

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W35 - 100m



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



22 2025/11/22



Start: 10:10



15°C



62%

Final 1 ²/₂

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

Final 2 ²/₂

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

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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Women's W35 - 100m



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Masters ACR	13.13	Yau Shui Man Sharon 邱瑞雯	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	13.13	Yau Shui Man Sharon 邱瑞雯	Hong Kong Masters Athletics	TKO SG	2018/10/27



22 2025/11/22



Start: 10:10



15°C



62%

Summary

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

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W35 - 200m



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



23 2025/11/23



Start: 10:25



21°C



79%

Final 1 ²/₂

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

Final 2 ²/₂

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

Note: #TR17.2.4 Infringement of the inside border

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W35 - 200m

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

23 2025/11/23 Start: 10:25 21°C 79%

Summary

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

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W35 - 400m



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



22 2025/11/22



Start: 15:40



24°C



40%

Final

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

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W35 - 800m



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



23 2025/11/23



Start: 15:40



27°C



49%

Final

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

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Hong Kong Masters Athletics Club
The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W35 - 1500m



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



22 2025/11/22



Start: 08:40



15°C



62%

Final

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

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W35 - 5000m



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



23 2025/11/23



Start: 11:35



21°C



79%

Final

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

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Hong Kong Masters Athletics Club
The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W35 - 5000mRW



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



2025/11/22



Start: 11:30



24°C



40%

Final

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

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



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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W35 - 100mH



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



22 2025/11/22



Start: 14:20



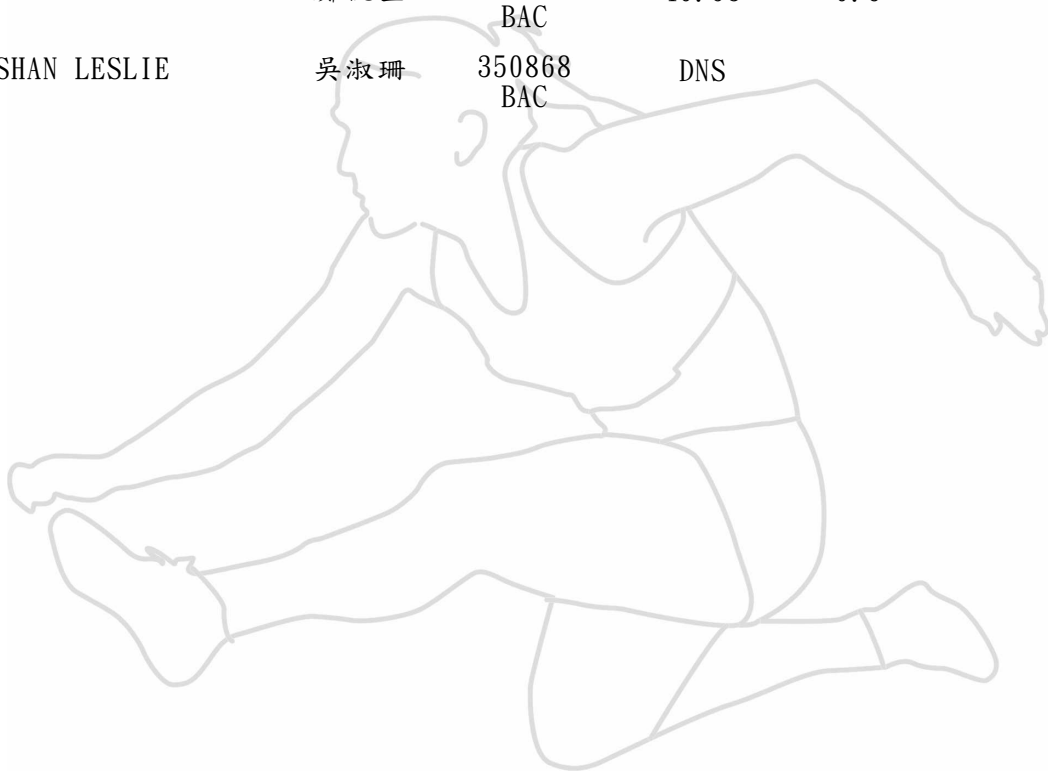
24°C



40%

Final

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



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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W35 - 400mH



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



2025/11/23



Start: 14:45



27°C



49%

Final

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



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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W35 - 2000mSC



2025/11/23



Start: 08:40



21 °C



79%

Final

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



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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W35 - Long Jump



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



2025/11/23



Start: 17:20



25°C



61%

Final

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

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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 W35 - Triple Jump

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



2025/11/22



Start: 08:40



15°C



62%

Final

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



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主辦機構:



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支持媒體:



Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W35 - Shot Put



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



2025/11/22



Start: 16:40



24°C



40%

Final

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

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協辦機構:



支持媒體:



Hong Kong Masters Athletics Club
The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W35 - Discus Throw



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



2025/11/22



Start: 09:25



15°C



62%

Final

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

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協辦機構:



支持媒體:



Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W35 - Javelin Throw



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



2025/11/23



Start: 13:25



21°C



79%

Final

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



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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W35 - 4X100m



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



2025/11/22



Start: 17:15



24°C



40%

Final

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

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W35 - 4X400m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD 3:50.80	MITCHELL, MATHEWS, BEADHALL, G			GATESHEAD, GB	1999/08/08
Masters ACR 4:51.92	南華 W35 4X400米		The 8th Hong Kong Masters	Wanchai SG	2023/10/28
HKMAC RECORD 4:51.92	南華 W35 4X400米		The 8th Hong Kong Masters	Wanchai SG	2023/10/28



2025/11/23



Start: 17:10



25°C



61%

Final

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

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