

第十屆
香港
先進田徑
錦標賽



22-23
11/2025

灣仔
運動場
Wanchai
Sports
Ground

THE 10TH HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

主辦機構



冠名贊助



協辦機構

飛達田徑會

支持媒體



LOMATTERS



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目錄

1. 地點	2
2. 日期	2
3. 比賽時間	2
4. 組別	3
5. 項目	4
6. 程序表	5
7. 報名	6
8. 付款方式	7
9. 報名條款	7
10. 規則	8
11. 接力	10
12. 器材	11
13. 獎項	14
14. 號碼布	15
15. 聲明	16
16. 備註及查詢	16
17. 紀錄(香港先進田徑錦標賽)	17
18. 紀錄(邀請隊伍)	26

章程

1. 地點

灣仔運動場

灣仔杜老誌道 20 號

2. 日期

灣仔運動場：二零二五年十一月二十二 ~ 二十三日

3. 比賽時間

二零二五年十一月二十二日：上午七時三十至 晚上六時

二零二五年十一月二十三日：上午七時三十至 晚上八時

4. 組別

參賽組別	出生日期
30~34	23/11/1990 ~ 22/11/1995
35~39	23/11/1985 ~ 22/11/1990
40~44	23/11/1980 ~ 22/11/1985
45~49	23/11/1975 ~ 22/11/1980
50~54	23/11/1970 ~ 22/11/1975
55~59	23/11/1965 ~ 22/11/1970
60~64	23/11/1960 ~ 22/11/1965
65~69	23/11/1955 ~ 22/11/1960
70~74	23/11/1950 ~ 22/11/1955
75~79	23/11/1945 ~ 22/11/1950
80~84	23/11/1940 ~ 22/11/1945
85~89	23/11/1935 ~ 22/11/1940
90~94	23/11/1930 ~ 22/11/1935
95~99	23/11/1925 ~ 22/11/1930

* 運動員必須於其年齡組別參加個人項目

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

第十屆香港先進田徑錦標賽

5. 項目

男子	30~34	35~39	40~44	45~49	50~54	55~59	60~64	65~69	70~74	75~79	80~84	85~89	90~94	95~99
100 米	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
110 米跨欄	✓	✓	✓	✓										
100 米跨欄					✓	✓	✓	✓						
80 米跨欄									✓	✓				
200 米	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400 米	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400 米跨欄	✓	✓	✓	✓	✓	✓								
300 米跨欄							✓	✓						
800 米	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1500 米	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
5000 米	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
3000 米障礙賽	✓	✓	✓	✓	✓	✓								
2000 米障礙賽							✓	✓	✓	✓	✓	✓	✓	✓
5000 米競走	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
跳遠	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
三級跳	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
跳高		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
推鉛球	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
擲鐵餅	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
擲標槍	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4x100 米	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4x400 米	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

第十屆香港先進田徑錦標賽

女子	30~34	35~39	40~44	45~49	50~54	55~59	60~64	65~69	70~74	75~79	80~84	85~89	90~94	95~99
100 米	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
100 米跨欄	✓	✓												
80 米跨欄			✓	✓	✓	✓								
200 米	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400 米	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400 米跨欄	✓	✓	✓	✓										
300 米跨欄					✓	✓								
800 米	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1500 米	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
5000 米	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
2000 米障礙賽	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
5000 米競走	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
跳遠	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
跳高		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
三級跳	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
推鉛球	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
擲鐵餅	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
擲標槍	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4x100 米	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4x400 米	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

6. 程序表

2025 第一日 22/11 (暫定)

檢錄時間	比賽時間	男子		女子	
		徑項	田項	徑項	田項
07:30 – 18:00		100 米	跳遠	100 米	跳遠
		400 米	跳高	1500 米	跳高
		1500 米	推鉛球	400 米	推鉛球
		5000 米競走	擲鐵餅	5000 米競走	擲鐵餅
		80 米跨欄	三級跳	80 米跨欄	三級跳
		100 米跨欄		100 米跨欄	
		110 米跨欄		4x100 米接力	
		4x100 米接力			

2025 第二日 23/11 (暫定)

檢錄時間	比賽時間	男子		女子	
		徑項	田項	徑項	田項
07:30 – 20:00		200 米 800 米 5000 米 300 米跨欄 400 米跨欄 2000 米障礙賽 3000 米障礙賽 4x400 接力	跳遠 跳高 推鉛球 擲鐵餅 擲標槍 三級跳	200 米 800 米 5000 米 300 米跨欄 400 米跨欄 2000 米障礙賽 4x400 接力	跳遠 跳高 推鉛球 擲鐵餅 擲標槍 三級跳

各項賽事實際比賽時間將依報名人數及比賽當天情況或會作出調整，參賽者請於比賽前 2 天留意網站。

7. 報名

- 比賽只接收團體填妥及提交團體報名表報名
- 運動員需以身份證明文件上之中英文姓名填寫
- 報名日期 : 二零二五年八月十五日
- 名額 : 1,000 人
- 截止日期 : 二零二五年九月十五日(額滿即止)
- 報名費用 : 註冊費用港幣 \$150/每人
 - : 個人項目港幣 \$120/項
 - : 接力項目每隊港幣\$400參加接力項目的運動員必須為本賽事的註冊運動員。

8. 付款方式

8.1. 支票

- 支票抬頭: 香港先進田徑會有限公司 (支票背後請註明比賽名稱, 參加者團體, 電話)
- 郵寄地址: 沙田源順圍 10-12 號 康健科技中心 3 樓 318 室

8.2. 銀行轉帳:

- 恒生銀行 : 395-706492-001
- 戶口名稱 : 香港先進田徑會有限公司
入數紙請註明比賽名稱, 參加者團體, 電話。請把入數紙 WhatsApp 至本會 91471771 電話

9. 報名條款

- 9.1. 截止日期後約兩星期, 本會將於網站 www.pacers.org.hk 上載確認名單, 及電郵發出繳款通知, 請於收到通知後一星期內繳付, 否則該參賽資格將由項目後補名單參賽者補上。
- 9.2. 比賽時間表及線道表亦將於網站公佈, 所有成功報名以比賽前 2 天於網上公佈版本為準。
- 9.3. 退款: 報名表格一經收取, 報名費將不獲發還。
- 9.4. 如賽事因不可控因素取消, 所有已繳交金額將不獲發還。
- 9.5. 團體報名只限於註冊舊生會 或中國香港田徑總會屬會及區外邀請隊伍為單位。區外隊伍僅限獲邀隊伍參賽。

10. 規則

- 10.1. 為配合場地入場人數限制，只限比賽時間之運動員及比賽前三十分鐘進行熱身之運動員，方可進入田徑場，其餘觀眾或運動員需於看台觀看比賽。
- 10.2. 徑賽項目將會使用全自動計時及終點攝影系統 (Fully Automatic Timing and Photo Finish System) 計時，如電子計時系統故障，此組別項目全部使用手計時成績判決名次。
- 10.3. 比賽按國際田徑聯會規則(WA)，世界大師田徑協會(WMA)及中國香港田徑總會(HKAAA)附例(如適用)進行，裁判之決定為最後判決。
- 10.4. 因應健康及安全理由，大會有權在比賽進行時，作特別措施(例如: 要求參加者在比賽時配帶口罩)。
- 10.5. 所有項目將按賽程表進行，運動員需於賽前 20 分鐘到達召集處檢錄。田賽項目可直接到比賽場地進行檢錄。惟所有賽程將有機會按當日實際報到人數及現場情況而略作調整，敬請留意大會廣播。
- 10.6. 徑賽項目召集處設於檢錄處，田賽項目如跳遠、跳高、三級跳遠、鉛球、鐵餅及標槍則在比賽場地集合。
- 10.7. 所有徑賽項目不設初賽，各項目均以最佳成績決定名次。
- 10.8. 在徑賽項目中, 每組比賽只允許一次起跑犯規, 之後每次起跑再次犯規的一名或多名運動員將被取消該項目的比賽資格
- 10.9. 參加跳遠、三級跳遠、鉛球、鐵餅及標槍均有 3 次作賽機會，大會將以當中最佳成績決定名次。如二人或以上成績相同，則以第二佳成績計算，如此類推。運動員可選擇連續三跳/擲，此項選擇需於開賽前即場確定，比賽開始後不能改變模式。
- 10.10. 跳高項目的起跳高度及升幅由裁判與運動員於開賽前即場協商制定。
- 10.11. 三級跳遠只開放 3 米/5 米/7 米/9 米/11 米起跳板，參賽者報名時揀選起跳板。揀選起跳板後不能改變。
- 10.12. 如遇兼項（即徑項及田項賽事同時進行），運動員請先向有關田賽裁判長請假，然後才到召集處向工作人員進行徑項報到。

- 10.13. 運動員只可以代表一個年齡組別出賽(接力除外)，如有虛報資料或冒名頂替，立即取消所有參賽資格。如有需要，大會有權要求運動員出示身分證明文件以作核對。
- 10.14. 運動員於比賽期間必須把號碼布掛於胸前，否則比賽成績將不獲記錄。
- 10.15. 大會設有上訴機制，惟上訴須於該項目成績公佈後 30 分鐘內以書面提出，並須即時繳交 \$ 500 元手續費，如上訴得值，費用則獲發還，否則由大會沒收。
- 10.16.

11. 接力

- 11.1. 接力隊伍可由不同年齡組別之運動員組成，惟所參賽組別將以隊中最年輕的隊員作計算。
- 11.2. 運動員可同時參加不同距離之接力項目，惟每個項目只可代表一個年齡組別。
- 11.3. 在各接力項目組別中，各屬會只可派出最多兩隊參與同一個同年齡組別。
- 11.4. 當中成員必須為本賽事中已登記之運動員。
- 11.5. 接力名單需於接力項目比賽當天，檢錄時把出賽名單提交至檢錄處，截止檢錄後均不受理。
- 11.6. 接力檢錄時需 4 名隊員一同出席。
- 11.7. 比賽當日，大會不接受即場報名。
- 11.8. 所有接力隊員，必須穿著同款上衣作賽。

12. 器材

12.1. 鉛球

	生產商	型號	顏色	數量
1	Cantabrian	Competition Iron Shot Put 7.26 kg, diameter 120mm	Unpainted	2
2	Polanik	Shot 7.26 kg Steel, diameter 115mm	Unpainted (Silver)	3
3	Polanik	Shot 6.0 kg Steel, diameter 110mm	Unpainted (Silver)	3
4	Polanik	Shot 5.0 kg Steel, diameter 110mm	Unpainted (Silver)	3
5	Polanik	Shot 5.0 kg Steel, diameter 105mm	Unpainted (Silver)	3
6	Polanik	Shot 4.0 kg Steel, diameter 105mm	Unpainted (Silver)	2
7	Polanik	Shot 4.0 kg Steel, diameter 100mm	Unpainted (Silver)	2
8	Polanik	Shot 4.0 kg Steel, diameter 95mm	Unpainted (Silver)	2
9	Polanik	Shot 3.0 kg Steel, diameter 105mm	Unpainted (Silver)	1
10	Polanik	Shot 3.0 kg Steel, diameter 85mm	Unpainted (Silver)	3
11	Polanik	Shot 2.0 kg Steel, diameter 85mm	Yellow	4

12.2. 鐵餅

	生產商	型號	顏色	數量
1	Polanik	CPD11-2 (COMPETITION DISCUS)	Blue	3
2	Polanik	CPD11-1,75 (COMPETITION DISCUS)	Blue	3
3	Polanik	CPD11-1,5 (COMPETITION DISCUS)	Blue	3
4	Sportland	Sportland 1.5kg Discus	Yellow	3
5	Polanik	CPD11-1 (COMPETITION DISCUS)	Blue	3
6	Polanik	CPD11-0,75(DE) (COMPETITION DISCUS)	Blue	4

12.3. 鏢槍

	生產商	型號	顏色	數量
1	Polanik	AF10-800 (AIR FLYER 800G)	Transparent Blue	2
2	Crown	Crown 800G-60 Competition Javelin	Black	2
3	Polanik	AF10-700 (AIR FLYER 700G)	White/Red	3
4	Powerbridge	Powerbridge PB-BQS13 600g Javelin	Purple	4
5	Powerbridge	Powerbridge PB-BQS14 500g Javelin	Purple	4
6	Polanik	AF11-400 (AIR FLYER 400G)	Lila-Pink	4

12.4. 自備投擲器械

自備投擲器械需於該項比賽一日前提交

除下面三項器械，所有自備器械須有 World Athletics 的認證。

- 2.0kg 鉛球
- 750g 鐵餅
- 400g 鏢槍
- 以上三項需符合 WMA Competition Rules – 2023 (Appendix A) 所有規則。

提交日期	提交時間	地點	注意
21/Nov/2025	早上九時 至 中午十二時 下午二時 至 五時	沙田 源順圍 10-12 號 康健科技中心 3 樓 318 室	適用於十一月廿二日或以後舉行之擲項賽事
22/Nov/2025	早上九時 至 中午十二時 下午二時 至 六時	灣仔運動場	適用於十一月廿三日後舉行之擲項賽事

13. 獎項

- 13.1. 每項個人賽事首三名運動員將獲發獎牌一個。接力賽事首三名每名運動員將獲發獎牌一面。
- 13.2. 每組別設男、女子個人總冠軍獎項。
- 13.3. 男、女子團體(本地)全場冠、亞、季軍獎項。
- 13.4. 男、女子團體(本地)總冠軍分別獲頒『郭慎墀挑戰盾』及『伍雪葵挑戰盾』。
- 13.5. 男、女子團體(區外邀請隊伍)總冠軍將分別獲頒『先進挑戰盃』。
- 13.6. 團體(本地)分數按該團體所有 35 歲或以上年齡組別之運動員於項目所取得之分數總和計算(接力項目分數以雙倍計算);M30/W30 組別所取得之分數則不作計算。所有得分方式,請參閱下表(團體計分方法):

團體(本地)計分方法 Overall Scoring System

出席比賽人數	名次							
	1st	2nd	3rd	4th	5th	6th	7th	8th
8 人 或 以上	9 分	7 分	6 分	5 分	4 分	3 分	2 分	1 分
7 人	8 分	6 分	5 分	4 分	3 分	2 分	1 分	
6 人	7 分	5 分	4 分	3 分	2 分	1 分		
5 人	6 分	4 分	3 分	2 分	1 分			
4 人	5 分	3 分	2 分	1 分				
3 人	4 分	2 分	1 分					
2 人	3 分	1 分						
1 人	2 分							

- 若名次相同,則以相關名次所得之分數總和平均分配。
- 若總分相同,則計算同分隊伍獲得冠軍之數目,多者為勝,再相同,則計算亞軍數目,依次類推,接力項目與個人項目無分輕重。

- 13.7. 團體(區外邀請隊伍)分數按該團體所有 35 歲或以上年齡組別之運動員於項目所取得之分數總和計算(接力項目分數以雙倍計算);M30/W30 組別所取得之分數則不作計算。所有得分方式,請參閱下表(團體計分方法):

團體(區外邀請隊伍)計分方法 Overall Scoring System

出席比賽人數	名次							
	1st	2nd	3rd	4th	5th	6th	7th	8th
8 人 或 以上	9 分	7 分	6 分	5 分	4 分	3 分	2 分	1 分
7 人	8 分	6 分	5 分	4 分	3 分	2 分	1 分	
6 人	7 分	5 分	4 分	3 分	2 分	1 分		
5 人	6 分	4 分	3 分	2 分	1 分			
4 人	5 分	3 分	2 分	1 分				
3 人	4 分	2 分	1 分					
2 人	3 分	1 分						
1 人	2 分							

- 若名次相同，則以相關名次所得之分數總和平均分配。
- 若總分相同，則計算同分隊伍獲得冠軍之數目，多者為勝，再相同，則計算亞軍數目，依次類推，接力項目與個人項目無分輕重。

13.8. 本地及區外邀請隊伍團體分數將會分開計算。

13.9. 所有項目獎項須於成績公佈及確認後到領獎處領取。如未能即日領取請於 31/12/2025 前電郵至本會預約補領時間，逾時聯絡本會則不獲補發獎項。

14. 號碼布

14.1. 參賽者必須在胸前扣上大會派發之號碼。

14.2. 如需補領號碼布，需到檢錄處辦理及須即場繳付每張港幣 100 元。

15. 聲明

- 15.1. 所有參賽者報名參加本比賽，表示及聲明他/她擁有，並且會本持，良好的健康和適當的身體狀況參加本比賽及任何相關的訓練或活動，亦完全接受和承擔因此產生的所有風險和責任；並放棄他/她已經或將來可能對主辦方、協辦方和相關方(包括其各自的成員)提出的任何和所有索賠，並免除他們因他/她的遭受任何損失、損害或傷害而承擔的一切責。
- 15.2. 主辦單位及其授權人士（統稱「資料使用者」）將使用與本比賽有關而收集的參賽者的個人資料，作本比賽及相關活動的用途，以及任何其他直接相關的用途。該等資料可能會被轉移或透露給可協助資料使用者實現上述目的的人士，包括運動場地、設施和設備提供者、裁判及其他工作人員、義工、代理人和服務提供者。參賽者報名參加本比賽即表示同意以上個人資料的用途及處理。參賽者可透過電子郵件聯絡主辦單位的資料保護主任，查閱及更正其個人資料或取得所提供的個人資料副本。
- 15.3. 參賽者必須隨時注意保管個人物品。賽事及相關活動期間發生的任何物品損失，主辦單位及相關方均不承擔任何責任。

16. 備註及查詢

- 16.1. 最新消息及比賽成績將在以下網站公佈：
Website: www.hkmac.org (香港先進田徑錦標賽 Hong Kong Masters Athletics Championships) / www.pacers.org.hk (飛達田徑會 Pacers Athletics Club)。

聯絡電郵：hkmacf@gmail.com
- 16.2. 如比賽開始前八小時，天文台懸掛八號或以上熱帶氣旋警告信號、紅色或黑色暴雨警告信號，當日比賽將取消舉行，所有因惡劣天氣取消之賽事將不得要求退款。
- 16.3. 場內設有救護站。

17. 紀錄(香港先進田徑錦標賽)

Event	Cat.	Name	姓名	Unit	Perf.	Year
100M	M35	TO Wai Lok	杜韋諾	DBSAC	11.22"	2014
100M	M40	LI Chak Ming	李澤銘	HVAA	11.55"	2016
100M	M45	KRIEL ALDO	歐立德	AVOHK	11.710"	2024
100M	M50	TAM ERNIE	譚仲英	DBSAC	12.25"	2021
100M	M55	WONG TUNG HONG EDDIE	黃東康	BAC	12.460"	2024
100M	M60	KUNG WAI LING	龔偉凌	DBSAC	13.10"	2021
100M	M65	SUEN SHU KWAN, LEON	孫樹坤	SCAA	14.51"	2021
100M	M70	WONG KEE LAM	黃基林	SCAA	14.750"	2024
100M	M75	LEUNG Hung Che	梁鴻志	SCAA	17.15"	2017
100M	M80	GEE ARTHUR		HKLRRRC	18.090"	2024
100M	M85	HO SHUI ON	何瑞安	SCAA	23.21"	2021
100M	M90	Ho Cham Chuen	何湛泉	SCAA	28.98"	2018
100MH	M50	CHEUNG ALAN		LSCAC	15.13	2024
100MH	M55	LAM WAI KIN	林偉堅	SCAA	18.32"	2022
100MH	M60	LAM WAI KIN	林偉堅	SCAA	17.32	2024
100MH	M65	SUEN SHU KWAN LEON	孫樹坤	SCAA	17.99"	2022
110MH	M35	LEUNG CHI CHEONG	梁志鏘	SCAA	15.45"	2022
110MH	M40	LEUNG CHI CHEONG	梁志鏘	WYKPSA	15.4	2024
110MH	M45	YU YUEN FAI	余遠輝	DBSAC	17.64"	2021
200M	M35	TANG SUI PONG	鄧瑞邦	BAC	23.43	2024
200M	M40	WONG Kin On	黃健安	PAC	24.14"	2017
200M	M45	KRIEL ALDO	歐立德	AVOHK	23.690"	2024
200M	M50	TAM ERNIE	譚仲英	DBSAC	25.14"	2021
200M	M55	WONG TUNG HONG EDDIE	黃東康	BAC	25.82	2024
200M	M60	AU King Tong	歐敬唐	PKMSAA	27.32"	2017
200M	M65	ko Leung Hung Alex	高量洪	DBSAC	32.09"	2017
200M	M70	WONG KEE LAM	黃基林	SCAA	30.900"	2024
200M	M75	PILKINGTON Frank		AVOHK	41.26"	2017
200M	M80	GEE ARTHUR		HKLRRRC	40.420"	2024
200M	M85	HO SHUI ON	何瑞安	SCAA	39.46"	2021
300mH	M60	LO KIN YIP	盧建業	BAC	48.910"	2024
300mH	M65	WONG CHEUK YIN	黃卓然	SCAA	57.160	2003
3000MW	M35	TSE Chun Hung	謝振雄	SHTB	13'39.38"	2017
3000MW	M40	Viacheslav Degtyarenko		RAM	13'34.56"	2014
3000MW	M45	LAU WAI KIN KELVIN	劉偉健	DBSAC	16'11.99"	2022
3000MW	M50	KO Tai Chiu	高大釗	RRAC	16'21.61"	2017
3000MW	M55	CHEUNG Wing Hin Daniel	張永軒	SHTB	16'48.40"	2016
3000MW	M60	Fung For-Yau	馮火有	SHTB	17'15.00"	2018

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 第十屆香港先進田徑錦標賽

Event	Cat.	Name	姓名	Unit	Perf.	Year
3000MW	M65	PURVES Bill		HKLRRRC	19'08.24"	2014
3000MW	M70	PURVES Bill		AVOHK	20'32.62"	2015
3000MW	M75	TSANG Cho Fuk	曾灶福	SHTB	21'36.17"	2015
3000MW	M80	TSANG Cho Fuk	曾灶福	SHTB	30'06.00"	2017
5000mRW	M35	CHUI TING YUI	崔庭銳	PoliceAC	35'25.789	2023
5000mRW	M40	TSE CHUN HUNG	謝振雄	SHTB	23'49.79	2023
5000mRW	M45	TIN JOHN	田廸尊	DBSAC	29'12.46	2024
5000mRW	M50	GREGOIRE PETER JOHN		AVOHK	29'35.920	2023
5000mRW	M55	KO TAI CHIU	高大釗	HKRWA	29'1.95	2024
5000mRW	M60	WONG KAI CHUNG	王啟聰	HKRWA	29'40.92	2023
5000mRW	M65	LI KAM WAH	李錦華	SHTB	33'39.36	2023
5000mRW	M70	SIN ON IUN	冼安源	HKLRRRC	36'26.11	2024
5000mRW	M75	WAN CHARLES	尹兆祥	DBSAC	39'54.46	2023
5000mRW	M80	PURVES WILLIAM		SHTB	41'29.51	2024
400M	M35	TANG SUI PONG	鄧瑞邦	BAC	50.820"	2024
400M	M40	Wong Kin On	黃健安	PAC	53.88"	2017
400M	M45	Wong Kin On	黃健安	PAC	52.61"	2018
400M	M50	TAM ERNIE	譚仲英	DBSAC	58.74"	2021
400M	M55	WANG JIAN	王堅	SCAA	59.18"	2021
400M	M60	AU King Tong	歐敬唐	PKMSAA	1'03.09"	2017
400M	M65	AU KING TONG	歐敬唐	PKMSAA	1'06.31"	2022
400M	M70	KO ALEX	高量洪	DBSAC	1'19.38"	2022
400M	M75	Whitle Rex William James		AVOHK	1'33.07"	2018
400M	M80	GEE ARTHUR		HKLRRRC	1'43.730"	2024
400mH	M30	YU SHEUNG-TSUN	余尚駿	PoliceAC	1'02.688"	2003
400mH	M35	LEUNG CHI CHEONG	梁志鏘	SCAA	1'01.028"	2003
400mH	M40	LEUNG CHI CHEONG	梁志鏘	WYKPSA	59.96	2024
400mH	M45	CHEUNG ALAN		LSCAC	1'05.145"	2003
400mH	M50	CHEUNG ALAN		LSCAC	1'04.830"	2024
400mH	M55	CHUI KAM TONG TONY	崔錦棠	WAC	1'09.230"	2024
5000M	M35	Navaratnasingam		IRC	17'04.62"	2015
5000M	M40	WONG WANG KEUNG	黃宏強	WAC	16'56.78"	2022
5000M	M45	WONG TIN YAU	王天佑	FSSC	17'12.46"	2022
5000M	M50	CAPPER Michael		AVOHK	16'52.16"	2015
5000M	M55	CHENG Hin	鄭騫	CAC	20'01.99"	2017
5000M	M60	Ho Ping Kiu Jackie	何炳僑	LWRC	20'11.00"	2018
5000m	M65	HO PING KIU JACKIE	何炳僑	LWRC	20'19.539	2024
5000M	M70	NG WAI CHIU	吳偉超	YLTH	24'08.52"	2022
5000M	M75	Milburn Ross		AVOHK	23'13.00"	2018
5000M	M80	Fowler John		AVOHK	35'32.00"	2018
800M	M35	Chan Ka Wai		PAC	2'9.95"	2014
800M	M40	LEE YUK TONG	李玉堂	WAC	2'03.74"	2021
800m	M45	CHAN KA WAI	陳家偉	PAC	2'16.520"	2024

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 第十屆香港先進田徑錦標賽

冠名贊助

Event	Cat.	Name	姓名	Unit	Perf.	Year
800M	M50	Lam Tsun Fat Peter	林俊發	SCAA	2'20.94"	2018
800M	M55	LAM TSUN FAT	林俊發	SCAA	2'19.66"	2022
800M	M60	BROWN PETER		AVOHK	2'32.98"	2021
800m	M65	CHENG HIN	鄭騫	PAC	2'38.430"	2024
800M	M70	CHAN KWAI TIM	陳貴添	LWRC	3'04.76"	2022
800M	M75	Milburn Ross		AVOHK	3'13.94"	2018
800m	M80	GEE ARTHUR		HKLRRRC	4'15.49"	2024
800M	M85	CHAN Kim Hung	陳劍雄	SCAA	4'48.09"	2016
800M	M90	CHAN KIM HUNG	陳劍雄	SCAA	6'23.20"	2021
1500m	M35	CHAN FEI LUNG	陳飛龍	LWRC	4'46.110"	2024
1500m	M40	WOO DAVID		AVOHK	4:46.40	2023
1500m	M45	CHAN KA WAI	陳家偉	PAC	04:51.6	2024
1500m	M50	SUE ROBERT		IRC	04:55.5	2024
1500m	M55	YIP KAM KWONG	葉錦光	SCAA	05:30.6	2024
1500m	M60	MAK WING SANG	麥永生	LWRC	5:31.38	2023
1500m	M65	CHENG HIN	鄭騫	PAC	05:48.5	2024
1500m	M70	MCNAMARA FRANK		AVOHK	6:05.21	2023
1500m	M75	CHAN PUI YIN PETER	陳沛然	SCAA	7:53.81	2023
1500m	M85	FOWLER JOHN		HKLRRRC	4'54.26	2023
Discus Throw	M35	CHAN KWOK HEI MATTHEW	陳國熙	SJACS	33.16	2021
Discus Throw	M40	TANG Kwok Leung	鄧國樑	SCAA	27.58	2017
Discus Throw	M45	ELLISON Steve		CSRA	27.42	2015
Discus Throw	M50	TSANG KWUN KAU	曾冠球	LSCAC	33.19	2022
Discus Throw	M55	CHAN PAK HAY SIMON	陳栢熙	DBSAC	29.46	2022
Discus Throw	M60	Liu Chi Keung	廖志強	PKMSAA	33.31	2018
Discus Throw	M65	WONG SAI HUNG	黃世雄	DBSAC	26.06	2021
Discus Throw	M70	KO ALEX	高量洪	DBSAC	22.83	2022
Discus Throw	M75	IU PUI TO	姚沛滔	DBSAC	15.12	2022
Discus Throw	M80	GEE ARTHUR		HKLRRRC	19.63	2024
High Jump	M35	NG Chit Wing	吳哲穎	WAC	1.92	2017
High Jump	M40	IP YUI SUN	葉銳新	DBSAC	1.72	2024
High Jump	M45	Jia Dong Jin	賈東進	SCAA	1.62	2018
High Jump	M50	NG TAI WAI	吳大偉	PoliceAC	1.61	2024
High Jump	M55	KWONG WING BIU	鄭永彪	SCAA	1.52	2022
High Jump	M75	Huang Lu, Eddie	黃呂	PKMSAA	1.06	2018
High Jump	M80	Ho Shui On	何瑞安	SCAA	1.09	2018
Javelin Throw	M35		楊翰武	CGHCAC	47.12	2018
Javelin Throw	M40	YEUNG HAU MO	楊翰武	CGHCAC	49.29	2021
Javelin Throw	M45	Ellison Steve		CSRA	43.77	2014
Javelin Throw	M50	Ellison Steve		CSRA	44.84	2018
Javelin Throw	M55	HO CHI CHEUNG FELIX	何志翔	PKMSAA	38.8	2021
Javelin Throw	M60	HO CHI HIN MARCUS	何志軒	TCAA	35.45	2024

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 第十屆香港先進田徑錦標賽

Event	Cat.	Name	姓名	Unit	Perf.	Year
Javelin Throw	M65	KO Leung Hung Alex	高量洪	DBSAC	30.12	2017
Javelin Throw	M70	HILL William		DBSAC	28.63	2015
Javelin Throw	M75	LAI PETER	黎澄天	LSCAC	18.92	2024
Javelin Throw	M80	HUANG LU EDDIE	黃呂	PKMSAA	17.13	2022
Javelin Throw	M90	HO CHAM CHUEN	何湛泉	SCAA	4.79	2022
Long Jump	M35	NG Chit Wing	吳哲穎	CSRA	6.21	2016
Long Jump	M40	Tse Kai Ming Carl	謝繼明	SCAA	6.2	2018
Long Jump	M45	Tam Chung Ying Ernie	譚仲英	DBSAC	6.07	2018
Long Jump	M50	TAM CHUNG YING ERNIE	譚仲英	DBSAC	5.92	2022
Long Jump	M55	KUNG Wai Ling	龔偉凌	DBSAC	5.77	2016
Long Jump	M60	KUNG WAI LING	龔偉凌	DBSAC	5.2	2022
Long Jump	M65	LIU CHEUK LEUNG	廖卓良	SCAA	4.04	2021
Long Jump	M70	CHUI HONG SHEUNG	崔康常	DBSAC	3.09	2021
Long Jump	M75	CHAN PUI YIN PETER	陳沛然	SCAA	3.32	2024
Long Jump	M80	HUANG LU EDDIE	黃呂	PKMSAA	2.6	2022
Shot Put	M35	CHAN KWOK HEI MATTHEW	陳國熙	SJACS	11.52	2021
Shot Put	M40	WONG Wai Kwok Roberto	王偉國	DBSAC	9.97	2015
Shot Put	M45	Tsang Kwun Kau	曾冠球	LSCAC	10.92	2018
Shot Put	M50	Kwok Tak Jim, Wicky	郭德霑	YLDISA	11.29	2018
Shot Put	M55	FONG ALAN	鄺耀才	DBSAC	10.34	2022
Shot Put	M60	YAN Chun Yip	甄進業	PKMSAA	10.14	2017
Shot Put	M65	Yan Chun Yip	甄進業	PKMSAA	9.11	2018
Shot Put	M70	RICE Norman		HVAA	9.72	2015
Shot Put	M75	YANG VICTOR	楊岳明	DBSAC	7.83	2022
Shot Put	M80	HO Shui On	何瑞安	SCAA	8.05	2017
Shot Put	M85	Kwok Kam Hung	郭錦洪	SCAA	7.72	2018
High Jump	M55	KWONG WING BIU	鄺永彪	SCAA	1.52	2022
High Jump	M60	KUNG WAI LING	龔偉凌	DBSAC	1.42	2021
High Jump	M65	SUEN SHU KWAN, LEON	孫樹坤	SCAA	1.48	2021
High Jump	M70	CHUI HONG SHEUNG	崔康常	DBSAC	1.15	2021
High Jump	M85	HO SHUI ON	何瑞安	SCAA	1.05	2021
4X100M	M35	AVOHK (鄭新智, 歐立德, 陳浩榮, WONG ROBERT)		AVOHK	46.16"	2024
4X100M	M40	LSCAC (陳永光, 陳勁恒, 盧致恒, 麥顯能)		LSCAC	46.71"	2018
4X100M	M45	DBSAC (LUI Moses, 雷裕文, 張嘉恒, 譚仲英)		DBSAC	47.92"	2018

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 第十屆香港先進田徑錦標賽

Event	Cat.	Name	姓名	Unit	Perf.	Year
4X100M	M50	SCAA M50 4X100M (A) (黃東康, 關永樂, 黃利寶, 林威強)		SCAA	48.17"	2021
4X100M	M55	BAC (A) (黃東康, 林俊發, 江國強, 林威強)		BAC	50.36"	2024
4X100M	M60	SCAA M60 4X100M (A) (林建雄, 歐敬唐, 彭國治, 孫樹坤)		SCAA	54.35"	2021
4X100M	M65	DBSAC (A) (劉卓衡, 姚永雄, 蔡少洲, 徐仲鎔)		DBSAC	58.06"	2024
4X100M	M70	SCAA (廖卓良, 黃基林, 陳沛然, 何瑞安)		SCAA	1'05.58"	2024
4X100M	M75	DBSAC (尹兆祥, 楊岳明, 陳麒仁, 崔康常)		DBSAC	1'19.22"	2024
4X100M	M80	SCAA (周渭川, 林振全, 何瑞安, 郭錦洪)		SCAA	1'33.91"	2017
4X400M	M35	PAC (符彥豪, 鄧永健, 陳家偉, 梁達威)		PAC	3'51.33"	2017
4X400M	M40	PAC (鄧永健, 陳家偉, 梁達威, 黃建安)		PAC	3'45.80"	2018
4X400M	M45	南華 M45 4X400M (A) (袁國偉, 謝文龍, 黃毅峯, 陳立致)		SCAA	3'57.38"	2022
4X400M	M50	WYKPSA (賴維揚, 馬敬將, 黃啟東, 黃健安)		WYKPSA	4'00.15"	2024
4X400M	M55	BAC (黃東康, 林俊發, 蘇德擎, 江國強)		BAC	4'14.52"	2024
4X400M	M60	SCAA M60 4X400M (譚榮貴, 彭國治, 孫樹坤, 歐敬唐)		SCAA	4'45.63"	2021
4X400M	M65	南華 M65 4X400M (嚴天亮, 廖卓良, 黃卓然, 孫樹坤)		SCAA	5'02.09"	2022
4X400M	M70	PKMSAA (梁志明, 吳文默, 戴德祥, 張玉子)		PKMSAA	6'45.51"	2024
100M	W35	Yau Shui Man Sharon	邱瑞雯	DBSAC	13.13"	2018
100M	W40	Chung Man Yi Money	鍾敏儀	SCAA	13.95"	2016
100M	W45	Chung Man Yi Money	鍾敏儀	SCAA	14.03"	2018
100M	W50	Lung Wai Lan	龍惠蘭	CSRA	14.15"	2016
100M	W55	TSE Wah Sau	謝華秀	SCAA	14.02"	2014
100M	W60	TSE WAH SAU	謝華秀	SCAA	15.39"	2021
100m	W65	TSE WAH SAU	謝華秀	SCAA	17.140"	2024

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 第十屆香港先進田徑錦標賽

冠名贊助



Event	Cat.	Name	姓名	Unit	Perf.	Year
100M	W70	Lui Maria N K	呂梁乃港	LSCAC	19.03"	2018
100m	W75	LUI MARIA	梁乃港	LSCAC	18.630"	2024
100M	W80	WAN LAI SHING ALMA	溫麗城	SCAA	26.84"	2022
100M	W85	LAM YEUNG PUI FONG	藍楊佩芳	SCAA	31.59"	2021
100MH	W35	WONG Chor Kwan Joyce	王楚君	CAC	22.17"	2017
200M	W35	Yau Shui Man Sharon	邱瑞雯	DBSAC	27.37"	2018
200M	W40	Cheung Yuen Lam Euthy	張婉琳	SCAA	30.78"	2018
200M	W45	Chung Man Yi Money	鍾敏儀	SCAA	29.50"	2018
200m	W50	YAU TSUI FUN GLORY	丘翠芬	AVOHK	29.310"	2024
200M	W55	LUNG WAI LAN	龍惠蘭	SCAA	30.35"	2021
200M	W60	TSE WAH SAU	謝華秀	SCAA	32.35"	2021
200M	W65	SUNG CHE WAI BETTY	孫志惠	SCAA	37.46"	2022
200M	W70	LUI NAI KONG MARIA	梁乃港	LSCAC	39.96"	2022
200m	W75	LUI MARIA	梁乃港	LSCAC	38.51"	2024
200M	W95	Cheung Suet Ling	張雪玲	SCAA	1'47.68"	2018
300mH	W55	CHAN SHUI LIN DEBBY	陳水蓮	BAC	1'00.91"	2024
3000mRW	W35	NG Sau Man		SHTB	15'40.12"	2016
3000mRW	W40	NG SAU MAN	吳秀雯	SHTB	16'47.08"	2021
3000mRW	W45	WONG PUI SHAN		SHTB	17'45.56"	2022
3000mRW	W50	TAI Sau King Irene	戴秀瓊	SHTB	18'17.42"	2014
3000mRW	W55	KWAN Siu Yin	關小燕	SHTB	17'18.22"	2016
3000mRW	W60	CHENG Ip Ming	鄭葉明	SHTB	18'27.28"	2016
3000mRW	W65	KWAN SIU YIN	關小燕	SHTB	18'04.06"	2022
3000mRW	W70	CHOI KAM HAR	蔡錦霞	HKRWA	19'11.60"	2022
5000mRW	W35	CHAN SIN HANG ANGEL	陳倩衡	DBSAC	33'27.73	2024
5000mRW	W40	LO PO MAN	盧譜文	SCAA	28'13.339	2024
5000mRW	W45	WONG PUI SHAN	黃佩珊	SHTB	31'46.39	2023
5000mRW	W50	WONG ALISON	黃瀟琮	DBSAC	33'27.28	2024
5000mRW	W55	LAU SAU HAN	劉秀嫻	SHTB	31'2.88	2024
5000mRW	W60	LAM SUK LAN	林淑蘭	SHTB	31'14.71	2024
5000mRW	W65	KWAN SIU YIN	關小燕	SHTB	31'26.509	2023
5000mRW	W75	WAKEFIELD EDITHA		HKLRRC	56'4.609	2023
400M	W35	Yau Shui Man Sharon	邱瑞雯	DBSAC	1'05.61"	2018
400M	W40	Chung Man Yi Money	鍾敏儀	SCAA	1'07.20"	2016
400M	W45	YAU TSUI FUN	丘翠芬	AVOHK	1'09.90"	2022
400m	W50	YAU TSUI FUN GLORY	丘翠芬	AVOHK	1'09.040"	2024
400M	W55	LUNG WAI LAN	龍惠蘭	SCAA	1'10.01"	2021
400M	W60	NG SIU FONG	吳少芳	SCAA	1'22.12"	2021
400M	W65	CHOI Kam Har	蔡錦霞	HKRWA	1'34.21"	2016
400M	W70	MA SEK WAI YEE, STELLA	馬石慧儀	SCAA	1'40.81"	2021
400m	W75	KO SUSAN MARGARET		AVOHK	1'30.700"	2024
400mH	W35	CHOW WING KI ESTHER	周穎琪	SCAA	1'30.456"	2003

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 第十屆香港先進田徑錦標賽

Event	Cat.	Name	姓名	Unit	Perf.	Year
400mH	W40	LAW CHUI HA JOANNE	羅翠霞	SCAA	1'28.010"	2024
5000M	W35	RICHARDS Jane		IRC	18'43.86"	2017
5000M	W40	HERSHEY-BEATTY Juliet		TCAA	19'50.60"	2017
5000M	W45	IRWIN Kellie		HKLRRRC	21'29.16"	2017
5000m	W50	WONG YUET CHI	黃月枝	PoliceAC	20:35.25	2024
5000m	W55	LO LAN FA ANGEL	羅蘭花	AVOHK	22:32.82	2024
5000M	W60	LEE Suet Lin Shirley	李雪蓮	SHTB	22'42.66"	2016
5000M	W65	SHEILA PURVES	貝維斯	HKLRRRC	27'25.54"	2022
5000M	W70	Lau Fung Ling Rebecca	劉鳳鈴	HKRWA	28'18.00"	2018
800M	W35	Wong Suet Sum Michelle	黃雪心	GHSAC	2'49.92"	2018
800M	W40	CHAN Kit Yee		LWRC	2'47.22"	2016
800m	W45	BAINBRIDGE HANNAH		AVOHK	2'41.800"	2024
800m	W50	YIP LAI CHONG	葉麗莊	SCAA	2'50.450"	2024
800m	W55	LO LAN FA ANGEL	羅蘭花	AVOHK	2'52.510"	2024
800M	W60	Yeung Wing Han		LWRC	3'18.94"	2014
800M	W65	Yeung Wing Han		AVOHK	3'44.48"	2018
800M	W70	Lau Fung Ling Rebecca	劉鳳鈴	HKRWA	4'12.03"	2018
1500m	W35	LAI MEI YUI	賴美韻	SCAA	05:52.90	2024
1500m	W40	CHEUNG KA YEE	張嘉兒	WAC	05:27.26	2024
1500m	W45	BEJUNA FELY		HKLRRRC	6:41.21	2023
1500m	W50	WONG YUET CHI	黃月枝	PoliceAC	05:44.23	2024
1500m	W55	LO LAN FA ANGEL	羅蘭花	AVOHK	05:56.11	2024
1500m	W60	CHUI SIU MIU MARGARET	崔少妙	HKLRRRC	06:36.24	2024
80MH	W40	WONG CHOR KWAN JOYCE	王楚君	SCAA	15.36"	2022
80mH	W45	WONG CHOR KWAN JOYCE	王楚君	BAC	15.03	2024
80MH	W50	CHAN SHUI LIN DEBBY	陳水蓮	SCAA	14.56"	2021
80mH	W55	CHAN SHUI LIN DEBBY	陳水蓮	BAC	15.16	2024
Discus Throw	W35	HO Chun Man	何臻敏	DBSAC	24.41	2017
Discus Throw	W40	HO CHUN MAN	何臻敏	DBSAC	27.18	2024
Discus Throw	W45	LAM WAI LING ROY	林慧玲	TCAA	25.86	2024
Discus Throw	W50	CHAN LING KUEN	陳玲娟	SCAA	25.17	2021
Discus Throw	W55	CHAN LING KUEN	陳玲娟	SCAA	23.41	2024
Discus Throw	W60	AU YEUNG Sau Chun	歐陽秀珍	PKMSAA	15.88	2017
Discus Throw	W65	SUN XUEFANG	孫學舫	SZGM	20.04	2024
Discus Throw	W70	FUNG MARY LENA	馮瑪利	SCAA	17.60	2022
Discus Throw	W75	FUNG MARY LENA	馮瑪利	SCAA	16.98	2024
High Jump	W35	Lee Denise See June	李詩蓁	DBSAC	1.37	2016
High Jump	W40	Lee Denise See June	李詩蓁	DBSAC	1.37	2018
High Jump	W45	CHEUNG LAI YEE OLIVER	張麗兒	LSCAC	1.32	2024
High Jump	W50	CHANG Corina	張彩珍	GHSAC	1.25	2017

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 第十屆香港先進田徑錦標賽

Event	Cat.	Name	姓名	Unit	Perf.	Year
High Jump	W55	HUNG KA YEE, MARGARET	洪家儀	SCAA	1.25	2021
Javelin Throw	W35	CHEUNG EMILY SHUK TING		DBSAC	30.97	2021
Javelin Throw	W40	Hui Wing Kei Vicky	許穎琪	PAC	27.58	2016
Javelin Throw	W45	Hui Wing Kei Vicky	許穎琪	GHSAC	27.87	2018
Javelin Throw	W50	HUI VICKY	許穎琪	GHSAC	26.9	2024
Javelin Throw	W55	TO Moon Chi	杜滿芝	CAC	22.76	2017
Javelin Throw	W60	AU YEUNG Sau Chun	歐陽秀珍	PKMSAA	22.48	2018
Javelin Throw	W65	AU YEUNG SAU CHUN	歐陽秀珍	PKMSAA	18.22	2022
Javelin Throw	W70	FUNG MARY LENA	馮瑪利	SCAA	15.75	2022
Javelin Throw	W75	FUNG MARY LENA	馮瑪利	SCAA	16.37	2024
Javelin Throw	W80	WAN LAI SHING ALMA	溫麗城	BAC	8.07	2024
Long Jump	W35	TSE Mang Chi	謝孟芝	WAC	5.25	2017
Long Jump	W40	WONG CHOR KWAN JOYCE	王楚君	SCAA	4.24	2022
Long Jump	W45	Choi Hiu Nam	蔡曉嵐	LSCAC	4.05	2018
Long Jump	W50	Chang Corina	張彩珍	GHSAC	3.93	2018
Long Jump	W55	TSE Wah Sau	謝華秀	SCAA	3.95	2016
Long Jump	W60	TSE WAH SAU	謝華秀	SCAA	3.56	2021
Long Jump	W65	WONG Miu To	黃妙桃	PKMSAA	1.86	2017
Shot Put	W35	Ho Chun Man	何臻敏	DBSAC	8.26	2018
Shot Put	W40	HO CHUN MAN	何臻敏	DBSAC	8.19	2024
Shot Put	W45	HUNG WENDY	洪麗康	DBSAC	8.76	2024
Shot Put	W50	CHEUNG May Hung Monita	張美紅	SCAA	9.75	2017
Shot Put	W55	MAK Lai Fun		CSRA	8.86	2014
Shot Put	W60	WONG MEI YING	黃美櫻	SCAA	7.81	2021
Shot Put	W65	WONG Miu To	黃妙桃	CSRA	6.55	2016
Shot Put	W70	WONG MIU TO	黃妙桃	PKMSAA	6.06	2022
Shot Put	W75	FUNG MARY LENA	馮瑪利	SCAA	7.68	2024
Shot Put	W80	Wan Lai Shing	溫麗城	SCAA	3.44	2017
High Jump	W45	CHEUNG LAI YEE OLIVER	張麗兒	LSCAC	1.3	2022
High Jump	W55	HUNG KA YEE, MARGARET	洪家儀	SCAA	1.29	2021
High Jump	W60	NG SIU FONG	吳少芳	SCAA	1.23	2021
4X100M	W35	DBSAC (孔雅欣, 邱瑞雯, 黃紀恩, 葉嘉琳)		DBSAC	58.64"	2018
4X100M	W40	SCAA (楊欣欣 楊珍珍 張婉琳 張雯璐)		SCAA	56.85"	2018
4X100M	W45	BAC (湯靈心, 王楚君, 李雯茵, 楊珍珍)		BAC	58.900"	2024

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 第十屆香港先進田徑錦標賽

Event	Cat.	Name	姓名	Unit	Perf.	Year
4X100M	W50	SCAA W50 4X100M (A) (梁婉芬, 陳水蓮, 林秀玲, 袁嘉慧)		SCAA	1'00.56"	2021
4X100M	W55	SCAA W55 4X100M (A) (洪家儀, 龍惠蘭, 駱雪儀, 謝華秀)		SCAA	58.38"	2021
4X100M	W60	SCAA W60 4X100M (楊詠嫻, 溫燕儀, 黃玉瑩, 黃美櫻)		SCAA	1'13.55"	2021
4X100M	W65	SCAA (王順英, 黎賢美, 黃美櫻, 謝華秀)		SCAA	1'15.57"	2024
4X100M	W70	SCAA W70 4X100M (藍楊佩芳, 陳女銀, 溫麗城, 馬石慧儀)		SCAA	1'49.61"	2021
4X100M	W75	SCAA (藍楊佩芳, 陳女銀, 羅桂容, 張雪玲)		SCAA	1'40.52"	2018
4X400M	W35	南華 W35 4X400M (周穎琪, 林君維, 鍾玉玲, 周穎琪)		SCAA	4'57.38"	2022
4X400M	W40	SCAA (陳樂欣, 馬懷思, 邱翠芬, 張婉琳)		SCAA	5'06.03"	2018
4X400M	W45	SCAA (A) (鍾敏儀, 林秀玲, 胡信芳, 袁嘉慧)		SCAA	5'21.44"	2017
4X400M	W50	南華 W50 4X400M (A) (袁嘉慧, 林秀玲, 鍾敏儀, 陳水蓮)		SCAA	5'11.38"	2022
4X400M	W55	SCAA W55 4X400M (A) (梁婉芬, 梁婉文, 阮潔儀, 龍惠蘭)		SCAA	5'24.12"	2021
4X400M	W60	HKLRRRC (林彩玲, Tay Y. E., Purves S., Bib# 6018)		HKLRRRC	6'20.09"	2018
4X400M	W65	南華 W65 4X400M (傅莊顏艷, 楊詠嫻, 孫志惠, 馬石慧儀)		SCAA	7'52.03"	2022

18. 紀錄(邀請隊伍)

Event	Cat.	Name	姓名	Unit	Perf.	Year
100M	M75	HAJI LAHAB Capt (Rtd) Hj Osman		Brunei	16.04"	2017
100M	M85	Lajawa Alfred		Malaysia	17.80"	2018
100MH	M50	MOHD ALI Shamry		Malaysia	15.53"	2017
200M	M75	HAJI LAHAB Capt (Rtd) Hj Osman		Brunei	35.63"	2017
3000MW	M80	SELVARAJAH Navaratnasingam		Singapore	24'15.72"	2017
400M	M70	Kwek Moh Seng		Singapore	1'18.27"	2018
80MH	M70	HAJI MATASAN Haji Abdul		Brunei	19.95"	2017
Discus Throw	M45	Pengiran Azizul Akbar		Brunei	30.57	2017
Discus Throw	M55	Ampuan Md Khifli		Brunei	29.70	2017
Discus Throw	M65	LIN Chen-Jung	林振榮	Taiwan	27.56	2017
Discus Throw	M70	Cheng Yung Chien	鄭詠謙	Taiwan	25.99	2018
Discus Throw	M75	LI Shun-Tzu	李順次	Taiwan	19.99	2017
Javelin Throw	M70	Cheng Yung Chien	鄭詠謙	Taiwan	31.09	2018
Javelin Throw	M75	LI Shun-Tzu	李順次	Taiwan	28.09	2017
Long Jump	M75	HAJI LAHAB Capt (Rtd) Hj Osman		Brunei	3.51	2017
Shot Put	M65	LU Tung-Wan	呂東萬	Taiwan	9.51	2017
200M	W40	HAJI KASSIM Juliana		Brunei	30.76"	2017
3000MW	W80	Umbul Adeline		Malaysia	27'56.00"	2018
Discus Throw	W60	Tay Yu Eng		Malaysia	17.69	2018
Javelin Throw	W60	Tay Yu Eng		Malaysia	23.81	2018
Long Jump	W40	HAJI ALIAKB Alinawati		Brunei	4.48	2017
Shot Put	W35	HAJI TIMBANG Roziani		Brunei	8.92	2017
4X100M	W35	Singapore (Binti S.N., Quek J., Bib 3065, Oh W.A)		Singapore	58.25"	2017

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Table of Content

1. Venue.....	1
2. Date	1
3. Time	1
4. Categories	2
5. Events	3
6. Schedule.....	5
7. Enrollment.....	6
8. Payment	7
9. Terms of Enrollment	8
10. Rules and Regulations	9
11. Rules and Regulations: Relays.....	10
12. Competition Implements	11
13. Awards	14
14. Athlete Bibs	16
15. Declaration.....	16
16. Notice and Enquiry	17

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Event Information

1. Venue

Wan Chai Sports Ground

20 Tonnochy Road, Wan Chai

2. Date

22~23/Nov/2025

3. Time

22/Nov/2025 07:30 a.m. to 18:00 p.m.

23/Nov/2025 07:30 a.m. to 20:00 p.m.

4. Categories

Category	Date of Birth
30~34	23/11/1990 ~ 22/11/1995
35~39	23/11/1985 ~ 22/11/1990
40~44	23/11/1980 ~ 22/11/1985
45~49	23/11/1975 ~ 22/11/1980
50~54	23/11/1970 ~ 22/11/1975
55~59	23/11/1965 ~ 22/11/1970
60~64	23/11/1960 ~ 22/11/1965
65~69	23/11/1955 ~ 22/11/1960
70~74	23/11/1950 ~ 22/11/1955
75~79	23/11/1945 ~ 22/11/1950
80~84	23/11/1940 ~ 22/11/1945
85~89	23/11/1935 ~ 22/11/1940
90~94	23/11/1930 ~ 22/11/1935
95~99	23/11/1925 ~ 22/11/1930

* Athletes must compete in their own age groups for individual events.

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

第十屆香港先進田徑錦標賽

5. Events

Men	30~34	35~39	40~44	45~49	50~54	55~59	60~64	65~69	70~74	75~79	80~84	85~89	90~94	95~99
100m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
110m Hurdles	✓	✓	✓	✓										
100m Hurdles					✓	✓	✓	✓						
80m Hurdles									✓	✓				
200m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400m Hurdles	✓	✓	✓	✓	✓	✓								
300m Hurdles							✓	✓						
800m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1500m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
5000m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
3000m steeplechase	✓	✓	✓	✓	✓	✓								
2000m steeplechase							✓	✓	✓	✓	✓	✓	✓	✓
5000m Race Walk	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Long Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
High Jump		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Shot Put	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Discus Throw	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Javelin Throw	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4x100m Relay	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4x400m Relay	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

第十屆香港先進田徑錦標賽

Women	30~34	35~39	40~44	45~49	50~54	55~59	60~64	65~69	70~74	75~79	80~84	85~89	90~94	95~99
100m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
100m Hurdles	✓	✓												
80m Hurdles			✓	✓	✓	✓								
200m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400m Hurdles	✓	✓	✓	✓										
300m Hurdles					✓	✓								
800m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1500m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
5000m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
2000m Steeplechase	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
5000m Race Walk	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Long Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
High Jump		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Shot Put	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Discus Throw	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Javelin Throw	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4x100m Relay	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4x400m Relay	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

6. Schedule

2025 Day 1 22/11 (Tentative)

Rollcall	Start	Men		Women	
		Track	Field	Track	Field
07:30 – 18:00		100 m	Long Jump	100 m	Long Jump
		400 m	High Jump	1500m	High Jump
		1500m	Shot Put	400 m	Shot Put
		5000mRW	Discus Throw	5000mRW	Discus Throw
		80mH	Triple Jump	80mH	Triple Jump
		100mH		100mH	
		110mH		4x100m Relay	
		4x100m Relay			

2025 Day 2 23/11 (Tentative)

Rollcall	Start	Men		Women	
		Track	Field	Track	Field
07:30 – 20:00		200 m	Long Jump	200 m	Long Jump
		800 m	High Jump	800 m	High Jump
		5000 m	Shot Put	5000 m	Shot Put
		300 mH	Discus Throw	300 mH	Discus Throw
		400 mH	Javelin Throw	400 mH	Javelin Throw
		2000 mSC	Triple Jump	2000 mSC	Triple Jump
		3000 mSC		4x400m Relay	
		4x400m Relay			

- The schedule may be amended according to the number of participants in each event and the actual circumstances on the day of the competition. Participants may check the official website 2 days before the competition.

7. Enrollment

- Only organization enrollment will be accepted by completing and submitting the enrollment excel form.
- The full name (as in the Identity Document) of the participants shall be entered on the enrollment excel form.
- Entry period : 15/Aug/2025 ~ 15/Sep/2025
- Quota : 1,000 participants
- Entry Fees : Registration fee: HK\$150 per participant

Individual event fee: HK\$120 per individual event

Relay fee: HK\$400 per team.

Each member of a relay team must be a registered athlete of the competition.

8. Payment

8.1. Cheques

Cheques should be made payable to “Hong Kong Masters Athletics Club Limited” (please mark the name of the competition, name of organization and contact number at the back of the cheque) and sent to the following address:

Room 318, Town Health Technology Centre, 10-12 Yuen Shun Circuit,
Shatin N.T.

8.2. Bank Transfer:

Hang Seng Bank : 395-706492-001

Account name: “Hong Kong Masters Athletics Club Limited”

Please mark the name of the competition, name of organization and contact number on the bank transfer confirmation, and send it to Pacers Athletics Club via WhatsApp (+852 9147-1771).

9. Terms of Enrollment

- 9.1. Confirmed registration list will be uploaded to the official website about two weeks after the entry deadline.
- 9.2. The organizer will send by email an invoice for payment of entry fees to each participating organization within two weeks after the entry deadline. Payment must be settled within one week of the date of the email by one of the methods stated in paragraph 8.
- 9.3. The competition schedule and start lists will be uploaded to the official website. All successful entries will be determined by the start lists posted on the official website two days before the competition date.
- 9.4. All fees are non-refundable.
- 9.5. If the competition is cancelled due to circumstances beyond the control of the organizer, all fees are not refundable.
- 9.6. Organization enrollment refers to enrollment by registered HKAAA members clubs or registered alumni associations under Societies Ordinance, or invited overseas teams. Participation by overseas team is by invitation only.

10. Rules and Regulations

- 10.1. Participants are only allowed to enter into the track and field area no earlier than the start time for warming-up purpose, and must return to the spectators' stand after completion of his/her event.
- 10.2. Timing System: Fully Automatic Timing and Photo Finish System will be used, hand timing will serve for backup purpose.
- 10.3. All events will be conducted according to the competition rules of World Masters Athletics ("WMA") and this document, as supplemented (where appropriate) by HKAAA's general rules.
- 10.4. The Race Director has the right to execute special measures during the competition for health and safety reasons (e.g. request the participants wearing masks during the competition).
- 10.5. All events will be held according to the event timetable. Athletes should report to the marshal 20 minutes before the starting time. Event timetable is subject to change depending on the number of participants and actual situation on the day of the event. Please refer to announcements.
- 10.6. Marshaling point for all the track events is located at Marshall. Marshaling points for Long Jump, High Jump, Triple Jump, Shot Put, Discus and Javelin are located at the respective competition areas.
- 10.7. There will be no heats for all track events. The best result of each event will be used for ranking.
- 10.8. In the track events, one false start per heat shall be allowed without the disqualification of the athlete(s) responsible for the false start. Any athlete(s) responsible for further false starts in the race shall be disqualified by the Starter.
- 10.9. Each athlete will have 3 attempts for Long Jump, Triple Jump, Shot Put, Discus and Javelin. The best performance (out of the 3 attempts) will be used for ranking purpose. The second best result will be used in case of a draw. Athletes have the option to perform 3 attempts consecutively, which must be confirmed with the appropriate Chief Judge before the start of the event and cannot be changed afterwards.

- 10.10. The starting height for High Jump and each increment will be determined by both the judges and athletes of that event during the competition.
- 10.11. For Triple Jump, only 3m/5m/7m/9m/11m take-off boards will be used. Participants must select the take-off board in the enrollment form. Once selected, it cannot be changed.
- 10.12. In cases where an athlete has entered a track event and a field event taking place simultaneously, the athlete should report to the field event referee first before leaving for the track event.
- 10.13. Athletes may only participate in one age group category according to their date of birth (except for relays as provided in the Rules and Regulations). The organizer reserves the right to disqualify any participant who is found providing false information or impersonating another person in an event. The organizer will check ID if necessary.
- 10.14. Athletes must wear their number bib visibly on the front of their torso during the competition, failing which their results will not be recorded.
- 10.15. There is appeal system. Letter of appeal should be submitted together with HK\$500 administration fee within 30 minutes after the competition results are announced. The administration fee will be refunded if the appeal is successful. The organizer reserves the right of final decision in case of any dispute.

11. Rules and Regulations: Relays

- 11.1. Relay teams may be formed by participants of different age groups. The age group of a relay team is the age group of the youngest member of that team.
- 11.2. Each participant is only allowed to take part in one age group in each relay event.
- 11.3. Each association/club is allowed to enter a maximum of 2 teams to take part in each Relay event.
- 11.4. All relay team members must be registered athletes of the competition.
- 11.5. All associations/clubs should submit the relay team name list(s) to Call room once roll call starts. Late submission will not be allowed.

- 11.6. All four members of a relay team must attend the call room together for the roll call procedures.
- 11.7. Entries for relay submitted after the enrollment deadline will not be accepted.
- 11.8. All relay team members must wear tops of the same style.

12. Competition Implements

12.1. Shot Put

	Company/ Brand	Description	Colour	Quantity
1	Cantabrian	Competition Iron Shot Put 7.26 kg, diameter 120mm	Unpainted	2
2	Polanik	Shot 7.26 kg Steel, diameter 115mm	Unpainted (Silver)	3
3	Polanik	Shot 6.0 kg Steel, diameter 110mm	Unpainted (Silver)	3
4	Polanik	Shot 5.0 kg Steel, diameter 110mm	Unpainted (Silver)	3
5	Polanik	Shot 5.0 kg Steel, diameter 105mm	Unpainted (Silver)	3
6	Polanik	Shot 4.0 kg Steel, diameter 105mm	Unpainted (Silver)	2
7	Polanik	Shot 4.0 kg Steel, diameter 100mm	Unpainted (Silver)	2
8	Polanik	Shot 4.0 kg Steel, diameter 95mm	Unpainted (Silver)	2
9	Polanik	Shot 3.0 kg Steel, diameter 105mm	Unpainted (Silver)	1
10	Polanik	Shot 3.0 kg Steel, diameter 85mm	Unpainted (Silver)	3
11	Polanik	Shot 2.0 kg Steel, diameter 85mm	Yellow	4

12.2. Discus

	Company/ Brand	Description	Colour	Quantity
1	Polanik	CPD11-2 (COMPETITION DISCUS)	Blue	3
2	Polanik	CPD11-1,75 (COMPETITION DISCUS)	Blue	3
3	Polanik	CPD11-1,5 (COMPETITION DISCUS)	Blue	3
4	Sportland	Sportland 1.5kg Discus	Yellow	3
5	Polanik	CPD11-1 (COMPETITION DISCUS)	Blue	3
6	Polanik	CPD11-0,75(DE) (COMPETITION DISCUS)	Blue	4

12.3. Javelin

	Company/ Brand	Description	Colour	Quantity
1	Polanik	AF10-800 (AIR FLYER 800G)	Transparent Blue	2
2	Crown	Crown 800G-60 Competition Javelin	Black	2
3	Polanik	AF10-700 (AIR FLYER 700G)	White/Red	3
4	Powerbridge	Powerbridge PB-BQS13 600g Javelin	Purple	4
5	Powerbridge	Powerbridge PB-BQS14 500g Javelin	Purple	4
6	Polanik	AF11-400 (AIR FLYER 400G)	Lila-Pink	4

12.4. Submission of Implements

Personal implements must be submitted for checking one day earlier before the events happening.

All submitted implements must be “World Athletics certified” implements except the followings.

- 2.0kg Shot Put
- 750g Discus
- 400g Javelin
- These 3 implements must comply with the specifications stated in Appendix A of WMA Competition Rules - 2023.

Date of Submission	Submission Time	Venue	Note
21/Nov/2025	09:00 ~ 12:00 noon 14:00 ~ 17:00 p.m.	Rm. 318, Town Health Tech. Ctr. 10-12 Yuen Shun Circuit Shatin, N.T., Hong Kong.	For events scheduled on 22/Nov or after
22/Nov/2025	09:00 ~ 12:00 noon 14:00 ~ 18:00 p.m.	Wanchai Sportsground	For events scheduled on 23/Nov

13.Awards

- 13.1. Medals will be presented to the Top 3 winners of each category of both individual and relay events upon results confirmation.
- 13.2. Trophies will be presented to the Individual Overall Champion of each category.
- 13.3. Trophies will be presented to the Men's and Women's Top 3 local associations/clubs obtaining highest score.
- 13.4. Overall Champion of local men's associations/clubs will be awarded the Lowcock Challenge Shield; Overall champion of local women's associations/clubs will be awarded the Ng Shuit Kwai Challenge Shield.
- 13.5. Overall champion of overseas men's and women's teams will be awarded the HKMAC Invitation Challenge Trophy.
- 13.6. Local Associations/Clubs overall score will be the sum of all individual scores by athletes in category M35/W35 and above for their associations/clubs. (Scores by M30/W30 athletes are not counted). Points for relay events will be doubled. Please refer to the following table for Overall Scoring System:

Overall Scoring System

Participants entered in the event	Position							
	1st	2nd	3rd	4th	5th	6th	7th	8th
8 or above	9	7	6	5	4	3	2	1
7	8	6	5	4	3	2	1	
6	7	5	4	3	2	1		
5	6	4	3	2	1			
4	5	3	2	1				
3	4	2	1					
2	3	1						
1	2							

- When tying for a position, each competitor tying for that position will be credited with the average of the points awarded to that position and the immediately following position(s).
- In case of a tie in team scores, the rank of the associations / clubs involved will be determined by the higher / highest number of 1st place finishes. In case of further ties, the rank will be determined by the higher / highest number of 2nd place finishes, and so on. Relay and individual event scores carry the same weight.

- 13.7. Overall score of foreign teams will be the sum of all individual scores by athletes in category M35/W35 and above for their teams. (Scores by M30/W30 athletes are not counted). Points for relay events will be doubled. Please refer to the following table for Overall Scoring System:

Overall Scoring System

Participants entered in the event	Position							
	1st	2nd	3rd	4th	5th	6th	7th	8th
8 or above	9	7	6	5	4	3	2	1
7	8	6	5	4	3	2	1	
6	7	5	4	3	2	1		
5	6	4	3	2	1			
4	5	3	2	1				
3	4	2	1					
2	3	1						
1	2							

- When tying for a position, each competitor tying for that position will be credited with the average of the points awarded to that position and the immediately following position(s).
 - In case of a tie in team scores, the rank of the associations / clubs involved will be determined by the higher / highest number of 1st place finishes. In case of further ties, the rank will be determined by the higher / highest number of 2nd place finishes, and so on. Relay and individual event scores carry the same weight.
- 13.8. The overall scores of local associations/clubs and foreign teams will be calculated separately.
- 13.9. All awards should be collected from the awards collection area after results announcement and confirmation. Participants who are unable to collect their awards before the end of the competition day should make a request for collection by email before 31 December 2025. Requests received after the deadline will not be entertained.

14. Athlete Bibs

- 14.1. Every athlete shall be provided with one bib which must be worn in accordance with the Rules and Regulations.
- 14.2. An administration fee HK\$100 will be charged for replacement of number bib.

15. Declaration

- 15.1. By registering for the competition, a participant declares that he/she is, and undertakes that he/she will be at all material times, in good health and appropriate physical condition for participating in the competition, including any related training or event, and fully accept and assume all risks and responsibility in doing so; and waives any and all claims that he / she have or may in the future have against the organizer, co-organizers and related parties, including their respective members, and release them from any and all liability for any loss, damage or injury that he / she may suffer arising from or as a result of his / her participation in the on, and any related training or event due to any cause whatsoever.
- 15.2. Personal data collected from participants in connection with the competition will be used by the organizer and its authorised persons (collectively, "Data Users") for the purposes of the competition and related events, and for any directly related purposes. Such data may be transferred or disclosed to persons who may facilitate the Data Users in carrying out the purposes stated above, including providers of sports ground, facilities and equipment, officials, volunteers, agents and service providers. A participant agrees to the above uses and treatment of his / her personal data by registering for the competition. Participants have a right of access to and correction of personal data or obtaining a copy of the data provided, and may do so by contacting the data protection officer of the organizer by email.
- 15.3. Participants must take care of their personal belongings at all times. The organizer and related parties will not be responsible for any loss of belongings during the competition and related events.

16. Notice and Enquiry

- 16.1. Updated News and Results of the Captioned Event will be posted on the following websites:

www.hkmac.org (Hong Kong Masters Athletics Championships)

www.pacers.org.hk (Pacers Athletics Club)

Contact email: hkmactf@gmail.com

- 16.2. The competition or any part thereof may be cancelled and no refund will be made if typhoon signal no.8 or above is hoisted, or if a rainstorm signal red or black is in force in 8 hours before the event start. Participants should refer to news updates and online announcement.
- 16.3. First-aid stations will be set up.

Advertisement Corner

"Please contact supplier directly if you wish to purchase the items in the advertisement corner.
Any transactions for these items are between the purchaser and supplier only."



To commemorate the 10th anniversary of the Hong Kong Masters Athletics Championships 2025, Gym Aesthetics specially designed and produced limited edition merchandises for the event.

Performance Jacket (Unisex)

Price : HK\$688
Size : S to XXL



Please place your order via
<https://asia.gymaesthetics.com/pages/the-10th-hong-kong-master-athletics-championships>



To commemorate the 10th anniversary of the Hong Kong Masters Athletics Championships 2025, Gym Aesthetics specially designed and produced limited edition merchandises for the event.

Performance Cap (Unisex)

Price : HK\$68



Please place your order via
<https://asia.gymaesthetics.com/pages/the-10th-hong-kong-master-athletics-championships>