-17	WONG KAI CHUNG	王啟聰	600428 HKRWA	31:10.10	
		Split: 05:56.21 (5:56.21) 12:16.36 (6:20.15) 18:41.23 (6:24.87) 25:03.13 (6:21.90) 31'10.096" (6:06.87)				
2	1-16	WONG MAN KWONG PETER	黃文光	600089 BAC	38:52.54	
		Split: 07:01.32 (7:01.32) 15:16.80 (8:15.49) 23:21.85 (8:05.04) 31:22.83 (8:00.99) 38'52.539" (7:29.16)				
3	1-18	DANG EDWARD KAI FUNG	鄧啟豐	600427 HKRWA	38:58.16	
		Split: 07:28.42 (7:28.42) 15:19.70 (7:51.29) 23:13.78 (7:54.07) 31:05.58 (7:51.80) 38'58.158" (7:52.42)				
4	1-14	MURALIDHARAN VENKATARAMANA RAO		600449 IND-NAAA	39:35.98	
		Split: 07:47.49 (7:47.49) 15:59.18 (8:11.70) 23:57.17 (7:57.98) 31:44.14 (7:46.97) 39'35.976" (7:50.86)				
5	1-21	NG KA YIU KARL	吳家耀	600354 DBSAC	42:14.84	
		Split: 08:39.10 (8:39.10) 17:04.13 (8:25.03) 25:31.92 (8:27.79) 34:00.28 (8:28.37) 42'14.839" (8:13.71)				
6	1-19	CHOW BILLY KWOK CHONG	鄒國昌	600344 DBSAC	43:24.82	
		Split: 09:04.71 (9:04.71) 18:08.37 (9:03.66) 26:40.48 (8:32.11) 34:59.52 (8:19.04) 43'24.819" (8:24.48)				
7	1-22	LO KENNY	羅偉基	600351 DBSAC	45:22.54	
		Split: 08:44.67 (8:44.67) 17:57.77 (9:13.10) 27:20.96 (9:23.19) 36:47.00 (9:26.04) 45'22.540" (8:35.00)				
	1-23	NAGARAJAN THIRUGNZNAM		600450 IND-NAAA	DNF	
	1-20	MADASAMY IYAPPAN		600437 IND-KMAC	DQ	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M60 - 5000mRW

Record	Perf	Athlete	Event	Place	Date
Masters ACR	29:40.92	WONG KAI CHUNG 王啟聰	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27
HKMAC RECORD	29:40.92	WONG KAI CHUNG 王啟聰	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27

2025/11/22 Start: 12:20 24°C 40%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
	1-15	TONG CHUN FAN	唐俊勳	600358 DBSAC	DNS	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

Powered by: Pacers Athletics Club 飛達田徑會

Draft: 16:29

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M60 - 100mH

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	14.37	THADDEUS WILSON		BEREA, USA	2011/07/29
Masters ACR	17.32	LAM WAI KIN 林偉堅	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	17.32	LAM WAI KIN 林偉堅	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 14:30 24°C 40%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-4	LAM WAI KIN	林偉堅	600705 SCAA	17.53	-0.2	
2	1-5	LO KIN YIP	盧建業	600085 BAC	17.72	-0.2	
3	1-2	YIP KAM KEUNG ALEX	葉錦強	600709 SCAA	18.97	-0.2	
4	1-6	TANG TIN CHAI	鄧天齊	600357 DBSAC	19.87	-0.2	
5	1-7	TAM SAMMY	譚旭生	600355 DBSAC	20.33	-0.2	
6	1-3	LEUNG TOBY	梁國偉	600549 LSCAC	20.73	-0.2	
7	1-8	MAK HING KEE	麥慶基	600144 CSKOBA	25.52	-0.2	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M60 - 300mH

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	42.31	GUIDO MüELLER		GATESHEAD, GBR	1999/08/01
Masters ACR	48.91	LO KIN YIP 盧建業	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	48.91	LO KIN YIP 盧建業	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 14:30 27°C 49%

Final 1 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-3	LO KIN YIP	盧建業	600085 BAC	49.84	
2	1-7	MAN HON KEI	萬漢基	600603 PKMSAA	1:02.06	
3	1-5	WONG WAI CHIU	王偉超	600090 BAC	1:05.05	
4	1-6	YIU KARO DAKCHISON JR.	姚啟鏘	600361 DBSAC	1:07.24	
	1-4	TONG CHUN FAN	唐俊勳	600358 DBSAC	DNS	

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	2-5	YIP KAM KEUNG ALEX	葉錦強	600709 SCAA	54.88	
2	2-3	TAM SAMMY	譚旭生	600355 DBSAC	55.21	
3	2-4	LEUNG TOBY	梁國偉	600549 LSCAC	58.66	
4	2-6	CHENG PUN	鄭斌	600343 DBSAC	1:13.93	
	2-7	CHAN YIM LAM PATRICK	陳炎林	600342 DBSAC	DNS	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M60 - 300mH

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	42.31	GUIDO MüELLER		GATESHEAD, GBR	1999/08/01
Masters ACR	48.91	LO KIN YIP 盧建業	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	48.91	LO KIN YIP 盧建業	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 14:30 27°C 49%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-3	LO KIN YIP	盧建業	600085 BAC	49.84	
2	2-5	YIP KAM KEUNG ALEX	葉錦強	600709 SCAA	54.88	
3	2-3	TAM SAMMY	譚旭生	600355 DBSAC	55.21	
4	2-4	LEUNG TOBY	梁國偉	600549 LSCAC	58.66	
5	1-7	MAN HON KEI	萬漢基	600603 PKMSAA	1:02.06	
6	1-5	WONG WAI CHIU	王偉超	600090 BAC	1:05.05	
7	1-6	YIU KARO DAKCHISON JR.	姚啟鏘	600361 DBSAC	1:07.24	
8	2-6	CHENG PUN	鄭斌	600343 DBSAC	1:13.93	
	1-4	TONG CHUN FAN	唐俊勳	600358 DBSAC	DNS	
	2-7	CHAN YIM LAM PATRICK	陳炎林	600342 DBSAC	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M60 - 2000mSC

Record	Perf	Athlete	Event	Place	Date
Masters ACR	9:43.50	TUNG KAM WAI 董鑑偉	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	9:43.50	TUNG KAM WAI 董鑑偉	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 08:55 21°C 79%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-2	YING TZE KIN	英子堅	600137 CSDSA	9:07.77	HKMACR, R
		Split: 04:41.88 (4:41.89) 9'07.769" (4:25.11)				
2	1-3	REEVES MARK FRANCIS	利瑪克	600018 AVOHK	10:19.20	
		Split: 05:19.82 (5:19.83) 10'19.195 (4:59.17)				
3	1-1	WONG LUNG PO ALEX	黃龍波	600733 SDH	11:06.10	
		Split: 05:36.45 (5:36.45) 11'06.094 (5:29.55)				

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M60 - Long Jump

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	6.07	TOM PATSALIS		LOS ANGELES,	1982/07/10
Masters ACR	5.20	KUNG WAI LING 龔偉凌			2022/11/27
HKMAC RECORD	5.12	KUNG WAI LING 龔偉凌	The 8th Hong Kong Masters	Wanchai SG	2023/10/27

2025/11/22 Start: 09:30 15°C 62%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-7	TAM CHU HIN LOUIE 譚柱軒	600087 BAC	4.43m.		4.12 -2.4	4.18 +1.1	4.43 +0.1
2	1-8	TAM SAMMY 譚旭生	600355 DBSAC	4.20m.		x	3.95 +0.5	4.20 +1.1
3	1-1	TANG TIN CHAI 鄧天齊	600357 DBSAC	4.04m.		3.84 +0.4	4.04 -0.1	4.04 +0.8
4	1-5	LANG WAI LUN 梁偉倫	600126 CLSAA	3.96m.		3.51 +1.3	3.96 +0.4	3.43 0.0
5	1-3	CHONG PUI KI 莊培基	600078 BAC	3.71m.		3.71 +0.7	3.58 +1.5	3.56 +1.0
6	1-4	SZETO ANDREW TAK 司徒德	600550 LSCAC	3.04m.		x	2.89 +1.4	3.04 -0.1
7	1-6	CHENG PUN 鄭斌	600343 DBSAC	2.96m.		2.89 +0.5	2.96 +0.7	2.90 -1.9
8	1-10	HUNG CHUEN KWONG 洪傳廣	600347 DBSAC	2.92m.		2.46 -0.5	2.70 +1.1	2.92 +2.0
9	1-9	REEVES MARK FRANCIS 利瑪克	600018 AVOHK	2.87m.		2.69 +0.9	2.87 +1.3	2.71 +1.7
10	1-2	MO KIM FUNG BOSCO 武劍峰	600353 DBSAC	2.86m.		2.77 -0.8	2.78 +0.1	2.86 +1.3

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M60 - Triple Jump

	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	12.68	STIG BäCKLUND		KAJAANI, FIN	2000/06/18

2025/11/22 Start: 14:55 24°C 40%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-2	TANG TIN CHAI 鄧天齊	600357 DBSAC	8.89m.		8.89 -0.2	8.34 0.0	-
2	1-1	TAM SAMMY 譚旭生	600355 DBSAC	8.58m.		8.58 +0.4	8.49 +1.4	-
3	1-6	TONG CHUN FAN 唐俊勳	600358 DBSAC	7.95m.		X	7.95 +0.9	-
4	1-4	YIU KARO DAKCHISON JR. 姚啟鏘	600361 DBSAC	7.00m.		6.94 -0.6	7.00 +0.3	6.27 +0.3
5	1-7	CHONG PUI KI 莊培基	600078 BAC	6.78m.		6.46 -0.1	6.78 +0.2	6.75 +0.4
6	1-5	REEVES MARK FRANCIS 利瑪克	600018 AVOHK	6.36m.		6.09 +0.1	6.36 +0.4	X
7	1-8	HUNG CHUEN KWONG 洪傳廣	600347 DBSAC	4.76m.		4.76 +0.1	X	X
	1-3	TSANG ALBERT 曾仲文	600359 DBSAC	NM		X	X	X

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主辦機構: DBSAC ATHLETICS CLUB JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M60 - Shot Put

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	18.37	KLAUS LIEDTKE		KoLN, GER	2001/06/23
Masters ACR	10.14	YAN Chun Yip 甄進葉	Hong Kong Masters Athletics	TKO SG	2017/11/11
HKMAC RECORD	10.14	YAN Chun Yip 甄進葉	Hong Kong Masters Athletics	TKO SG	2017/11/11

2025/11/22 Start: 11:15 24°C 40%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-6	ANNAVI NALLUSAMY	600446 IND-NAAA	11.12m.	HKMACR	9.80	10.74	11.12
2	1-2	CHAN SHU WAI 陳樹威	600762 SMTFA	10.30m.	HKMACR	9.39	9.15	10.30
3	1-17	ASOKAN VARADHARAJAN	600447 IND-NAAA	9.49m.		9.49	9.08	8.87
4	1-13	HO CHI HIN MARCUS 何志軒	600782 TCAA	9.23m.		9.01	9.07	9.23
5	1-9	HO CHI CHEUNG FELIX 何志翔	600781 TCAA	8.82m.		8.25	8.82	8.29
6	1-10	TO PETER 杜彼德	600708 SCAA	8.58m.		8.58	8.34	8.01
7	1-12	ZHANG XIN AN 张新安	600412 DGD	8.39m.		7.86	8.39	7.91
8	1-20	KOO HEUNG SHING PETER 顧向聖	600548 LSCAC	8.32m.		x	8.17	8.32
9	1-14	FONG ALAN 鄺耀才	600345 DBSAC	8.09m.		x	x	8.09
10	1-15	LEUNG CHEONG CHAU STEPHEN 梁昌宙	600350 DBSAC	7.74m.		7.42	7.49	7.74
11	1-1	CHOW BILLY KWOK CHONG 鄒國昌	600344 DBSAC	7.36m.		7.09	7.24	7.36
12	1-5	CHAN YIM LAM PATRICK 陳炎林	600342 DBSAC	7.17m.		7.11	6.99	7.17
13	1-11	TAM LAWRENCE 譚紹光	600020 AVOHK	7.12m.		7.12	6.75	7.00
14	1-16	NG KA YIU KARL 吳家耀	600354 DBSAC	7.06m.		7.06	6.91	6.82
15	1-4	MO KIM FUNG BOSCO 武劍峰	600353 DBSAC	6.72m.		x	6.15	6.72

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M60 - Shot Put

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	18.37	KLAUS LIEDTKE		KoLN, GER	2001/06/23
Masters ACR	10.14	YAN Chun Yip 甄進業	Hong Kong Masters Athletics	TKO SG	2017/11/11
HKMAC RECORD	10.14	YAN Chun Yip 甄進業	Hong Kong Masters Athletics	TKO SG	2017/11/11

2025/11/22 Start: 11:15 24°C 40%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
16	1-7	REEVES MARK FRANCIS 利瑪克	600018 AVOHK	6.30m.		6.29	x	6.30
	1-3	FU MIN 傅敏	600409 DGD	DNS				
	1-8	AU PETER 歐永照	600341 DBSAC	DNS				
	1-18	CHEUNG CHAU KIN 張就健	600157 DART	DNS				
	1-19	TSANG ALBERT 曾仲文	600359 DBSAC	DNS				

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M60 - Discus Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	66.36	KLAUS LIEDTKE		SCHWERTE-ERG.,2001/05/19
Masters ACR	33.31	Liu Chi Keung 廖志強	Hong Kong Masters Athletics	Diocesan Boys'2018/10/27
HKMAC RECORD	33.31	Liu Chi Keung 廖志強	Hong Kong Masters Athletics	Diocesan Boys'2018/10/27

2025/11/23 Start: 13:20 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-13	ANNAVI NALLUSAMY	600446 IND-NAAA	33.37m.	HKMACR	31.93	33.37	X
2	1-3	HO CHI HIN MARCUS 何志軒	600782 TCAA	33.29m.		32.07	33.29	X
3	1-15	HO CHI CHEUNG FELIX 何志翔	600781 TCAA	31.18m.		23.83	21.00	31.18
4	1-17	ASOKAN VARADHARAJAN	600447 IND-NAAA	27.90m.		X	23.20	27.90
5	1-22	TO PETER 杜彼德	600708 SCAA	24.90m.		X	24.90	X
6	1-5	KOO HEUNG SHING PETER 顧向聖	600548 LSCAC	24.70m.		23.88	X	24.70
7	1-11	CHOW BILLY KWOK CHONG 鄒國昌	600344 DBSAC	24.15m.		X	X	24.15
8	1-10	LEE MAN SANG GORDON 李敏生	600349 DBSAC	22.67m.		22.24	16.84	22.67
9	1-18	CHAN SHU WAI 陳樹威	600762 SMTFA	22.64m.		17.93	22.64	19.74
10	1-23	REEVES MARK FRANCIS 利瑪克	600018 AVOHK	21.74m.		X	21.74	X
11	1-14	TONG CHUN FAN 唐俊勳	600358 DBSAC	21.39m.		17.56	21.39	17.30
12	1-16	AU PETER 歐永照	600341 DBSAC	20.92m.		17.97	20.92	20.07
13	1-8	SUEN WING HONG 孫永康	600145 CSKOBA	20.23m.		19.24	19.75	20.23
14	1-6	CHAN YIM LAM PATRICK 陳炎林	600342 DBSAC	19.52m.		19.38	18.10	19.52
15	1-7	ZHANG XIN AN 张新安	600412 DGD	16.57m.		16.57	15.04	r

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M60 - Discus Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	66.36	KLAUS LIEDTKE		SCHWERTE-ERG.,	2001/05/19
Masters ACR	33.31	Liu Chi Keung 廖志強	Hong Kong Masters Athletics	Diocesan Boys'	2018/10/27
HKMAC RECORD	33.31	Liu Chi Keung 廖志強	Hong Kong Masters Athletics	Diocesan Boys'	2018/10/27

2025/11/23 Start: 13:20 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
16	1-1	LI WAI HO 李偉浩	600084 BAC	16.16m.		16.16	X	X
17	1-21	MO KIM FUNG BOSCO 武劍峰	600353 DBSAC	15.81m.		14.86	X	15.81
18	1-2	CHEUNG CHAU KIN 張就健	600157 DART	15.23m.		X	15.23	14.15
19	1-4	LO KWAN LOK 盧鈞樂	600602 PKMSAA	12.68m.		12.68	12.42	12.51
	1-20	MAK HING KEE 麥慶基	600144 CSKOBA	NM		X	X	X
	1-9	NG KA YIU KARL 吳家耀	600354 DBSAC	DNS				
	1-12	DURAISAMY SELVARAAJAN	600448 IND-NAAA	DNS				
	1-19	FONG ALAN 鄺耀才	600345 DBSAC	DNS				

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M60 - Javelin Throw

	Record	Perf	Athlete	Event	Place	Date
WMA RECORD		62.47	ESA KIURU		KORIA, FIN	2007/07/21
Masters ACR		35.45	HO CHI HIN MARCUS 何志軒	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD		35.45	HO CHI HIN MARCUS 何志軒	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 10:05 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-19	ANNAVI NALLUSAMY	600446 IND-NAAA	35.13m.		35.13	x	-
2	1-7	HO CHI CHEUNG FELIX 何志翔	600781 TCAA	33.92m.		32.45	33.58	33.92
3	1-20	TANG TIN CHAI 鄧天齊	600357 DBSAC	30.70m.		25.01	23.57	30.70
4	1-3	HO CHI HIN MARCUS 何志軒	600782 TCAA	30.67m.		30.32	30.67	29.90
5	1-11	AU PETER 歐永照	600341 DBSAC	26.21m.		23.35	26.21	x
6	1-2	CHAN SHU WAI 陳樹威	600762 SMTFA	25.37m.		23.44	21.86	25.37
7	1-13	TO PETER 杜彼德	600708 SCAA	24.57m.		24.57	x	x
8	1-1	TONG CHUN FAN 唐俊勳	600358 DBSAC	23.66m.		22.41	23.66	19.14
9	1-8	CHOW BILLY KWOK CHONG 鄒國昌	600344 DBSAC	22.79m.		18.67	22.79	22.41
10	1-4	NG KA YIU KARL 吳家耀	600354 DBSAC	19.61m.		19.61	17.47	19.43
11	1-12	CHAN YIM LAM PATRICK 陳炎林	600342 DBSAC	19.42m.		19.42	18.84	18.98
12	1-14	LO KWAN LOK 盧鈞樂	600602 PKMSAA	18.49m.		18.49	x	x
13	1-6	YIU KARO DAKCHISON JR. 姚啟鏘	600361 DBSAC	16.39m.		x	x	16.39
14	1-21	CHEUNG CHAU KIN 張就健	600157 DART	14.67m.		12.49	10.87	14.67
15	1-18	REEVES MARK FRANCIS 利瑪克	600018 AVOHK	13.33m.		13.31	13.33	x

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M60 - Javelin Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	62.47	ESA KIURU		KORIA, FIN	2007/07/21
Masters ACR	35.45	HO CHI HIN MARCUS 何志軒	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	35.45	HO CHI HIN MARCUS 何志軒	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 10:05 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
	1-16	MO KIM FUNG BOSCO 武劍峰	600353 DBSAC	NM		x	x	x
	1-5	SUEN WING HONG 孫永康	600145 CSKOBA	DNS				
	1-9	DURAISAMY SELVARAAJAN	600448 IND-NAAA	DNS				
	1-10	CHOW CHEE WING ANTHONY 周治榮	600545 LSCAC	DNS				
	1-15	TSANG ALBERT 曾仲文	600359 DBSAC	DNS				
	1-17	HUNG CHUEN KWONG 洪傳廣	600347 DBSAC	DNS				

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M60 - 4X100m

	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	47.93	PETERSON,		SACRAMENTO, USA	2011/07/17
	Masters ACR	52.93	DBSAC M60 4X100米 (A)	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
	HKMAC RECORD	52.93	DBSAC M60 4X100米 (A)	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 17:25 24°C 40%

Final 1 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-6	赤道體育會 A 袁柏泉, 林俊發, 李偉浩, 盧建業		BAC	53.94	
2	1-5	拔萃男書院田徑會 A		DBSAC	56.67	
3	1-7	南華體育會 梁蘇強, 葉錦強, 林偉堅, 李永偵		SCAA	1:00.31	
4	1-4	喇沙書院田徑會 許偉強, 顧向聖, 梁國偉, 黎澄天		LSCAC	1:04.46	
	1-3	上海田徑大師隊		DGD	DNS	

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	2-6	拔萃男書院田徑會 B		DBSAC	59.92	
2	2-4	赤道體育會 B 莊培基, 王偉超, 司徒旭強, 譚柱軒		BAC	1:00.04	
3	2-5	培僑中學校友會 萬漢基, 盧鈞樂, 陈志強, 雷澤恩		PKMSAA	1:05.61	
4	2-7	香港元老田徑 張偉立, 利瑪克, 譚紹光, 杜海樓		AVOHK	1:09.87	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M60 - 4X100m

	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	47.93	PETERSON,		SACRAMENTO, USA	2011/07/17
	Masters ACR	52.93	DBSAC M60 4X100米 (A)	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
	HKMAC RECORD	52.93	DBSAC M60 4X100米 (A)	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 17:25 24°C 40%

Summary

Pos	Heat/Lane	Name 姓名	Bib#/Team	Result	Remarks
1	1-6	赤道體育會 A 袁柏泉, 林俊發, 李偉浩, 盧建業	BAC	53.94	
2	1-5	拔萃男書院田徑會 A	DBSAC	56.67	
3	2-6	拔萃男書院田徑會 B	DBSAC	59.92	
4	2-4	赤道體育會 B 莊培基, 王偉超, 司徒旭強, 譚柱軒	BAC	1:00.04	
5	1-7	南華體育會 梁蘇強, 葉錦強, 林偉堅, 李永偵	SCAA	1:00.31	
6	1-4	喇沙書院田徑會 許偉強, 顧向聖, 梁國偉, 黎澄天	LSCAC	1:04.46	
7	2-5	培僑中學校友會 萬漢基, 盧鈞樂, 陈志強, 雷澤恩	PKMSAA	1:05.61	
8	2-7	香港元老田徑 張偉立, 利瑪克, 譚紹光, 杜海樓	AVOHK	1:09.87	
	1-3	上海田徑大師隊	DGD	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M60 - 4X400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	3:51.33	COLLINS,GRANT,HAYWOOD,ALLIE		PHILADELPHIA,	2013/04/26
Masters ACR	4:35.22	南華 M60 4X400米 (A)	The 8th Hong Kong Masters	Wanchai SG	2023/10/28
HKMAC RECORD	4:35.22	南華 M60 4X400米 (A)	The 8th Hong Kong Masters	Wanchai SG	2023/10/28

2025/11/23 Start: 17:40 25°C 61%

Final 1 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-3	赤道體育會 B 譚柱軒, 李耀廷, 司徒旭強, 袁柏泉		BAC	5:25.90	
2	1-4	南區康樂體育促進會有限公司暨南區長 程騰歡, 郭靜波, 吳華仔, 黃龍波		SDH	5:32.93	
3	1-7	路德會協同中學校友會 林建雄, 梁偉倫, 鍾振賢, 李錫光		CLSAA	6:37.39	
	1-6	拔萃男書院田徑會 B 王大鈞, 林文山, 鄧天齊, 姚啟鏘		DBSAC	DQ	TR24.20(1)
	1-5	培僑中學校友會		PKMSAA	DNS	

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	2-3	赤道體育會 A 莊培基, 李偉浩, 林俊發, 盧建業		BAC	4:32.43	HKMACR, R
2	2-5	拔萃男書院田徑會 A 陳炎林, 譚旭生, 唐俊勳, 曾仲文		DBSAC	4:40.18	
3	2-4	香港元老田徑 張偉立, 利瑪克, 譚紹光, 杜海樓		AVOHK	5:22.14	
	2-7	飛達田徑會 王錫章, 趙春強, 鄭騫, 沈平華		PAC	DQ	TR24.15(2)
	2-6	上海田徑大師隊		DGD	DNS	

Note: (1) TR24.20 Exchanging positions before takeover
(2) TR24.15 Leaving the assigned lane before the breakline

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M60 - 4X400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	3:51.33	COLLINS,GRANT,HAYWOOD,ALLIE		PHILADELPHIA,	2013/04/26
Masters ACR	4:35.22	南華 M60 4X400米 (A)	The 8th Hong Kong Masters	Wanchai SG	2023/10/28
HKMAC RECORD	4:35.22	南華 M60 4X400米 (A)	The 8th Hong Kong Masters	Wanchai SG	2023/10/28

2025/11/23 Start: 17:40 25°C 61%

Summary

Pos	Heat/Lane	Name 姓名	Bib#/Team	Result	Remarks
1	2-3	赤道體育會 A 莊培基, 李偉浩, 林俊發, 盧建業	BAC	4:32.43	HKMACR, R
2	2-5	拔萃男書院田徑會 A 陳炎林, 譚旭生, 唐俊勳, 曾仲文	DBSAC	4:40.18	
3	2-4	香港元老田徑 張偉立, 利瑪克, 譚紹光, 杜海樓	AVOHK	5:22.14	
4	1-3	赤道體育會 B 譚柱軒, 李耀廷, 司徒旭強, 袁柏泉	BAC	5:25.90	
5	1-4	南區康樂體育促進會有限公司暨南區長 程騰歡, 郭靜波, 吳華仔, 黃龍波	SDH	5:32.93	
6	1-7	路德會協同中學校友會 林建雄, 梁偉倫, 鍾振賢, 李錫光	CLSAA	6:37.39	
	1-6	拔萃男書院田徑會 B 王大鈞, 林文山, 鄧天齊, 姚啟鏘	DBSAC	DQ	TR24.20(1)
	2-7	飛達田徑會 王錫章, 趙春強, 鄭騫, 沈平華	PAC	DQ	TR24.15(2)
	1-5	培僑中學校友會	PKMSAA	DNS	
	2-6	上海田徑大師隊	DGD	DNS	

Note: (1) TR24.20 Exchanging positions before takeover
(2) TR24.15 Leaving the assigned lane before the breakline

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M65 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	12.31	DAMIEN LEAKE		GRASS VALLEY,	2018/06/16
Masters ACR	14.14	TAN QUAN WANG 谭全旺	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	14.51	SUEN SHU KWAN, LEON 孫樹坤	The 6th Hong Kong Masters	TKO SG	2021/09/12

2025/11/22 Start: 10:30 15°C 62%

Final 1 /3

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-7	KUNG WAI LING	龔偉凌	650365 DBSAC	12.93	+1.0	HKMACR, R
2	1-8	CHOI TONY	蔡少洲	650364 DBSAC	15.30	+1.0	
3	1-4	LAW WAI MAN	羅偉文	650130 CLSAA	18.72	+1.0	
4	1-3	WONG CHEONG MING	黃昌明	650616 PKMSAA	18.99	+1.0	
5	1-6	GAJARAJAN SUBRAMANIAN		650451 IND-NAAA	20.35	+1.0	
	1-5	WOO WAI HIN	胡偉軒	650376 DBSAC	DNS		

Final 2 /3

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-7	LEUNG WAI YIN RAYMOND	梁偉彥	650367 DBSAC	14.28	+1.7	R
2	2-5	LAM KIN HUNG	林建雄	650129 CLSAA	16.36	+1.7	
3	2-8	SHEK WAI HUNG TONY	石偉雄	650094 BAC	18.01	+1.7	
4	2-6	SUEN KING KWONG	孫景光	650095 BAC	20.12	+1.7	
5	2-2	WONG PING WAI	王炳威	650618 PKMSAA	20.40	+1.7	
	2-3	PANG KWOK CHI	彭國治	650713 SCAA	DNS		
	2-4	LAI KWOK YUEN		650792 TSC	DNS		

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M65 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	12.31	DAMIEN LEAKE		GRASS VALLEY,	2018/06/16
Masters ACR	14.14	TAN QUAN WANG 谭全旺	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	14.51	SUEN SHU KWAN, LEON 孫樹坤	The 6th Hong Kong Masters	TKO SG	2021/09/12

2025/11/22 Start: 10:30 15°C 62%

Final 3 /3

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	3-6	TAN KIM SENG	陳金成	650763 SMTFA	13.80	+0.3	HKMACR
2	3-2	ZEE BENNY	徐仲鎂	650378 DBSAC	14.31	+0.3	R
3	3-7	IP SAI HUNG	葉世雄	650611 PKMSAA	14.67	+0.3	
4	3-8	YIU FRANCIS	姚永雄	650377 DBSAC	15.90	+0.3	
5	3-4	SUEN SHU KWAN LIONIMAN	孫樹坤	650096 BAC	16.11	+0.3	
6	3-3	AU KING TONG	歐敬唐	650607 PKMSAA	17.63	+0.3	
7	3-5	LAI CHI KEUNG PATRICK	黎志強	650128 CLSAA	21.10	+0.3	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M65 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	12.31	DAMIEN LEAKE		GRASS VALLEY,	2018/06/16
Masters ACR	14.14	TAN QUAN WANG 谭全旺	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	14.51	SUEN SHU KWAN, LEON 孫樹坤	The 6th Hong Kong Masters	TKO SG	2021/09/12

2025/11/22 Start: 10:30 15°C 62%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-7	KUNG WAI LING	龔偉凌	650365 DBSAC	12.93	+1.0	HKMACR, R
2	3-6	TAN KIM SENG	陳金成	650763 SMTFA	13.80	+0.3	HKMACR
3	2-7	LEUNG WAI YIN RAYMOND	梁偉彥	650367 DBSAC	14.28	+1.7	R
4	3-2	ZEE BENNY	徐仲鎂	650378 DBSAC	14.31	+0.3	R
5	3-7	IP SAI HUNG	葉世雄	650611 PKMSAA	14.67	+0.3	
6	1-8	CHOI TONY	蔡少洲	650364 DBSAC	15.30	+1.0	
7	3-8	YIU FRANCIS	姚永雄	650377 DBSAC	15.90	+0.3	
8	3-4	SUEN SHU KWAN LIONIMAN	孫樹坤	650096 BAC	16.11	+0.3	
9	2-5	LAM KIN HUNG	林建雄	650129 CLSAA	16.36	+1.7	
10	3-3	AU KING TONG	歐敬唐	650607 PKMSAA	17.63	+0.3	
11	2-8	SHEK WAI HUNG TONY	石偉雄	650094 BAC	18.01	+1.7	
12	1-4	LAW WAI MAN	羅偉文	650130 CLSAA	18.72	+1.0	
13	1-3	WONG CHEONG MING	黃昌明	650616 PKMSAA	18.99	+1.0	
14	2-6	SUEN KING KWONG	孫景光	650095 BAC	20.12	+1.7	
15	1-6	GAJARAJAN SUBRAMANIAN		650451 IND-NAAA	20.35	+1.0	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M65 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	12.31	DAMIEN LEAKE		GRASS VALLEY,	2018/06/16
Masters ACR	14.14	TAN QUAN WANG 谭全旺	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	14.51	SUEN SHU KWAN, LEON 孫樹坤	The 6th Hong Kong Masters	TKO SG	2021/09/12

2025/11/22 Start: 10:30 15°C 62%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
16	2-2	WONG PING WAI	王炳威	650618 PKMSAA	20.40	+1.7	
17	3-5	LAI CHI KEUNG PATRICK	黎志強	650128 CLSAA	21.10	+0.3	
	1-5	WOO WAI HIN	胡偉軒	650376 DBSAC	DNS		
	2-3	PANG KWOK CHI	彭國治	650713 SCAA	DNS		
	2-4	LAI KWOK YUEN		650792 TSC	DNS		

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M65 - 200m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	24.65	CHARLES ALLIE		BEREA, USA	2013/07/26
Masters ACR	28.64	TAN QUAN WANG 譚全旺	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	29.96	IP SAI HUNG 葉世雄	The 8th Hong Kong Masters	Wanchai SG	2023/10/28

2025/11/23 Start: 10:45 21°C 79%

Final 1 /3

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-6	YIM TIN LEUNG	嚴天亮	650715 SCAA	33.05	+0.1	
2	1-3	LI SHIK KOWNG KEN	李錫光	650131 CLSAA	37.23	+0.1	37.221"
	1-2	WAN CHUNG LING JOE	尹仲靈	650458 JSA	DNS		
	1-4	LAI CHI KEUNG PATRICK	黎志強	650128 CLSAA	DNS		
	1-7	SUEN KING KWONG	孫景光	650095 BAC	DNS		
	1-8	LAI KWOK YUEN		650792 TSC	DNS		

Final 2 /3

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-3	KUNG WAI LING	龔偉凌	650365 DBSAC	27.31	+0.4	HKMACR, R
2	2-4	TAN KIM SENG	陳金成	650763 SMTFA	28.28	+0.4	HKMACR
3	2-7	CHOI TONY	蔡少洲	650364 DBSAC	33.15	+0.4	
4	2-8	LEUNG PENG KUN	梁炳權	650614 PKMSAA	37.23	+0.4	37.223"
	2-2	ZEE BENNY	徐仲鎂	650378 DBSAC	DNS		
	2-5	WONG HO YIN	黃浩賢	650617 PKMSAA	DNS		
	2-6	AU KING TONG	歐敬唐	650607 PKMSAA	DNS		

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M65 - 200m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	24.65	CHARLES ALLIE		BEREA, USA	2013/07/26
Masters ACR	28.64	TAN QUAN WANG 谭全旺	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	29.96	IP SAI HUNG 葉世雄	The 8th Hong Kong Masters	Wanchai SG	2023/10/28

2025/11/23 Start: 10:45 21°C 79%

Final 3 /3

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	3-7	WONG SEK CHEUNG	王錫章	650582 PAC	30.49	+1.9	
2	3-3	HO PING KIU	何炳僑	650093 BAC	32.44	+1.9	
3	3-5	YIU FRANCIS	姚永雄	650377 DBSAC	32.90	+1.9	
4	3-8	LAM KIN HUNG	林建雄	650129 CLSAA	35.77	+1.9	
	3-2	SUEN SHU KWAN LIONIMAN	孫樹坤	650096 BAC	DNS		
	3-4	IP SAI HUNG	葉世雄	650611 PKMSAA	DNS		
	3-6	PANG KWOK CHI	彭國治	650713 SCAA	DNS		

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M65 - 200m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	24.65	CHARLES ALLIE		BEREA, USA	2013/07/26
Masters ACR	28.64	TAN QUAN WANG 譚全旺	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	29.96	IP SAI HUNG 葉世雄	The 8th Hong Kong Masters	Wanchai SG	2023/10/28

2025/11/23 Start: 10:45 21°C 79%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-3	KUNG WAI LING	龔偉凌	650365 DBSAC	27.31	+0.4	HKMACR, R
2	2-4	TAN KIM SENG	陳金成	650763 SMTFA	28.28	+0.4	HKMACR
3	3-7	WONG SEK CHEUNG	王錫章	650582 PAC	30.49	+1.9	
4	3-3	HO PING KIU	何炳僑	650093 BAC	32.44	+1.9	
5	3-5	YIU FRANCIS	姚永雄	650377 DBSAC	32.90	+1.9	
6	1-6	YIM TIN LEUNG	嚴天亮	650715 SCAA	33.05	+0.1	
7	2-7	CHOI TONY	蔡少洲	650364 DBSAC	33.15	+0.4	
8	3-8	LAM KIN HUNG	林建雄	650129 CLSAA	35.77	+1.9	
9	1-3	LI SHIK KOWNG KEN	李錫光	650131 CLSAA	37.23	+0.1	37.221"
10	2-8	LEUNG PENG KUN	梁炳權	650614 PKMSAA	37.23	+0.4	37.223"
	1-2	WAN CHUNG LING JOE	尹仲靈	650458 JSA	DNS		
	1-4	LAI CHI KEUNG PATRICK	黎志強	650128 CLSAA	DNS		
	1-7	SUEN KING KWONG	孫景光	650095 BAC	DNS		
	1-8	LAI KWOK YUEN		650792 TSC	DNS		
	2-2	ZEE BENNY	徐仲鎂	650378 DBSAC	DNS		

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M65 - 200m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	24.65	CHARLES ALLIE		BEREA, USA	2013/07/26
Masters ACR	28.64	TAN QUAN WANG 譚全旺	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	29.96	IP SAI HUNG 葉世雄	The 8th Hong Kong Masters	Wanchai SG	2023/10/28

2025/11/23 Start: 10:45 21°C 79%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
	2-5	WONG HO YIN	黃浩賢	650617 PKMSAA	DNS		
	2-6	AU KING TONG	歐敬唐	650607 PKMSAA	DNS		
	3-2	SUEN SHU KWAN LIONIMAN	孫樹坤	650096 BAC	DNS		
	3-4	IP SAI HUNG	葉世雄	650611 PKMSAA	DNS		
	3-6	PANG KWOK CHI	彭國治	650713 SCAA	DNS		

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M65 - 400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	56.09	CHARLES ALLIE		RALEIGH, USA	2013/05/18
Masters ACR	1:06.31	AU KING TONG 歐敬唐			2022/12/04
HKMAC RECORD	1:06.31	AU KING TONG 歐敬唐			2022/12/04

2025/11/22 Start: 16:00 24°C 40%

Final 1 /3

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-3	WONG SEK CHEUNG	王錫章	650582 PAC	1:10.49	
2	1-8	CHENG HIN	鄭騫	650580 PAC	1:26.14	
3	1-6	LAM KIN HUNG	林建雄	650129 CLSAA	1:31.92	
	1-4	MA DANIEL	馬恩明	650369 DBSAC	DNS	
	1-5	SUN WILSON WAI-SHING		650373 DBSAC	DNS	
	1-7	LEE SAU CHOI	李秀財	650613 PKMSAA	DNS	

Final 2 /3

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	2-6	TO HOI LAU ERIC	杜海樓	650022 AVOHK	1:13.38	
2	2-8	SUEN KING KWONG	孫景光	650095 BAC	1:37.42	
3	2-3	KONG SIU KEUNG	江紹強	650612 PKMSAA	1:58.87	
	2-4	SUEN SHU KWAN LIONIMAN	孫樹坤	650096 BAC	DNS	
	2-5	WONG LI	黃利	650374 DBSAC	DNS	
	2-7	SIN WING FAI	冼永輝	650371 DBSAC	DNS	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M65 - 400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	56.09	CHARLES ALLIE		RALEIGH, USA	2013/05/18
Masters ACR	1:06.31	AU KING TONG 歐敬唐			2022/12/04
HKMAC RECORD	1:06.31	AU KING TONG 歐敬唐			2022/12/04

2025/11/22 Start: 16:00 24°C 40%

Final 3 /3

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	3-6	TAN KIM SENG	陳金成	650763 SMTFA	1:06.52	
2	3-7	HO PING KIU	何炳僑	650093 BAC	1:12.13	
3	3-3	LOUI JACK YAN	雷澤恩	650615 PKMSAA	1:31.63	
	3-4	AU KING TONG	歐敬唐	650607 PKMSAA	DNS	
	3-5	PANG KWOK CHI	彭國治	650713 SCAA	DNS	
	3-8	WONG HO YIN	黃浩賢	650617 PKMSAA	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M65 - 400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	56.09	CHARLES ALLIE		RALEIGH, USA	2013/05/18
Masters ACR	1:06.31	AU KING TONG 歐敬唐			2022/12/04
HKMAC RECORD	1:06.31	AU KING TONG 歐敬唐			2022/12/04

2025/11/22 Start: 16:00 24°C 40%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	3-6	TAN KIM SENG	陳金成	650763 SMTFA	1:06.52	
2	1-3	WONG SEK CHEUNG	王錫章	650582 PAC	1:10.49	
3	3-7	HO PING KIU	何炳僑	650093 BAC	1:12.13	
4	2-6	TO HOI LAU ERIC	杜海樓	650022 AVOHK	1:13.38	
5	1-8	CHENG HIN	鄭騫	650580 PAC	1:26.14	
6	3-3	LOUI JACK YAN	雷澤恩	650615 PKMSAA	1:31.63	
7	1-6	LAM KIN HUNG	林建雄	650129 CLSAA	1:31.92	
8	2-8	SUEN KING KWONG	孫景光	650095 BAC	1:37.42	
9	2-3	KONG SIU KEUNG	江紹強	650612 PKMSAA	1:58.87	
	1-4	MA DANIEL	馬恩明	650369 DBSAC	DNS	
	1-5	SUN WILSON WAI-SHING		650373 DBSAC	DNS	
	1-7	LEE SAU CHOI	李秀財	650613 PKMSAA	DNS	
	2-4	SUEN SHU KWAN LIONIMAN	孫樹坤	650096 BAC	DNS	
	2-5	WONG LI	黃利	650374 DBSAC	DNS	
	2-7	SIN WING FAI	冼永輝	650371 DBSAC	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M65 - 400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	56.09	CHARLES ALLIE		RALEIGH, USA	2013/05/18
Masters ACR	1:06.31	AU KING TONG 歐敬唐			2022/12/04
HKMAC RECORD	1:06.31	AU KING TONG 歐敬唐			2022/12/04

2025/11/22 Start: 16:00 24°C 40%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
	3-4	AU KING TONG	歐敬唐	650607 PKMSAA	DNS	
	3-5	PANG KWOK CHI	彭國治	650713 SCAA	DNS	
	3-8	WONG HO YIN	黃浩賢	650617 PKMSAA	DNS	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M65 - 800m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	2:14.33	EARL FEE		BUFFALO, USA	1995/07/18
Masters ACR	2:38.43	CHENG HIN 鄭騫	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	2:38.43	CHENG HIN 鄭騫	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 15:55 28°C 53%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-2	HO PING KIU	何炳僑	650093 BAC	2:42.30	
2	1-8	TO HOI LAU ERIC	杜海樓	650022 AVOHK	2:49.95	
3	1-5	ZHOU ZHI GANG	周志钢	650413 DGD	2:54.69	
4	1-2	CHENG HIN	鄭騫	650580 PAC	2:56.19	
5	1-1	SUEN TAI ON	孫泰安	650372 DBSAC	3:08.33	
6	1-4	TAM CHIU CHONG	譚超壯	650735 SDH	3:23.28	
7	1-3	LEE SAU CHOI	李秀財	650613 PKMSAA	3:57.83	
	1-1	SUN WILSON WAI-SHING		650373 DBSAC	DNS	
	1-6	LAM YUI WAH	林睿華	650581 PAC	DNS	
	1-6	WONG SEK CHEUNG	王錫章	650582 PAC	DNS	
	1-7	SIN WING FAI	冼永輝	650371 DBSAC	DNS	
	1-7	WONG LI	黃利	650374 DBSAC	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M65 - 1500m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	4:39.87	SIMON HERLAAR		BEDFORD, GBR	1994/07/16
Masters ACR	5:48.54	CHENG HIN 鄭騫	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	5:48.54	CHENG HIN 鄭騫	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 08:50 15°C 62%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-3	HO PING KIU	何炳僑	650093 BAC	5:38.30	HKMACR, R
2	1-10	TO HOI LAU ERIC	杜海樓	650022 AVOHK	5:39.34	HKMACR, R
3	1-11	CHENG HIN	鄭騫	650580 PAC	5:51.86	
4	1-2	ZHOU ZHI GANG	周志钢	650413 DGD	5:54.15	
5	1-5	SUEN TAI ON	孫泰安	650372 DBSAC	6:42.89	
6	1-7	WOO WAI HIN	胡偉軒	650376 DBSAC	7:32.05	
7	1-1	SIN WING FAI	冼永輝	650371 DBSAC	7:48.28	
8	1-6	CHEUNG KING SUN ANDREW	張敬臣	650362 DBSAC	8:20.34	
	1-4	SUN WILSON WAI-SHING		650373 DBSAC	DNS	
	1-8	WONG LI	黃利	650374 DBSAC	DNS	
	1-9	WONG SEK CHEUNG	王錫章	650582 PAC	DNS	

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Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M65 - 5000m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	16:38.80	DEREK TURNBULL		CHRISTCHURCH,	1992/03/13
Masters ACR	20:19.54	HO PING KIU JACKIE 何炳僑	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	20:19.54	HO PING KIU JACKIE 何炳僑	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 18:30 23°C 62%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-20	HO PING KIU	何炳僑	650093 BAC	20:41.91	
		Split: 04:10.49 (4:10.49) 08:21.08 (4:10.60) 12:29.83 (4:08.74) 16:37.87 (4:08.05) 20'41.901" (4:03.12)				
2	1-24	CHEUNG WAI LAP	張偉立	650021 AVOHK	22:03.56	
		Split: 04:25.52 (4:25.52) 08:50.60 (4:25.09) 13:21.57 (4:30.96) 17:51.10 (4:29.53) 22'03.558" (4:11.90)				
3	1-17	TO HOI LAU ERIC	杜海樓	650022 AVOHK	23:17.00	
		Split: 04:17.78 (4:17.78) 08:53.09 (4:35.32) 13:34.76 (4:41.66) 18:31.64 (4:56.89) 23'16.994" (4:44.35)				
4	1-34	SHEK KA FAI PETER	石家輝	650847 SPCCAA	25:49.69	
		Split: 04:39.81 (4:39.81) 09:46.04 (5:06.23) 15:08.40 (5:22.36) 20:34.68 (5:26.29) 25'49.690" (5:14.31)				
5	1-23	SUEN TAI ON	孫泰安	650372 DBSAC	25:55.61	
		Split: 04:56.10 (4:56.10) 10:05.38 (5:09.29) 15:25.99 (5:20.60) 20:52.85 (5:26.86) 25'55.608" (5:02.15)				
6	1-25	WAN CHUNG LING JOE	尹仲靈	650458 JSA	26:30.83	
		Split: 04:49.27 (4:49.27) 10:07.91 (5:18.64) 15:35.40 (5:27.49) 21:13.87 (5:38.47) 26'30.822" (5:16.13)				
7	1-19	SIN WING FAI	冼永輝	650371 DBSAC	28:37.80	
		Split: 05:33.20 (5:33.20) 11:19.76 (5:46.56) 17:05.24 (5:45.48) 22:58.38 (5:53.15) 28'37.795" (5:38.61)				
8	1-16	SHEK WAI HUNG TONY	石偉雄	650094 BAC	28:45.13	
		Split: 05:05.03 (5:05.03) 10:50.92 (5:45.89) 16:55.75 (6:04.83) 22:54.30 (5:58.56) 28'45.129" (5:50.69)				
9	1-18	CHEUNG KING SUN ANDREW	張敬臣	650362 DBSAC	32:24.29	
		Split: 06:06.50 (6:06.50) 12:30.01 (6:23.51) 19:10.84 (6:40.83) 25:57.72 (6:46.88) 32'24.283" (6:26.28)				

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M65 - 5000m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	16:38.80	DEREK TURNBULL		CHRISTCHURCH,	1992/03/13
Masters ACR	20:19.54	HO PING KIU JACKIE 何炳僑	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	20:19.54	HO PING KIU JACKIE 何炳僑	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 18:30 23°C 62%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
10	1-21	NGAN YEUK CHUN JOHNNY	顏躍進	650712 SCAA	34:28.07	
		Split: 05:47.72 (5:47.72) 12:38.32 (6:50.61) 19:53.30 (7:14.97) 27:06.94 (7:13.64) 34'28.061" (7:21.06)				
	1-22	CHENG HIN	鄭騫	650580 PAC	DNS	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M65 - 5000mRW

Record	Perf	Athlete	Event	Place	Date
Masters ACR	33:39.36	LI KAM WAH 李錦華	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27
HKMAC RECORD	33:39.36	LI KAM WAH 李錦華	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27

2025/11/22 Start: 12:20 24°C 40%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-27	LIU HAK MING	廖克明	650743 SHTB	33:25.93	HKMACR, R
		Split: 06:32.25 (6:32.25) 13:12.77 (6:40.53) 19:56.65 (6:43.87) 26:46.55 (6:49.90) 33'25.926" (6:38.45)				
2	1-26	LI KAM WAH	李錦華	650742 SHTB	34:18.77	
		Split: 06:35.66 (6:35.66) 13:31.98 (6:56.32) 20:37.20 (7:05.22) 27:39.30 (7:02.11) 34'18.768" (6:38.69)				
3	1-29	CHENG CHUNG LIT	鄭鍾烈	650429 HKRWA	34:21.52	
		Split: 06:33.90 (6:33.90) 13:29.36 (6:55.46) 20:28.31 (6:58.95) 27:31.25 (7:02.94) 34'21.511" (6:49.75)				
4	1-30	TSENG HING TAK RICHARD	曾慶德	650430 HKRWA	35:40.35	
		Split: 06:41.80 (6:41.80) 13:54.28 (7:12.49) 21:15.24 (7:20.95) 28:34.21 (7:18.98) 35'40.346" (7:05.78)				
5	1-25	MA DANIEL	馬恩明	650369 DBSAC	42:00.60	
		Split: 08:11.45 (8:11.45) 16:34.86 (8:23.41) 24:58.00 (8:23.14) 33:31.41 (8:33.41) 42'00.600" (8:28.59)				
6	1-24	CHIEN SAMUEL JR	錢小山	650363 DBSAC	45:39.22	
		Split: 08:41.28 (8:41.28) 17:55.86 (9:14.59) 27:21.39 (9:25.52) 36:45.28 (9:23.89) 45'39.220" (8:53.72)				
7	1-28	WONG WAI HO	黃偉河	650619 PKMSAA	45:41.52	
		Split: 08:41.94 (8:41.94) 17:55.22 (9:13.28) 27:22.05 (9:26.83) 36:46.23 (9:24.18) 45'41.520" (8:54.77)				
	1-31	WONG SIU KEUNG	王少強	650736 SDH	DQ	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M65 - 100mH

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	15.20	TYRONE BROWN		RALEIGH, USA	2013/05/18
Masters ACR	17.99	SUEN SHU KWAN LEON 孫樹坤			2022/12/04
HKMAC RECORD	17.99	SUEN SHU KWAN LEON 孫樹坤			2022/12/04

2025/11/22 Start: 14:30 24°C 40%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-6	LEUNG WAI YIN RAYMOND	梁偉彥	650367 DBSAC	20.30	+0.1	
2	1-3	SUEN SHU KWAN LIONIMAN	孫樹坤	650096 BAC	21.49	+0.1	
3	1-5	ROSARIO MARK		650370 DBSAC	21.72	+0.1	
4	1-4	YIU FRANCIS	姚永雄	650377 DBSAC	22.20	+0.1	

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主辦機構: DBSAC ATHLETICS CLUB JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M65 - 300mH

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	43.88	GUIDO MüELLER		ARHUS, DEN	2004/07/25
Masters ACR	57.16	WONG CHEUK YIN 黃卓然	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27
HKMAC RECORD	57.16	WONG CHEUK YIN 黃卓然	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27

2025/11/23 Start: 14:30 27°C 49%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-3	LEUNG WAI YIN RAYMOND	梁偉彥	650367 DBSAC	58.28	
2	1-4	WONG CHEUK YIN	黃卓然	650714 SCAA	59.16	
3	1-1	ROSARIO MARK		650370 DBSAC	1:04.23	
4	1-8	YIU FRANCIS	姚永雄	650377 DBSAC	1:08.86	
5	1-5	MA DANIEL	馬恩明	650369 DBSAC	1:08.97	
	1-2	SUEN SHU KWAN LIONIMAN	孫樹坤	650096 BAC	DNS	
	1-6	WONG LI	黃利	650374 DBSAC	DNS	
	1-7	CHAN WING KAY RICK	陳永基	650092 BAC	DNS	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M65 - 2000mSC

Record	Perf	Athlete	Event	Place	Date
Masters ACR	8:56.57	CHENG HIN 鄭騫	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	8:56.57	CHENG HIN 鄭騫	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 08:55 21°C 79%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-6	WONG CHEUK YIN	黃卓然	650714 SCAA	9:34.94	
		Split: 04:54.09 (4:54.09) 9'34.936" (4:39.91)				
2	1-5	CHENG HIN	鄭騫	650580 PAC	9:36.32	
		Split: 05:00.09 (5:00.10) 9'36.311" (4:35.90)				
3	1-7	SUEN TAI ON	孫泰安	650372 DBSAC	10:41.77	
		Split: 05:29.14 (5:29.14) 10'41.766 (5:11.86)				
4	1-8	TAM WINGKWAI	譚榮貴	650097 BAC	12:28.16	
		Split: 06:18.33 (6:18.34) 12'28.158 (6:09.66)				
5	1-4	CHAN KEUNG	陈志強	650608 PKMSAA	13:23.84	
		Split: 06:46.19 (6:46.19) 13'23.833 (6:36.81)				

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M65 - Long Jump

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	5.47	LOTHAR FISCHER		LUDVIGSHAFEN,	2001/09/01
	5.47	LAMBERTO BORANGA		LJUBLJANA, SLO	2008/07/27
	5.47	ADRIAN NEAGU		BUCHAREST, ROU	2018/08/26
Masters ACR	4.51	DENG HAI JING 邓海靖	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	4.31	LAU CHEUK HANG 劉卓衡	The 8th Hong Kong Masters	Wanchai SG	2023/10/27

2025/11/23 Start: 09:25 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-5	KUNG WAI LING 龔偉凌	650365 DBSAC	5.12m.	HKMACR, R	X +1.2	5.12 +0.8	4.93 +1.0
2	1-6	CHAN WING KAY RICK 陳永基	650092 BAC	3.80m.		3.80 +1.2	3.67 +0.1	3.66 +0.1
3	1-4	LEUNG WAI YIN RAYMOND 梁偉彥	650367 DBSAC	3.44m.		X +1.1	X +0.7	3.44 +2.4
4	1-7	WONG LI 黃利	650374 DBSAC	3.28m.		3.28 +1.3	3.26 +0.6	-
5	1-8	GAJARAJAN SUBRAMANIAN	650451 IND-NAAA	2.93m.		2.93 +1.8	2.39 +0.3	-
6	1-2	LAM KIN HUNG 林建雄	650129 CLSAA	2.91m.		2.91 -0.9	2.56 -0.8	2.90 -0.6
	1-1	YIM TIN LEUNG 嚴天亮	650715 SCAA	DNS				
	1-3	ZEE BENNY 徐仲鎂	650378 DBSAC	DNS				

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M65 - Triple Jump

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	11.94	HERMANN STRAUSS		LEINFELDEN, GER	1996/08/18

2025/11/22 Start: 10:20 15°C 62%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-3	LAU CHEUK HANG 劉卓衡	650366 DBSAC	8.89m.		8.13 -0.1	8.89 +0.8	7.37 +1.0
2	1-4	YIM TIN LEUNG 嚴天亮	650715 SCAA	8.15m.		7.34 +0.5	8.15 +1.8	8.01 +1.4
3	1-1	WONG LIT CHOR ALEXIS 黃烈初	650375 DBSAC	6.42m.		5.69 0.0	6.42 +0.1	6.28 +0.7
4	1-2	CHIEN SAMUEL JR 錢小山	650363 DBSAC	4.21m.		3.95 -0.6	4.18 +2.0	4.21 +0.4

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M65 - Shot Put

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	16.66	QUENTON TORBERT		EUGENE, USA	2017/04/30
Masters ACR	11.00	LIU JIAN 刘坚	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	9.11	Yan Chun Yip 甄進業	Hong Kong Masters Athletics	TKO SG	2018/10/27

2025/11/23 Start: 15:25 27°C 49%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-4	VILLA JUAN	650590 PHI-NMSAA	9.42m.		8.84	9.42	8.92
2	1-1	THIRAVIA NADAR SUBRAMANIAN	650438 IND-KMAC	8.60m.		8.42	8.29	8.60
3	1-17	ZEE BENNY 徐仲鎂	650378 DBSAC	8.17m.		7.66	7.75	8.17
4	1-2	LAM KIN HUNG 林建雄	650129 CLSAA	7.75m.		7.75	7.18	7.40
5	1-10	WONG CHEONG MING 黃昌明	650616 PKMSAA	7.68m.		7.68	7.66	7.40
6	1-18	LO SIMON 盧慶陽	650368 DBSAC	7.64m.		7.32	7.40	7.64
7	1-6	ROSARIO MARK	650370 DBSAC	7.56m.		7.56	6.91	7.34
8	1-3	CHUNG CHUN YIN 鍾振賢	650127 CLSAA	7.49m.		6.50	6.93	7.49
9	1-7	WONG LIT CHOR ALEXIS 黃烈初	650375 DBSAC	7.35m.		6.99	7.35	7.34
10	1-15	CHAU KAM TIM 周錦添	650711 SCAA	7.25m.		6.45	7.25	7.18
11	1-11	CHAN TO WANG WILLIAM 陳道宏	650710 SCAA	7.13m.		7.13	6.85	6.93
12	1-14	LEUNG WAI YIN RAYMOND 梁偉彥	650367 DBSAC	7.09m.		6.70	6.56	7.09
13	1-16	CHEUNG KAM WING 張錦榮	650609 PKMSAA	6.92m.		6.92	6.23	6.15
14	1-9	YIU SI CHIT 姚思哲	650620 PKMSAA	6.90m.		6.31	6.82	6.90
15	1-5	CHAN WING KAY RICK 陳永基	650092 BAC	6.60m.		5.93	6.24	6.60

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Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M65 - Shot Put

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	16.66	QUENTON TORBERT		EUGENE, USA	2017/04/30
Masters ACR	11.00	LIU JIAN 刘坚	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	9.11	Yan Chun Yip 甄進業	Hong Kong Masters Athletics	TKO SG	2018/10/27

2025/11/23 Start: 15:25 27°C 49%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
16	1-13	LAU CHI KEUNG 劉志強	650753 SJC	5.97m.		5.97	5.75	X
17	1-12	CHEUNG KING SUN ANDREW 張敬臣	650362 DBSAC	4.69m.		4.35	4.49	4.69
	1-8	WONG SEK CHEUNG 王錫章	650582 PAC	DNS				

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M65 - Discus Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	59.75	KLAUS LIEDTKE		OER-	2007/08/17
Masters ACR	33.88	LIU JIAN 刘坚	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	28.28	LIU CHI KEUNG 廖志強	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/23 Start: 13:20 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-18	THIRAVIA NADAR SUBRAMANIAM	650438 IND-KMAC	29.90m.		29.90	X	X
2	1-7	VILLA JUAN	650590 PHI-NMSAA	28.66m.		20.72	27.45	28.66
3	1-12	WONG LIT CHOR ALEXIS 黃烈初	650375 DBSAC	25.83m.		25.76	25.83	24.94
4	1-8	ROSARIO MARK	650370 DBSAC	25.40m.		23.89	25.40	24.76
5	1-17	AU KING TONG 歐敬唐	650607 PKMSAA	24.97m.		23.16	24.97	19.39
6	1-13	LO SIMON 盧慶陽	650368 DBSAC	23.10m.		21.20	23.10	18.03
7	1-14	HO KWOK KIT 何國傑	650610 PKMSAA	21.96m.		18.07	21.96	X
8	1-10	TAM WINGKWAI 譚榮貴	650097 BAC	20.99m.		16.75	20.99	X
9	1-6	CHAN TO WANG WILLIAM 陳道宏	650710 SCAA	20.70m.		20.70	X	X
10	1-16	LEUNG WAI YIN RAYMOND 梁偉彥	650367 DBSAC	20.06m.		X	20.06	X
11	1-9	MA DANIEL 馬恩明	650369 DBSAC	19.44m.		17.58	19.27	19.44
12	1-5	LAU CHEUK HANG 劉卓衡	650366 DBSAC	19.20m.		X	19.20	17.81
13	1-11	ZEE BENNY 徐仲鎂	650378 DBSAC	19.07m.		17.98	X	19.07
14	1-3	LAM KIN HUNG 林建雄	650129 CLSAA	17.89m.		17.38	17.89	17.30
15	1-4	CHIEN SAMUEL JR 錢小山	650363 DBSAC	17.25m.		X	17.25	r

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M65 - Discus Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	59.75	KLAUS LIEDTKE		OER-	2007/08/17
Masters ACR	33.88	LIU JIAN 刘坚	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	28.28	LIU CHI KEUNG 廖志強	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/23 Start: 13:20 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
16	1-2	LI SHIK KOWNG KEN 李錫光	650131 CLSAA	16.58m.		X	16.58	X
17	1-15	SHEK WAI HUNG TONY 石偉雄	650094 BAC	13.68m.		12.35	13.68	X
18	1-1	CHAU KAM TIM 周錦添	650711 SCAA	10.54m.		10.54	X	X

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M65 - Javelin Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	58.58	ESA KIURU		HELSINKI, FIN	2012/05/27
Masters ACR	30.12	KO Leung Hung Alex 高量洪	Hong Kong Masters Athletics	TKO SG	2017/11/11
HKMAC RECORD	30.12	KO Leung Hung Alex 高量洪	Hong Kong Masters Athletics	TKO SG	2017/11/11

2025/11/23 Start: 10:55 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-15	LOI RICCARDO	650589 PHI-NMSAA	30.28m.	HKMACR	29.93	30.28	29.47
2	1-11	HO KWOK KIT 何國傑	650610 PKMSAA	29.07m.		25.24	29.07	27.62
3	1-9	THIRAVIA NADAR SUBRAMANIAM	650438 IND-KMAC	28.11m.		23.51	28.11	26.16
4	1-5	ZEE BENNY 徐仲鎂	650378 DBSAC	25.61m.		22.31	24.75	25.61
5	1-12	LO SIMON 盧慶陽	650368 DBSAC	24.42m.		21.98	24.42	24.27
6	1-8	WONG LIT CHOR ALEXIS 黃烈初	650375 DBSAC	22.71m.		22.71	x	x
7	1-4	YIU SI CHIT 姚思哲	650620 PKMSAA	21.22m.		x	21.22	x
8	1-10	CHAN WING KAY RICK 陳永基	650092 BAC	20.67m.		18.75	20.67	16.76
9	1-3	LAU CHEUK HANG 劉卓衡	650366 DBSAC	20.28m.		17.87	20.28	19.70
10	1-1	SUEN SHU KWAN LIONIMAN 孫樹坤	650096 BAC	17.98m.		17.98	x	17.98
11	1-6	LAM KIN HUNG 林建雄	650129 CLSAA	16.92m.		12.21	14.99	16.92
12	1-2	SHEK WAI HUNG TONY 石偉雄	650094 BAC	13.38m.		13.38	x	12.90
	1-13	LEE SAU CHOI 李秀財	650613 PKMSAA	NM		x	x	x
	1-14	CHAU KAM TIM 周錦添	650711 SCAA	NM		x	x	x
	1-7	LI SHIK KOWNG KEN 李錫光	650131 CLSAA	DNS				

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M65 - 4X100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	50.13	BECKERING,SCHEIDT,HAMAEKERS		SAN SEBASTIAN,	2005/09/13
Masters ACR	56.00	深圳光明	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	59.56	南華 M65 4X100米 (A)	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 17:25 24°C 40%

Final

Pos	Heat/Lane	Name 姓名	Bib#/Team	Result	Remarks
1	1-6	拔萃男書院田徑會 A 蔡少洲, 徐仲鎂, 梁偉彥, 龔偉凌	DBSAC	56.38	R
2	1-2	南華體育會 嚴天亮, 彭國治, 周錦添, 黃卓然	SCAA	1:01.85	
3	1-8	拔萃男書院田徑會 B 劉卓衡, ROSARIO MARK, 黃烈初, 姚永雄	DBSAC	1:04.18	
4	1-3	赤道體育會 石偉雄, 孫樹坤, 陳永基, 何炳僑	BAC	1:05.19	
5	1-4	路德會協同中學校友會 林建雄, 鍾振賢, 李錫光, 羅偉文	CLSAA	1:08.49	
6	1-5	培僑中學校友會 B 梁炳權, 黃昌明, 張錦榮, 葉世雄	PKMSAA	1:11.84	
	1-7	培僑中學校友會 A	PKMSAA	DNS	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M65 - 4X400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	4:01.03	ORTMAN, ALLIE, JONES, HAYWOOD		ALEXANDRIA, USA	2019/09/01
Masters ACR	5:02.09	南華 M65 4X400M			2022/11/27
HKMAC RECORD	5:02.09	南華 M65 4X400M			2022/11/27

2025/11/23 Start: 17:30 25°C 61%

Final

Pos	Heat/Lane	Name 姓名	Bib#/Team	Result	Remarks
1	1-4	拔萃男書院田徑會 A 馬恩明, 孫泰安, 黃利, ROSARIO MARK	DBSAC	5:30.62	
2	1-8	赤道體育會 孫樹坤, 石偉雄, 陳永基, 何炳僑	BAC	5:30.93	
3	1-6	南華體育會 周錦添, 彭國治, 嚴天亮, 黃卓然	SCAA	5:34.23	
4	1-7	南區康樂體育促進會有限公司暨南區長 譚超壯, 王少強, 梁健忠, 郭裕華	SDH	5:45.89	
5	1-5	拔萃男書院田徑會 B 冼永輝, 蔡少洲, 張敬臣, 劉卓衡	DBSAC	6:18.22	
6	1-3	培僑中學校友會 B 江紹強, 姚思哲, 李秀財, 陈志強	PKMSAA	6:31.35	
7	1-2	培僑中學校友會 A 梁炳權, 黃昌明, 張錦榮, 雷澤恩	PKMSAA	6:43.98	

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Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M70 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	12.77	ROBERT WHILDEN JR		PITTSBURGH, USA	2005/09/06
Masters ACR	14.32	JIN HUI 金辉	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	14.75	WONG KEE LAM 黃基林	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 10:30 15°C 62%

Final 1 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-2	WONG KEE LAM	黃基林	700721 SCAA	14.87	+0.3	
2	1-7	LO CHUNG KEUNG	盧仲强	700842 WYK	21.02	+0.3	
3	1-4	LEUNG KAM YIN	梁錦賢	700625 PKMSAA	25.28	+0.3	
	1-3	SOUZA LUIZ ANTONIO		700551 LSCAC	DNS		
	1-5	TSE DAVID KWAI CHE	謝貴枝	700720 SCAA	DNS		

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-6	JIN HUI	金辉	700414 DGD	14.04	+2.0	HKMACR
2	2-7	ZHU BAONING	朱葆寧	700772 SZGM	14.66	+2.0	
3	2-4	LIU CHEUK LEUNG	廖卓良	700718 SCAA	16.09	+2.0	
4	2-5	LI WING TONG PETER	李榮棠	700717 SCAA	16.71	+2.0	
5	2-3	KO ALEX	高量洪	700379 DBSAC	18.73	+2.0	
6	2-2	CHAN WING HA	陳榮熙	700621 PKMSAA	20.54	+2.0	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M70 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	12.77	ROBERT WHILDEN JR		PITTSBURGH, US	2005/09/06
Masters ACR	14.32	JIN HUI 金輝	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	14.75	WONG KEE LAM 黃基林	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 10:30 15°C 62%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-6	JIN HUI	金輝	700414 DGD	14.04	+2.0	HKMACR
2	2-7	ZHU BAONING	朱葆寧	700772 SZGM	14.66	+2.0	
3	1-2	WONG KEE LAM	黃基林	700721 SCAA	14.87	+0.3	
4	2-4	LIU CHEUK LEUNG	廖卓良	700718 SCAA	16.09	+2.0	
5	2-5	LI WING TONG PETER	李榮棠	700717 SCAA	16.71	+2.0	
6	2-3	KO ALEX	高量洪	700379 DBSAC	18.73	+2.0	
7	2-2	CHAN WING HA	陳榮熙	700621 PKMSAA	20.54	+2.0	
8	1-7	LO CHUNG KEUNG	盧仲强	700842 WYK	21.02	+0.3	
9	1-4	LEUNG KAM YIN	梁錦賢	700625 PKMSAA	25.28	+0.3	
	1-3	SOUZA LUIZ ANTONIO		700551 LSCAC	DNS		
	1-5	TSE DAVID KWAI CHE	謝貴枝	700720 SCAA	DNS		

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M70 - 200m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	25.75	CHARLES ALLIE		DES MOINES, US	2018/06/21
Masters ACR	30.60	JIN HUI 金輝	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	30.90	WONG KEE LAM 黃基林	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 10:45 21°C 79%

Final 1 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-3	WONG KEE LAM	黃基林	700721 SCAA	31.52	+1.4	
2	1-5	LIU CHEUK LEUNG	廖卓良	700718 SCAA	36.12	+1.4	
3	1-6	LI WING TONG PETER	李榮棠	700717 SCAA	37.57	+1.4	
	1-4	LAW HOI SHA SANFORD	羅海沙	700624 PKMSAA	DNS		
	1-7	TSE DAVID KWAI CHE	謝貴枝	700720 SCAA	DNS		

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-7	ZHU BAONING	朱葆寧	700772 SZGM	29.69	+0.7	HKMACR
2	2-5	JIN HUI	金輝	700414 DGD	30.65	+0.7	
3	2-6	KO ALEX	高量洪	700379 DBSAC	38.84	+0.7	
4	2-4	LO CHUNG KEUNG	盧仲强	700842 WYK	42.00	+0.7	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M70 - 200m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	25.75	CHARLES ALLIE		DES MOINES, USA	2018/06/21
Masters ACR	30.60	JIN HUI 金輝	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	30.90	WONG KEE LAM 黃基林	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 10:45 21°C 79%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-7	ZHU BAONING	朱葆寧	700772 SZGM	29.69	+0.7	HKMACR
2	2-5	JIN HUI	金輝	700414 DGD	30.65	+0.7	
3	1-3	WONG KEE LAM	黃基林	700721 SCAA	31.52	+1.4	
4	1-5	LIU CHEUK LEUNG	廖卓良	700718 SCAA	36.12	+1.4	
5	1-6	LI WING TONG PETER	李榮棠	700717 SCAA	37.57	+1.4	
6	2-6	KO ALEX	高量洪	700379 DBSAC	38.84	+0.7	
7	2-4	LO CHUNG KEUNG	盧仲强	700842 WYK	42.00	+0.7	
	1-4	LAW HOI SHA SANFORD	羅海沙	700624 PKMSAA	DNS		
	1-7	TSE DAVID KWAI CHE	謝貴枝	700720 SCAA	DNS		

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M70 - 400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	57.26	CHARLES ALLIE		MaLAGA, ESP	2018/09/11
Masters ACR	1:09.01	ZHU BAO NING 朱葆宁	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	1:18.54	MCNAMARA FRANK	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 15:50 24°C 40%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-4	ZHU BAONING	朱葆寧	700772 SZGM	1:10.62	
2	1-8	LEUNG SO KEUNG	梁蘇強	700716 SCAA	1:18.52	R
3	1-3	SIN ON IUN	冼安源	700565 MAC-Masters	1:18.71	
4	1-6	KO ALEX	高量洪	700379 DBSAC	1:25.86	
5	1-7	LOW HOI MAN	羅海曼	700628 PKMSAA	1:46.94	
	1-5	TSE DAVID KWAI CHE	謝貴枝	700720 SCAA	DNS	

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Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M70 - 800m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	2:20.52	EARL FEE		BOSTON, USA	1999/06/17
Masters ACR	2:45.88	ZHU BAO NING 朱葆宁	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	2:57.15	MCNAMARA FRANK	The 8th Hong Kong Masters	Wanchai SG	2023/10/28

2025/11/23 Start: 15:55 28°C 53%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-4	ZHU BAONING	朱葆寧	700772 SZGM	2:39.22	HKMACR
2	1-5	LEUNG SO KEUNG	梁蘇強	700716 SCAA	3:12.07	
3	1-3	KO ALEX	高量洪	700379 DBSAC	3:56.57	
	1-8	MCNAMARA FRANK		700023 AVOHK	DNS	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M70 - 1500m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	4:52.95	RON ROBERTSON		SACRAMENTO, US	2011/07/15
Masters ACR	6:05.21	MCNAMARA FRANK	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27
HKMAC RECORD	6:05.21	MCNAMARA FRANK	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27

2025/11/22 Start: 08:50 15°C 62%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-4	ZHU BAONING	朱葆寧	700772 SZGM	6:19.06	
2	1-2	KWOK YEE WAH	郭裕華	700737 SDH	6:28.17	
3	1-1	POON CHI WAH	潘志華	700719 SCAA	7:56.35	
4	1-3	KO ALEX	高量洪	700379 DBSAC	8:46.15	

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M70 - 5000m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	18:15.53	RON ROBERTSON		SACRAMENTO, US	2011/07/09
Masters ACR	21:46.18	MCNAMARA FRANK	The 8th Hong Kong Masters	Wanchai SG	2023/10/28
HKMAC RECORD	21:46.18	MCNAMARA FRANK	The 8th Hong Kong Masters	Wanchai SG	2023/10/28

2025/11/23 Start: 18:30 23°C 62%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-30	KWOK YEE WAH	郭裕華	700737 SDH	23:56.71	
		Split: 04:32.91 (4:32.91) 09:23.07 (4:50.17) 14:13.36 (4:50.28) 19:06.72 (4:53.37) 23'56.710" (4:49.27)				
2	1-28	LO KAM FUK	羅金福	700424 HKLRRC	25:30.65	
		Split: 04:26.16 (4:26.16) 09:27.80 (5:01.65) 14:49.83 (5:22.02) 20:17.87 (5:28.04) 25'30.650" (5:12.13)				
3	1-26	POON CHI WAH	潘志華	700719 SCAA	29:29.31	
		Split: 06:01.11 (6:01.11) 11:57.58 (5:56.47) 17:52.74 (5:55.16) 23:44.48 (5:51.75) 29'29.303" (5:44.51)				
4	1-27	LO CHUNG KEUNG	盧仲强	700842 WYK	31:00.85	
		Split: 05:35.95 (5:35.95) 11:51.74 (6:15.79) 18:20.25 (6:28.51) 24:44.65 (6:24.41) 31'00.843" (6:15.34)				
5	1-29	CHEUNG YORK TZE	張玉子	700622 PKMSAA	31:15.86	
		Split: 05:59.86 (5:59.86) 12:15.93 (6:16.08) 18:38.40 (6:22.46) 25:01.09 (6:22.70) 31'15.860" (6:13.90)				

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M70 - 5000mRW

Record	Perf	Athlete	Event	Place	Date
Masters ACR	36:08.82	SIN ON IUN 冼安源	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	36:26.11	CHEUNG KAM CHEUNG 張錦祥	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 12:20 24°C 40%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-32	CHAN KUN CHEUNG	陳根祥	700431 HKRWA	37:39.10	

Split: 07:08.32 (7:08.32) 14:37.33 (7:29.01) 22:13.08 (7:35.75) 29:58.84 (7:45.76) 37'39.095" (7:40.16)

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M70 - 80mH

Record	Perf	Athlete	Event	Place	Date
Masters ACR	19.95	HAJI MATASAN Haji Abdul	Hong Kong Masters Athletics	TKO SG	2017/11/11

2025/11/22 Start: 14:55 24°C 40%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-5	ANG WEE TECK	洪惟德	700764 SMTFA	14.57	-0.8	HKMACR
2	1-4	CHAN WING HA	陳榮熙	700621 PKMSAA	19.09	-0.8	HKMACR

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

Wan Chai Sports Ground
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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M70 - Long Jump

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	5.19	MELVIN LARSEN		EUGENE, USA	1994/08/12
Masters ACR	3.19	CHUI HONG SHEUNG 崔康常	The 8th Hong Kong Masters	Wanchai SG	2023/10/27
HKMAC RECORD	3.19	CHUI HONG SHEUNG 崔康常	The 8th Hong Kong Masters	Wanchai SG	2023/10/27

2025/11/23 Start: 09:25 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-5	JIN HUI 金辉	700414 DGD	3.82m.	HKMACR	3.78 -0.5	3.82 +0.2	3.70 -0.3
2	1-3	ANG WEE TECK 洪惲德	700764 SMTFA	3.69m.	HKMACR	3.69 +1.0	3.55 +0.7	3.64 +0.2
3	1-4	LIU CHEUK LEUNG 廖卓良	700718 SCAA	3.51m.	HKMACR, R	X	3.35 +0.7	3.51 +1.2
4	1-1	WONG KEE LAM 黄基林	700721 SCAA	2.77m.		X	2.77 -0.6	X
5	1-6	LI WING TONG PETER 李榮棠	700717 SCAA	2.48m.		2.48 +1.9	2.28 +1.0	-
6	1-2	KO ALEX 高量洪	700379 DBSAC	2.23m.		X	2.23 +0.7	-

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主辦機構: DBSAC ATHLETICS CLUB JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M70 - Triple Jump

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	10.75	LAMBERTO BORANGA		SERRAVALLE, ITA	2012/11/03

2025/11/22 Start: 11:25 24°C 40%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-2	ANG WEE TECK 洪惲德	700764 SMTFA	7.88m.		X	7.88 +0.2	X
2	1-4	LIU CHEUK LEUNG 廖卓良	700718 SCAA	7.04m.		X	6.54 +0.9	7.04 +1.1
3	1-1	KUPPANNA GOUNDER RAMASWAMY	700439 IND-KMAC	5.35m.		X	5.35 +1.6	X
	1-3	KO ALEX 高量洪	700379 DBSAC		DNS			

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Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M70 - Shot Put

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	15.89	KARL-HEINZ MARG		SCHWEINFURT,	2008/07/12
Masters ACR	9.72	RICE Norman	Hong Kong Masters Athletics	Wanchai SG	2015/10/03
HKMAC RECORD	9.72	RICE Norman	Hong Kong Masters Athletics	Wanchai SG	2015/10/03

2025/11/23 Start: 14:05 27°C 49%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-2	YAN CHUN YIP 甄進業	700630 PKMSAA	9.00m.		8.16	9.00	8.68
2	1-3	ZHU BAONING 朱葆寧	700772 SZGM	8.54m.		8.47	8.53	8.54
3	1-6	WONG KEE LAM 黃基林	700721 SCAA	7.87m.		7.58	7.73	7.87
4	1-11	KO ALEX 高量洪	700379 DBSAC	7.58m.		7.58	7.53	X
5	1-8	HO TAK CHEUNG 何德長	700623 PKMSAA	7.55m.		7.55	7.25	7.06
6	1-9	KUPPANNA GOUNDER RAMASWAMY	700439 IND-KMAC	7.48m.		7.12	7.14	7.48
7	1-5	LOK HUNG FAI 駱洪輝	700627 PKMSAA	6.95m.		6.79	6.95	6.53
8	1-1	LIU CHEUK LEUNG 廖卓良	700718 SCAA	6.91m.		6.82	X	6.91
9	1-4	CHAN WING HA 陳榮熙	700621 PKMSAA	6.70m.		6.68	6.70	6.47
10	1-10	RAMU ANNADURAI	700452 IND-NAAA	6.56m.		6.52	6.56	6.05
11	1-7	LAM MAN BUN ALAN 林文彬	700380 DBSAC	5.93m.		5.93	5.61	-

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M70 - Discus Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	55.27	CARMELO RADO		CHIURO, ITA	2007/09/30
Masters ACR	25.99	Cheng Yung Chien 鄭詠謙	Hong Kong Masters Athletics	Diocesan Boys'	2018/10/27
HKMAC RECORD	22.36	CHUI HONG SHEUNG 崔康常	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/23 Start: 17:00 25°C 61%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-4	WONG KEE LAM 黃基林	700721 SCAA	21.97m.		21.07	x	21.97
2	1-6	YAN CHUN YIP 甄進業	700630 PKMSAA	20.54m.		x	x	20.54
3	1-5	KUPPANNA GOUNDER RAMASWAMY	700439 IND-KMAC	20.24m.		20.00	19.10	20.24
4	1-3	KO ALEX 高量洪	700379 DBSAC	20.21m.		20.21	20.08	19.04
5	1-10	ZHU BAONING 朱葆寧	700772 SZGM	20.06m.		20.05	20.06	x
6	1-8	LIU CHEUK LEUNG 廖卓良	700718 SCAA	19.37m.		19.24	18.57	19.37
7	1-2	HO TAK CHEUNG 何德長	700623 PKMSAA	18.53m.		17.33	14.06	18.53
8	1-9	LOK HUNG FAI 駱洪輝	700627 PKMSAA	18.07m.		x	18.07	17.59
9	1-11	LAM MAN BUN ALAN 林文彬	700380 DBSAC	17.79m.		17.23	16.97	17.79
10	1-7	CHAN WING HA 陳榮熙	700621 PKMSAA	15.96m.		x	x	15.96
11	1-1	TSE DAVID KWAI CHE 謝貴枝	700720 SCAA	14.10m.		14.05	14.10	13.38

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M70 - Javelin Throw

	Record	Perf	Athlete	Event	Place	Date
	Masters ACR	31.09	Cheng Yung Chien 鄭詠謙	Hong Kong Masters Athletics	TKO SG	2018/10/27
	HKMAC RECORD	28.63	HILL William	Hong Kong Masters Athletics	Wanchai SG	2015/10/03

2025/11/23 Start: 12:00 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-5	WONG KEE LAM 黃基林	700721 SCAA	28.56m.		24.34	25.66	28.56
2	1-9	KO ALEX 高量洪	700379 DBSAC	26.19m.		19.92	26.19	22.32
3	1-3	YAN CHUN YIP 甄進業	700630 PKMSAA	26.07m.		x	22.03	26.07
4	1-7	SOUZA LUIZ ANTONIO	700551 LSCAC	22.00m.		19.98	x	22.00
5	1-10	CHAN WING HA 陳榮熙	700621 PKMSAA	21.92m.		21.92	19.07	x
6	1-6	KUPPANNA GOUNDER RAMASWAMY	700439 IND-KMAC	20.98m.		20.98	20.73	20.24
7	1-8	LIU CHEUK LEUNG 廖卓良	700718 SCAA	17.89m.		17.24	17.89	13.39
8	1-11	LOK HUNG FAI 駱洪輝	700627 PKMSAA	17.75m.		17.75	x	15.49
9	1-1	LAM MAN BUN ALAN 林文彬	700380 DBSAC	16.88m.		x	16.88	x
10	1-4	HO TAK CHEUNG 何德長	700623 PKMSAA	16.61m.		16.61	x	16.12
	1-2	TSE DAVID KWAI CHE 謝貴枝	700720 SCAA		NM	x	x	x

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M70 - 4X100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	51.96	SIMS,BENNETT,COLBERT,LIDA		PHILADELPHIA,	2008/04/25
Masters ACR	1:05.58	南華體育會	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	1:13.94	SCAA	Hong Kong Masters Athletics	TKO SG	2017/11/11

2025/11/22 Start: 17:25 24°C 40%

Final

Pos	Heat/Lane	Name 姓名	Bib#/Team	Result	Remarks
1	1-6	南華體育會 廖卓良, 謝貴枝, 陳沛然, 黃基林	SCAA	1:08.87	R
2	1-5	培僑中學校友會 B 陳榮熙, 羅海沙, 羅海曼, 駱洪輝	PKMSAA	1:10.53	R
	1-4	培僑中學校友會 A 黃 呂, 謝錦榮, 高永餘, 吳文默	PKMSAA	DNS	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M70 - 4X400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	4:17.47	SCHEIDT,NEHREN,KLAUS,MüLLER		LAHTI, FIN	2009/08/08
Masters ACR	6:45.51	培僑中學校友會	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	6:45.51	培僑中學校友會	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 17:30 25°C 61%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-6	培僑中學校友會 B 陳榮熙, 羅海沙, 羅海曼, 駱洪輝		PKMSAA	6:38.77	HKMACR, R
2	1-4	南華體育會 廖卓良, 謝貴枝, 梁蘇強, 潘志華		SCAA	6:47.96	
3	1-5	培僑中學校友會 A 張玉子, 梁錦賢, 羅耀章, 徐鴻翔		PKMSAA	10:56.27	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M75 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	13.25	KENTON BROWN		MARBLE FALLS,	2020/10/03
Masters ACR	15.71	CHAN PUI YIN PETER 陳沛然	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD	15.71	CHAN PUI YIN PETER 陳沛然	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 10:20 15°C 62%

Final 1 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-6	CHAN PUI YIN PETER	陳沛然	750722 SCAA	15.83	+2.0	
2	1-4	NG MAN MARK	吳文默	750632 PKMSAA	17.38	+2.0	
3	1-3	CHUI HONG SHEUNG	崔康常	750384 DBSAC	17.47	+2.0	
4	1-2	WAN CHARLES	尹兆祥	750392 DBSAC	18.17	+2.0	
	1-5	CHAN FAT YUNG	陳發容	750098 BAC	DNS		
	1-7	CHAN YOUNGMAN	陳恩明	750099 BAC	DNS		

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-3	LAI CHING TIN PETER	黎澄天	750552 LSCAC	17.54	+1.2	
2	2-6	SUAREZ WILFREDO		750591 PHI-NMSAA	18.66	+1.2	
3	2-5	CHAN VICTOR	陳麒仁	750382 DBSAC	19.26	+1.2	
4	2-4	MAN GREGORY	文正堃	750390 DBSAC	23.98	+1.2	
	2-7	IU PUI TO	姚沛滔	750385 DBSAC	DNS		

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M75 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	13.25	KENTON BROWN		MARBLE FALLS,	2020/10/03
Masters ACR	15.71	CHAN PUI YIN PETER 陳沛然	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD	15.71	CHAN PUI YIN PETER 陳沛然	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 10:20 15°C 62%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-6	CHAN PUI YIN PETER	陳沛然	750722 SCAA	15.83	+2.0	
2	1-4	NG MAN MARK	吳文默	750632 PKMSAA	17.38	+2.0	
3	1-3	CHUI HONG SHEUNG	崔康常	750384 DBSAC	17.47	+2.0	
4	2-3	LAI CHING TIN PETER	黎澄天	750552 LSCAC	17.54	+1.2	
5	1-2	WAN CHARLES	尹兆祥	750392 DBSAC	18.17	+2.0	
6	2-6	SUAREZ WILFREDO		750591 PHI-NMSAA	18.66	+1.2	
7	2-5	CHAN VICTOR	陳麒仁	750382 DBSAC	19.26	+1.2	
8	2-4	MAN GREGORY	文正堃	750390 DBSAC	23.98	+1.2	
	1-5	CHAN FAT YUNG	陳發容	750098 BAC	DNS		
	1-7	CHAN YOUNGMAN	陳恩明	750099 BAC	DNS		
	2-7	IU PUI TO	姚沛滔	750385 DBSAC	DNS		

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M75 - 200m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	27.73	ROBERT LIDA		LISLE, USA	2012/08/05
Masters ACR	32.58	CHAN PUI YIN PETER 陳沛然	The 8th Hong Kong Masters	Wanchai SG	2023/10/28
HKMAC RECORD	32.58	CHAN PUI YIN PETER 陳沛然	The 8th Hong Kong Masters	Wanchai SG	2023/10/28

2025/11/23 Start: 10:35 21°C 79%

Final 1 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-6	CHAN PUI YIN PETER	陳沛然	750722 SCAA	33.13	+0.9	
2	1-7	SUAREZ WILFREDO		750591 PHI-NMSAA	41.01	+0.9	
3	1-4	WAN CHARLES	尹兆祥	750392 DBSAC	44.62	+0.9	
4	1-5	MAN GREGORY	文正堃	750390 DBSAC	52.36	+0.9	
	1-3	NG MAN MARK	吳文默	750632 PKMSAA	DNS		

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	2-7	LAI CHING TIN PETER	黎澄天	750552 LSCAC	37.48	+1.1	
2	2-6	IU PUI TO	姚沛滔	750385 DBSAC	45.68	+1.1	
	2-4	CHUI HONG SHEUNG	崔康常	750384 DBSAC	DNS		
	2-5	CHAN VICTOR	陳麒仁	750382 DBSAC	DNS		

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M75 - 200m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	27.73	ROBERT LIDA		LISLE, USA	2012/08/05
Masters ACR	32.58	CHAN PUI YIN PETER 陳沛然	The 8th Hong Kong Masters	Wanchai SG	2023/10/28
HKMAC RECORD	32.58	CHAN PUI YIN PETER 陳沛然	The 8th Hong Kong Masters	Wanchai SG	2023/10/28

2025/11/23 Start: 10:35 21°C 79%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-6	CHAN PUI YIN PETER	陳沛然	750722 SCAA	33.13	+0.9	
2	2-7	LAI CHING TIN PETER	黎澄天	750552 LSCAC	37.48	+1.1	
3	1-7	SUAREZ WILFREDO		750591 PHI-NMSAA	41.01	+0.9	
4	1-4	WAN CHARLES	尹兆祥	750392 DBSAC	44.62	+0.9	
5	2-6	IU PUI TO	姚沛滔	750385 DBSAC	45.68	+1.1	
6	1-5	MAN GREGORY	文正堃	750390 DBSAC	52.36	+0.9	
	1-3	NG MAN MARK	吳文默	750632 PKMSAA	DNS		
	2-4	CHUI HONG SHEUNG	崔康常	750384 DBSAC	DNS		
	2-5	CHAN VICTOR	陳麒仁	750382 DBSAC	DNS		

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M75 - 400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	1:02.40	GUIDO MüELLER		ELSENFELD, GER	2014/06/28
Masters ACR	1:21.38	CHAN PUI YIN PETER 陳沛然	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD	1:21.38	CHAN PUI YIN PETER 陳沛然	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 15:50 24°C 40%

Final 1 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-3	LAI CHING TIN PETER	黎澄天	750552 LSCAC	1:36.66	
2	1-4	CHAN VICTOR	陳麒仁	750382 DBSAC	2:06.45	
3	1-6	KING WILLIAM	金維明	750386 DBSAC	2:40.84	
4	1-7	LO RAMON	羅威文	750389 DBSAC	2:49.37	
	1-5	LEE PHILIP	李洪海	750388 DBSAC	DNS	

Final 2 /2

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	2-3	CHAN PUI YIN PETER	陳沛然	750722 SCAA	1:22.83	
2	2-7	IU PUI TO	姚沛滔	750385 DBSAC	1:54.49	
3	2-6	SUAREZ WILFREDO		750591 PHI-NMSAA	1:58.09	
	2-4	NG TIMOTHY	吳偉基	750391 DBSAC	DNS	
	2-5	CHUI HONG SHEUNG	崔康常	750384 DBSAC	DNS	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M75 - 400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	1:02.40	GUIDO MüELLER		ELSENFELD, GER	2014/06/28
Masters ACR	1:21.38	CHAN PUI YIN PETER 陳沛然	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD	1:21.38	CHAN PUI YIN PETER 陳沛然	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 15:50 24°C 40%

Summary

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	2-3	CHAN PUI YIN PETER	陳沛然	750722 SCAA	1:22.83	
2	1-3	LAI CHING TIN PETER	黎澄天	750552 LSCAC	1:36.66	
3	2-7	IU PUI TO	姚沛滔	750385 DBSAC	1:54.49	
4	2-6	SUAREZ WILFREDO		750591 PHI-NMSAA	1:58.09	
5	1-4	CHAN VICTOR	陳麒仁	750382 DBSAC	2:06.45	
6	1-6	KING WILLIAM	金維明	750386 DBSAC	2:40.84	
7	1-7	LO RAMON	羅威文	750389 DBSAC	2:49.37	
	1-5	LEE PHILIP	李洪海	750388 DBSAC	DNS	
	2-4	NG TIMOTHY	吳偉基	750391 DBSAC	DNS	
	2-5	CHUI HONG SHEUNG	崔康常	750384 DBSAC	DNS	

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M75 - 800m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	2:30.59	JOSé VICENTE RIOSECO LóPEZ		VILAGARCIA, ESP	2016/06/18
Masters ACR	3:13.94	Milburn Ross	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	3:13.94	Milburn Ross	Hong Kong Masters Athletics	TKO SG	2018/10/27

2025/11/23 Start: 15:55 28°C 53%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-4	CHAN PUI YIN PETER	陳沛然	750722 SCAA	3:36.65	
2	1-4	KAO WING YIE	高永餘	750631 PKMSAA	4:54.26	
3	1-1	CHUI HONG SHEUNG	崔康常	750384 DBSAC	5:10.83	
4	1-1	MAN GREGORY	文正堃	750390 DBSAC	5:22.42	
5	1-3	CHAN VICTOR	陳麒仁	750382 DBSAC	6:18.78	
6	1-8	KING WILLIAM	金維明	750386 DBSAC	6:22.71	
7	1-2	LO RAMON	羅威文	750389 DBSAC	6:33.14	
8	1-3	CHOW HENRY	周炳華	750383 DBSAC	6:50.89	
9	1-6	LEE JOHN	李敬華	750387 DBSAC	7:34.70	
10	1-5	LEE PHILIP	李洪海	750388 DBSAC	9:10.08	
	1-2	NG TIMOTHY	吳偉基	750391 DBSAC	DNS	
	1-5	WAN CHARLES	尹兆祥	750392 DBSAC	DNS	
	1-7	IU PUI TO	姚沛滔	750385 DBSAC	DNS	
	1-8	CHAN RICHARD	陳維志	750381 DBSAC	DNS	

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Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M75 - 1500m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	5:11.27	JOSé VICENTE RIOSECO LóPEZ		PONTEVEDRA, ESP	2018/06/16
Masters ACR	7:53.81	CHAN PUI YIN PETER 陳沛然	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27
HKMAC RECORD	7:53.81	CHAN PUI YIN PETER 陳沛然	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27

2025/11/22 Start: 08:50 15°C 62%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-7	CHAN KWAI TIM	陳貴添	750558 LWRC	6:49.63	HKMACR, R
2	1-9	CHAN PUI YIN PETER	陳沛然	750722 SCAA	7:33.37	HKMACR, R
3	1-8	KAO WING YIE	高永餘	750631 PKMSAA	10:49.60	
4	1-5	MAN GREGORY	文正堃	750390 DBSAC	13:14.25	
5	1-10	CHOW HENRY	周炳華	750383 DBSAC	13:20.54	
6	1-6	CHAN RICHARD	陳維志	750381 DBSAC	16:39.55	
7	1-11	LEE JOHN	李敬華	750387 DBSAC	17:26.79	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M75 - 5000mRW

Record	Perf	Athlete	Event	Place	Date
Masters ACR	39:54.46	WAN CHARLES 尹兆祥	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27
HKMAC RECORD	39:54.46	WAN CHARLES 尹兆祥	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27

2025/11/22 Start: 12:20 24°C 40%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-33	CHAN KHENG LIN	曾庆麟	750765 SMTFA	47:29.24	

Split: 08:55.59 (8:55.59) 18:31.92 (9:36.33) 28:14.42 (9:42.50) 37:55.29 (9:40.88) 47'29.240" (9:33.70)

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M75 - 80mH

2025/11/22 Start: 14:55 24°C 40%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-3	XIAO GUO LIN	肖国林	750415 DGD	16.11	-0.8	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M75 - Long Jump

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	4.83	SABURO ISHIGAMI		OSAKA, JPN	2005/08/25
Masters ACR	3.51	HAJI LAHAB Capt (Rtd) Hj	Hong Kong Masters Athletics	TKO SG	2017/11/11
HKMAC RECORD	3.20	CHAN PUI YIN PETER 陳沛然	The 8th Hong Kong Masters	Wanchai SG	2023/10/27

2025/11/23 Start: 15:00 27°C 49%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-2	XIAO GUO LIN 肖国林	750415 DGD	3.82m.	HKMACR	3.05 +0.6	3.82 +2.0	x
2	1-4	LAI CHING TIN PETER 黎澄天	750552 LSCAC	3.07m.		3.07 +0.6	2.45 +1.0	2.72 +0.8
3	1-3	PERIASAMY JAMES THANGAM	750440 IND-KMAC	2.97m.		2.95 +1.0	2.97 +1.1	2.91 +1.8
4	1-1	CHUI HONG SHEUNG 崔康常	750384 DBSAC	2.55m.		2.44 +0.7	2.55 +0.9	2.34 +1.2
5	1-6	WAN CHARLES 尹兆祥	750392 DBSAC	2.31m.		2.25 +0.9	x	2.31 +1.0
	1-5	NG MAN MARK 吴文默	750632 PKMSAA	DNS				

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香港先進田徑錦標賽
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Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M75 - Triple Jump

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	10.10	LOTHAR FISCHER		MINDEN, GER	2011/07/31

2025/11/22 Start: 11:25 24°C 40%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-3	XIAO GUO LIN 肖国林	750415 DGD	8.34m.		8.30 +1.1	8.34 +1.6	8.22 +2.3
2	1-2	PERIASAMY JAMES THANGAM	750440 IND-KMAC	6.65m.		6.55 +1.4	6.65 +0.8	6.56 +0.7
3	1-5	CHUI HONG SHEUNG 崔康常	750384 DBSAC	4.18m.		4.18 +1.6	x	x
4	1-4	WAN CHARLES 尹兆祥	750392 DBSAC	3.78m.		x	3.78 +1.2	x
	1-1	IU PUI TO 姚沛滔	750385 DBSAC		DNS			

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M75 - Shot Put

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	14.24	KARL-HEINZ MARG		MoNCHENGLADBACH	2013/07/12
Masters ACR	9.02	YANG VICTOR 楊岳明	The 8th Hong Kong Masters	Wanchai SG	2023/10/27
HKMAC RECORD	9.02	YANG VICTOR 楊岳明	The 8th Hong Kong Masters	Wanchai SG	2023/10/27

2025/11/23 Start: 14:05 27°C 49%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-13	CHAN KHENG LIN 曾庆麟	750765 SMTFA	7.84m.		7.68	7.84	X
2	1-14	XIAO GUO LIN 肖国林	750415 DGD	7.68m.		6.86	7.68	6.82
3	1-6	NG MAN MARK 吳文默	750632 PKMSAA	6.90m.		6.16	6.23	6.90
4	1-4	CHUI HONG SHEUNG 崔康常	750384 DBSAC	6.46m.		6.46	5.72	5.42
5	1-9	CHAN PUI YIN PETER 陳沛然	750722 SCAA	6.21m.		6.16	5.73	6.21
6	1-5	CHAN VICTOR 陳麒仁	750382 DBSAC	6.17m.		6.17	-	-
7	1-12	IU PUI TO 姚沛滔	750385 DBSAC	5.96m.		5.55	5.96	5.72
8	1-11	CHAN RICHARD 陳維志	750381 DBSAC	5.90m.		5.56	5.90	-
9	1-3	LAI CHING TIN PETER 黎澄天	750552 LSCAC	5.45m.		5.36	5.45	X
10	1-2	MAN GREGORY 文正堃	750390 DBSAC	4.47m.		X	4.07	4.47
11	1-7	KING WILLIAM 金維明	750386 DBSAC	4.46m.		4.46	-	-
	1-1	CHAN YOUNGMAN 陳恩明	750099 BAC	DNS				
	1-8	NG TIMOTHY 吳偉基	750391 DBSAC	DNS				
	1-10	LEE PHILIP 李洪海	750388 DBSAC	DNS				

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M75 - Discus Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	49.21	CARMELO RADO		BESANA, ITA	2008/10/05
Masters ACR	22.56	GEE ARTHUR 朱冠文	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD	22.56	GEE ARTHUR 朱冠文	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/23 Start: 17:00 25°C 61%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-3	CHAN KHENG LIN 曾庆麟	750765 SMTFA	24.68m.	HKMACR	23.88	20.98	24.68
2	1-5	CHUI HONG SHEUNG 崔康常	750384 DBSAC	23.30m.	HKMACR, R	23.30	21.31	22.19
3	1-12	XIAO GUO LIN 肖国林	750415 DGD	22.54m.		22.54	x	x
4	1-4	LAI CHING TIN PETER 黎澄天	750552 LSCAC	17.47m.		x	17.26	17.47
5	1-7	WAN CHARLES 尹兆祥	750392 DBSAC	16.74m.		x	16.74	x
6	1-8	NG MAN MARK 吴文默	750632 PKMSAA	15.40m.		x	14.89	15.40
7	1-10	IU PUI TO 姚沛滔	750385 DBSAC	15.07m.		12.63	15.07	13.27
8	1-1	CHAN YOUNGMAN 陳恩明	750099 BAC	13.75m.		x	x	13.75
9	1-9	CHAN PUI YIN PETER 陳沛然	750722 SCAA	13.49m.		12.01	13.49	x
10	1-11	CHAN RICHARD 陳維志	750381 DBSAC	12.15m.		12.15	9.84	x
	1-2	LEE PHILIP 李洪海	750388 DBSAC	DNS				
	1-6	MAN GREGORY 文正堃	750390 DBSAC	DNS				

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M75 - Javelin Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	47.12	GARY STENLUND		EUGENE, OR	2016/04/24
Masters ACR	28.09	LI Shun-Tzu 李順次	Hong Kong Masters Athletics	TKO SG	2017/11/11
HKMAC RECORD	18.92	LAI PETER 黎澄天	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 12:00 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-13	CHAN KHENG LIN 曾庆麟	750765 SMTFA	24.61m.		21.27	24.42	24.61
2	1-1	LAI CHING TIN PETER 黎澄天	750552 LSCAC	19.39m.	R	14.35	16.40	19.39
3	1-8	CHUI HONG SHEUNG 崔康常	750384 DBSAC	18.14m.		18.14	17.98	x
4	1-4	CHAN RICHARD 陳維志	750381 DBSAC	16.72m.		16.72	16.06	x
5	1-12	IU PUI TO 姚沛滔	750385 DBSAC	14.23m.		9.86	11.76	14.23
6	1-3	CHAN VICTOR 陳麒仁	750382 DBSAC	13.70m.		10.22	13.70	12.04
7	1-10	WAN CHARLES 尹兆祥	750392 DBSAC	13.64m.		x	10.22	13.64
8	1-7	CHAN PUI YIN PETER 陳沛然	750722 SCAA	12.01m.		11.45	x	12.01
9	1-2	KING WILLIAM 金維明	750386 DBSAC	10.05m.		x	x	10.05
	1-5	XIAO GUO LIN 肖国林	750415 DGD	NM		x	x	x
	1-6	CHOW HENRY 周炳華	750383 DBSAC	DNS				
	1-9	LEE PHILIP 李洪海	750388 DBSAC	DNS				
	1-11	CHAN YOUNGMAN 陳恩明	750099 BAC	DNS				

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HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M75 - 4X100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	55.44	BECKERING,LANGE,SCHMID,MüLL		IZMIR,TUR	2014/08/31
Masters ACR	1:19.22	拔萃男書院 (A)	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	1:24.63	AVOHK	Hong Kong Masters Athletics	TKO SG	2018/10/27

2025/11/22 Start: 17:25 24°C 40%

Final

Pos	Heat/Lane	Name 姓名	Bib#/Team	Result	Remarks
1	1-3	拔萃男書院田徑會 A 陳維志, 尹兆祥, 姚沛滔, 崔康常	DBSAC	1:25.92	
2	1-7	培僑中學校友會 黃 呂, 謝錦榮, 高永餘, 吳文默	PKMSAA	1:34.75	
	1-2	赤道體育會	BAC	DNS	
	1-8	拔萃男書院田徑會 B	DBSAC	DNS	

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Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M75 - 4X400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	4:47.85	JAKOB,KLAUS,KNORR,MüLLER		LYON, FRA	2015/08/16
Masters ACR	8:14.55	拔萃男書院 (A)	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	8:14.55	拔萃男書院 (A)	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 17:30 25°C 61%

Final

Pos	Heat/Lane	Name 姓名	Bib#/Team	Result	Remarks
1	1-7	拔萃男書院田徑會 A 楊岳明, 姚沛滔, 崔康常, 尹兆祥	DBSAC	7:41.35	HKMACR, R
2	1-8	培僑中學校友會 吳文默, 謝錦榮, 黃 呂, 高永餘	PKMSAA	9:04.82	
3	1-3	拔萃男書院田徑會 B 金維明, 徐錦輝, 周炳華, 文正堃	DBSAC	11:56.70	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M80 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	14.31	NULLHartmut Krämer		Tampere, FIN	2022/06/30
Masters ACR	18.09	GEE ARTHUR	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	18.09	GEE ARTHUR	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 10:20 15°C 62%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-5	YANG VICTOR	楊岳明	800393 DBSAC	17.05	+1.5	HKMACR, R
2	1-3	SOH CHIN KOON	苏进坤	800766 SMTFA	17.41	+1.5	HKMACR
3	1-4	GEE ARTHUR		800024 AVOHK	17.65	+1.5	HKMACR, R
4	1-6	HWANG EDDIE	黃 呂	800635 PKMSAA	23.76	+1.5	

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M80 - 200m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	29.54	HIJIYA HISAMITSU		MIYAZAKI, JPN	2012/09/16
Masters ACR	40.42	GEE ARTHUR	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	40.42	GEE ARTHUR	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 10:35 21°C 79%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-7	GEE ARTHUR		800024 AVOHK	39.58	+0.9	HKMACR, R
2	1-5	SOH CHIN KOON	苏进坤	800766 SMTFA	42.58	+0.9	
3	1-6	YANG VICTOR	楊岳明	800393 DBSAC	53.94	+0.9	

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M80 - 400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	1:10.01	HIJIYA HISAMITSU		MIYAZAKI, JPN	2012/09/16
Masters ACR	1:43.73	GEE ARTHUR	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	1:43.73	GEE ARTHUR	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 15:50 24°C 40%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-5	GEE ARTHUR		800024 AVOHK	1:41.92	HKMACR, R
2	1-4	YANG VICTOR	楊岳明	800393 DBSAC	2:46.73	
3	1-6	CHUI HUNG CHEONG	徐鴻翔	800634 PKMSAA	3:50.32	

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Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M80 - 800m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	2:41.59	JOSé VICENTE RIOSECO LóPEZ		LA CORUnA-BAS,	2021/04/30
Masters ACR	4:15.49	GEE ARTHUR	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	4:15.49	GEE ARTHUR	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 15:55 28°C 53%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-4	GEE ARTHUR		800024 AVOHK	4:32.18	
	1-5	YANG VICTOR	楊岳明	800393 DBSAC	DNS	

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Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M80 - 1500m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	5:30.89	JOSé VICENTE RIOSECO LóPEZ		CASTELLoN, ESP	2016/07/09
Masters ACR	9:47.70	WHITTLE REX	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	9:47.70	WHITTLE REX	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 08:50 15°C 62%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-12	GEE ARTHUR		800024 AVOHK	8:20.34	HKMACR, R

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Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M80 - 5000m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	20:58.12	EDWARD WHITLOCK		TORONTO, CAN	2011/06/19
Masters ACR	35:32.00	Fowler John	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	35:32.00	Fowler John	Hong Kong Masters Athletics	TKO SG	2018/10/27

2025/11/23 Start: 18:30 23°C 62%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-31	WONG CHI MING	黃志明	800559 LWRC	34:09.16	HKMACR, R

Split: 06:22.25 (6:22.25) 13:11.91 (6:49.66) 20:02.05 (6:50.14) 27:02.79 (7:00.75) 34'09.158" (7:06.20)

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M80 - 5000mRW

Record	Perf	Athlete	Event	Place	Date
Masters ACR	41:29.51	PURVES WILLIAM 神行太保	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	41:29.51	PURVES WILLIAM 神行太保	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 12:20 24°C 40%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-35	WONG CHI MING	黃志明	800559 LWRC	38:29.78	HKMACR, R
		Split: 07:23.25 (7:23.25) 14:46.94 (7:23.69) 22:21.86 (7:34.92) 30:18.14 (7:56.28) 38'29.779" (8:10.86)				
2	1-34	PURVES BILL		800025 AVOHK	41:52.03	
		Split: 08:03.29 (8:03.29) 16:21.31 (8:18.03) 24:48.62 (8:27.30) 33:22.66 (8:34.05) 41'52.029" (8:29.33)				

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M80 - 2000mSC

Record	Perf	Athlete	Event	Place	Date
Masters ACR	15:11.46	GEE ARTHUR	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	15:11.46	GEE ARTHUR	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 08:55 21°C 79%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-9	GEE ARTHUR		800024 AVOHK	16:52.61	

Split: 07:59.44 (7:59.45) 16'52.608 (8:52.55)

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M80 - Long Jump

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	4.36	SABURO ISHIGAMI		TOKYO, JPN	2010/09/17
Masters ACR	2.95	HUANG LU, EDDIE 黃呂	The 8th Hong Kong Masters	Wanchai SG	2023/10/27
HKMAC RECORD	2.95	HUANG LU, EDDIE 黃呂	The 8th Hong Kong Masters	Wanchai SG	2023/10/27

2025/11/23 Start: 15:00 27°C 49%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-4	HWANG EDDIE 黃 呂	800635 PKMSAA	2.85m.		2.43 +0.4	2.53 +1.4	2.85 +0.8
2	1-2	SOH CHIN KOON 苏进坤	800766 SMTFA	2.72m.		2.72 +1.4	2.59 +0.1	2.66 +1.0
3	1-1	GEE ARTHUR	800024 AVOHK	2.56m.		2.56 +0.4	x	2.46 +1.2
4	1-3	YANG VICTOR 楊岳明	800393 DBSAC	2.12m.		1.81 -0.3	2.12 +2.3	1.11 +0.6

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Q=Qualified by Place/Standard 依名次/及格賽標準晉級 q=qualified by Time/Performance 依時間/成績排名晉級 R=Record 新紀錄

主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M80 - Triple Jump

	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	9.04	LOTHAR FISCHER		LEINEFELDE-	2016/07/09

2025/11/22 Start: 11:25 24°C 40%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-1	SOH CHIN KOON 苏进坤	800766 SMTFA	6.09m.		5.78 +1.5	5.61 +1.6	6.09 +0.2
2	1-3	YANG VICTOR 楊岳明	800393 DBSAC	4.32m.		4.32 +1.3	r	-
	1-2	GEE ARTHUR	800024 AVOHK	NM		X	X	X

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

Wan Chai Sports Ground
22~23 Nov 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M80 - Shot Put

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	13.98	LEO SAARINEN		KANGASALA,	FIN2009/08/15
Masters ACR	8.05	HO Shui On 何瑞安	Hong Kong Masters Athletics	TKO SG	2017/11/11
HKMAC RECORD	8.05	HO Shui On 何瑞安	Hong Kong Masters Athletics	TKO SG	2017/11/11

2025/11/22 Start: 14:50 24°C 40%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-1	YANG VICTOR 楊岳明	800393 DBSAC	9.09m.	HKMACR, R	8.95	9.06	9.09
2	1-3	HWANG EDDIE 黃 呂	800635 PKMSAA	6.73m.		6.73	6.48	6.46
3	1-2	GEE ARTHUR	800024 AVOHK	6.26m.		6.06	6.26	5.89

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M80 - Discus Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	41.13	ÖSTEN EDLUND		TINGSTaDE, SWE	2016/06/21
Masters ACR	19.63	GEE ARTHUR	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	19.63	GEE ARTHUR	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 17:20 24°C 40%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-1	HWANG EDDIE 黃 呂	800635 PKMSAA	15.48m.		14.12	15.48	15.47
2	1-2	YANG VICTOR 楊岳明	800393 DBSAC	13.91m.		10.73	13.91	13.24
	1-3	GEE ARTHUR	800024 AVOHK	NM		x	x	x

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M80 - Javelin Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	45.85	JOUNI TENHU		VENICE, ITA	2019/09/09
Masters ACR	17.13	HUANG LU EDDIE 黃呂			2022/11/27
HKMAC RECORD	17.13	HUANG LU EDDIE 黃呂	The 7th Hong Kong Masters		2022/11/27

2025/11/23 Start: 11:15 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-1	GEE ARTHUR	800024 AVOHK	15.63m.		13.45	15.63	x
2	1-2	HWANG EDDIE 黃 呂	800635 PKMSAA	15.51m.		x	15.51	14.55
3	1-3	YANG VICTOR 楊岳明	800393 DBSAC	11.60m.		8.41	x	11.60

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
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主辦機構: DBSAC ATHLETICS CLUB JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHK LOMATTERS

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M80 - 4X100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	1:01.83	ALBRECHT,HERBST,SCHUMACHER,		ARHUS, DEN	2004/08/01
Masters ACR	1:33.91	SCAA	Hong Kong Masters Athletics	TKO SG	2017/11/11
HKMAC RECORD	1:33.91	SCAA	Hong Kong Masters Athletics	TKO SG	2017/11/11

2025/11/22 Start: 17:15 24°C 40%

Final

Pos	Heat/Lane	Name 姓名	Bib#/Team	Result	Remarks
1	1-4	香港元老田徑 GEE ARTHUR, PURVES BILL, FOWLER JOHN GARTH, WHITTLE REX WILLIAM JAMES	AVOHK	1:39.00	
2	1-5	拔萃男書院田徑會 袁偉民, 许任棠, 徐錦輝, 楊岳明	DBSAC	2:09.79	

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M80 - 4X400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	5:32.29	CARR,HARROD,COFFEY,HUGHES		GOLD COAST, AUS	2012/11/05

2025/11/23 Start: 17:30 25°C 61%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-2	香港元老田徑 GEE ARTHUR, PURVES BILL, FOWLER JOHN GARTH, WHITTLE REX WILLIAM JAMES		AVOHK	8:49.08	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M85 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	15.08	HIROO TANAKA		AKITA, JPN	2017/06/25
Masters ACR	17.80	Lajawa Alfred	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	21.76	HO SHUI ON 何瑞安	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

2025/11/22 Start: 10:20 15°C 62%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-6	HO SHUI ON	何瑞安	850723 SCAA	22.51	+2.7	
2	1-3	WHITTLE REX WILLIAM JAMES		850027 AVOHK	25.60	+2.7	
3	1-8	FOWLER JOHN GARTH		850026 AVOHK	26.16	+2.7	
4	1-4	YEUNG CHI KIN	楊智堅	850100 BAC	26.37	+2.7	
5	1-7	YUAN WEIMIN GEORGE	袁偉民	850396 DBSAC	29.19	+2.7	
6	1-5	TSUI KAM FAI	徐錦輝	850395 DBSAC	32.36	+2.7	
7	1-2	HUI CYRUS K	许任棠	850394 DBSAC	46.49	+2.7	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M85 - 200m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	31.69	HIJIYA HISAMITSU		NIGATA, JPN	2016/09/17
Masters ACR	39.46	HO SHUI ON 何瑞安	The 6th Hong Kong Masters	TKO SG	2021/09/11
HKMAC RECORD	39.46	HO SHUI ON 何瑞安	The 6th Hong Kong Masters	TKO SG	2021/09/11

2025/11/23 Start: 10:35 21°C 79%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
1	1-6	QIN BO KUI	秦伯葵	850416 DGD	41.87	+1.8	
2	1-4	WHITTLE REX WILLIAM JAMES		850027 AVOHK	50.42	+1.8	
3	1-8	HO SHUI ON	何瑞安	850723 SCAA	50.67	+1.8	
4	1-3	FOWLER JOHN GARTH		850026 AVOHK	56.47	+1.8	
5	1-7	TSUI KAM FAI	徐錦輝	850395 DBSAC	1:20.67	+1.8	
6	1-5	HUI CYRUS K	许任棠	850394 DBSAC	1:44.33	+1.8	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M85 - 400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	1:17.12	EARL FEE		TORONTO, CAN	2014/07/12
Masters ACR	2:18.19	FOWLER JOHN	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	2:18.19	FOWLER JOHN	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 15:50 24°C 40%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-7	QIN BO KUI	秦伯葵	850416 DGD	1:39.60	HKMACR
2	1-8	WHITTLE REX WILLIAM JAMES		850027 AVOHK	1:58.20	HKMACR, R
3	1-3	FOWLER JOHN GARTH		850026 AVOHK	2:19.94	

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M85 - 800m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	3:06.69	DAVID CARR		PERTH, AUS	2017/06/28
Masters ACR	4:48.09	CHAN Kim Hung 陳劍雄	Hong Kong Masters Athletics	Wanchai SG	2016/10/29
HKMAC RECORD	4:48.09	CHAN Kim Hung 陳劍雄	Hong Kong Masters Athletics	Wanchai SG	2016/10/29

2025/11/23 Start: 15:55 28°C 53%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-6	QIN BO KUI	秦伯葵	850416 DGD	4:12.73	HKMACR
2	1-7	WHITTLE REX WILLIAM JAMES		850027 AVOHK	4:24.51	HKMACR, R
3	1-3	FOWLER JOHN GARTH		850026 AVOHK	5:21.45	

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M85 - 1500m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	6:18.66	MANUEL ALONSO DOMINGO		ARGANDA, ESP	2021/05/01
Masters ACR	10:08.51	FOWLER JOHN	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27
HKMAC RECORD	10:08.51	FOWLER JOHN	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27

2025/11/22 Start: 08:50 15°C 62%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
1	1-14	WHITTLE REX WILLIAM JAMES		850027 AVOHK	9:21.15	HKMACR, R
2	1-13	FOWLER JOHN GARTH		850026 AVOHK	9:25.78	HKMACR, R

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M85 - 5000m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	24:03.99	EDWARD WHITLOCK		TORONTO, CAN	2016/07/31
Masters ACR	37:29.16	FOWLER JOHN	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	37:29.16	FOWLER JOHN	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 18:30 23°C 62%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-32	FOWLER JOHN GARTH		850026 AVOHK	38:27.27	
		Split: 07:34.20 (7:34.20) 15:22.06 (7:47.86) 23:13.51 (7:51.45) 31:04.74 (7:51.24) 38'27.263" (7:22.25)				
2	1-33	WHITTLE REX WILLIAM JAMES		850027 AVOHK	38:34.98	
		Split: 07:35.45 (7:35.45) 15:23.02 (7:47.57) 23:14.72 (7:51.70) 31:06.60 (7:51.88) 38'34.978" (7:27.40)				

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主辦機構: DBSAC JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M85 - Long Jump

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	3.83	Mamoru Saito		Maebashi, JPN	2022/09/11

2025/11/23 Start: 15:00 27°C 49%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-2	HO SHUI ON 何瑞安	850723 SCAA	2.02m.		2.02 +0.6	r	
	1-1	HUI CYRUS K 许任棠	850394 DBSAC	DNS				

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M85 - Shot Put

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	11.94	BERNHARD KARLSSON		VOLo, SWE	2019/09/21
Masters ACR	7.72	Kwok Kam Hung 郭錦洪	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	7.72	Kwok Kam Hung 郭錦洪	Hong Kong Masters Athletics	TKO SG	2018/10/27

2025/11/22 Start: 14:50 24°C 40%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-2	HO SHUI ON 何瑞安	850723 SCAA	6.76m.		6.44	5.56	6.76
2	1-4	YUAN WEIMIN GEORGE 袁偉民	850396 DBSAC	6.48m.		6.48	6.14	6.45
3	1-1	YEUNG CHI KIN 楊智堅	850100 BAC	3.76m.		3.76	3.52	3.67
	1-3	HUI CYRUS K 许任棠	850394 DBSAC	DNS				

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主辦機構: DBSAC ATHLETICS CLUB JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M85 - Discus Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	35.92	CARMELO RADO		VENICE, ITA	2019/09/13

2025/11/22 Start: 17:20 24°C 40%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-2	FOWLER JOHN GARTH	850026 AVOHK	11.85m.		11.85	11.39	11.18
2	1-4	HO SHUI ON 何瑞安	850723 SCAA	11.82m.		10.91	11.79	11.82
3	1-3	LAM CHUN CHEUN 林振全	850724 SCAA	11.15m.		x	10.18	11.15
4	1-5	YEUNG CHI KIN 楊智堅	850100 BAC	8.94m.		8.94	8.47	x
	1-1	HUI CYRUS K 许任棠	850394 DBSAC	DNS				

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主辦機構: DBSAC ATHLETICS CLUB JORDAN 冠名贊助: GYM AESTHETICS 協辦機構: 飛達田徑會 支持媒體: SPORTSHO LOMATTERS

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M85 - Javelin Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	35.64	WILLIAM PLATTS		ST. GEORGE, USA	2013/10/07

2025/11/23 Start: 11:15 21°C 79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-3	FOWLER JOHN GARTH	850026 AVOHK	11.61m.		11.61	x	11.05
2	1-2	LAM CHUN CHEUN 林振全	850724 SCAA	8.33m.		6.57	x	8.33
3	1-4	YUAN WEIMIN GEORGE 袁偉民	850396 DBSAC	8.16m.		x	x	8.16
4	1-1	YEUNG CHI KIN 楊智堅	850100 BAC	7.81m.		6.10	7.81	x

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

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Men's M95 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	20.41	FREDERICO FISCHER		PORTO ALEGRE,	2012/06/30
Masters ACR	47.52	HO CHAM CHUEN 何湛泉	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	47.52	HO CHAM CHUEN 何湛泉	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 10:20 15°C 62%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
	1-1	HO CHAM CHUEN	何湛泉	950101 BAC	DNS		

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M95 - 200m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	48.69	FRIEDERICH E. MAHLO		RICCIONE, ITA	2007/09/10
Masters ACR	1:53.49	HO CHAM CHUEN 何湛泉	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	1:53.49	HO CHAM CHUEN 何湛泉	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 10:35 21°C 79%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	W/S	Remarks
	1-2	HO CHAM CHUEN	何湛泉	950101 BAC	DNS		

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香港先進田徑錦標賽
HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 2025

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M95 - 800m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	4:51.44	ANTONIO NACCA		ASTI, ITA	2019/06/09

2025/11/23 Start: 15:55 28°C 53%

Final

Pos	Heat/Lane	Name	姓名	Bib#/Team	Result	Remarks
	1-8	CHAN KIM HUNG	陳劍鴻	950725 SCAA	DNS	

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