

# Hong Kong Masters Athletics Club

## The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



### Women's W45 - 100m



| Record       | Perf  | Athlete       | Event                     | Place        | Date       |
|--------------|-------|---------------|---------------------------|--------------|------------|
| WMA RECORD   | 11.34 | MERLENE OTTEY |                           | GLASGOW, GBR | 2008/08/12 |
| Masters ACR  | 13.93 | YAU GLORY 丘翠芬 | The 8th Hong Kong Masters | Wanchai SG   | 2023/10/29 |
| HKMAC RECORD | 13.93 | YAU GLORY 丘翠芬 | The 8th Hong Kong Masters | Wanchai SG   | 2023/10/29 |



22 2025/11/22



Start: 10:10



15°C



62%

### Final 1 /2

| Pos | Heat/ Lane | Name                 | 姓名  | Bib#/ Team   | Result | W/S  | Remarks |
|-----|------------|----------------------|-----|--------------|--------|------|---------|
| 1   | 1-3        | TONG LING SHUM GRACE | 湯靈心 | 450878 BAC   | 14.54  | +0.6 |         |
| 2   | 1-6        | LAW CHUI HA JOANNE   | 羅翠霞 | 451147 SCAA  | 15.41  | +0.6 |         |
| 3   | 1-4        | TSE MAGGIE MAN KEE   | 謝敏姬 | 450987 DBSAC | 16.66  | +0.6 |         |
| 4   | 1-5        | HO CHUNG YEE JOANNIE | 何頌沂 | 451146 SCAA  | 16.74  | +0.6 |         |
|     | 1-7        | WONG NIM SZE         | 黃念詩 | 451211 WYK   | DNS    |      |         |

### Final 2 /2

| Pos | Heat/ Lane | Name                  | 姓名  | Bib#/ Team    | Result | W/S  | Remarks |
|-----|------------|-----------------------|-----|---------------|--------|------|---------|
| 1   | 2-5        | NG CHI YING           | 伍智盈 | 451148 SCAA   | 14.39  | +0.6 |         |
| 2   | 2-3        | WONG CHOR KWAN JOYCE  | 王楚君 | 450879 BAC    | 15.13  | +0.6 |         |
| 3   | 2-7        | CHAN YU KI            | 陳于琪 | 450948 DART   | 15.55  | +0.6 |         |
| 4   | 2-4        | YEUNG YAN YAN ANNETTE | 楊欣欣 | 450882 BAC    | 15.87  | +0.6 |         |
|     | 2-6        | BINDUMOL GANESH       |     | 451074 IND-BG | 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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| Masters ACR  | 13.93 | YAU GLORY 丘翠芬 | The 8th Hong Kong Masters | Wanchai SG   | 2023/10/29 |
| HKMAC RECORD | 13.93 | YAU GLORY 丘翠芬 | The 8th Hong Kong Masters | Wanchai SG   | 2023/10/29 |



22 2025/11/22



Start: 10:10



15°C



62%

### Summary

| Pos | Heat/ Lane | Name                  | 姓名  | Bib#/ Team       | Result | W/S  | Remarks |
|-----|------------|-----------------------|-----|------------------|--------|------|---------|
| 1   | 2-5        | NG CHI YING           | 伍智盈 | 451148<br>SCAA   | 14.39  | +0.6 |         |
| 2   | 1-3        | TONG LING SHUM GRACE  | 湯靈心 | 450878<br>BAC    | 14.54  | +0.6 |         |
| 3   | 2-3        | WONG CHOR KWAN JOYCE  | 王楚君 | 450879<br>BAC    | 15.13  | +0.6 |         |
| 4   | 1-6        | LAW CHUI HA JOANNE    | 羅翠霞 | 451147<br>SCAA   | 15.41  | +0.6 |         |
| 5   | 2-7        | CHAN YU KI            | 陳于琪 | 450948<br>DART   | 15.55  | +0.6 |         |
| 6   | 2-4        | YEUNG YAN YAN ANNETTE | 楊欣欣 | 450882<br>BAC    | 15.87  | +0.6 |         |
| 7   | 1-4        | TSE MAGGIE MAN KEE    | 謝敏姬 | 450987<br>DBSAC  | 16.66  | +0.6 |         |
| 8   | 1-5        | HO CHUNG YEE JOANNIE  | 何頌沂 | 451146<br>SCAA   | 16.74  | +0.6 |         |
|     | 1-7        | WONG NIM SZE          | 黃念詩 | 451211<br>WYK    | DNS    |      |         |
|     | 2-6        | BINDUMOL GANESH       |     | 451074<br>IND-BG | DNS    |      |         |

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# Hong Kong Masters Athletics Club

## The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



### Women's W45 - 200m



| Record       | Perf  | Athlete       | Event                     | Place      | Date       |
|--------------|-------|---------------|---------------------------|------------|------------|
| WMA RECORD   | 23.82 | MERLENE OTTEY |                           | BaNSKA     | 2006/08/27 |
| Masters ACR  | 28.62 | YAU GLORY 丘翠芬 | The 8th Hong Kong Masters | Wanchai SG | 2023/10/28 |
| HKMAC RECORD | 28.62 | YAU GLORY 丘翠芬 | The 8th Hong Kong Masters | Wanchai SG | 2023/10/28 |



23 2025/11/23



Start: 10:15



21°C



79%

### Final 1 <sup>1</sup>/<sub>2</sub>

| Pos | Heat/ Lane | Name                 | 姓名  | Bib#/ Team    | Result | W/S  | Remarks |
|-----|------------|----------------------|-----|---------------|--------|------|---------|
| 1   | 1-7        | TONG LING SHUM GRACE | 湯靈心 | 450878 BAC    | 30.99  | +0.7 |         |
| 2   | 1-3        | TSE MAGGIE MAN KEE   | 謝敏姬 | 450987 DBSAC  | 33.51  | +0.7 |         |
| 3   | 1-8        | WONG PUI SZE         | 黃佩詩 | 450881 BAC    | 36.16  | +0.7 |         |
|     | 1-4        | MA VINCI             | 馬懷思 | 450877 BAC    | DNS    |      |         |
|     | 1-5        | BINDUMOL GANESH      |     | 451074 IND-BG | DNS    |      |         |
|     | 1-6        | CHENG CHOI MUI       | 鄭彩梅 | 451145 SCAA   | DNS    |      |         |

### Final 2 <sup>1</sup>/<sub>2</sub>

| Pos | Heat/ Lane | Name               | 姓名  | Bib#/ Team   | Result | W/S  | Remarks |
|-----|------------|--------------------|-----|--------------|--------|------|---------|
| 1   | 2-4        | NG CHI YING        | 伍智盈 | 451148 SCAA  | 30.90  | -0.1 |         |
| 2   | 2-7        | CHENG YUEN TING    | 鄭婉婷 | 450981 DBSAC | 32.52  | -0.1 |         |
| 3   | 2-3        | LAW CHUI HA JOANNE | 羅翠霞 | 451147 SCAA  | 32.94  | -0.1 |         |
|     | 2-5        | WONG NIM SZE       | 黃念詩 | 451211 WYK   | DNS    |      |         |
|     | 2-6        | HAN WING YEE       | 韓穎怡 | 450950 DART  | DNS    |      |         |

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# Hong Kong Masters Athletics Club

## The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



### Women's W45 - 200m



| Record       | Perf  | Athlete       | Event                     | Place      | Date       |
|--------------|-------|---------------|---------------------------|------------|------------|
| WMA RECORD   | 23.82 | MERLENE OTTEY |                           | BaNSKA     | 2006/08/27 |
| Masters ACR  | 28.62 | YAU GLORY 丘翠芬 | The 8th Hong Kong Masters | Wanchai SG | 2023/10/28 |
| HKMAC RECORD | 28.62 | YAU GLORY 丘翠芬 | The 8th Hong Kong Masters | Wanchai SG | 2023/10/28 |



23 2025/11/23



Start: 10:15



21°C



79%

### Summary

| Pos | Heat/ Name<br>Lane       | 姓名  | Bib#/ Team       | Result | W/S  | Remarks |
|-----|--------------------------|-----|------------------|--------|------|---------|
| 1   | 2-4 NG CHI YING          | 伍智盈 | 451148<br>SCAA   | 30.90  | -0.1 |         |
| 2   | 1-7 TONG LING SHUM GRACE | 湯靈心 | 450878<br>BAC    | 30.99  | +0.7 |         |
| 3   | 2-7 CHENG YUEN TING      | 鄭婉婷 | 450981<br>DBSAC  | 32.52  | -0.1 |         |
| 4   | 2-3 LAW CHUI HA JOANNE   | 羅翠霞 | 451147<br>SCAA   | 32.94  | -0.1 |         |
| 5   | 1-3 TSE MAGGIE MAN KEE   | 謝敏姬 | 450987<br>DBSAC  | 33.51  | +0.7 |         |
| 6   | 1-8 WONG PUI SZE         | 黃佩詩 | 450881<br>BAC    | 36.16  | +0.7 |         |
|     | 1-4 MA VINCI             | 馬懷思 | 450877<br>BAC    | DNS    |      |         |
|     | 1-5 BINDUMOL GANESH      |     | 451074<br>IND-BG | DNS    |      |         |
|     | 1-6 CHENG CHOI MUI       | 鄭彩梅 | 451145<br>SCAA   | DNS    |      |         |
|     | 2-5 WONG NIM SZE         | 黃念詩 | 451211<br>WYK    | DNS    |      |         |
|     | 2-6 HAN WING YEE         | 韓穎怡 | 450950<br>DART   | DNS    |      |         |

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# Hong Kong Masters Athletics Club

## The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



### Women's W45 - 400m



| Record               | Perf              | Athlete | Event | Place     | Date       |
|----------------------|-------------------|---------|-------|-----------|------------|
| WMA RECORD 56.14     | ANGELA HENRY-NOTT |         |       | AMES, USA | 2021/07/23 |
| Masters ACR 1:09.90  | YAU TSUI FUN 丘翠芬  |         |       |           | 2022/12/04 |
| HKMAC RECORD 1:09.90 | YAU TSUI FUN 丘翠芬  |         |       |           | 2022/12/04 |



22 2025/11/22



Start: 15:25



24°C



40%

### Final 1 /2

| Pos | Heat/ Lane | Name                   | 姓名  | Bib#/ Team    | Result  | Remarks |
|-----|------------|------------------------|-----|---------------|---------|---------|
| 1   | 1-6        | LAM KIT SUM            | 林潔心 | 451080 LSCAC  | 1:10.28 |         |
| 2   | 1-7        | LOK HO SIN             | 樂可羨 | 450986 DBSAC  | 1:13.88 |         |
| 3   | 1-3        | BAINBRIDGE HANNAH MARY |     | 450851 AVOHK  | 1:14.07 |         |
| 4   | 1-5        | CHENG YUEN TING        | 鄭婉婷 | 450981 DBSAC  | 1:14.88 |         |
| 5   | 1-8        | CHAN HOI KA            | 陳煒嘉 | 450978 DBSAC  | 1:22.08 |         |
|     | 1-4        | BINDUMOL GANESH        |     | 451074 IND-BG | DNS     |         |

### Final 2 /2

| Pos | Heat/ Lane | Name                 | 姓名  | Bib#/ Team  | Result  | Remarks |
|-----|------------|----------------------|-----|-------------|---------|---------|
| 1   | 2-7        | CHAN YU KI           | 陳于琪 | 450948 DART | 1:16.66 |         |
| 2   | 2-5        | LAW CHUI HA JOANNE   | 羅翠霞 | 451147 SCAA | 1:19.10 |         |
| 3   | 2-6        | MA VINCI             | 馬懷思 | 450877 BAC  | 1:24.28 |         |
| 4   | 2-3        | WONG PUI SZE         | 黃佩詩 | 450881 BAC  | 1:27.18 |         |
|     | 2-4        | HO CHUNG YEE JOANNIE | 何頌沂 | 451146 SCAA | DNS     |         |

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# Hong Kong Masters Athletics Club

## The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



### Women's W45 - 400m



| Record               | Perf              | Athlete | Event | Place     | Date       |
|----------------------|-------------------|---------|-------|-----------|------------|
| WMA RECORD 56.14     | ANGELA HENRY-NOTT |         |       | AMES, USA | 2021/07/23 |
| Masters ACR 1:09.90  | YAU TSUI FUN 丘翠芬  |         |       |           | 2022/12/04 |
| HKMAC RECORD 1:09.90 | YAU TSUI FUN 丘翠芬  |         |       |           | 2022/12/04 |



22 2025/11/22



Start: 15:25



24°C



40%

### Summary

| Pos | Heat/ Lane | Name                   | 姓名  | Bib#/ Team    | Result  | Remarks |
|-----|------------|------------------------|-----|---------------|---------|---------|
| 1   | 1-6        | LAM KIT SUM            | 林潔心 | 451080 LSCAC  | 1:10.28 |         |
| 2   | 1-7        | LOK HO SIN             | 樂可羨 | 450986 DBSAC  | 1:13.88 |         |
| 3   | 1-3        | BAINBRIDGE HANNAH MARY |     | 450851 AVOHK  | 1:14.07 |         |
| 4   | 1-5        | CHENG YUEN TING        | 鄭婉婷 | 450981 DBSAC  | 1:14.88 |         |
| 5   | 2-7        | CHAN YU KI             | 陳于琪 | 450948 DART   | 1:16.66 |         |
| 6   | 2-5        | LAW CHUI HA JOANNE     | 羅翠霞 | 451147 SCAA   | 1:19.10 |         |
| 7   | 1-8        | CHAN HOI KA            | 陳煒嘉 | 450978 DBSAC  | 1:22.08 |         |
| 8   | 2-6        | MA VINCI               | 馬懷思 | 450877 BAC    | 1:24.28 |         |
| 9   | 2-3        | WONG PUI SZE           | 黃佩詩 | 450881 BAC    | 1:27.18 |         |
|     | 1-4        | BINDUMOL GANESH        |     | 451074 IND-BG | DNS     |         |
|     | 2-4        | HO CHUNG YEE JOANNIE   | 何頌沂 | 451146 SCAA   | DNS     |         |

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



Women's W45 - 800m



| Record               | Perf | Athlete                | Event                     | Place         | Date       |
|----------------------|------|------------------------|---------------------------|---------------|------------|
| WMA RECORD 2:02.82   |      | YEKATERINA PODKOPAYEVA |                           | MOSCOW, RUS   | 1998/06/26 |
| Masters ACR 2:41.80  |      | BAINBRIDGE HANNAH      | The 9th HONG KONG MASTERS | Tseung Kwan O | 2024/11/23 |
| HKMAC RECORD 2:41.80 |      | BAINBRIDGE HANNAH      | The 9th HONG KONG MASTERS | Tseung Kwan O | 2024/11/23 |



23 2025/11/23



Start: 15:40



27°C



49%

Final

| Pos | Heat/ Lane | Name                   | 姓名  | Bib#/ Team     | Result  | Remarks |
|-----|------------|------------------------|-----|----------------|---------|---------|
| 1   | 1-1        | CHAN HOI KA            | 陳煒嘉 | 450978 DBSAC   | 3:18.17 |         |
| 2   | 1-4        | MA VINCI               | 馬懷思 | 450877 BAC     | 3:28.44 |         |
| 3   | 1-4        | WONG PUI SZE           | 黃佩詩 | 450881 BAC     | 3:43.25 |         |
| 4   | 1-1        | YU HIU MAN             | 余曉敏 | 450989 DBSAC   | 4:08.20 |         |
|     | 1-3        | BAINBRIDGE HANNAH MARY |     | 450851 AVOHK   | DNS     |         |
|     | 1-5        | CHINNASWAMY VINODHINI  |     | 451073 IND-Ban | DNS     |         |

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# Hong Kong Masters Athletics Club

## The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



### Women's W45 - 1500m



| Record               | Perf                   | Athlete | Event                     | Place          | Date       |
|----------------------|------------------------|---------|---------------------------|----------------|------------|
| WMA RECORD 4:05.44   | YEKATERINA PODKOPAYEVA |         |                           | MOSCOW, RUS    | 1998/08/03 |
| Masters ACR 6:41.21  | BEJUNA FELY            |         | The 8th HONG KONG MASTERS | Wanchai Sports | 2023/10/27 |
| HKMAC RECORD 6:41.21 | BEJUNA FELY            |         | The 8th HONG KONG MASTERS | Wanchai Sports | 2023/10/27 |



22 2025/11/22



Start: 08:40



15°C



62%

### Final

| Pos | Heat/ Name<br>Lane      | 姓名  | Bib#/<br>Team   | Result  | Remarks   |
|-----|-------------------------|-----|-----------------|---------|-----------|
| 1   | 1-23 LOK HO SIN         | 樂可羨 | 450986<br>DBSAC | 5:48.93 | HKMACR, R |
| 2   | 1-21 CHAN HOI KA        | 陳煒嘉 | 450978<br>DBSAC | 6:44.29 |           |
| 3   | 1-22 CHENG KIT MAN      | 鄭潔文 | 451205<br>WAC   | 6:54.17 |           |
| 4   | 1-18 SIN CHUNG FONG     | 冼重芳 | 450951<br>DART  | 7:18.02 |           |
| 5   | 1-20 CHENG SIU LAI      | 鄭少麗 | 450949<br>DART  | 7:20.62 |           |
|     | 1-16 HUNG HOI KWAN ALMA | 洪凱君 | 451031<br>GHSAC | DNS     |           |
|     | 1-17 CHENG YUEN TING    | 鄭婉婷 | 450981<br>DBSAC | DNS     |           |
|     | 1-19 LAI SUK YEE        | 黎淑儀 | 450984<br>DBSAC | DNS     |           |

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# Hong Kong Masters Athletics Club

## The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



### Women's W45 - 5000m



| Record                | Perf                     | Athlete | Event                     | Place       | Date       |
|-----------------------|--------------------------|---------|---------------------------|-------------|------------|
| WMA RECORD 15:55.71   | NICOLE LEVEQUE           |         |                           | ANGERS, FRA | 1996/06/01 |
| Masters ACR 20:09.62  | GOTTSCHALK KATRIN SABINE |         | The 8th Hong Kong Masters | Wanchai SG  | 2023/10/27 |
| HKMAC RECORD 20:09.62 | GOTTSCHALK KATRIN SABINE |         | The 8th Hong Kong Masters | Wanchai SG  | 2023/10/27 |



23 2025/11/23



Start: 11:35



21°C



79%

### Final

| Pos | Heat/ Name<br>Lane                                                                                      | 姓名  | Bib#/ Team      | Result   | Remarks |
|-----|---------------------------------------------------------------------------------------------------------|-----|-----------------|----------|---------|
| 1   | 1-15 LAI WAI MAN IMAN                                                                                   | 賴慧雯 | 451137<br>RMAC  | 21:42.41 |         |
|     | Split: 04:11.56 (4:11.56) 08:27.22 (4:15.67) 12:48.81 (4:21.58) 17:15.80 (4:26.99) 21'42.403" (4:26.20) |     |                 |          |         |
| 2   | 1-19 HO CHUNG YEE JOANNIE                                                                               | 何頌沂 | 451146<br>SCAA  | 21:45.79 |         |
|     | Split: 04:09.95 (4:09.95) 08:32.43 (4:22.49) 12:55.34 (4:22.90) 17:24.56 (4:29.23) 21'45.783" (4:20.43) |     |                 |          |         |
| 3   | 1-22 WONG IRENE                                                                                         | 黃愛蓮 | 451138<br>RMAC  | 22:34.78 |         |
|     | Split: 04:23.59 (4:23.59) 08:52.66 (4:29.08) 13:29.24 (4:36.57) 18:07.60 (4:38.36) 22'34.776" (4:26.40) |     |                 |          |         |
| 4   | 1-17 CHENG KIT MAN                                                                                      | 鄭潔文 | 451205<br>WAC   | 24:55.45 |         |
|     | Split: 04:24.23 (4:24.23) 09:33.77 (5:09.55) 14:47.90 (5:14.12) 19:57.97 (5:10.07) 24'55.441" (4:57.03) |     |                 |          |         |
| 5   | 1-21 LAI SUK YEE                                                                                        | 黎淑儀 | 450984<br>DBSAC | 25:47.13 |         |
|     | Split: 04:48.58 (4:48.58) 09:50.27 (5:01.69) 15:06.41 (5:16.14) 20:34.07 (5:27.67) 25'47.124" (5:12.92) |     |                 |          |         |
|     | 1-16 TSANG KA YAN                                                                                       | 曾嘉茵 | 451149<br>SCAA  | DNS      |         |
|     | 1-18 LEE LI                                                                                             | 李莉  | 450985<br>DBSAC | DNS      |         |
|     | 1-20 HUNG HOI KWAN ALMA                                                                                 | 洪凱君 | 451031<br>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  
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



### Women's W45 - 5000mRW

| Record                | Perf              | Athlete                   | Event          | Place      | Date |
|-----------------------|-------------------|---------------------------|----------------|------------|------|
| Masters ACR 31:46.39  | WONG PUI SHAN 黃佩珊 | The 8th HONG KONG MASTERS | Wanchai Sports | 2023/10/27 |      |
| HKMAC RECORD 31:46.39 | WONG PUI SHAN 黃佩珊 | The 8th HONG KONG MASTERS | Wanchai Sports | 2023/10/27 |      |

 2025/11/22
  Start: 11:30
  24°C
  40%

### Final

| Pos | Heat/Name<br>Lane  | 姓名  | Bib#/Team       | Result                                                                                                         | Remarks   |
|-----|--------------------|-----|-----------------|----------------------------------------------------------------------------------------------------------------|-----------|
| 1   | 1-8 NG SAU MAN     | 吳秀雯 | 451177<br>SHTB  | 29:00.59                                                                                                       | HKMACR, R |
|     |                    |     |                 | <i>Split: 05:42.21 (5:42.21) 11:37.15 (5:54.94) 17:35.10 (5:57.95) 23:24.91 (5:49.82) 29'00.587" (5:35.08)</i> |           |
| 2   | 1-7 YU HIU MAN     | 余曉敏 | 450989<br>DBSAC | 34:09.40                                                                                                       |           |
|     |                    |     |                 | <i>Split: 06:44.96 (6:44.96) 13:36.75 (6:51.79) 20:29.07 (6:52.32) 27:27.90 (6:58.84) 34'09.393" (6:41.09)</i> |           |
| 3   | 1-6 LEE LI         | 李莉  | 450985<br>DBSAC | 34:14.16                                                                                                       |           |
|     |                    |     |                 | <i>Split: 06:39.09 (6:39.09) 13:36.86 (6:57.78) 20:33.65 (6:56.78) 27:31.11 (6:57.46) 34'14.151" (6:42.89)</i> |           |
| 4   | 1-9 WOO YUEN MEI   | 胡婉媚 | 451064<br>HKRWA | 35:34.44                                                                                                       |           |
|     |                    |     |                 | <i>Split: 06:41.76 (6:41.76) 13:50.48 (7:08.72) 21:04.88 (7:14.40) 28:22.26 (7:17.39) 35'34.439" (7:11.73)</i> |           |
| 5   | 1-10 CHENG SIU LAI | 鄭少麗 | 450949<br>DART  | 38:02.76                                                                                                       |           |
|     |                    |     |                 | <i>Split: 07:48.54 (7:48.54) 15:33.85 (7:45.31) 23:13.21 (7:39.36) 30:43.93 (7:30.73) 38'02.751" (7:18.06)</i> |           |
| 6   | 1-11 WONG PUI SZE  | 黃佩詩 | 450881<br>BAC   | 41:32.54                                                                                                       |           |
|     |                    |     |                 | <i>Split: 07:22.60 (7:22.60) 15:32.67 (8:10.07) 24:12.58 (8:39.91) 33:00.50 (8:47.93) 41'32.535" (8:31.49)</i> |           |
|     | 1-5 CHAN PUI YU    | 陳沛瑜 | 450979<br>DBSAC | DNS                                                                                                            |           |

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



Women's W45 - 80mH



| Record       | Perf  | Athlete                  | Event                     | Place         | Date       |
|--------------|-------|--------------------------|---------------------------|---------------|------------|
| WMA RECORD   | 11.51 | CHRISTINE MÜLLER         |                           | RANDERS, DEN  | 2004/07/22 |
| Masters ACR  | 15.03 | WONG CHOR KWAN JOYCE 王楚君 | The 9th HONG KONG MASTERS | Tseung Kwan O | 2024/11/23 |
| HKMAC RECORD | 15.03 | WONG CHOR KWAN JOYCE 王楚君 | The 9th HONG KONG MASTERS | Tseung Kwan O | 2024/11/23 |



2025/11/22



Start: 14:40



24°C



40%

Final

| Pos | Heat/ Lane | Name                  | 姓名  | Bib#/ Team      | Result | W/S  | Remarks |
|-----|------------|-----------------------|-----|-----------------|--------|------|---------|
| 1   | 1-8        | CHEUNG LAI YEE OLIVER | 張麗兒 | 451078<br>LSCAC | 15.26  | +0.4 |         |
| 2   | 1-1        | WONG CHOR KWAN JOYCE  | 王楚君 | 450879<br>BAC   | 15.40  | +0.4 |         |



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



Women's W45 - 400mH



| Record               | Perf            | Athlete | Event                     | Place          | Date       |
|----------------------|-----------------|---------|---------------------------|----------------|------------|
| WMA RECORD 1:02.85   | BARBARA GÄHLING |         |                           | KAISERSLAUTERN | 2010/06/27 |
| Masters ACR 1:34.22  | LIU ADA 廖慧琦     |         | The 9th HONG KONG MASTERS | Tseung Kwan O  | 2024/11/23 |
| HKMAC RECORD 1:46.57 | MA VINCI 馬懷思    |         | 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   | 1-3        | CHEUNG LAI YEE OLIVER | 張麗兒 | 451078 LSCAC   | 1:24.63 | HKMACR, R |
| 2   | 1-7        | LAW CHUI HA JOANNE    | 羅翠霞 | 451147 SCAA    | 1:36.68 | R         |
| 3   | 1-2        | CHENG YUEN TING       | 鄭婉婷 | 450981 DBSAC   | 2:00.42 |           |
|     | 1-1        | CHINNASWAMY VINODHINI |     | 451073 IND-Ban | DNS     |           |
|     | 1-8        | MA VINCI              | 馬懷思 | 450877 BAC     | DNS     |           |

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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 W45 - 2000mSC



2025/11/23



Start: 08:40



21°C



79%

Final

| Pos                                           | Heat/ Name<br>Lane     | 姓名  | Bib#/ Team       | Result   | Remarks |
|-----------------------------------------------|------------------------|-----|------------------|----------|---------|
| 1                                             | 1-6 NG HOI KEI         | 吳凱琪 | 451091<br>PKMSAA | 13:11.81 |         |
| Split: 06:19.94 (6:19.95) 13'11.801 (6:51.05) |                        |     |                  |          |         |
|                                               | 1-7 LAW CHUI HA JOANNE | 羅翠霞 | 451147<br>SCAA   | 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 W45 - Long Jump



| Record       | Perf | Athlete          | Event                       | Place         | Date       |
|--------------|------|------------------|-----------------------------|---------------|------------|
| WMA RECORD   | 5.62 | KRIEMHILD MANN   |                             | OSTERODE, GER | 2012/04/28 |
| Masters ACR  | 4.05 | Choi Hiu Nam 蔡曉嵐 | Hong Kong Masters Athletics | TKO SG        | 2018/10/27 |
| HKMAC RECORD | 4.05 | Choi Hiu Nam 蔡曉嵐 | Hong Kong Masters Athletics | TKO SG        | 2018/10/27 |



2025/11/22



Start: 10:20



15°C



62%

### Final

| Pos | Heat/Order | Name                         | Bib#/Team        | Result | Remarks     | 1            | 2            | 3            |
|-----|------------|------------------------------|------------------|--------|-------------|--------------|--------------|--------------|
| 1   | 1-11       | WONG CHOR KWAN JOYCE<br>王楚君  | 450879<br>BAC    | 4.05m. | =HKMACR, =R | 3.49<br>+1.6 | 3.65<br>+0.2 | 4.05<br>+1.8 |
| 2   | 1-7        | WONG ON KI<br>黃安琪            | 450880<br>BAC    | 3.77m. |             | 3.73<br>-0.3 | 3.33<br>+1.1 | 3.77<br>+0.9 |
| 3   | 1-12       | NG CHI YING<br>伍智盈           | 451148<br>SCAA   | 3.70m. |             | 3.70<br>+0.1 | 3.56<br>+1.7 | 3.60<br>+1.4 |
| 4   | 1-4        | TSANG TSZ YAN WINNIE<br>曾子欣  | 451093<br>PKMSAA | 3.34m. |             | 3.34<br>-0.5 | 3.00<br>+1.1 | 3.27<br>0.0  |
| 5   | 1-3        | CHAN HOI KA<br>陳煒嘉           | 450978<br>DBSAC  | 3.27m. |             | 2.96<br>+1.7 | 3.27<br>+0.1 | 2.85<br>-0.3 |
| 6   | 1-1        | YEUNG YAN YAN ANNETTE<br>楊欣欣 | 450882<br>BAC    | 3.06m. |             | 2.82<br>+2.0 | 2.91<br>+0.4 | 3.06<br>+1.8 |
| 7   | 1-5        | CHENG CHOI MUI<br>鄭彩梅        | 451145<br>SCAA   | 2.93m. |             | 2.81<br>-0.4 | 2.93<br>+2.0 | 2.79<br>+0.2 |
|     | 1-2        | CHAN PUI YU<br>陳沛瑜           | 450979<br>DBSAC  | DNS    |             |              |              |              |
|     | 1-6        | BINDUMOL GANESH              | 451074<br>IND-BG | DNS    |             |              |              |              |
|     | 1-8        | LIU LINGLING<br>劉齡           | 450853<br>AVOHK  | DNS    |             |              |              |              |
|     | 1-9        | WONG HING YEE HANNAH<br>黃馨儀  | 450952<br>DART   | DNS    |             |              |              |              |
|     | 1-10       | NG WAI YAN ADA<br>伍惠恩        | 451209<br>WYK    | DNS    |             |              |              |              |

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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 W45 - Triple Jump

| Record     | Perf  | Athlete     | Event | Place         | Date       |
|------------|-------|-------------|-------|---------------|------------|
| WMA RECORD | 12.30 | BARBARA LAH |       | SAN BIAGIO DI | 2019/05/11 |



2025/11/22



Start: 13:05



24°C



40%

### Final

| Pos | Heat/ Name<br>Order        | Bib#/ Team      | Result | Remarks | 1            | 2            | 3            |
|-----|----------------------------|-----------------|--------|---------|--------------|--------------|--------------|
| 1   | 1-3 CHAN HOI KA<br>陳煒嘉     | 450978<br>DBSAC | 5.52m. |         | x            | 5.14<br>+1.2 | 5.52<br>+2.7 |
| 2   | 1-6 CHENG YUEN TING<br>鄭婉婷 | 450981<br>DBSAC | 4.98m. |         | x            | 4.30<br>+1.3 | 4.98<br>+1.1 |
| 3   | 1-4 LAI SUK YEE<br>黎淑儀     | 450984<br>DBSAC | 4.50m. |         | 4.20<br>+0.5 | 4.50<br>+0.4 | x            |
| 4   | 1-5 YU HIU MAN<br>余曉敏      | 450989<br>DBSAC | 3.76m. |         | 3.76<br>+1.8 | 3.71<br>+0.4 | r            |
|     | 1-1 LIU LINGLING<br>劉齡     | 450853<br>AVOHK | DNS    |         |              |              |              |
|     | 1-2 CHAN PUI YU<br>陳沛瑜     | 450979<br>DBSAC | DNS    |         |              |              |              |

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# Hong Kong Masters Athletics Club

## The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



### Women's W45 - Shot Put



| Record       | Perf  | Athlete        | Event                     | Place         | Date       |
|--------------|-------|----------------|---------------------------|---------------|------------|
| WMA RECORD   | 16.95 | ZDENKA SILHAVA |                           | OSTRAVA, CZE  | 1999/06/26 |
| Masters ACR  | 8.76  | HUNG WENDY 洪麗康 | The 9th HONG KONG MASTERS | Tseung Kwan O | 2024/11/23 |
| HKMAC RECORD | 8.76  | HUNG WENDY 洪麗康 | The 9th HONG KONG MASTERS | Tseung Kwan O | 2024/11/23 |



2025/11/23



Start: 08:20



21°C



79%

### Final

| Pos | Heat/Order | Name                        | Bib#/Team          | Result | Remarks | 1    | 2    | 3    |
|-----|------------|-----------------------------|--------------------|--------|---------|------|------|------|
| 1   | 1-4        | LAM WAI LING ROY<br>林慧玲     | 451196<br>TCAA     | 7.58m. |         | 7.27 | 6.45 | 7.58 |
| 2   | 1-15       | TANG HANG KEI<br>鄧衡璣        | 451134<br>PoliceAC | 6.98m. |         | 5.63 | 6.95 | 6.98 |
| 3   | 1-16       | KWAN SZE PUI BETTY<br>關詩蓓   | 450983<br>DBSAC    | 6.91m. |         | 6.51 | 6.91 | 6.50 |
| 4   | 1-7        | HAN WING YEE<br>韓穎怡         | 450950<br>DART     | 6.32m. |         | 6.32 | 6.05 | 5.61 |
| 5   | 1-19       | MA VINCI<br>馬懷思             | 450877<br>BAC      | 5.83m. |         | 5.83 | 5.47 | 4.86 |
| 6   | 1-17       | YEH TSUEN TSUEN RITA<br>葉蓁蓁 | 450988<br>DBSAC    | 5.65m. |         | 5.49 | x    | 5.65 |
| 7   | 1-8        | KAN ELCO<br>簡杏芳             | 450852<br>AVOHK    | 5.40m. |         | 5.03 | 5.40 | 5.37 |
| 8   | 1-6        | CHAO TSZ KWAN JOLIE<br>趙芷筠  | 450980<br>DBSAC    | 5.35m. |         | 5.35 | 5.17 | 4.98 |
| 9   | 1-14       | LAM CHI WAN JOANNE<br>梁智雲   | 451079<br>LSCAC    | 5.32m. |         | 4.98 | 4.99 | 5.32 |
| 10  | 1-11       | TANG SZE MAN<br>鄧思敏         | 451033<br>GHSAC    | 5.10m. |         | 5.10 | 5.02 | 4.74 |
| 11  | 1-18       | CHAN HOI KA<br>陳煒嘉          | 450978<br>DBSAC    | 4.96m. |         | x    | 4.54 | 4.96 |
| 12  | 1-2        | LEUNG CARRIE MO KIT<br>梁慕潔  | 451032<br>GHSAC    | 4.57m. |         | 3.98 | 4.25 | 4.57 |
|     | 1-1        | HUNG WENDY<br>洪麗康           | 450982<br>DBSAC    | DNS    |         |      |      |      |
|     | 1-3        | LEE LI<br>李莉                | 450985<br>DBSAC    | DNS    |         |      |      |      |
|     | 1-5        | CHAN PUI YU<br>陳沛瑜          | 450979<br>DBSAC    | 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 W45 - Shot Put



| Record       | Perf  | Athlete        | Event                     | Place         | Date       |
|--------------|-------|----------------|---------------------------|---------------|------------|
| WMA RECORD   | 16.95 | ZDENKA SILHAVA |                           | OSTRAVA, CZE  | 1999/06/26 |
| Masters ACR  | 8.76  | HUNG WENDY 洪麗康 | The 9th HONG KONG MASTERS | Tseung Kwan O | 2024/11/23 |
| HKMAC RECORD | 8.76  | HUNG WENDY 洪麗康 | The 9th HONG KONG MASTERS | Tseung Kwan O | 2024/11/23 |



2025/11/23



Start: 08:20



21°C



79%

Final

| Pos  | Heat/ Name<br>Order         | Bib#/ Team       | Result | Remarks | 1 | 2 | 3 |
|------|-----------------------------|------------------|--------|---------|---|---|---|
| 1-9  | BINDUMOL GANESH             | 451074<br>IND-BG | DNS    |         |   |   |   |
| 1-10 | WONG CHOR KWAN JOYCE<br>王楚君 | 450879<br>BAC    | DNS    |         |   |   |   |
| 1-12 | YU HIU MAN<br>余曉敏           | 450989<br>DBSAC  | DNS    |         |   |   |   |
| 1-13 | WONG PUI SZE<br>黃佩詩         | 450881<br>BAC    | DNS    |         |   |   |   |

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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 W45 - Discus Throw



| Record       | Perf  | Athlete            | Event                       | Place          | Date       |
|--------------|-------|--------------------|-----------------------------|----------------|------------|
| WMA RECORD   | 64.09 | ZDENKA SILHAVA     |                             | PARDUBICE, CZE | 1999/08/11 |
| Masters ACR  | 25.85 | CHAN Ling Kuen 陳玲娟 | Hong Kong Masters Athletics | TKO SG         | 2017/11/11 |
| HKMAC RECORD | 25.85 | CHAN Ling Kuen 陳玲娟 | Hong Kong Masters Athletics | TKO SG         | 2017/11/11 |



2025/11/22



Start: 16:15



24°C



40%

### Final

| Pos | Heat/Order | Name                             | Bib#/Team          | Result  | Remarks | 1     | 2     | 3     |
|-----|------------|----------------------------------|--------------------|---------|---------|-------|-------|-------|
| 1   | 1-14       | LAM WAI LING ROY<br>林慧玲          | 451196<br>TCAA     | 22.70m. |         | 18.44 | X     | 22.70 |
| 2   | 1-15       | KWAN SZE PUI BETTY<br>關詩蓓        | 450983<br>DBSAC    | 21.75m. |         | 18.95 | 18.51 | 21.75 |
| 3   | 1-4        | LAM CHI WAN JOANNE<br>LSCAC      | 451079<br>LSCAC    | 19.33m. |         | 17.80 | 18.01 | 19.33 |
| 4   | 1-8        | TANG HANG KEI<br>鄧衛璣             | 451134<br>PoliceAC | 19.10m. |         | 16.71 | 18.93 | 19.10 |
| 5   | 1-7        | YEUNG YAN YAN ANNETTE<br>楊欣欣     | 450882<br>BAC      | 17.05m. |         | 17.05 | 15.52 | 15.28 |
| 6   | 1-3        | LUI WAN YIN<br>呂韻妍               | 451133<br>PoliceAC | 17.03m. |         | 17.03 | 16.41 | X     |
| 7   | 1-10       | SIN CHUNG FONG<br>冼重芳            | 450951<br>DART     | 16.82m. |         | 15.59 | 14.79 | 16.82 |
| 8   | 1-6        | YEH TSUEN TSUEN RITA<br>葉蓁蓁      | 450988<br>DBSAC    | 15.59m. |         | X     | 14.10 | 15.59 |
| 9   | 1-2        | LEE LI<br>李莉                     | 450985<br>DBSAC    | 14.80m. |         | 14.10 | X     | 14.80 |
| 10  | 1-1        | TANG SZE MAN<br>鄧思敏              | 451033<br>GHSAC    | 13.42m. |         | X     | 12.10 | 13.42 |
| 11  | 1-17       | YU HIU MAN<br>余曉敏                | 450989<br>DBSAC    | 12.43m. |         | X     | 12.43 | 10.78 |
|     | 1-9        | MA VINCI<br>馬懷思                  | 450877<br>BAC      | NM      |         | X     | X     | X     |
|     | 1-12       | CHAN HOI KA<br>陳皚嘉               | 450978<br>DBSAC    | NM      |         | X     | X     | X     |
|     | 1-5        | CHINNASWAMY VINODHINI<br>IND-Ban | 451073<br>IND-Ban  | DNS     |         |       |       |       |
|     | 1-11       | CHAN PUI YU<br>陳沛瑜               | 450979<br>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



### Women's W45 - Discus Throw



| Record       | Perf  | Athlete            | Event                       | Place          | Date       |
|--------------|-------|--------------------|-----------------------------|----------------|------------|
| WMA RECORD   | 64.09 | ZDENKA SILHAVA     |                             | PARDOBICE, CZE | 1999/08/11 |
| Masters ACR  | 25.85 | CHAN Ling Kuen 陳玲娟 | Hong Kong Masters Athletics | TKO SG         | 2017/11/11 |
| HKMAC RECORD | 25.85 | CHAN Ling Kuen 陳玲娟 | Hong Kong Masters Athletics | TKO SG         | 2017/11/11 |



2025/11/22



Start: 16:15



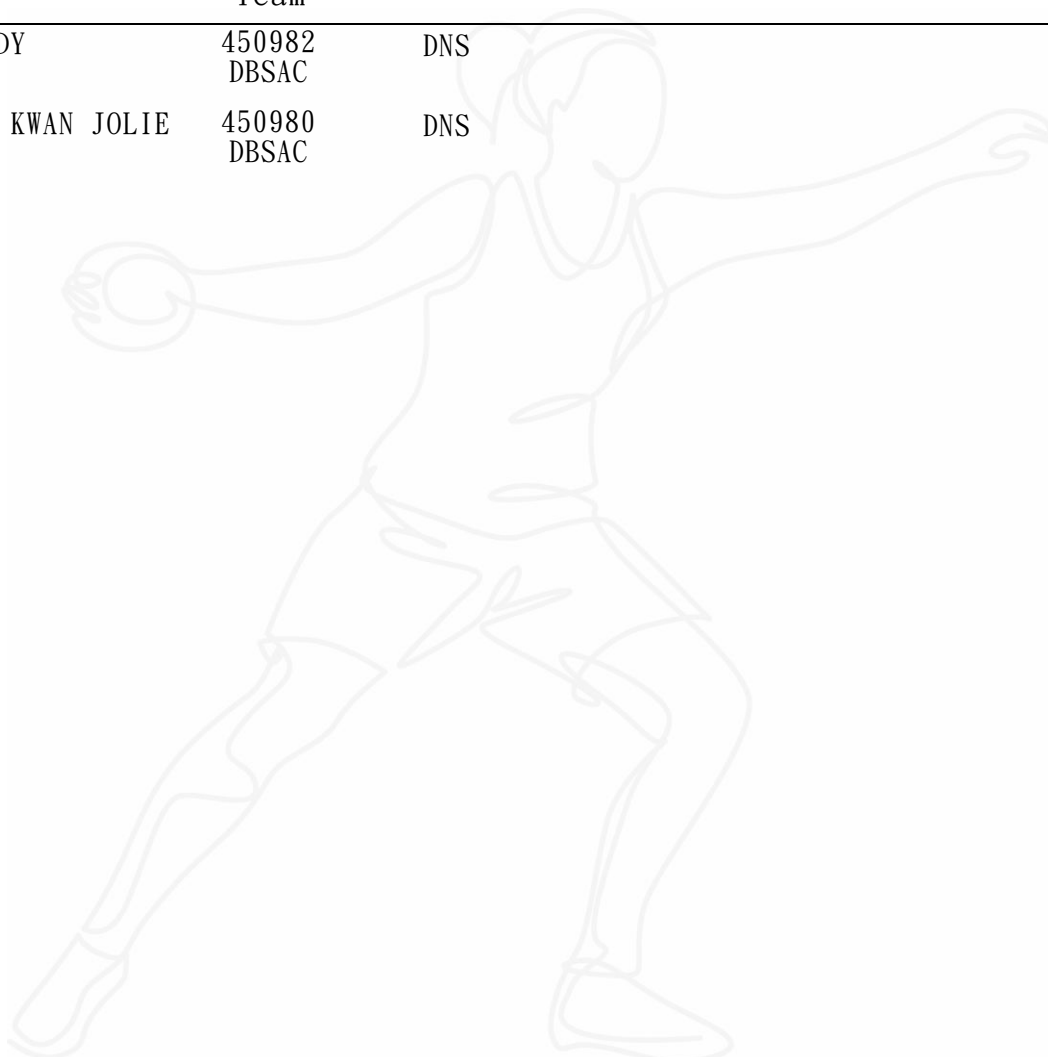
24°C



40%

### Final

| Pos  | Heat/ Name<br>Order        | Bib#/ Team      | Result | Remarks | 1 | 2 | 3 |
|------|----------------------------|-----------------|--------|---------|---|---|---|
| 1-13 | HUNG WENDY<br>洪麗康          | 450982<br>DBSAC | DNS    |         |   |   |   |
| 1-16 | CHAO TSZ KWAN JOLIE<br>趙芷筠 | 450980<br>DBSAC | 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 W45 - Javelin Throw



| Record       | Perf  | Athlete                | Event                       | Place        | Date       |
|--------------|-------|------------------------|-----------------------------|--------------|------------|
| WMA RECORD   | 50.47 | ELISABETH WALLANDER    |                             | HELSINGBORG, | 2005/08/21 |
| Masters ACR  | 27.87 | Hui Wing Kei Vicky 許穎琪 | Hong Kong Masters Athletics | TKO SG       | 2018/10/27 |
| HKMAC RECORD | 27.87 | Hui Wing Kei Vicky 許穎琪 | Hong Kong Masters Athletics | TKO SG       | 2018/10/27 |



23 2025/11/23



Start: 13:25



21°C



79%

### Final

| Pos | Heat/Order | Name                         | Bib#/Team       | Result  | Remarks | 1     | 2     | 3     |
|-----|------------|------------------------------|-----------------|---------|---------|-------|-------|-------|
| 1   | 1-1        | LAM CHI WAN JOANNE           | 451079 LSCAC    | 21.03m. |         | 20.76 | 19.60 | 21.03 |
| 2   | 1-15       | CHAN CAROL<br>陳祉霖            | 451029 GHSAC    | 18.65m. |         | 16.28 | 18.65 | 14.54 |
| 3   | 1-14       | LUI WAN YIN<br>呂韻妍           | 451133 PoliceAC | 18.56m. |         | 18.56 | 18.52 | 15.36 |
| 4   | 1-9        | YEH TSUEN TSUEN RITA<br>葉蓁蓁  | 450988 DBSAC    | 18.18m. |         | 16.67 | 18.18 | 16.61 |
| 5   | 1-8        | YEUNG YAN YAN ANNETTE<br>楊欣欣 | 450882 BAC      | 14.00m. |         | 14.00 | 13.14 | 11.92 |
| 6   | 1-6        | MA VINCI<br>馬懷思              | 450877 BAC      | 12.71m. |         | 12.71 | 11.58 | 9.87  |
| 7   | 1-3        | KWAN SZE PUI BETTY<br>關詩蓓    | 450983 DBSAC    | 11.84m. |         | x     | 10.65 | 11.84 |
| 8   | 1-12       | CHAN HOI KA<br>陳皚嘉           | 450978 DBSAC    | 10.85m. |         | 9.67  | 10.79 | 10.85 |
| 9   | 1-16       | CHENG YUEN TING<br>鄭婉婷       | 450981 DBSAC    | 10.79m. |         | 9.55  | 10.09 | 10.79 |
| 10  | 1-4        | CHEUNG KA YEE CRYSTAL<br>張嘉儀 | 451030 GHSAC    | 10.32m. |         | x     | 10.32 | x     |
| 11  | 1-5        | TANG SZE MAN<br>鄧思敏          | 451033 GHSAC    | 9.56m.  |         | x     | 8.36  | 9.56  |
| 12  | 1-2        | LEE LI<br>李莉                 | 450985 DBSAC    | 9.02m.  |         | x     | x     | 9.02  |
| 13  | 1-11       | YU HIU MAN<br>余曉敏            | 450989 DBSAC    | 8.40m.  |         | 8.12  | 8.40  | 8.24  |
| 14  | 1-7        | LEUNG CARRIE MO KIT<br>梁慕潔   | 451032 GHSAC    | 6.97m.  |         | x     | 6.97  | x     |
| 15  | 1-13       | FU BUI SE ISABELLA<br>傅貝詩    | 450875 BAC      | 4.98m.  |         | 4.98  | r     | -     |

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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 W45 - Javelin Throw



| Record       | Perf  | Athlete                | Event                       | Place        | Date       |
|--------------|-------|------------------------|-----------------------------|--------------|------------|
| WMA RECORD   | 50.47 | ELISABETH WALLANDER    |                             | HELSINGBORG, | 2005/08/21 |
| Masters ACR  | 27.87 | Hui Wing Kei Vicky 許穎琪 | Hong Kong Masters Athletics | TKO SG       | 2018/10/27 |
| HKMAC RECORD | 27.87 | Hui Wing Kei Vicky 許穎琪 | Hong Kong Masters Athletics | TKO SG       | 2018/10/27 |



23 2025/11/23



Start: 13:25



21°C



79%

### Final

| Pos  | Heat/ Name<br>Order      | Bib#/ Team        | Result | Remarks | 1 | 2 | 3 |
|------|--------------------------|-------------------|--------|---------|---|---|---|
| 1-10 | CHINNASWAMY<br>VINODHINI | 451073<br>IND-Ban | 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 W45 - 4X100m



| Record       | Perf  | Athlete                        | Event                     | Place         | Date       |
|--------------|-------|--------------------------------|---------------------------|---------------|------------|
| WMA RECORD   | 48.92 | MOTTI, BRIMS, FORSTER, MOGENTA |                           | BRISBANE, AUS | 2011/04/23 |
| Masters ACR  | 58.72 | Singapore                      | The 9th HONG KONG MASTERS | Tseung Kwan O | 2024/11/23 |
| HKMAC RECORD | 59.21 | 南華 W45 4X100米                  | The 8th Hong Kong Masters | Wanchai SG    | 2023/10/29 |



2025/11/22



Start: 17:05



24°C



40%

Final 1 **1/2**

| Pos | Heat/<br>Lane | Name                            | 姓名 | Bib#/<br>Team | Result  | Remarks |
|-----|---------------|---------------------------------|----|---------------|---------|---------|
| 1   | 1-5           | 喇沙書院田徑會<br>張麗兒, 蔡曉嵐, 杜燕珊, 林潔心   |    | LSCAC         | 1:01.22 |         |
| 2   | 1-7           | 赤道體育會 A<br>湯靈心, 王楚君, 李雯茵, 黃安琪   |    | BAC           | 1:01.81 |         |
| 3   | 1-3           | 達強田徑會<br>黃馨儀, 陳于琪, 韓穎怡, 冼重芳     |    | DART          | 1:05.59 |         |
| 4   | 1-4           | 拔萃男書院田徑會 B<br>余曉敏, 李莉, 黎淑儀, 畢麗君 |    | DBSAC         | 1:15.99 |         |
|     | 1-6           | 香港元老田徑                          |    | AVOHK         | DNS     |         |

Final 2 **2/2**

| Pos | Heat/<br>Lane | Name                             | 姓名 | Bib#/<br>Team | Result  | Remarks |
|-----|---------------|----------------------------------|----|---------------|---------|---------|
| 1   | 2-7           | 拔萃男書院田徑會 A<br>謝敏姬, 鄭婉婷, 樂可羨, 陳皚嘉 |    | DBSAC         | 1:03.10 |         |
| 2   | 2-4           | 南華體育會<br>鄭彩梅, 何頌沂, 羅翠霞, 伍智盈      |    | SCAA          | 1:03.63 |         |
| 3   | 2-6           | 培僑中學校友會<br>吳凱琪, 王碧惠, 龍惠蘭, 關寶儀    |    | PKMSAA        | 1:07.78 |         |
| 4   | 2-5           | 赤道體育會 B<br>楊欣欣, 黃佩詩, 陳嚴慧心, 馬懷思   |    | BAC           | 1:09.36 |         |

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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 W45 - 4X100m

| Record       | Perf  | Athlete                        | Event                     | Place         | Date       |
|--------------|-------|--------------------------------|---------------------------|---------------|------------|
| WMA RECORD   | 48.92 | MOTTI, BRIMS, FORSTER, MOGENTA | The 9th HONG KONG MASTERS | BRISBANE, AUS | 2011/04/23 |
| Masters ACR  | 58.72 | Singapore                      | The 8th Hong Kong Masters | Tseung Kwan O | 2024/11/23 |
| HKMAC RECORD | 59.21 | 南華 W45 4X100米                  |                           | Wanchai SG    | 2023/10/29 |



22 2025/11/22



Start: 17:05



24°C



40%

### Summary

| Pos | Heat/<br>Lane | Name                             | 姓名 | Bib#/<br>Team | Result  | Remarks |
|-----|---------------|----------------------------------|----|---------------|---------|---------|
| 1   | 1-5           | 喇沙書院田徑會<br>張麗兒, 蔡曉嵐, 杜燕珊, 林潔心    |    | LSCAC         | 1:01.22 |         |
| 2   | 1-7           | 赤道體育會 A<br>湯靈心, 王楚君, 李雯茵, 黃安琪    |    | BAC           | 1:01.81 |         |
| 3   | 2-7           | 拔萃男書院田徑會 A<br>謝敏姬, 鄭婉婷, 樂可羨, 陳皚嘉 |    | DBSAC         | 1:03.10 |         |
| 4   | 2-4           | 南華體育會<br>鄭彩梅, 何頌沂, 羅翠霞, 伍智盈      |    | SCAA          | 1:03.63 |         |
| 5   | 1-3           | 達強田徑會<br>黃馨儀, 陳于琪, 韓穎怡, 冼重芳      |    | DART          | 1:05.59 |         |
| 6   | 2-6           | 培僑中學校友會<br>吳凱琪, 王碧惠, 龍惠蘭, 關寶儀    |    | PKMSAA        | 1:07.78 |         |
| 7   | 2-5           | 赤道體育會 B<br>楊欣欣, 黃佩詩, 陳嚴慧心, 馬懷思   |    | BAC           | 1:09.36 |         |
| 8   | 1-4           | 拔萃男書院田徑會 B<br>余曉敏, 李莉, 黎淑儀, 畢麗君  |    | DBSAC         | 1:15.99 |         |
|     | 1-6           | 香港元老田徑                           |    | AVOHK         | 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 W45 - 4X400m



| Record               | Perf                           | Athlete | Event                       | Place         | Date       |
|----------------------|--------------------------------|---------|-----------------------------|---------------|------------|
| WMA RECORD 4:01.22   | FORSTER, MOTTI, MOGENTALE, BRI |         |                             | BRISBANE, AUS | 2011/04/24 |
| Masters ACR 5:21.44  | SCAA (A)                       |         | Hong Kong Masters Athletics | TKO SG        | 2017/11/11 |
| HKMAC RECORD 5:21.44 | SCAA (A)                       |         | Hong Kong Masters Athletics | TKO SG        | 2017/11/11 |



23 2025/11/23



Start: 16:55



28°C



53%

### Final

| Pos | Heat/<br>Lane | Name                                            | 姓名 | Bib#/<br>Team | Result  | Remarks   |
|-----|---------------|-------------------------------------------------|----|---------------|---------|-----------|
| 1   | 1-5           | 拔萃男書院田徑會 A<br>陳皓嘉, 謝敏姬, 鄭婉婷, 樂可羨                |    | DBSAC         | 5:15.25 | HKMACR, R |
| 2   | 1-3           | 喇沙書院田徑會<br>蔡曉嵐, 林潔心, LAM CHI WAN<br>JOANNE, 張麗兒 |    | LSCAC         | 5:18.11 | HKMACR, R |
| 3   | 1-7           | 赤道體育會<br>黃安琪, 黃佩詩, 馬懷思, 湯靈心                     |    | BAC           | 5:49.90 |           |
| 4   | 1-8           | 達強田徑會<br>鄭少麗, 林艷貞, 陳于琪, 張佩玲                     |    | DART          | 5:57.88 |           |
| 5   | 1-4           | 南華體育會<br>鄭彩梅, 吳詠彤, 詹愷怡, 葉麗莊                     |    | SCAA          | 6:19.18 |           |
| 6   | 1-1           | 拔萃男書院田徑會 B<br>余曉敏, 李莉, 黎淑儀, 畢麗君                 |    | DBSAC         | 6:19.75 |           |
| 7   | 1-2           | 培僑中學校友會<br>林寶誼, 王碧惠, 吳凱琳, 吳凱琪                   |    | PKMSAA        | 7:13.14 |           |
|     | 1-6           | 香港元老田徑                                          |    | AVOHK         | DNS     |           |

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主辦機構:



冠名贊助:



協辦機構:



支持媒體:



