

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W30 - 100m (F)

2025-11-22 -> 10:10 (09:50-10:00)

Lan Name	姓名	Cat	Bib #	Team
1 CHAN HIU TUNG	陳曉彤	W30	301197	WAC
2 CHENG LONG YAN	鄭朗欣	W30	300858	BAC
3 LO WING YEE KATE	盧詠儀	W30	301200	WAC
4 HO PHILIPPA JEMMA	何詠賢	W30	300859	BAC
5 WONG KA LEE	黃嘉利	W30	301121	PoliceAC
6 CHOW NING	鄒靈	W30	301136	RMAC
7 LI TSZ FAI	李芷暉	W30	301199	WAC
8 TSE MAN YAN	謝文欣	W30	300860	BAC

Women's W30 - 200m (F)

2025-11-23 -> 10:25 (10:05-10:15)

Lan Name	姓名	Cat	Bib #	Team
3 TSE MAN YAN	謝文欣	W30	300860	BAC
4 CHOW NING	鄒靈	W30	301136	RMAC
5 CHENG LONG YAN	鄭朗欣	W30	300858	BAC
6 LO WING YEE KATE	盧詠儀	W30	301200	WAC
7 HO PHILIPPA JEMMA	何詠賢	W30	300859	BAC
8 WONG KA LEE	黃嘉利	W30	301121	PoliceAC

Women's W30 - 400m (F)

2025-11-22 -> 15:40 (15:20-15:30)

Lan Name	姓名	Cat	Bib #	Team
3 CHUA YAN CHING	蔡仁靖	W30	301195	TCAA
4 CHOW NING	鄒靈	W30	301136	RMAC
5 TSE MAN YAN	謝文欣	W30	300860	BAC
6 CHENG LONG YAN	鄭朗欣	W30	300858	BAC
7 WONG KA LEE	黃嘉利	W30	301121	PoliceAC

Women's W30-W35 - 800m (F)

2025-11-23 -> 15:40 (15:20-15:30)

Lan Name	姓名	Cat	Bib #	Team
2 CHUNG MAN TUNG	鍾敏彤	W30	301118	PoliceAC
3 LAI YIN YU	黎彥如	W30	301119	PoliceAC
4 KWOK WUN CHI	郭煥芝	W30	300943	CSDSA
4 WU LIN FANG	吳琳方	W30	300944	CSDSA
7 CHUA YAN CHING	蔡仁靖	W30	301195	TCAA
8 TSANG WAI MING	曾惠明	W30	301120	PoliceAC

Women's W30-W45 - 1500m (F)

2025-11-22 -> 08:40 (08:20-08:30)

Ord Name	姓名	Cat	Bib #	Team
1 TSANG WAI MING	曾惠明	W30	301120	PoliceAC
2 FUNG KA LEE	馮嘉莉	W30	301198	WAC
3 WONG KA LEE	黃嘉利	W30	301121	PoliceAC

Women's 5000m (F)

2025-11-23 -> 11:35 (11:15-11:25)

Ord Name	姓名	Cat	Bib #	Team
1 WU LIN FANG	吳琳方	W30	300944	CSDSA

2 LAU WAI MAN	劉惠敏	W30	300959	DBSAC
3 FUNG KA LEE	馮嘉莉	W30	301198	WAC

Women's W30-W35 - 100m H (F)

2025-11-22 -> 14:20 (14:00-14:10)

Lan Name	姓名	Cat	Bib #	Team
4 LI TSZ FAI	李芷暉	W30	301199	WAC
5 LO WING YEE KATE	盧詠儀	W30	301200	WAC

Women's W30-W45 - 400m H (F)

2025-11-23 -> 14:45 (14:25-14:35)

Lan Name	姓名	Cat	Bib #	Team
4 LI TSZ FAI	李芷暉	W30	301199	WAC

Women's W30-W65 - 2000m SC (F)

2025-11-23 -> 08:40 (08:20-08:30)

Ord Name	姓名	Cat	Bib #	Team
1 FUNG KA LEE	馮嘉莉	W30	301198	WAC
2 CHUNG MAN TUNG	鍾敏彤	W30	301118	PoliceAC
3 YIU CARLY	姚卡莉	W30	300861	BAC

Women's W30 - 4X100m (F)

2025-11-22 -> 17:15 (16:55-17:05)

Lan Name	姓名	Cat	Bib #	Team
4 九龍華仁書		W30		WYK
5 赤道體育會		W30		BAC
6 警察田徑會		W30		PoliceAC

Women's W30-W35 - 4X400m (F)

2025-11-23 -> 17:10 (16:50-17:00)

Ord Name	姓名	Cat	Bib #	Team
4 警察田徑會		W30		PoliceAC
5 懲教署體育會		W30		CSDSA
6 赤道體育會		W30		BAC

Hong Kong Masters Athletics Club

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Women's W30 - Long Jump (F)

2025-11-23 -> 17:20 (17:00-17:10)

Ord Name	姓名	Cat	Bib #	Team
1 CHENG LONG YAN	鄭朗欣	W30	300858	BAC
2 YIU CARLY	姚卡莉	W30	300861	BAC
3 WONG HIU YAN	汪曉茵	W30	300960	DBSAC

Women's W30 - Triple Jump (F)

2025-11-22 -> 08:40 (08:20-08:30)

Ord Name	姓名	Cat	Bib #	Team
1 WONG HIU YAN	汪曉茵	W30	300960	DBSAC

Women's W30 - Shot Put (F)

2025-11-22 -> 16:40 (16:20-16:30)

Ord Name	姓名	Cat	Bib #	Team
1 HO YIN CHIU	賀賢昭	W30	301011	GHSAC
2 YIU CARLY	姚卡莉	W30	300861	BAC
3 CHENG LONG YAN	鄭朗欣	W30	300858	BAC

Women's W30 - Discus Throw (F)

2025-11-22 -> 09:25 (09:05-09:15)

Ord Name	姓名	Cat	Bib #	Team
1 YIU CARLY	姚卡莉	W30	300861	BAC
2 CHAN NGAI YING	陳昇榮	W30	301010	GHSAC
3 LAU WING YIU	柳穎堯	W30	301012	GHSAC
4 HO YIN CHIU	賀賢昭	W30	301011	GHSAC

Women's W30 - Javelin Throw (F)

2025-11-23 -> 13:25 (13:05-13:15)

Ord Name	姓名	Cat	Bib #	Team
1 LAU WING YIU	柳穎堯	W30	301012	GHSAC
2 HO YIN CHIU	賀賢昭	W30	301011	GHSAC
3 CHENG LONG YAN	鄭朗欣	W30	300858	BAC
4 YIU CARLY	姚卡莉	W30	300861	BAC
5 CHAN NGAI YING	陳昇榮	W30	301010	GHSAC