

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W40 - 100m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	11.09	MERLENE OTTEY		LIEGE, BEL	2004/08/03
Masters ACR	13.32	ALISON CHEW SUK LING 周淑玲	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	13.95	Chung Man Yi Money 鍾敏儀	Hong Kong Masters Athletics	Wanchai SG	2016/10/29



22 2025/11/22



Start: 10:10



15°C



62%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-5	TAM PUI FONG	譚佩芳	401130 PoliceAC	15.62	-0.8	
2	1-3	CHOW WING KI ESTHER	周穎琪	400871 BAC	16.01	-0.8	
3	1-4	CHOI PIK NGAN	蔡碧銀	400870 BAC	16.23	-0.8	
4	1-6	WU YUK HUNG	吳育紅	401089 PKMSAA	16.57	-0.8	

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



Women's W40 - 200m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	22.72	MERLENE OTTEY		ATHENS, GRE	2004/08/23
Masters ACR	27.79	ALISON CHEW SUK LING 周淑玲	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	30.34	BARHEY MANDEEP KAUR	The 8th Hong Kong Masters	Wanchai SG	2023/10/28



23 2025/11/23



Start: 10:15



21°C



79%

Final 1 ¹/₂

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-5	LAU HOI LAM	劉凱琳	400947 DART	31.67	+0.7	
2	1-7	CHOW WING KI ESTHER	周穎琪	400871 BAC	33.03	+0.7	
3	1-6	YEUNG PO HEI	楊寶喜	401028 GHSAC	33.45	+0.7	
4	1-4	YUEN KA MAN	袁嘉雯	400873 BAC	34.47	+0.7	
	1-3	WU YUK HUNG	吳育紅	401089 PKMSAA	DNS		

Final 2 ¹/₂

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	2-5	TAM PUI FONG	譚佩芳	401130 PoliceAC	32.20	+1.5	
2	2-6	HO CHUN MAN	何臻敏	400970 DBSAC	33.31	+1.5	
3	2-7	CHEUNG EMILY SHUK TING	張淑婷	400968 DBSAC	35.65	+1.5	
4	2-4	TANG HOI TING	鄧愷婷	401131 PoliceAC	40.22	+1.5	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W40 - 200m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	22.72	MERLENE OTTEY		ATHENS, GRE	2004/08/23
Masters ACR	27.79	ALISON CHEW SUK LING 周淑玲	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	30.34	BARHEY MANDEEP KAUR	The 8th Hong Kong Masters	Wanchai SG	2023/10/28



23 2025/11/23



Start: 10:15



21°C



79%

Summary

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-5	LAU HOI LAM	劉凱琳	400947 DART	31.67	+0.7	
2	2-5	TAM PUI FONG	譚佩芳	401130 PoliceAC	32.20	+1.5	
3	1-7	CHOW WING KI ESTHER	周穎琪	400871 BAC	33.03	+0.7	
4	2-6	HO CHUN MAN	何臻敏	400970 DBSAC	33.31	+1.5	
5	1-6	YEUNG PO HEI	楊寶喜	401028 GHSAC	33.45	+0.7	
6	1-4	YUEN KA MAN	袁嘉雯	400873 BAC	34.47	+0.7	
7	2-7	CHEUNG EMILY SHUK TING	張淑婷	400968 DBSAC	35.65	+1.5	
8	2-4	TANG HOI TING	鄧愷婷	401131 PoliceAC	40.22	+1.5	
	1-3	WU YUK HUNG	吳育紅	401089 PKMSAA	DNS		

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W40 - 400m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD 53.68		SARA MONTECINOS		CALI, COL	1994/03/20
Masters ACR 1:07.20	Chung Man Yi Money	鐘敏儀	Hong Kong Masters Athletics	Wanchai SG	2016/10/29
HKMAC RECORD 1:07.20	Chung Man Yi Money	鐘敏儀	Hong Kong Masters Athletics	Wanchai SG	2016/10/29



2025/11/22



Start: 15:40



24°C



40%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-8	TAM PUI FONG	譚佩芳	401130 PoliceAC	1:11.01	
2	1-5	CHAN PO YUE	陳寶儒	400869 BAC	1:20.20	
3	1-4	CHOW WING KI ESTHER	周穎琪	400871 BAC	1:21.27	
4	1-7	YUEN KA MAN	袁嘉雯	400873 BAC	1:21.35	
5	1-6	CHEUNG EMILY SHUK TING	張淑婷	400968 DBSAC	1:24.22	
	1-3	FAN SAU YAN	范秀欣	401087 PKMSAA	DNS	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W40 - 800m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD 1:59.25	YEKATERINA	PODKOPAYEVA		LUXEMBOURG, LUX	994/06/30
Masters ACR 2:47.22	CHAN Kit Yee		Hong Kong Masters Athletics	Wanchai SG	2016/10/29
HKMAC RECORD 2:47.22	CHAN Kit Yee		Hong Kong Masters Athletics	Wanchai SG	2016/10/29



2025/11/23



Start: 15:40



27°C



49%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-5	TAM PUI FONG	譚佩芳	401130 PoliceAC	2:47.60	
2	1-2	HUNG KAREN SHEE YUENG	熊書揚	400972 DBSAC	2:54.62	
3	1-6	HUNG CHER SHEE YEE	熊書頤	400971 DBSAC	3:09.63	
	1-3	LAM KWAN WAI	林君維	400872 BAC	DNS	
	1-8	CHEUNG KAYEE	張嘉兒	401203 WAC	DNS	

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



Women's W40 - 1500m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	3:59.78	YEKATERINA PODKOPAYEVA		NICE, FRA	1994/07/18
Masters ACR	5:27.26	CHEUNG KA YEE 張嘉兒	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	5:27.26	CHEUNG KA YEE 張嘉兒	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23



22 2025/11/22



Start: 08:40



15°C



62%

Final

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	Remarks
1	1-12 CHEUNG KAYEE	張嘉兒	401203 WAC	5:41.65	
2	1-11 LAI WAI CHUN	賴惠珍	401129 PoliceAC	5:56.75	
3	1-13 WU YUK HUNG	吳育紅	401089 PKMSAA	7:42.48	
	1-14 CHENG KA YEE	鄭嘉怡	400939 CASRC	DNS	
	1-15 THUMB DIANA	譚柔慧	401132 PoliceAC	DNS	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W40 - 5000m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD 15:04.87	JOANNE PAVEY			ROME, ITA	2014/06/05
Masters ACR 19:50.60	HERSHEY-BEATTY Juliet		Hong Kong Masters Athletics	TKO SG	2017/11/11
HKMAC RECORD 19:50.60	HERSHEY-BEATTY Juliet		Hong Kong Masters Athletics	TKO SG	2017/11/11



23 2025/11/23



Start: 11:35



21°C



79%

Final

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	Remarks
1	1-11 CHEUNG KAYEE	張嘉兒	401203 WAC	21:07.01	
	<i>Split: 04:14.30 (4:14.30) 08:23.13 (4:08.84) 12:37.97 (4:14.83) 16:54.02 (4:16.05) 21'07.009" (4:12.98)</i>				
2	1-9 HUNG KAREN SHEE YUENG	熊書揚	400972 DBSAC	21:33.52	
	<i>Split: 04:12.46 (4:12.46) 08:28.88 (4:16.42) 12:49.89 (4:21.01) 17:19.32 (4:29.43) 21'33.516" (4:13.68)</i>				
3	1-13 WONG WAI SUET CHERIE	王煒雪	400976 DBSAC	24:45.02	
	<i>Split: 04:25.24 (4:25.24) 09:23.50 (4:58.27) 14:27.20 (5:03.69) 19:41.76 (5:14.57) 24'45.011" (5:03.23)</i>				
4	1-12 AU YING MEI	歐英美	401021 GHSAC	25:43.28	
	<i>Split: 04:50.05 (4:50.05) 09:56.23 (5:06.18) 15:05.35 (5:09.12) 20:29.55 (5:24.20) 25'43.272" (5:13.45)</i>				
5	1-14 CHOW KIN YAN	周健欣	400940 CASRC	29:00.08	
	<i>Split: 04:54.19 (4:54.19) 10:21.98 (5:27.79) 16:41.72 (6:19.74) 23:06.72 (6:25.01) 29'00.075" (5:53.27)</i>				
	1-10 LAU KA KI	劉嘉琦	401023 GHSAC	DNS	

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



Women's W40 - 5000mRW



Record	Perf	Athlete	Event	Place	Date
Masters ACR	28:13.34	LO PO MAN 盧譜文	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	28:13.34	LO PO MAN 盧譜文	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	1-3	CHEUNG EMILY SHUK TING	張淑婷	400968 DBSAC	32:33.04	
		Split: 06:27.16 (6:27.16) 13:01.50 (6:34.34) 19:37.49 (6:35.99) 26:16.65 (6:39.16) 32'33.036" (6:16.35)				
2	1-4	MAK WING YIN	麥穎妍	401176 SHTB	33:34.08	
		Split: 06:35.53 (6:35.53) 13:22.46 (6:46.93) 20:03.34 (6:40.88) 26:55.13 (6:51.80) 33'34.073" (6:38.86)				
	1-2	LO PO MAN	盧譜文	401144 SCAA	DNS	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W40 - 80mH



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	11.24	MONICA PELLEGRINELLI		SAN SEBASTIAN, 2005/08/31	
Masters ACR	15.36	WONG CHOR KWAN JOYCE 王楚君	The 7th HKMAC	TSW SG	2022/12/04
HKMAC RECORD	15.36	WONG CHOR KWAN JOYCE 王楚君	The 7th HKMAC	TSW SG	2022/12/04



22 2025/11/22



Start: 14:40



24°C



40%

Final

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-6 JIANG ZILIN	江紫琳	401191 SMTFA	15.58	+0.4	
2	1-4 LAU HOI LAM	劉凱琳	400947 DART	16.13	+0.4	
3	1-2 CHOW WING KI ESTHER	周穎琪	400871 BAC	18.10	+0.4	
4	1-3 CHOI PIK NGAN	蔡碧銀	400870 BAC	18.41	+0.4	
5	1-5 CHEUNG EMILY SHUK TING	張淑婷	400968 DBSAC	20.81	+0.4	
6	1-7 HO CHUN MAN	何臻敏	400970 DBSAC	35.71	+0.4	

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



Women's W40 - 400mH



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	58.35	BARBARA GÄHLING		ERFURT, GER	2007/07/21
Masters ACR	1:28.01	LAW CHUI HA JOANNE 羅翠霞	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	1:28.01	LAW CHUI HA JOANNE 羅翠霞	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23



2025/11/23



Start: 14:45



27°C



49%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-6	CHOW WING KI ESTHER	周穎琪	400871 BAC	1:54.93	



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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W40 - 2000mSC



Record	Perf	Athlete	Event	Place	Date
Masters ACR 10:32.08	LAW CHUI HA JOANNE 羅翠霞	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23	
HKMAC RECORD 10:32.08	LAW CHUI HA JOANNE 羅翠霞	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23	



2025/11/23



Start: 08:40



21°C



79%

Final

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	Remarks
1	1-5 WU YUK HUNG	吳育紅	401089 PKMSAA	13:03.55	

Split: 06:10.50 (6:10.50) 13'03.544 (6:52.50)



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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W40 - Long Jump



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	6.55	TATYANA TER-MESROBIAN		KAZAN, RUS	2008/07/18
Masters ACR	4.78	TSE MANG CHI 謝孟芝	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD	4.78	TSE MANG CHI 謝孟芝	The 8th Hong Kong Masters	Wanchai SG	2023/10/29



2025/11/23



Start: 17:20



25°C



61%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-3	TSE MANG CHI 謝孟芝	401204 WAC	4.71m.		4.48 +1.5	4.71 +1.2	4.47 +0.5
2	1-4	LAU HOI LAM 劉凱琳	400947 DART	3.73m.		3.73 +0.8	3.51 +0.8	3.57 +0.8
3	1-6	HO CHUN MAN 何臻敏	400970 DBSAC	3.29m.		3.08 +0.9	3.04 +1.0	3.29 +0.9
4	1-2	TAM YIK MAN 譚亦敏	400974 DBSAC	3.05m.		3.05 +1.3	x +0.9	x +1.0
5	1-1	CHOI PIK NGAN 蔡碧銀	400870 BAC	2.97m.		-	-	2.97 +1.7
6	1-7	CHEUNG EMILY SHUK TING 張淑婷	400968 DBSAC	2.63m.		-	-	2.63 +1.7
7	1-5	CHOW WING KI ESTHER 周穎琪	400871 BAC	2.60m.		-	-	2.60 +0.4
	1-8	WU YUK HUNG 吳育紅	401089 PKMSAA	dns				

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W40 - Triple Jump

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	14.06	YAMILÉ ALDAMA		EUGENE, USA	2013/06/01



2025/11/22



Start: 08:40



15°C



62%

Final

Pos	Heat/ Name Order	Bib#/ Team	Result	Remarks	1	2	3
1	1-3 TSE MANG CHI 謝孟芝	401204 WAC	10.60m.		x 0.0	10.60 -0.7	10.06 +0.4
2	1-1 LAU HOI LAM 劉凱琳	400947 DART	7.43m.		x 0.0	6.79 +0.1	7.43 -0.1
3	1-2 HO CHUN MAN 何臻敏	400970 DBSAC	4.95m.		x 0.0	x -0.1	4.95 -2.2

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



Women's W40 - Shot Put



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	19.05	ANTONINA IVANOVA		OREL, RUS	1973/08/28
Masters ACR	8.19	HO CHUN MAN 何臻敏	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	8.19	HO CHUN MAN 何臻敏	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23



2025/11/22



Start: 16:40



24°C



40%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-7	HO CHUN MAN 何臻敏	400970 DBSAC	8.37m.	HKMACR, R	x	8.18	8.37
2	1-3	LAU HOI LAM 劉凱琳	400947 DART	7.29m.		7.29	6.48	6.29
3	1-4	CHOW WING KI ESTHER 周穎琪	400871 BAC	6.79m.		6.79	6.43	6.23
4	1-5	FUNG KIN KWAN 馮健君	401088 PKMSAA	6.54m.		6.33	6.18	6.54
5	1-6	CHOY WEI PUI WENDY 蔡慧蓓	400969 DBSAC	5.79m.		5.41	5.55	5.79
6	1-1	CHEUNG EMILY SHUK TING 張淑婷	400968 DBSAC	5.77m.		5.43	5.51	5.77
7	1-2	TAM YIK MAN 譚亦敏	400974 DBSAC	5.66m.		5.66	5.50	5.25
8	1-9	CHAN PO YUE 陳寶儒	400869 BAC	5.00m.		5.00	4.98	4.98
	1-8	LEUNG JADE 梁焯熹	400941 CGHCAC	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:



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支持媒體:



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



Women's W40 - Discus Throw



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	67.89	IRYNa YATCHENKO		STAIKI, BLR	2008/06/29
Masters ACR	27.18	HO CHUN MAN 何臻敏	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	27.18	HO CHUN MAN 何臻敏	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23



2025/11/22



Start: 09:25



15°C



62%

Final

Pos	Heat/ Order	Name	Bib#/ Team	Result	Remarks	1	2	3
1	1-5	HO CHUN MAN 何臻敏	400970 DBSAC	27.84m.	HKMACR, R	24.36	26.40	27.84
2	1-8	LAU HOI LAM 劉凱琳	400947 DART	24.06m.		24.06	x	22.09
3	1-4	LEUNG JADE 梁焯熹	400941 CGHCAC	22.76m.		21.06	22.76	x
4	1-1	CHEUNG EMILY SHUK TING 張淑婷	400968 DBSAC	19.90m.		19.90	16.73	x
5	1-2	CHOY WEI PUI WENDY 蔡慧蓓	400969 DBSAC	17.07m.		12.94	17.07	12.05
6	1-6	TANG HOI TING 鄧愷婷	401131 PoliceAC	16.29m.		16.29	14.48	14.55
7	1-7	CHOW WING KI ESTHER 周穎琪	400871 BAC	16.15m.		16.15	x	x
8	1-3	CHOI PIK NGAN 蔡碧銀	400870 BAC	12.62m.		12.62	12.06	11.72

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W40 - Javelin Throw



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	61.23	FELICEA MOLDOVAN-TILEA		BUCHAREST, ROU	2008/06/06
Masters ACR	27.58	Hui Wing Kei Vicky 許穎琪	Hong Kong Masters Athletics	Wanchai SG	2016/10/29
HKMAC RECORD	27.58	Hui Wing Kei Vicky 許穎琪	Hong Kong Masters Athletics	Wanchai SG	2016/10/29



23 2025/11/23



Start: 13:25



21°C



79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-8	CHEUNG EMILY SHUK TING 張淑婷	400968 DBSAC	31.33m.	HKMACR, R	24.33	x	31.33
2	1-9	LAU KA KI 劉嘉琦	401023 GHSAC	22.99m.		22.99	20.36	20.61
3	1-6	HO CHUN MAN 何臻敏	400970 DBSAC	19.47m.		16.30	18.32	19.47
4	1-7	CHOY WEI PUI WENDY 蔡慧蓓	400969 DBSAC	16.23m.		14.85	14.56	16.23
5	1-3	FUNG KIN KWAN 馮健君	401088 PKMSAA	15.70m.		14.68	15.37	15.70
6	1-4	LAU HOI LAM 劉凱琳	400947 DART	15.61m.		15.07	13.92	15.61
7	1-5	CHOI PIK NGAN 蔡碧銀	400870 BAC	14.10m.		14.10	13.11	11.29
8	1-2	CHOW WING KI ESTHER 周穎琪	400871 BAC	12.68m.		12.68	12.62	11.26
9	1-1	TANG HOI TING 鄧愷婷	401131 PoliceAC	10.67m.		9.07	x	10.67

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W40 - 4X100m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	48.01	MOGENTALE, BRIMS, BEZUIDENHOU		LAHTI, FIN	2009/08/08
Masters ACR	56.85	SCAA	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	56.85	SCAA	Hong Kong Masters Athletics	TKO SG	2018/10/27



2025/11/22



Start: 17:05



24°C



40%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-5	赤道體育會 蔡碧銀, 袁嘉雯, 周穎琪, 陳寶儒		BAC	1:04.52	
2	1-6	拔萃男書院田徑會 柳彩茵, 熊書揚, 張淑婷, 何臻敏		DBSAC	1:06.77	
3	1-4	培僑中學校友會 吳育紅, 龍淑敏, 范秀欣, 馮健君		PKMSAA	1:14.14	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W40 - 4X400m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD 3:56.02	SEIDEL, GAZDA-			POTSDAM, GER	2002/08/25
Masters ACR 5:06.03	SCAA		Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD 5:06.03	SCAA		Hong Kong Masters Athletics	TKO SG	2018/10/27



2025/11/23



Start: 17:10



25°C



61%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-3	南華體育會 陳文霞, 何頌沂, 盧譜文, 羅翠霞		SCAA	5:11.45	
2	1-4	德望田徑會 雷嘉恩, 黃雪心, 吳倩彤, 歐英美		GHSAC	5:18.59	
3	1-6	拔萃男書院田徑會 熊書頤, 張淑婷, 柳彩茵, 熊書揚		DBSAC	5:26.16	
4	1-5	赤道體育會 周穎琪, 林君維, 袁嘉雯, 陳寶儒		BAC	5:31.03	
	1-7	培僑中學校友會		PKMSAA	DNS	

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