

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W55 - 100m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	12.24	JULIE BRIMS		CANBERRA, AUS	2021/02/13
Masters ACR	14.02	TSE Wah Sau 謝華秀	Hong Kong Masters Athletics	Wanchai SG	2014/11/02
HKMAC RECORD	14.02	TSE Wah Sau 謝華秀	Hong Kong Masters Athletics	Wanchai SG	2014/11/02



22 2025/11/22



Start: 10:00



15°C



62%

Final 1 /2

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-6	LAM SAU LING	林秀玲	551158 SCAA	15.96	-0.6	
2	1-2	LAI SHUI NIN INGRID	黎瑞年	550996 DBSAC	17.17	-0.6	
3	1-3	WAN DIN	温电	551139 RMAC	19.32	-0.6	
4	1-4	CHUNG SIU FONG MIRANDA	鍾少芳	550891 BAC	19.63	-0.6	
5	1-7	SO OI MING PEGGY	蘇愛明	550895 BAC	20.68	-0.6	
	1-5	LO LAN FA ANGEL	羅蘭花	550855 AVOHK	DNS		

Final 2 /2

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	2-2	CHAN SHUI LIN DEBBY	陳水蓮	550889 BAC	14.97	+1.0	
2	2-7	YUEN KAR WAI	袁嘉慧	551003 DBSAC	15.52	+1.0	
3	2-6	CHIM STELLA	詹愷怡	551157 SCAA	17.78	+1.0	
4	2-5	FONG SUM YU APRIL	方心如	551207 WAC	18.86	+1.0	
5	2-3	SUN KWAI CHUN	孫桂珍	550896 BAC	28.84	+1.0	
6	2-4	CHAN MEI FONG	陳美芳	550888 BAC	30.30	+1.0	

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HKMAC RECORD	14.02	TSE Wah Sau 謝華秀	Hong Kong Masters Athletics	Wanchai SG	2014/11/02



22 2025/11/22



Start: 10:00



15°C



62%

Summary

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	2-2	CHAN SHUI LIN DEBBY	陳水蓮	550889 BAC	14.97	+1.0	
2	2-7	YUEN KAR WAI	袁嘉慧	551003 DBSAC	15.52	+1.0	
3	1-6	LAM SAU LING	林秀玲	551158 SCAA	15.96	-0.6	
4	1-2	LAI SHUI NIN INGRID	黎瑞年	550996 DBSAC	17.17	-0.6	
5	2-6	CHIM STELLA	詹愷怡	551157 SCAA	17.78	+1.0	
6	2-5	FONG SUM YU APRIL	方心如	551207 WAC	18.86	+1.0	
7	1-3	WAN DIN	溫電	551139 RMAC	19.32	-0.6	
8	1-4	CHUNG SIU FONG MIRANDA	鍾少芳	550891 BAC	19.63	-0.6	
9	1-7	SO OI MING PEGGY	蘇愛明	550895 BAC	20.68	-0.6	
10	2-3	SUN KWAI CHUN	孫桂珍	550896 BAC	28.84	+1.0	
11	2-4	CHAN MEI FONG	陳美芳	550888 BAC	30.30	+1.0	
	1-5	LO LAN FA ANGEL	羅蘭花	550855 AVOHK	DNS		

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W55 - 200m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	25.07	JULIE BRIMS		BRISBANE, AUS	2021/03/07
Masters ACR	30.35	LUNG WAI LAN 龍惠蘭	The 6th Hong Kong Masters	TKO SG	2021/09/11
HKMAC RECORD	30.35	LUNG WAI LAN 龍惠蘭	The 6th Hong Kong Masters	TKO SG	2021/09/11



23 2025/11/23



Start: 10:05



21°C



79%

Final 1 ¹/₂

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-4	CHIM STELLA	詹愷怡	551157 SCAA	37.89	+1.4	
2	1-7	WONG WAI SHEUNG EMMY	黃慧嫦	551001 DBSAC	39.82	+1.4	
3	1-3	CHAN MEI FONG	陳美芳	550888 BAC	48.10	+1.4	
4	1-2	CHUNG LAI HUNG	鍾麗紅	550890 BAC	54.71	+1.4	
5	1-1	SUN KWAI CHUN	孫桂珍	550896 BAC	1:08.08	+1.4	
	1-5	WONG SIU KING ALISON	黃瀟琮	551000 DBSAC	DNS		
	1-6	LEUNG GRACE	梁惠瑜	550997 DBSAC	DNS		
	1-8	LEUNG MEI PO MABEL	梁美寶	551046 GHSAC	DNS		

Final 2 ¹/₂

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	2-3	YUEN KAR WAI	袁嘉慧	551003 DBSAC	32.16	+1.8	
2	2-7	LAM SAU LING	林秀玲	551158 SCAA	34.06	+1.8	
3	2-6	LAI SHUI NIN INGRID	黎瑞年	550996 DBSAC	34.64	+1.8	
4	2-4	FONG SUM YU APRIL	方心如	551207 WAC	42.91	+1.8	
	2-2	WONG SAU CHING CANDY	黃秀清	551047 GHSAC	DNS		

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The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W55 - 200m



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Masters ACR	30.35	LUNG WAI LAN 龍惠蘭	The 6th Hong Kong Masters	TKO SG	2021/09/11
HKMAC RECORD	30.35	LUNG WAI LAN 龍惠蘭	The 6th Hong Kong Masters	TKO SG	2021/09/11



2025/11/23



Start: 10:05



21°C



79%

Final 2/2

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	W/S	Remarks
2-5	CHAU SUK KWUN JULIE	周淑筠	550993 DBSAC	DNS		
2-8	LO LAN FA ANGEL	羅蘭花	550855 AVOHK	DNS		

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Women's W55 - 200m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	25.07	JULIE BRIMS		BRISBANE, AUS	2021/03/07
Masters ACR	30.35	LUNG WAI LAN 龍惠蘭	The 6th Hong Kong Masters	TKO SG	2021/09/11
HKMAC RECORD	30.35	LUNG WAI LAN 龍惠蘭	The 6th Hong Kong Masters	TKO SG	2021/09/11



23 2025/11/23



Start: 10:05



21°C



79%

Summary

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	2-3	YUEN KAR WAI	袁嘉慧	551003 DBSAC	32.16	+1.8	
2	2-7	LAM SAU LING	林秀玲	551158 SCAA	34.06	+1.8	
3	2-6	LAI SHUI NIN INGRID	黎瑞年	550996 DBSAC	34.64	+1.8	
4	1-4	CHIM STELLA	詹愷怡	551157 SCAA	37.89	+1.4	
5	1-7	WONG WAI SHEUNG EMMY	黃慧嫦	551001 DBSAC	39.82	+1.4	
6	2-4	FONG SUM YU APRIL	方心如	551207 WAC	42.91	+1.8	
7	1-3	CHAN MEI FONG	陳美芳	550888 BAC	48.10	+1.4	
8	1-2	CHUNG LAI HUNG	鍾麗紅	550890 BAC	54.71	+1.4	
9	1-1	SUN KWAI CHUN	孫桂珍	550896 BAC	1:08.08	+1.4	
	1-5	WONG SIU KING ALISON	黃瀟琮	551000 DBSAC	DNS		
	1-6	LEUNG GRACE	梁惠瑜	550997 DBSAC	DNS		
	1-8	LEUNG MEI PO MABEL	梁美寶	551046 GHSAC	DNS		
	2-2	WONG SAU CHING CANDY	黃秀清	551047 GHSAC	DNS		
	2-5	CHAU SUK KWUN JULIE	周淑筠	550993 DBSAC	DNS		
	2-8	LO LAN FA ANGEL	羅蘭花	550855 AVOHK	DNS		

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W55 - 400m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD 59.36	JULIE BRIMS			BRISBANE, AUS	2021/01/23
Masters ACR 1:10.01	LUNG WAI LAN 龍惠蘭		The 6th Hong Kong Masters	TKO SG	2021/09/12
HKMAC RECORD 1:10.01	LUNG WAI LAN 龍惠蘭		The 6th Hong Kong Masters	TKO SG	2021/09/12



2025/11/22



Start: 15:10



24°C



40%

Final

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	Remarks
1	1-7 LAI SHUI NIN INGRID	黎瑞年	550996 DBSAC	1:17.20	
2	1-2 YUEN KAR WAI	袁嘉慧	551003 DBSAC	1:18.05	
3	1-8 WU YINWAH	鄔燕華	551101 PKMSAA	1:46.58	
4	1-4 CHAN MEI FONG	陳美芳	550888 BAC	1:57.31	
	1-3 LO LAN FA ANGEL	羅蘭花	550855 AVOHK	DNS	
	1-5 WONG SAU CHING CANDY	黃秀清	551047 GHSAC	DNS	
	1-6 LAU YUK KIU	劉玉喬	551100 PKMSAA	DNS	

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Hong Kong Masters Athletics Club
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Women's W55 - 800m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD 2:19.63	ANNE GILSHINAN			LEIXLIP, IRE	2019/06/08
Masters ACR 2:52.51	LO LAN FA ANGEL	羅蘭花	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD 2:52.51	LO LAN FA ANGEL	羅蘭花	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23



23 2025/11/23



Start: 15:40



27°C



49%

Final

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	Remarks
1	1-8 LAI SHUI NIN INGRID	黎瑞年	550996 DBSAC	3:06.12	
2	1-5 LEE SIK CHING	李適貞	551159 SCAA	3:12.90	
3	1-3 LAI SUK MAN	黎淑雯	551043 GHSAC	3:13.63	
4	1-5 TSANG SIU YEE SANDY	曾小儀	550897 BAC	3:15.25	
5	1-4 CHIU SIU WAI	焦小慧	551097 PKMSAA	3:37.13	
6	1-2 WONG SIU KING ALISON	黃瀟琮	551000 DBSAC	3:54.73	
7	1-7 WONG WAI SHEUNG EMMY	黃慧嫦	551001 DBSAC	3:57.33	
8	1-2 LEUNG PIK KWAN MICHELLE	梁碧君	550998 DBSAC	4:27.07	
	1-4 WU YINWAH	鄔燕華	551101 PKMSAA	DNS	
	1-6 LO LAN FA ANGEL	羅蘭花	550855 AVOHK	DNS	

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



Women's W55 - 1500m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD 4:41.46	ANNE GILSHINAN			BELFAST, GBR	2019/06/22
Masters ACR 5:56.11	LO LAN FA ANGEL 羅蘭花		The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD 5:56.11	LO LAN FA ANGEL 羅蘭花		The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23



22 2025/11/22



Start: 08:30



15°C



62%

Final

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	Remarks
1	1-10 LAI SHUI NIN INGRID	黎瑞年	550996 DBSAC	6:33.75	
2	1-8 LEE SIK CHING	李適貞	551159 SCAA	6:33.83	
3	1-11 LAI SUK MAN	黎淑雯	551043 GHSAC	6:40.13	
4	1-7 WONG SUET MI	黃雪微	551175 SDH	7:07.76	
5	1-12 LAM YIM CHING	林艷貞	550958 DART	7:14.57	
6	1-6 CHIU SIU WAI	焦小慧	551097 PKMSAA	7:18.98	
	1-9 LO LAN FA ANGEL	羅蘭花	550855 AVOHK	DNS	

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



Women's W55 - 5000m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD 17:29.28	SILKE SCHMIDT			EINDHOVEN, NED	2015/06/27
Masters ACR 22:32.82	LO LAN FA ANGEL	羅蘭花	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD 22:32.82	LO LAN FA ANGEL	羅蘭花	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23



23 2025/11/23



Start: 11:35



21°C



79%

Final

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	Remarks
1	1-28 LAI SUK MAN	黎淑雯	551043 GHSAC	24:54.33	
					Split: 04:56.14 (4:56.14) 10:00.89 (5:04.75) 15:04.43 (5:03.54) 20:05.39 (5:00.96) 24'54.326" (4:48.61)
2	1-29 LAM YIM CHING	林艷貞	550958 DART	25:51.92	
					Split: 04:57.53 (4:57.53) 10:04.31 (5:06.78) 15:17.93 (5:13.62) 20:35.56 (5:17.63) 25'51.917" (5:15.44)
3	1-30 CHEUNG MAN ALICE	張敏	550994 DBSAC	29:40.16	
					Split: 05:01.93 (5:01.93) 10:49.23 (5:47.31) 16:54.66 (6:05.42) 23:10.45 (6:15.79) 29'40.157" (6:29.55)
	1-31 LO LAN FA ANGEL	羅蘭花	550855 AVOHK	DNS	

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The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W55 - 5000mRW



Record	Perf	Athlete	Event	Place	Date
Masters ACR 26:08.69	ZINAIDA TEPEEVA	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23	
HKMAC RECORD 31:02.88	LAU SAU HAN 劉秀嫻	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23	

 2025/11/22

 Start: 11:30

 24°C

 40%

Final

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	Remarks
1	1-21 LAU SAU HAN	劉秀嫻	551180 SHTB	31:17.40	
	<i>Split: 05:54.28 (5:54.28) 12:07.61 (6:13.33) 18:33.66 (6:26.05) 24:58.16 (6:24.50) 31'17.397" (6:18.84)</i>				
2	1-17 WONG SIU KING ALISON	黃瀟琮	551000 DBSAC	33:58.01	
	<i>Split: 06:33.94 (6:33.94) 13:21.31 (6:47.38) 20:13.20 (6:51.88) 27:15.07 (7:01.87) 33'58.008" (6:42.93)</i>				
3	1-18 CHEUNG MEI YI	張美儀	551179 SHTB	35:30.09	
	<i>Split: 06:40.79 (6:40.79) 13:47.66 (7:06.88) 20:58.84 (7:11.17) 28:18.73 (7:19.89) 35'30.085" (7:11.27)</i>				
4	1-20 CHAU SUK KWUN JULIE	周淑筠	550993 DBSAC	37:40.41	
	<i>Split: 07:16.06 (7:16.06) 14:54.30 (7:38.24) 22:38.36 (7:44.06) 30:16.42 (7:38.07) 37'40.408" (7:23.57)</i>				
5	1-19 LEUNG PIK KWAN MICHELLE	梁碧君	550998 DBSAC	37:46.21	
	<i>Split: 07:13.32 (7:13.32) 14:50.91 (7:37.60) 22:40.50 (7:49.58) 30:22.07 (7:41.57) 37'46.207" (7:23.93)</i>				
6	1-16 LEUNG GRACE	梁惠瑜	550997 DBSAC	38:01.48	
	<i>Split: 07:14.47 (7:14.47) 14:51.77 (7:37.31) 22:41.16 (7:49.38) 30:23.91 (7:42.75) 38'01.473" (7:37.09)</i>				
7	1-15 WONG WAI SHEUNG EMMY	黃慧嫦	551001 DBSAC	38:53.19	
	<i>Split: 07:26.53 (7:26.53) 15:17.27 (7:50.74) 23:17.92 (8:00.65) 31:07.05 (7:49.14) 38'53.183" (7:45.94)</i>				

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W55 - 80mH

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	12.31	HELGI LAMP		HAAPSALU, EST	1999/07/17
Masters ACR	15.16	CHAN SHUI LIN DEBBY 陳水蓮	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	15.16	CHAN SHUI LIN DEBBY 陳水蓮	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23



22 2025/11/22



Start: 14:50



24°C



40%

Final 1 /2

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-6 WONG SAU CHING CANDY	黃秀清	551047 GHSAC	17.72	+0.3	
2	1-5 MA SHUK HAN	馬淑嫻	551160 SCAA	18.45	+0.3	
3	1-7 WONG WAI SHEUNG EMMY	黃慧嫦	551001 DBSAC	19.96	+0.3	
	1-3 LO LAN FA ANGEL	羅蘭花	550855 AVOHK	DNS		
	1-4 WONG SIU KING ALISON	黃瀟琮	551000 DBSAC	DNS		

Final 2 /2

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	W/S	Remarks
1	2-3 CHAN SHUI LIN DEBBY	陳水蓮	550889 BAC	15.56	+0.2	
2	2-4 LAM SAU LING	林秀玲	551158 SCAA	19.25	+0.2	
	2-5 FONG SUM YU APRIL	方心如	551207 WAC	DNS		
	2-6 YIU WENDY CHING KWAN	姚靜君	551002 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 W55 - 80mH



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	12.31	HELGI LAMP		HAAPSALU, EST	1999/07/17
Masters ACR	15.16	CHAN SHUI LIN DEBBY 陳水蓮	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	15.16	CHAN SHUI LIN DEBBY 陳水蓮	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23



2025/11/22



Start: 14:50



24°C



40%

Summary

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	2-3	CHAN SHUI LIN DEBBY	陳水蓮	550889 BAC	15.56	+0.2	
2	1-6	WONG SAU CHING CANDY	黃秀清	551047 GHSAC	17.72	+0.3	
3	1-5	MA SHUK HAN	馬淑嫻	551160 SCAA	18.45	+0.3	
4	2-4	LAM SAU LING	林秀玲	551158 SCAA	19.25	+0.2	
5	1-7	WONG WAI SHEUNG EMMY	黃慧嫦	551001 DBSAC	19.96	+0.3	
	1-3	LO LAN FA ANGEL	羅蘭花	550855 AVOHK	DNS		
	1-4	WONG SIU KING ALISON	黃瀟琮	551000 DBSAC	DNS		
	2-5	FONG SUM YU APRIL	方心如	551207 WAC	DNS		
	2-6	YIU WENDY CHING KWAN	姚靜君	551002 DBSAC	DNS		

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主辦機構:



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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 W55 - 300mH



Record	Perf	Athlete	Event	Place	Date
WMA RECORD 48.74	SUSAN FRISBY			ARHUS, DEN	2017/07/30
Masters ACR 1:00.91	CHAN SHUI LIN DEBBY 陳水蓮		The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD 1:00.91	CHAN SHUI LIN DEBBY 陳水蓮		The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23



2025/11/23



Start: 14:20



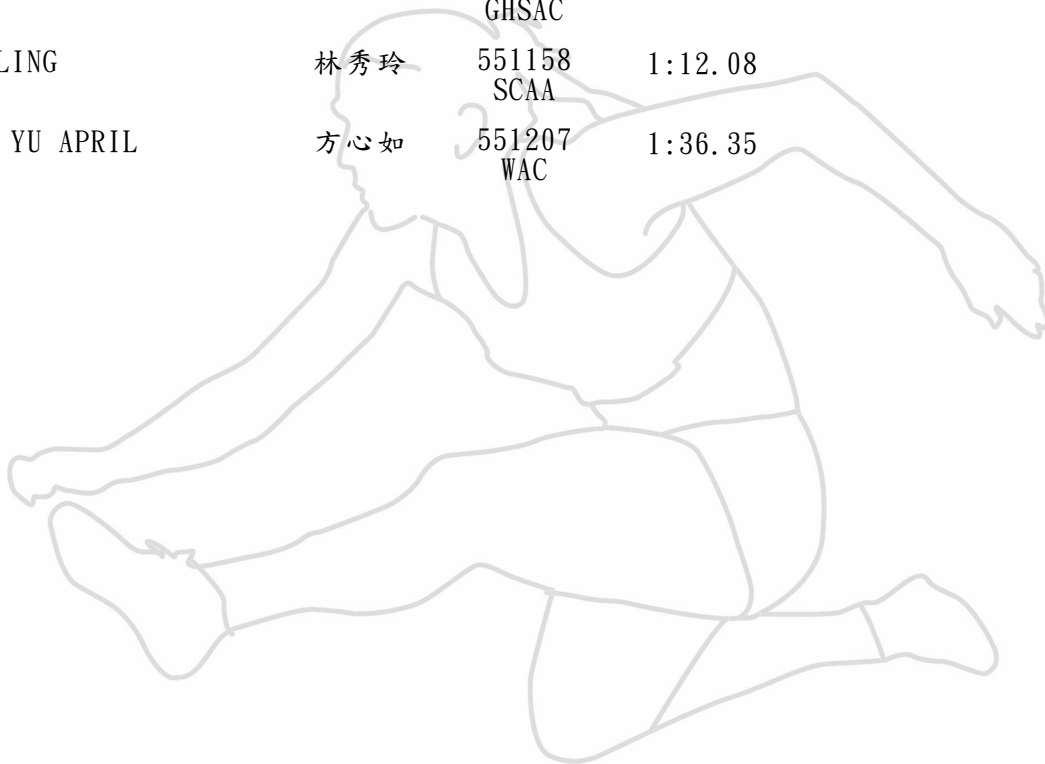
27°C



49%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-4	CHAN SHUI LIN DEBBY	陳水蓮	550889 BAC	58.54	HKMACR, R
2	1-8	WONG SAU CHING CANDY	黃秀清	551047 GHSAC	1:05.97	
3	1-3	LAM SAU LING	林秀玲	551158 SCAA	1:12.08	
4	1-7	FONG SUM YU APRIL	方心如	551207 WAC	1:36.35	



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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支持媒體:



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



Women's W55 - 2000mSC



Record	Perf	Athlete	Event	Place	Date
Masters ACR 10:35.31	TSANG SIU YEE SANDY	曾小儀	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD 10:35.31	TSANG SIU YEE SANDY	曾小儀	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23



2025/11/23



Start: 08:40



21°C



79%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-9	TSANG SIU YEE SANDY	曾小儀	550897 BAC	11:01.98	
		Split: 05:10.78 (5:10.79) 11'01.980 (5:50.21)				
2	1-8	TSANG WOON MING	曾煥明	551161 SCAA	11:52.29	
		Split: 05:45.09 (5:45.10) 11'52.287 (6:06.90)				
3	1-10	MA SHUK HAN	馬淑嫻	551160 SCAA	12:56.45	
		Split: 06:16.06 (6:16.07) 12'56.447 (6:39.93)				
	1-11	LO LAN FA ANGEL	羅蘭花	550855 AVOHK	DNS	

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支持媒體:



Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W55 - Long Jump



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	5.06	RAMONA PFEIFFER		ESSEN, GER	2016/09/03
	5.06	NERINGA JAKSTIENE		ALBUQUERQUE,	2019/06/16
Masters ACR	4.10	CHU SIU LING PANCY 朱少玲	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD	4.10	CHU SIU LING PANCY 朱少玲	The 8th Hong Kong Masters	Wanchai SG	2023/10/29



2025/11/23



Start: 08:40



21°C



79%

Final

Pos	Heat/ Name Order	Bib#/ Team	Result	Remarks	1	2	3
1	1-4 WONG WAI SHEUNG EMMY 黃慧嫦	551001 DBSAC	2.71m.		2.69 +0.5	2.71 0.0	X
2	1-6 FONG SUM YU APRIL 方心如	551207 WAC	2.55m.		X	2.55 +0.1	X
3	1-3 CHIM STELLA 詹愷怡	551157 SCAA	2.37m.		2.01 +1.0	2.31 +0.2	2.37 +0.5
4	1-2 LAM VIVIAN WING YIN 林穎賢	551044 GHSAC	2.14m.		2.14 +0.4	2.06 +1.2	2.08 +0.2
5	1-5 CHUNG SIU FONG MIRANDA 鍾少芳	550891 BAC	1.99m.		1.82 0.0	1.99 +0.5	1.94 +0.8
6	1-7 QUIMBO CORAZON	551085 PHI-NMSAA	1.92m.		1.52 +0.2	1.82 +0.1	1.92 +0.8
	1-1 CHEUNG WING YI DORIS 張詠儀	550995 DBSAC	DNS				

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W55 - Triple Jump

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	10.97	AKIKO OHINATA		KOFU, JPN	2006/06/25
 2025/11/22  Start: 12:25  24 °C  40%					

Final

Pos	Heat/ Name Order	Bib#/ Team	Result	Remarks	1	2	3
1	1-1 WONG SIU KING ALISON 黃瀟琮	551000 DBSAC	6.73m.		6.48 +0.5	6.73 +0.4	r
2	1-3 WONG WAI SHEUNG EMMY 黃慧嫦	551001 DBSAC	5.36m.		5.36 +0.2	4.82 +0.4	5.18 +0.7
3	1-4 YUEN KAR WAI 袁嘉慧	551003 DBSAC	5.07m.		4.54 +2.5	5.03 +0.3	5.07 +0.2
4	1-2 LAI SHUI NIN INGRID 黎瑞年	550996 DBSAC	4.55m.		4.55 +1.1	-	r
5	1-5 LEUNG PIK KWAN MICHELLE 梁碧君	550998 DBSAC	3.51m.		3.51 -0.5	r	r

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W55 - Shot Put



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	14.47	SIGRIN KOFINK		TURKU, FIN	1991/07/21
Masters ACR	8.86	MAK Lai Fun	Hong Kong Masters Athletics	Wanchai SG	2014/11/02
HKMAC RECORD	8.86	MAK Lai Fun	Hong Kong Masters Athletics	Wanchai SG	2014/11/02



2025/11/23



Start: 11:15



21°C



79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-9	GNANASUGANTHI ANNAVI	551076 IND-NAAA	7.74m.		7.57	7.74	7.11
2	1-13	WONG SIU KING ALISON 黃瀟琮	551000 DBSAC	7.65m.		7.34	X	7.65
3	1-3	WONG WAI SHEUNG EMMY 黃慧嫦	551001 DBSAC	7.10m.		6.72	6.81	7.10
4	1-7	CHAN LING KUEN 陳玲娟	551156 SCAA	7.09m.		6.47	7.09	6.84
5	1-15	HO KA LAI 何嘉麗	550892 BAC	6.76m.		6.67	6.54	6.76
6	1-1	FESSY GEORGE	551075 IND-NAAA	6.73m.		6.37	6.73	6.62
7	1-14	LAM VIVIAN WING YIN 林穎賢	551044 GHSAC	6.71m.		6.71	6.31	5.85
8	1-4	QUIMBO CORAZON	551085 PHI-NMSAA	6.11m.		6.11	5.88	5.64
9	1-10	CHAN SHUK MAN 陳淑敏	551040 GHSAC	5.90m.		5.90	X	5.74
10	1-8	CHIM STELLA 詹愷怡	551157 SCAA	5.55m.		5.19	5.55	4.16
11	1-5	CHAN WAI YIN 陳慧妍	550992 DBSAC	4.76m.		4.75	4.65	4.76
12	1-6	TSANG SIU YEE SANDY 曾小儀	550897 BAC	4.42m.		3.62	4.42	X
	1-2	IP KIT CHING HEIDI 葉潔清	551042 GHSAC	DNS				
	1-11	LEUNG PIK KWAN MICHELLE 梁碧君	550998 DBSAC	DNS				
	1-12	CHEUNG WING YI DORIS 張詠儀	550995 DBSAC	DNS				

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支持媒體:



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



Women's W55 - Discus Throw



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	43.36	TAMARA DANILOVA		PRIEN, GER	1996/08/10
Masters ACR	23.41	CHAN LING KUEN 陳玲娟	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	23.41	CHAN LING KUEN 陳玲娟	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23



2025/11/23



Start: 18:10



23°C



62%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-6	CHAN LING KUEN 陳玲娟	551156 SCAA	23.54m.	HKMACR, R	23.54	23.28	22.92
2	1-8	WONG SIU KING ALISON 黃瀟琮	551000 DBSAC	17.97m.		17.97	X	14.49
3	1-9	WONG WAI SHEUNG EMMY 黃慧嫦	551001 DBSAC	15.96m.		X	X	15.96
4	1-10	HO KA LAI 何嘉麗	550892 BAC	15.56m.		15.19	14.33	15.56
5	1-12	FESSY GEORGE	551075 IND-NAAA	15.26m.		X	14.91	15.26
6	1-11	GNANASUGANTHI ANNAVI	551076 IND-NAAA	15.26m.		X	13.99	15.26
7	1-4	LAM VIVIAN WING YIN 林穎賢	551044 GHSAC	15.16m.		15.16	14.26	13.21
8	1-1	CHENG VIRGINIA TSE WAI 鄭子慧	551206 WAC	13.89m.		X	13.44	13.89
9	1-3	QUIMBO CORAZON	551085 PHI-NMSAA	13.52m.		12.34	13.52	13.16
10	1-7	CHAN SHUK MAN 陳淑敏	551040 GHSAC	12.31m.		12.31	X	X
11	1-5	CHIM STELLA 詹愷怡	551157 SCAA	10.60m.		X	10.60	9.88
	1-2	IP KIT CHING HEIDI 葉潔清	551042 GHSAC	DNS				
	1-13	LEUNG YUEN FAN JENNIFER 梁婉芬	550893 BAC	DNS				

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支持媒體:



Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W55 - Javelin Throw



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	44.44	NATAŠA BEZJAK URBANEČ	The 8th Hong Kong Masters	POTSDAM, GER	2002/08/21
Masters ACR	22.84	IP KIT CHING HEIDI 葉潔清	The 8th Hong Kong Masters	Wanchai SG	2023/10/28
HKMAC RECORD	22.84	IP KIT CHING HEIDI 葉潔清	The 8th Hong Kong Masters	Wanchai SG	2023/10/28



23 2025/11/23



Start: 11:50



21°C



79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-2	WONG SIU KING ALISON 黃瀟琮	551000 DBSAC	20.11m.		19.84	17.09	20.11
2	1-4	CHENG VIRGINIA TSE WAI 鄭子慧	551206 WAC	17.56m.		17.56	12.26	15.69
3	1-1	LEE SIU WAI YVONNE 李少慧	551045 GHSAC	17.51m.		11.08	17.51	14.67
4	1-10	TAI MIU KUEN ALICE 戴妙娟	550999 DBSAC	17.35m.		16.61	17.35	16.34
5	1-8	LAM VIVIAN WING YIN 林穎賢	551044 GHSAC	15.85m.		15.85	6.36	x
6	1-15	WONG WAI SHEUNG EMMY 黃慧嫦	551001 DBSAC	14.30m.		14.18	14.30	x
7	1-13	CHAN SHUK MAN 陳淑敏	551040 GHSAC	13.35m.		13.35	x	12.39
8	1-16	LEUNG YUEN FAN JENNIFER 梁婉芬	550893 BAC	12.86m.		11.63	12.86	12.55
9	1-7	HO KA LAI 何嘉麗	550892 BAC	12.65m.		12.50	9.91	12.65
10	1-5	QUIMBO CORAZON	551085 PHI-NMSAA	12.57m.		11.86	12.57	x
11	1-3	CHIM STELLA 詹愷怡	551157 SCAA	12.07m.		10.16	11.53	12.07
12	1-14	HUI BONNIE 許穎汶	551041 GHSAC	10.44m.		10.44	x	9.24
13	1-12	HO SUI SAN 何瑞新	551098 PKMSAA	9.64m.		7.90	7.28	9.64
14	1-9	CHAN LING KUEN 陳玲娟	551156 SCAA	7.83m.		x	x	7.83
	1-6	LEUNG YUEN WAI 梁婉慧	550894 BAC	DNS				

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支持媒體:



Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W55 - Javelin Throw



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	44.44	NATAŠA BEZJAK URBANČIČ		POTSDAM, GER	2002/08/21
Masters ACR	22.84	IP KIT CHING HEIDI 葉潔清	The 8th Hong Kong Masters	Wanchai SG	2023/10/28
HKMAC RECORD	22.84	IP KIT CHING HEIDI 葉潔清	The 8th Hong Kong Masters	Wanchai SG	2023/10/28



2025/11/23



Start: 11:50



21°C



79%

Final

Pos	Heat/ Name Order	Bib#/ Team	Result	Remarks	1	2	3
1-11	IP KIT CHING HEIDI 葉潔清	551042 GHSAC	DNS				



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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W55 - 4X100m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	54.05	TRIOLO, ALLEN, SHOOK, UPSHAW		MALAGA, ESP	2018/09/15
Masters ACR	58.38	SCAA W55 4X100M (A)	The 6th Hong Kong Masters	TKO SG	2021/09/11
HKMAC RECORD	58.38	SCAA W55 4X100M (A)	The 6th Hong Kong Masters	TKO SG	2021/09/11



22 2025/11/22



Start: 16:55



24°C



40%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-3	南華體育會 曾煥明, 詹愷怡, 林秀玲, 李適貞		SCAA	1:06.65	
2	1-5	拔萃男書院田徑會 A 張敏, 黎瑞年, 黃滿琮, 袁嘉慧		DBSAC	1:08.26	
3	1-8	赤道體育會 A 曾小儀, 陳水蓮, 梁婉芬, 鍾少芳		BAC	1:09.26	
4	1-2	拔萃男書院田徑會 B 張詠儀, 黃慧嫦, 姚靜君, 陳慧妍		DBSAC	1:16.00	YC#
5	1-4	培僑中學校友會 鄔燕華, 何瑞新, 焦小慧, 張志群		PKMSAA	1:24.71	
6	1-7	赤道體育會 B 梁婉慧, 陳美芳, 蘇愛明, 陳梅秋		BAC	1:28.13	
7	1-6	香港女子健跑會 冼麗玲, 張雁萍, 李銘詩, 鄭燕玲		HKLRRRC	1:28.20	

Note: # TR. 16.5.3

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主辦機構:



冠名贊助:



協辦機構:



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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W55 - 4X400m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD 4:23.52	MCDONALD, VALLE, ROHL, BROCKNE			AMES, USA	2021/07/25
Masters ACR 5:24.12	SCAA W55 4X400M (A)		The 6th Hong Kong Masters	TKO SG	2021/09/12
HKMAC RECORD 5:24.12	SCAA W55 4X400M (A)		The 6th Hong Kong Masters	TKO SG	2021/09/12



23 2025/11/23



Start: 16:45



28°C



53%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-6	拔萃男書院田徑會 A 黃瀟琮, 張敏, 袁嘉慧, 黎瑞年		DBSAC	5:45.71	
2	1-4	赤道體育會 曾小儀, 陳水蓮, 梁婉芬, 何嘉麗		BAC	5:54.43	
3	1-8	南華體育會 阮潔儀, 曾煥明, 駱雪儀, 李適貞		SCAA	6:14.93	
4	1-3	香港女子健跑會 劉詠茵, 梁麗麗, 李銘詩, 崔少妙		HKLRRRC	6:26.32	
5	1-7	培僑中學校友會 鄔燕華, 何瑞新, 焦小慧, 劉玉喬		PKMSAA	7:02.85	
6	1-5	拔萃男書院田徑會 B 陳慧妍, 黃慧嫦, 梁碧君, 梁惠瑜		DBSAC	7:10.98	

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:



