

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



22 2025/11/22



Start: 11:05



24°C



40%

Final 1 /4

Pos	Heat/ Name Lane	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/ Name Lane	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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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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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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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	何翊軒	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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Men's M40 - 200m



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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



23 2025/11/23



Start: 11:15



21°C



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Final 1 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 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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23 2025/11/23



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Final 2/3

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	W/S	Remarks
	2-4 CHEUNG WING FAI	張榮輝	400653 PoliceAC	DNS		
	2-5 HO HUI HIN	何翊軒	400693 SCAA	DNS		

Final 3/3

Pos	Heat/ Name Lane	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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23 2025/11/23



Start: 11:15



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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	
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23 2025/11/23



Start: 11:15



21°C



79%

Summary

Pos	Heat/ Name Lane	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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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



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Start: 16:35



24°C



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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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Masters ACR	53.88	Wong Kin On 黄健安	Hong Kong Masters Athletics	TKO SG	2017/11/11
HKMAC RECORD	53.88	Wong Kin On 黄健安	Hong Kong Masters Athletics	TKO SG	2017/11/11



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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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HKMAC RECORD	53.88	Wong Kin On 黃健安	Hong Kong Masters Athletics	TKO SG	2017/11/11



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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	

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:



冠名贊助:



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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 黄健安	Hong Kong Masters Athletics	TKO SG	2017/11/11
HKMAC RECORD	53.88	Wong Kin On 黄健安	Hong Kong Masters Athletics	TKO SG	2017/11/11



22 2025/11/22



Start: 16:35



24°C



40%

Summary

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	Remarks
2-8	CHEUNG KA YI	張家怡	400817 WYK	DNS	
3-5	HO HUI HIN	何翊軒	400693 SCAA	DNS	
3-6	NG WAI KEI KEVIN	吳偉基	400238 DBSAC	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:



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 - 800m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD 1:48.05	ANTHONY WHITEMAN			MANCHESTER, GB	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



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	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	許焯彦	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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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 - 800m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD 1:48.05		ANTHONY WHITEMAN		MANCHESTER, GB	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



23 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	

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:



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 - 800m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD 1:48.05	ANTHONY WHITEMAN			MANCHESTER, GB	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



23 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	許焯彦	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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協辦機構:



支持媒體:



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, GB	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/ Name Lane	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	

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 - 1500m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD 3:41.87	BERNARD LAGAT			BIRMINGHAM, GB	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



22 2025/11/22



Start: 09:30



15°C



62%

Final

Pos	Heat/ Name Lane	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	許焯彦	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	

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 - 1500m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD 3:41.87		BERNARD LAGAT		BIRMINGHAM, GB	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/ Name Lane	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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冠名贊助:



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支持媒體:



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 黃宏強				2022/12/04
HKMAC RECORD 16:56.78	WONG WANG KEUNG 黃宏強				2022/12/04



23 2025/11/23



Start: 13:00



21°C



79%

Final

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	Remarks
1	1-12 WOO DAVID		400004 AVOHK	17:44.76	
				<i>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)</i>	
2	1-1 HUI SIU TUNG	許兆東	400221 DBSAC	18:15.02	
				<i>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)</i>	
3	1-14 CHAN LAI CHIU	陳禮朝	400675 RMAC	18:19.17	
				<i>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)</i>	
4	1-8 CHAN KWUN KIU JASON	陳冠喬	400482 LSCAC	18:36.87	
				<i>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)</i>	
5	1-7 HUI CHEUK YIN DEREK	許焯彦	400486 LSCAC	18:49.40	
				<i>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)</i>	
6	1-3 PUN TAK KIU	潘德翹	400803 WAC	19:46.68	
				<i>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)</i>	
7	1-5 HO LOK CHI WILLIAM	何樂智	400485 LSCAC	19:57.42	
				<i>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)</i>	
8	1-13 CHENG FU ON	鄭富安	400214 DBSAC	20:36.23	
				<i>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)</i>	
9	1-11 WONG SHUN TAK	黃信德	400677 RMAC	22:25.15	
				<i>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)</i>	

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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 黃宏強				2022/12/04
HKMAC RECORD 16:56.78	WONG WANG KEUNG 黃宏強				2022/12/04



23 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	
		<i>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)</i>				
11	1-2	WONG KAI YIN	黃啟然	400595 PKMSAA	23:19.68	
		<i>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)</i>				
12	1-10	WONG KWOK LEUNG	王國良	400694 SCAA	24:01.08	
		<i>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)</i>				
13	1-4	YEUNG HON WAI	楊漢威	400108 CASRC	26:00.42	
		<i>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)</i>				
	1-6	WONG KA LUN	王嘉倫	400822 WYK	DNS	

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冠名贊助:



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支持媒體:



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/ Name Lane	姓名	Bib#/ Team	Result	Remarks
1	1-12 TSE CHUN HUNG	謝振雄	400740 SHTB	26:09.02	
	<i>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)</i>				
2	1-14 KONG CHAK LEUNG	江澤樑	400228 DBSAC	36:44.26	
	<i>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)</i>				
3	1-11 CHEUNG TAI YIP KENO	張泰業	400215 DBSAC	39:05.60	
	<i>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)</i>				
4	1-9 PUN TAK KIU	潘德翹	400803 WAC	39:05.67	
	<i>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)</i>				
5	1-8 IP KWAN MING CLEMENT	葉坤明	400223 DBSAC	39:21.70	
	<i>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)</i>				
6	1-10 YEUNG TAI WAI	楊大慧	400249 DBSAC	44:06.48	
	<i>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)</i>				
	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 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 **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 **1/2**

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		

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:



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 - 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		

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支持媒體:



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 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 ¹/₂

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 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 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/ Name Lane	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)				

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 - Long Jump



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	7.68	AARON SAMPSON		CEDAR CITY, USA	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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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/ Name Order	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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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/ Name Order	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 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 陳澤榮	400211 DBSAC	7.33m.		7.17	7.33	x
5	1-19	LAM YAU SUN DICKSON 林友榮	400229 DBSAC	6.79m.		6.79	6.72	6.76
6	1-1	CHAN SAMUEL STEPHEN 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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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/ Name Order	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				

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 - 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/Name Order	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 陳澤榮	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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主辦機構:



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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 ZELEDNY		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



23 2025/11/23



Start: 16:25



28°C



53%

Final

Pos	Heat/Name Order	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 劉煥棋	400676 RMAC	35.54m.		35.54	34.97	33.40
6	1-3 HOWIE PERCIVAL NAVEEN IND-NAAA	400443	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 PHI-NMSAA	400585	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 陳澤榮	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 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



23 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 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	The 9th HONG KONG MASTERS Hong Kong Masters Athletics	LONDON, GBR	2018/08/19
Masters ACR	44.63	Thailand		Tseung Kwan O	2024/11/23
HKMAC RECORD	46.71	LSCAC		TKO SG	2018/10/27



2025/11/22



Start: 17:45



24°C



40%

Final 1 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 1/2

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 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	The 9th HONG KONG MASTERS Hong Kong Masters Athletics	LONDON, GBR	2018/08/19
Masters ACR	44.63	Thailand		Tseung Kwan O	2024/11/23
HKMAC RECORD	46.71	LSCAC		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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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		HKLRRRC	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, 梁志鏗		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

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%

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		HKLRRRC	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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