

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W60 - 100m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	13.20	Nicole Barilly Alexis		Tampere, FIN	2022/06/30
Masters ACR	14.69	HUNG KA YEE MARGARET 洪家儀	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD	14.69	HUNG KA YEE MARGARET 洪家儀	The 8th Hong Kong Masters	Wanchai SG	2023/10/29



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	1-2	HUNG KA YEE MARGARET	洪家儀	600900 BAC	15.23	+0.6	15.223"
2	1-5	CHU SIU LING PANCY	朱少玲	601162 SCAA	15.28	+0.6	
3	1-3	LOK SUET YEE	駱雪儀	601163 SCAA	16.00	+0.6	
4	1-4	LEUNG YUEN MAN MANDY	梁婉文	600905 BAC	16.99	+0.6	
5	1-7	MA ESTHER	馬天惠	601004 DBSAC	20.18	+0.6	
6	1-6	KWONG LAI FAN	鄺麗芬	600901 BAC	20.46	+0.6	
7	1-8	LAU YUK KIU	劉玉嬌	600903 BAC	21.38	+0.6	
8	1-1	CHAN MUI CHAU	陳梅秋	600898 BAC	23.13	+0.6	

Final 2 /2

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	2-6	LUNG WAI LAN	龍惠蘭	601106 PKMSAA	15.23	+0.4	15.223"
2	2-1	NG SIU FONG	吳少芳	600907 BAC	16.67	+0.4	
3	2-5	TIN KWAI YING	田桂英	600908 BAC	18.64	+0.4	
4	2-2	WONG YEE SUM	黃意心	601140 RMAC	19.10	+0.4	
5	2-7	CHAN CHUK KWAN	陳竹筠	601102 PKMSAA	19.87	+0.4	

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22 2025/11/22



Start: 10:00



15°C



62%

Final 2/2

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
6	2-3	LEUNG SUET KING	梁雪琮	600904 BAC	20.25	+0.4	
7	2-8	YAM YAN SHEUNG	任引嫦	600911 BAC	20.44	+0.4	
8	2-4	WONG OI KAN	黃愛勤	600910 BAC	23.01	+0.4	

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22 2025/11/22



Start: 10:00



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62%

Summary

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-2	HUNG KA YEE MARGARET	洪家儀	600900 BAC	15.23	+0.6	15.223"
1	2-6	LUNG WAI LAN	龍惠蘭	601106 PKMSAA	15.23	+0.4	15.223"
3	1-5	CHU SIU LING PANCY	朱少玲	601162 SCAA	15.28	+0.6	
4	1-3	LOK SUET YEE	駱雪儀	601163 SCAA	16.00	+0.6	
5	2-1	NG SIU FONG	吳少芳	600907 BAC	16.67	+0.4	
6	1-4	LEUNG YUEN MAN MANDY	梁婉文	600905 BAC	16.99	+0.6	
7	2-5	TIN KWAI YING	田桂英	600908 BAC	18.64	+0.4	
8	2-2	WONG YEE SUM	黃意心	601140 RMAC	19.10	+0.4	
9	2-7	CHAN CHUK KWAN	陳竹筠	601102 PKMSAA	19.87	+0.4	
10	1-7	MA ESTHER	馬天惠	601004 DBSAC	20.18	+0.6	
11	2-3	LEUNG SUET KING	梁雪琮	600904 BAC	20.25	+0.4	
12	2-8	YAM YAN SHEUNG	任引嫦	600911 BAC	20.44	+0.4	
13	1-6	KWONG LAI FAN	鄺麗芬	600901 BAC	20.46	+0.6	
14	1-8	LAU YUK KIU	劉玉嬌	600903 BAC	21.38	+0.6	
15	2-4	WONG OI KAN	黃愛勤	600910 BAC	23.01	+0.4	

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Women's W60 - 100m



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HKMAC RECORD	14.69	HUNG KA YEE MARGARET 洪家儀	The 8th Hong Kong Masters	Wanchai SG	2023/10/29



2025/11/22



Start: 10:00



15°C



62%

Summary

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
16	1-1	CHAN MUI CHAU	陳梅秋	600898 BAC	23.13	+0.6	



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Women's W60 - 200m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	27.78	Nicole Barilly Alexis		Tampere, FIN	2022/07/03
Masters ACR	31.88	HUNG KA YEE MARGARET 洪家儀	The 8th Hong Kong Masters	Wanchai SG	2023/10/28
HKMAC RECORD	31.88	HUNG KA YEE MARGARET 洪家儀	The 8th Hong Kong Masters	Wanchai SG	2023/10/28



23 2025/11/23



Start: 10:05



21°C



79%

Final 1 /2

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-4 LUNG WAI LAN	龍惠蘭	601106 PKMSAA	32.37	+0.7	
2	1-3 LEUNG YUEN MAN MANDY	梁婉文	600905 BAC	36.17	+0.7	
3	1-6 LEUNG SUET KING	梁雪琮	600904 BAC	45.74	+0.7	
4	1-5 LAU YUK KIU	劉玉嬌	600903 BAC	46.72	+0.7	
5	1-7 CHUNG SIU HA ANITA	鍾少霞	600899 BAC	49.72	+0.7	
6	1-2 TIN PO CHING	田寶貞	600909 BAC	49.84	+0.7	
7	1-8 WONG OI KAN	黃愛勤	600910 BAC	52.63	+0.7	

Final 2 /2

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	W/S	Remarks
1	2-7 HUNG KA YEE MARGARET	洪家儀	600900 BAC	33.79	+1.1	
2	2-5 CHUI SIU MUI MARGARET	崔少妙	601057 HKLRRRC	40.70	+1.1	
3	2-6 TIN KWAI YING	田桂英	600908 BAC	40.89	+1.1	
4	2-8 LAU WAI MEI	劉惠美	600902 BAC	43.59	+1.1	
5	2-2 MA ESTHER	馬天惠	601004 DBSAC	44.05	+1.1	
6	2-4 MIU WAI KUEN	繆渭娟	600906 BAC	49.57	+1.1	

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Women's W60 - 200m



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Masters ACR	31.88	HUNG KA YEE MARGARET 洪家儀	The 8th Hong Kong Masters	Wanchai SG	2023/10/28
HKMAC RECORD	31.88	HUNG KA YEE MARGARET 洪家儀	The 8th Hong Kong Masters	Wanchai SG	2023/10/28



23 2025/11/23



Start: 10:05



21°C



79%

Final 2/2

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	W/S	Remarks
2-3	KWOK CHOI WAN	郭彩雲	601105 PKMSAA	DNS		



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WMA RECORD	27.78	Nicole Barilly Alexis		Tampere, FIN	2022/07/03
Masters ACR	31.88	HUNG KA YEE MARGARET 洪家儀	The 8th Hong Kong Masters	Wanchai SG	2023/10/28
HKMAC RECORD	31.88	HUNG KA YEE MARGARET 洪家儀	The 8th Hong Kong Masters	Wanchai SG	2023/10/28



23 2025/11/23



Start: 10:05



21°C



79%

Summary

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-4	LUNG WAI LAN	龍惠蘭	601106 PKMSAA	32.37	+0.7	
2	2-7	HUNG KA YEE MARGARET	洪家儀	600900 BAC	33.79	+1.1	
3	1-3	LEUNG YUEN MAN MANDY	梁婉文	600905 BAC	36.17	+0.7	
4	2-5	CHUI SIU MUI MARGARET	崔少妙	601057 HKLRRRC	40.70	+1.1	
5	2-6	TIN KWAI YING	田桂英	600908 BAC	40.89	+1.1	
6	2-8	LAU WAI MEI	劉惠美	600902 BAC	43.59	+1.1	
7	2-2	MA ESTHER	馬天惠	601004 DBSAC	44.05	+1.1	
8	1-6	LEUNG SUET KING	梁雪琮	600904 BAC	45.74	+0.7	
9	1-5	LAU YUK KIU	劉玉嬌	600903 BAC	46.72	+0.7	
10	2-4	MIU WAI KUEN	繆渭娟	600906 BAC	49.57	+1.1	
11	1-7	CHUNG SIU HA ANITA	鍾少霞	600899 BAC	49.72	+0.7	
12	1-2	TIN PO CHING	田寶貞	600909 BAC	49.84	+0.7	
13	1-8	WONG OI KAN	黃愛勤	600910 BAC	52.63	+0.7	
	2-3	KWOK CHOI WAN	郭彩雲	601105 PKMSAA	DNS		

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W60 - 400m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD 1:04.31	CAROLINE POWELL			LYON, FRA	2015/08/12
Masters ACR 1:21.54	NG SIU FONG 吳少芳		The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD 1:21.54	NG SIU FONG 吳少芳		The 8th Hong Kong Masters	Wanchai SG	2023/10/29



22 2025/11/22



Start: 15:10



24°C



40%

Final 1 1/2

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-5	LEUNG YUEN MAN MANDY	梁婉文	600905 BAC	1:33.70	
2	1-6	TO MOON CHI	杜滿芝	601165 SCAA	1:43.44	
3	1-7	TIN KWAI YING	田桂英	600908 BAC	1:46.03	
4	1-4	CHAN CHUK KWAN	陳竹筠	601102 PKMSAA	1:48.98	
5	1-3	TIN PO CHING	田寶貞	600909 BAC	2:14.73	

Final 2 2/2

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	2-5	LUNG WAI LAN	龍惠蘭	601106 PKMSAA	1:18.37	HKMACR, R
2	2-6	MA ESTHER	馬天惠	601004 DBSAC	1:39.04	
3	2-4	LAU WAI MEI	劉惠美	600902 BAC	1:57.10	
4	2-7	CHAN MUI CHAU	陳梅秋	600898 BAC	1:59.69	

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Women's W60 - 400m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD 1:04.31	CAROLINE POWELL			LYON, FRA	2015/08/12
Masters ACR 1:21.54	NG SIU FONG 吳少芳		The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD 1:21.54	NG SIU FONG 吳少芳		The 8th Hong Kong Masters	Wanchai SG	2023/10/29



22 2025/11/22



Start: 15:10



24°C



40%

Summary

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	2-5	LUNG WAI LAN	龍惠蘭	601106 PKMSAA	1:18.37	HKMACR, R
2	1-5	LEUNG YUEN MAN MANDY	梁婉文	600905 BAC	1:33.70	
3	2-6	MA ESTHER	馬天惠	601004 DBSAC	1:39.04	
4	1-6	TO MOON CHI	杜滿芝	601165 SCAA	1:43.44	
5	1-7	TIN KWAI YING	田桂英	600908 BAC	1:46.03	
6	1-4	CHAN CHUK KWAN	陳竹筠	601102 PKMSAA	1:48.98	
7	2-4	LAU WAI MEI	劉惠美	600902 BAC	1:57.10	
8	2-7	CHAN MUI CHAU	陳梅秋	600898 BAC	1:59.69	
9	1-3	TIN PO CHING	田寶貞	600909 BAC	2:14.73	

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The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W60 - 800m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD 2:33.09	LIDIA ZENTNER			BAR LE DUC, FR	2013/09/14
Masters ACR 3:18.94	Yeung Wing Han		Hong Kong Masters Athletics	Wanchai SG	2014/11/02
HKMAC RECORD 3:18.94	Yeung Wing Han		Hong Kong Masters Athletics	Wanchai SG	2014/11/02



23 2025/11/23



Start: 15:40



27°C



49%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-1	CHUI SIU MUI MARGARET	崔少妙	601057 HKLRR	3:21.78	
2	1-7	MA ESTHER	馬天惠	601004 DBSAC	3:57.27	

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



Women's W60 - 1500m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	5:06.65	LIDIA ZENTNER		HELMSHEIM, GER	2013/09/21
Masters ACR	6:36.24	CHUI SIU MIU MARGARET	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	6:36.24	CHUI SIU MIU MARGARET	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	1-13 CHUA HEUNG FEI	蔡香菲	601104 PKMSAA	8:03.85	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W60 - 5000m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD 17:59.16		SILKE SCHMIDT		WAGENINGEN, NE	2019/08/07
Masters ACR 22:42.66		LEE Suet Lin Shirley 李雪蓮	Hong Kong Masters Athletics	Wanchai SG	2016/10/29
HKMAC RECORD 22:42.66		LEE Suet Lin Shirley 李雪蓮	Hong Kong Masters Athletics	Wanchai SG	2016/10/29



23 2025/11/23



Start: 11:35



21°C



79%

Final

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	Remarks
1	1-32 MA ESTHER	馬天惠	601004 DBSAC	29:37.01	

Split: 05:33.59 (5:33.59) 11:32.24 (5:58.65) 17:30.20 (5:57.96) 23:38.13 (6:07.94) 29'37.002" (5:58.86)



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The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W60 - 5000mRW



Record	Perf	Athlete	Event	Place	Date
Masters ACR 31:14.71	LAM SUK LAN	林淑蘭	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD 31:14.71	LAM SUK LAN	林淑蘭	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23



22

2025/11/22



Start: 11:30



24 °C



40%

Final

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	Remarks
1	1-27 LAM SUK LAN	林淑蘭	601183 SHTB	32:05.48	
	<i>Split: 06:18.22 (6:18.22) 12:46.16 (6:27.94) 19:16.00 (6:29.84) 25:45.69 (6:29.70) 32'05.478" (6:19.30)</i>				
2	1-25 CHEUNG CHI TING	張紫婷	601065 HKRWA	34:42.69	
	<i>Split: 06:45.84 (6:45.84) 13:36.98 (6:51.15) 20:36.57 (6:59.58) 27:44.13 (7:07.57) 34'42.684" (6:57.86)</i>				
3	1-28 SIU WING SZE	邵詠絲	601184 SHTB	35:51.94	
	<i>Split: 06:43.50 (6:43.50) 13:49.39 (7:05.90) 21:09.05 (7:19.65) 28:33.18 (7:24.14) 35'51.932" (7:17.81)</i>				
4	1-26 CHIU WING KUEN	趙詠娟	601182 SHTB	37:19.81	
	<i>Split: 07:18.81 (7:18.81) 14:47.29 (7:28.48) 22:21.51 (7:34.22) 29:56.21 (7:34.70) 37'19.809" (7:22.79)</i>				
5	1-22 NG LAI FONG	吳麗芳	601066 HKRWA	38:20.22	
	<i>Split: 07:20.52 (7:20.52) 14:58.97 (7:38.46) 22:46.40 (7:47.42) 30:36.09 (7:49.70) 38'20.215" (7:43.90)</i>				
6	1-23 POON OI PAN	潘靄蘋	601067 HKRWA	38:47.92	
	<i>Split: 07:01.46 (7:01.46) 14:41.15 (7:39.70) 22:45.07 (8:03.91) 30:51.38 (8:06.31) 38'47.914" (7:55.62)</i>				
7	1-29 TSE SIU YIN	謝韶燕	601185 SHTB	39:14.32	
	<i>Split: 07:24.35 (7:24.35) 15:13.37 (7:49.02) 23:21.92 (8:08.55) 31:22.60 (8:00.69) 39'14.311" (7:51.39)</i>				
8	1-30 SHUM LAM SAU HA JUDY	沈林秀霞	601164 SCAA	43:02.28	
	<i>Split: 08:10.74 (8:10.74) 16:51.92 (8:41.19) 25:39.20 (8:47.27) 34:22.65 (8:43.45) 43'02.280" (8:39.35)</i>				
	1-24 CHAN KWAI YING	陳桂英	601181 SHTB	DNS	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W60 - Long Jump



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	4.75	CHRISTIANE SCHMALBRUCH		DURBAN, RSA	1997/07/19
Masters ACR	4.11	HUNG KA YEE MARGARET 洪家儀	The 8th Hong Kong Masters	Wanchai SG	2023/10/27
HKMAC RECORD	4.11	HUNG KA YEE MARGARET 洪家儀	The 8th Hong Kong Masters	Wanchai SG	2023/10/27



2025/11/23



Start: 08:40



21°C



79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-3	HUNG KA YEE MARGARET 洪家儀	600900 BAC	3.66m.		3.46 +1.4	3.47 +1.6	3.66 +1.7
2	1-1	CHU SIU LING PANCY 朱少玲	601162 SCAA	3.52m.		3.10 -0.5	3.52 +0.2	3.45 +0.4
3	1-2	LEUNG YUEN MAN MANDY 梁婉文	600905 BAC	3.34m.		3.34 +0.9	3.34 +0.8	3.27 +1.5

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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 W60 - Triple Jump

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	11.04	AKIKO OHINATA		TAJIMI CITY,	2010/06/06



2025/11/22



Start: 10:55



15°C



62%

Final

Pos	Heat/ Name Order	Bib#/ Team	Result	Remarks	1	2	3
1	1-2 CHU SIU LING PANCY 朱少玲	601162 SCAA	7.96m.		7.54 -0.2	x	7.96 +0.3
	1-1 LEUNG YUEN MAN MANDY 梁婉文	600905 BAC	DNS				

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W60 - Shot Put



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	13.68	MIHAELA LOGHIN		BUCHAREST, ROU	2012/06/09
Masters ACR	7.81	WONG MEI YING 黃美櫻	The 6th Hong Kong Masters	TKO SG	2021/09/11
HKMAC RECORD	7.81	WONG MEI YING 黃美櫻	The 6th Hong Kong Masters	TKO SG	2021/09/11



2025/11/22



Start: 15:20



24°C



40%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-8	WONG KAM FUNG 黃金鳳	601107 PKMSAA	7.05m.		4.95	7.05	6.69
2	1-3	CHAN FLORENCE 陳愛玲	601048 GHSAC	6.71m.		6.48	6.55	6.71
3	1-5	LEUNG YUEN MAN MANDY 梁婉文	600905 BAC	6.63m.		6.63	6.29	x
4	1-7	U CHUEN MING KATHERINE 胡川明	601005 DBSAC	6.46m.		5.43	4.70	6.46
5	1-2	SWAINE MARIA	600856 AVOHK	6.42m.		x	6.42	6.28
6	1-11	LOK SUET YEE 駱雪儀	601163 SCAA	6.20m.		5.74	5.96	6.20
7	1-9	CHANG CHI KWAN 張志群	601103 PKMSAA	5.75m.		4.91	5.56	5.75
8	1-6	MA ESTHER 馬天惠	601004 DBSAC	5.22m.		5.22	4.22	3.92
9	1-10	KWOK JOSEPHINE MUN KIT 郭文杰	601192 SMTFA	5.15m.		5.15	4.12	4.89
10	1-1	WOO SUET CHUNG 胡雪聰	601108 PKMSAA	4.83m.		4.83	3.51	4.61
11	1-4	WONG YIM KUEN JENNY 黃艷娟	600942 CLSAA	4.28m.		3.91	4.20	4.28

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W60 - Discus Throw



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	40.76	CAROL FINSRUD		SAN MARCOS, US	2017/10/14
Masters ACR	17.69	Tay Yu Eng	Hong Kong Masters Athletics	Diocesan Boys'	2018/10/27
HKMAC RECORD	15.88	AU YEUNG Sau Chun 歐陽秀珍	Hong Kong Masters Athletics	TKO SG	2017/11/11



2025/11/23



Start: 15:35



27°C



49%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-3	WONG KAM FUNG 黃金鳳	601107 PKMSAA	16.41m.	R	x	15.53	16.41
2	1-1	LEUNG YUEN MAN MANDY 梁婉文	600905 BAC	14.78m.		14.78	12.87	13.96
3	1-7	NG SIU FONG 吳少芳	600907 BAC	14.65m.		13.58	14.65	x
4	1-6	CHANG CHI KWAN 張志群	601103 PKMSAA	12.20m.		12.15	12.20	11.57
5	1-2	WOO SUET CHUNG 胡雪聰	601108 PKMSAA	12.02m.		10.44	x	12.02
6	1-4	SWAINE MARIA AVOHK	600856 AVOHK	11.34m.		x	11.34	x
7	1-5	MA ESTHER 馬天惠	601004 DBSAC	11.16m.		11.16	10.59	x

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W60 - Javelin Throw



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	37.50	LINDA COHN		NORTHBRIDGE, USA	2014/05/02
Masters ACR	23.81	Tay Yu Eng	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	22.48	AU YEUNG Sau Chun 歐陽秀珍	Hong Kong Masters Athletics	TKO SG	2018/10/27



2025/11/23



Start: 08:30



21°C



79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-2	TO MOON CHI 杜滿芝	601165 SCAA	17.89m.		16.18	14.67	17.89
2	1-4	WONG KAM FUNG 黃金鳳	601107 PKMSAA	17.00m.		14.28	17.00	16.40
3	1-10	NG SIU FONG 吳少芳	600907 BAC	16.00m.		16.00	14.42	13.29
4	1-5	LOK SUET YEE 駱雪儀	601163 SCAA	15.69m.		15.48	x	15.69
5	1-8	LEUNG YUEN MAN MANDY 梁婉文	600905 BAC	15.26m.		15.26	x	14.66
6	1-12	CHAN FLORENCE 陳愛玲	601048 GHSAC	12.43m.		10.89	12.43	11.73
7	1-6	MA ESTHER 馬天惠	601004 DBSAC	12.15m.		11.46	9.67	12.15
8	1-11	SWAINE MARIA AVOHK	600856 AVOHK	10.57m.		x	10.57	9.16
9	1-7	CHANG CHI KWAN 張志群	601103 PKMSAA	10.52m.		10.18	9.94	10.52
10	1-3	TIN KWAI YING 田桂英	600908 BAC	7.51m.		6.75	7.51	5.73
11	1-1	TIN PO CHING 田寶貞	600909 BAC	6.33m.		6.33	6.29	x
	1-13	WOO SUET CHUNG 胡雪聰	601108 PKMSAA	NM		x	x	x
	1-9	LEUNG SUET KING 梁雪琮	600904 BAC	DNS				

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The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W60 - 4X100m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD 55.77	DRECOLL, REICHERT, HOFFMAN, HO			JYVaSKYLa, FIN2000/07/09	
Masters ACR 1:02.65	南華 W60 4X100米 (A)		The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD 1:02.65	南華 W60 4X100米 (A)		The 8th Hong Kong Masters	Wanchai SG	2023/10/29



2025/11/22



Start: 16:55



24°C



40%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-5	南華體育會 杜滿芝, 駱雪儀, 阮潔儀, 朱少玲		SCAA	1:05.27	
2	1-4	赤道體育會 A 田桂英, 梁婉文, 洪家儀, 吳少芳		BAC	1:07.26	
3	1-7	赤道體育會 B 任引嫦, 劉惠美, 田寶貞, 梁雪琮		BAC	1:22.96	
4	1-6	培僑中學校友會 趙樂美, 陳竹筠, 胡雪聰, 官麗梅		PKMSAA	1:24.77	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W60 - 4X400m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD 4:41.85	WEST, GODSELL, HORDER, POWELL			MALAGA, ESP	2018/09/16
Masters ACR 6:20.09	HKLRRRC		Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD 6:20.09	HKLRRRC		Hong Kong Masters Athletics	TKO SG	2018/10/27



2025/11/23



Start: 16:45



28°C



53%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-6	赤道體育會 B 田桂英, 洪家儀, 洪家儀, 洪家儀		BAC	6:19.08	HKMACR, R
2	1-7	培僑中學校友會 郭彩雲, 陳竹筠, 官麗梅, 龍惠蘭		PKMSAA	6:53.74	
3	1-4	南華體育會 杜滿芝, 杜滿芝, 謝華秀, 溫燕儀		SCAA	7:11.18	
4	1-5	赤道體育會 A 田寶貞, 梁雪琮, 劉惠美, 黃愛勤		BAC	8:27.10	

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