

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W55 - 100m (F1)

2025-11-22 -> 10:00 (09:40~09:50)

Lane	Name	姓名	Cat.	Bib #	Team
2	LAI SHUI NIN INGRID	黎瑞年	W55	550996	DBSAC
3	WAN DIN	温电	W55	551139	RMAC
4	CHUNG SIU FONG MIRANDA	鍾少芳	W55	550891	BAC
5	LO LAN FA ANGEL	羅蘭花	W55	550855	AVOHK
6	LAM SAU LING	林秀玲	W55	551158	SCAA
7	SO OI MING PEGGY	蘇愛明	W55	550895	BAC

Women's W55 - 100m (F2)

2025-11-22 -> 10:00 (09:40~09:50)

Lane	Name	姓名	Cat.	Bib #	Team
2	CHAN SHUI LIN DEBBY	陳水蓮	W55	550889	BAC
3	SUN KWAI CHUN	孫桂珍	W55	550896	BAC
4	CHAN MEI FONG	陳美芳	W55	550888	BAC
5	FONG SUM YU APRIL	方心如	W55	551207	WAC
6	CHIM STELLA	詹愷怡	W55	551157	SCAA
7	YUEN KAR WAI	袁嘉慧	W55	551003	DBSAC

Women's W55 - 200m (F1)

2025-11-23 -> 10:05 (09:45~09:55)

Lane	Name	姓名	Cat.	Bib #	Team
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1	SUN KWAI CHUN	孫桂珍	W55	550896	BAC
2	CHUNG LAI HUNG	鍾麗紅	W55	550890	BAC
3	CHAN MEI FONG	陳美芳	W55	550888	BAC
4	CHIM STELLA	詹愷怡	W55	551157	SCAA
5	WONG SIU KING ALISON	黃瀟琮	W55	551000	DBSAC
6	LEUNG GRACE	梁惠瑜	W55	550997	DBSAC
7	WONG WAI SHEUNG EMMY	黃慧嫦	W55	551001	DBSAC
8	LEUNG MEI PO MABEL	梁美寶	W55	551046	GHSAC

Women's W55 - 200m (F2)

2025-11-23 -> 10:05 (09:45~09:55)

Lane	Name	姓名	Cat.	Bib #	Team
2	WONG SAU CHING CANDY	黃秀清	W55	551047	GHSAC
3	YUEN KAR WAI	袁嘉慧	W55	551003	DBSAC
4	FONG SUM YU APRIL	方心如	W55	551207	WAC
5	CHAU SUK KWUN JULIE	周淑筠	W55	550993	DBSAC
6	LAI SHUI NIN INGRID	黎瑞年	W55	550996	DBSAC
7	LAM SAU LING	林秀玲	W55	551158	SCAA
8	LO LAN FA ANGEL	羅蘭花	W55	550855	AVOHK

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 W55 - 400m (F)

2025-11-22 -> 15:10 (14:50~15:00)

Lane	Name	姓名	Cat.	Bib #	Team
2	YUEN KAR WAI	袁嘉慧	W55	551003	DBSAC
3	LO LAN FA ANGEL	羅蘭花	W55	550855	AVOHK
4	CHAN MEI FONG	陳美芳	W55	550888	BAC
5	WONG SAU CHING CANDY	黃秀清	W55	551047	GHSAC
6	LAU YUK KIU	劉玉喬	W55	551100	PKMSAA
7	LAI SHUI NIN INGRID	黎瑞年	W55	550996	DBSAC
8	WU YINWAH	鄔燕華	W55	551101	PKMSAA

Women's W55~W75 - 800m (F)

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

Lane	Name	姓名	Cat.	Bib #	Team
2	LEUNG PIK KWAN MICHELLE	梁碧君	W55	550998	DBSAC
2	WONG SIU KING ALISON	黃瀟琮	W55	551000	DBSAC
3	LAI SUK MAN	黎淑雯	W55	551043	GHSAC
4	CHIU SIU WAI	焦小慧	W55	551097	PKMSAA
4	WU YINWAH	鄔燕華	W55	551101	PKMSAA
5	LEE SIK CHING	李適貞	W55	551159	SCAA
5	TSANG SIU YEE SANDY	曾小儀	W55	550897	BAC
6	LO LAN FA ANGEL	羅蘭花	W55	550855	AVOHK

7 WONG WAI SHEUNG EMMY 黃慧嫦 W55 551001 DBSAC

8 LAI SHUI NIN INGRID 黎瑞年 W55 550996 DBSAC

Women's W50~W75 - 1500m (F)

2025-11-22 -> 08:30 (08:10~08:20)

Order	Name	姓名	Cat.	Bib #	Team
6	CHIU SIU WAI	焦小慧	W55	551097	PKMSAA
7	WONG SUET MI	黃雪微	W55	551175	SDH
8	LEE SIK CHING	李適貞	W55	551159	SCAA
9	LO LAN FA ANGEL	羅蘭花	W55	550855	AVOHK
10	LAI SHUI NIN INGRID	黎瑞年	W55	550996	DBSAC
11	LAI SUK MAN	黎淑雯	W55	551043	GHSAC
12	LAM YIM CHING	林艷貞	W55	550958	DART

Women's 5000m (F)

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

Order	Name	姓名	Cat.	Bib #	Team
28	LAI SUK MAN	黎淑雯	W55	551043	GHSAC
29	LAM YIM CHING	林艷貞	W55	550958	DART
30	CHEUNG MAN ALICE	張敏	W55	550994	DBSAC
31	LO LAN FA ANGEL	羅蘭花	W55	550855	AVOHK

主辦機構:



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Women's 5000mRW (F)

2025-11-22 -> 11:30 (11:10~11:20)

Order Name	姓名	Cat.	Bib #	Team
15 WONG WAI SHEUNG EMMY	黃慧嫦	W55	551001	DBSAC
16 LEUNG GRACE	梁惠瑜	W55	550997	DBSAC
17 WONG SIU KING ALISON	黃瀟琮	W55	551000	DBSAC
18 CHEUNG MEI YI	張美儀	W55	551179	SHTB
19 LEUNG PIK KWAN MICHELLE	梁碧君	W55	550998	DBSAC
20 CHAU SUK KWUN JULIE	周淑筠	W55	550993	DBSAC
21 LAU SAU HAN	劉秀嫻	W55	551180	SHTB

Women's W55 - 80mH (F1)

2025-11-22 -> 14:50 (14:30~14:40)

Lane Name	姓名	Cat.	Bib #	Team
3 LO LAN FA ANGEL	羅蘭花	W55	550855	AVOHK
4 WONG SIU KING ALISON	黃瀟琮	W55	551000	DBSAC
5 MA SHUK HAN	馬淑嫻	W55	551160	SCAA
6 WONG SAU CHING CANDY	黃秀清	W55	551047	GHSAC
7 WONG WAI SHEUNG EMMY	黃慧嫦	W55	551001	DBSAC

Women's W55 - 80mH (F2)

2025-11-22 -> 14:50 (14:30~14:40)

Lane Name	姓名	Cat.	Bib #	Team
3 CHAN SHUI LIN DEBBY	陳水蓮	W55	550889	BAC
4 LAM SAU LING	林秀玲	W55	551158	SCAA
5 FONG SUM YU APRIL	方心如	W55	551207	WAC
6 YIU WENDY CHING KWAN	姚靜君	W55	551002	DBSAC

Women's W50~W55 - 300mH (F)

2025-11-23 -> 14:20 (14:00~14:10)

Lane Name	姓名	Cat.	Bib #	Team
3 LAM SAU LING	林秀玲	W55	551158	SCAA
4 CHAN SHUI LIN DEBBY	陳水蓮	W55	550889	BAC
7 FONG SUM YU APRIL	方心如	W55	551207	WAC
8 WONG SAU CHING CANDY	黃秀清	W55	551047	GHSAC

Women's W30~W65 - 2000mSC (F)

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

Order Name	姓名	Cat.	Bib #	Team
8 TSANG WOON MING	曾煥明	W55	551161	SCAA
9 TSANG SIU YEE SANDY	曾小儀	W55	550897	BAC
10 MA SHUK HAN	馬淑嫻	W55	551160	SCAA
11 LO LAN FA ANGEL	羅蘭花	W55	550855	AVOHK

主辦機構:



冠名贊助:



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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W55 - 4X100m (F)

2025-11-22 -> 16:55 (16:35~16:45)

Lane	Name	姓名	Cat.	Bib #	Team
2	拔萃男書院田徑會 B		W55		DBSAC
3	南華體育會		W55		SCAA
4	培僑中學校友會		W55		PKMSAA
5	拔萃男書院田徑會 A		W55		DBSAC
6	香港女子健跑會		W55		HKLRRRC
7	赤道體育會 B		W55		BAC
8	赤道體育會 A		W55		BAC

Women's W55 - 4X400m (F)

2025-11-23 -> 16:45 (16:25~16:35)

Order	Name	姓名	Cat.	Bib #	Team
3	香港女子健跑會		W55		HKLRRRC
4	赤道體育會		W55		BAC
5	拔萃男書院田徑會 B		W55		DBSAC
6	拔萃男書院田徑會 A		W55		DBSAC
7	培僑中學校友會		W55		PKMSAA
8	南華體育會		W55		SCAA

Women's W55 - High Jump (F)

2025-11-22 -> 08:30 (08:10~08:20)

Order	Name	姓名	Cat.	Bib #	Team
1	CHAN LING KUEN	陳玲娟	W55	551156	SCAA
2	YUEN KAR WAI	袁嘉慧	W55	551003	DBSAC
3	WONG SIU KING ALISON	黃瀟琮	W55	551000	DBSAC

Women's W55 - Long Jump (F)

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

Order	Name	姓名	Cat.	Bib #	Team
1	CHEUNG WING YI DORIS	張詠儀	W55	550995	DBSAC
2	LAM VIVIAN WING YIN	林穎賢	W55	551044	GHSAC
3	CHIM STELLA	詹愷怡	W55	551157	SCAA
4	WONG WAI SHEUNG EMMY	黃慧嫦	W55	551001	DBSAC
5	CHUNG SIU FONG MIRANDA	鍾少芳	W55	550891	BAC
6	FONG SUM YU APRIL	方心如	W55	551207	WAC
7	QUIMBO CORAZON		W55	551085	NMSAA

Women's W55 - Triple Jump (F)

2025-11-22 -> 12:25 (12:05~12:15)

Order	Name	姓名	Cat.	Bib #	Team
1	WONG SIU KING ALISON	黃瀟琮	W55	551000	DBSAC
2	LAI SHUI NIN INGRID	黎瑞年	W55	550996	DBSAC

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Hong Kong Masters Athletics Club

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Women's W55 - Triple Jump (F)

2025-11-22 -> 12:25 (12:05~12:15)

Order Name	姓名	Cat.	Bib #	Team
3 WONG WAI SHEUNG EMMY	黃慧嫦	W55	551001	DBSAC
4 YUEN KAR WAI	袁嘉慧	W55	551003	DBSAC
5 LEUNG PIK KWAN MICHELLE	梁碧君	W55	550998	DBSAC

Women's W55 - Shot Put (F)

2025-11-23 -> 11:15 (10:55~11:05)

Order Name	姓名	Cat.	Bib #	Team
1 FESSY GEORGE		W55	551075	NAAA
2 IP KIT CHING HEIDI	葉潔清	W55	551042	GHSAC
3 WONG WAI SHEUNG EMMY	黃慧嫦	W55	551001	DBSAC
4 QUIMBO CORAZON		W55	551085	NMSAA
5 CHAN WAI YIN	陳慧妍	W55	550992	DBSAC
6 TSANG SIU YEE SANDY	曾小儀	W55	550897	BAC
7 CHAN LING KUEN	陳玲娟	W55	551156	SCAA
8 CHIM STELLA	詹愷怡	W55	551157	SCAA
9 GNANASUGANTHI ANNAVI		W55	551076	NAAA
10 CHAN SHUK MAN	陳淑敏	W55	551040	GHSAC
11 LEUNG PIK KWAN MICHELLE	梁碧君	W55	550998	DBSAC
12 CHEUNG WING YI DORIS	張詠儀	W55	550995	DBSAC

13 WONG SIU KING ALISON	黃瀟琮	W55	551000	DBSAC
14 LAM VIVIAN WING YIN	林穎賢	W55	551044	GHSAC
15 HO KA LAI	何嘉麗	W55	550892	BAC

Women's W55 - Discus Throw (F)

2025-11-23 -> 18:10 (17:50~18:00)

Order Name	姓名	Cat.	Bib #	Team
1 CHENG VIRGINIA TSE WAI	鄭子慧	W55	551206	WAC
2 IP KIT CHING HEIDI	葉潔清	W55	551042	GHSAC
3 QUIMBO CORAZON		W55	551085	NMSAA
4 LAM VIVIAN WING YIN	林穎賢	W55	551044	GHSAC
5 CHIM STELLA	詹愷怡	W55	551157	SCAA
6 CHAN LING KUEN	陳玲娟	W55	551156	SCAA
7 CHAN SHUK MAN	陳淑敏	W55	551040	GHSAC
8 WONG SIU KING ALISON	黃瀟琮	W55	551000	DBSAC
9 WONG WAI SHEUNG EMMY	黃慧嫦	W55	551001	DBSAC
10 HO KA LAI	何嘉麗	W55	550892	BAC
11 GNANASUGANTHI ANNAVI		W55	551076	NAAA
12 FESSY GEORGE		W55	551075	NAAA
13 LEUNG YUEN FAN JENNIFER	梁婉芬	W55	550893	BAC

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 W55 - Javelin Throw (F)

2025-11-23 -> 11:50 (11:30~11:40)

Order	Name	姓名	Cat.	Bib #	Team
1	LEE SIU WAI YVONNE	李少慧	W55	551045	GHSAC
2	WONG SIU KING ALISON	黃瀟琮	W55	551000	DBSAC
3	CHIM STELLA	詹愷怡	W55	551157	SCAA
4	CHENG VIRGINIA TSE WAI	鄭子慧	W55	551206	WAC
5	QUIMBO CORAZON		W55	551085	NMSAA
6	LEUNG YUEN WAI	梁婉慧	W55	550894	BAC
7	HO KA LAI	何嘉麗	W55	550892	BAC
8	LAM VIVIAN WING YIN	林穎賢	W55	551044	GHSAC
9	CHAN LING KUEN	陳玲娟	W55	551156	SCAA
10	TAI MIU KUEN ALICE	戴妙娟	W55	550999	DBSAC
11	IP KIT CHING HEIDI	葉潔清	W55	551042	GHSAC
12	HO SUI SAN	何瑞新	W55	551098	PKMSAA
13	CHAN SHUK MAN	陳淑敏	W55	551040	GHSAC
14	HUI BONNIE	許穎汶	W55	551041	GHSAC
15	WONG WAI SHEUNG EMMY	黃慧嫦	W55	551001	DBSAC
16	LEUNG YUEN FAN JENNIFER	梁婉芬	W55	550893	BAC

主辦機構:



冠名贊助:



協辦機構:



支持媒體:

