

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W65 - 100m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	13.91	KARLA DEL GRANDE		TORONTO, CAN	2018/08/11
Masters ACR	17.14	TSE WAH SAU 謝華秀	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	17.14	TSE WAH SAU 謝華秀	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23



22 2025/11/22



Start: 09:50



15°C



62%

Final 1 ¹/₂

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-3	SONG JINZI	宋金子	651194 SZGM	16.01	+1.3	HKMACR
2	1-6	TANG OI LIN IRENE	鄧愛蓮	650920 BAC	18.14	+1.3	
3	1-1	WU ZHI QIONG	伍志琼	651007 DGD	19.66	+1.3	
4	1-7	KWUN LAI MUI	官麗梅	651111 PKMSAA	19.75	+1.3	
5	1-5	CHEN YUJUN	陳玉娟	650912 BAC	20.15	+1.3	
6	1-2	LEUNG MEI NGAN	梁美顏	650915 BAC	20.89	+1.3	
7	1-4	CHEUNG PUI SHIU SHIRLEY	張沛韶	650913 BAC	28.37	+1.3	
	1-8	LAM ON HAN	林安嫻	650914 BAC	DNS		

Final 2 ¹/₂

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	2-8	WAN YIN YEE PANNY	溫燕儀	651169 SCAA	16.39	+0.9	HKMACR, R
2	2-2	XING YU MEI	邢玉梅	651008 DGD	16.54	+0.9	HKMACR
3	2-1	LAI YIN MEI	黎賢美	651167 SCAA	18.24	+0.9	
4	2-5	SUNG CHE WAI, BETTY	孫志惠	650919 BAC	18.91	+0.9	
5	2-4	WONG MEI YING THERRY	黃美櫻	651170 SCAA	19.33	+0.9	

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Women's W65 - 100m



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HKMAC RECORD	17.14	TSE WAH SAU 謝華秀	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23



22 2025/11/22



Start: 09:50



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Final 2/2

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	W/S	Remarks
6	2-7 NG MEI LIN	伍美蓮	650917 BAC	28.64	+0.9	
7	2-6 LUK YIM HA	陸艷霞	650916 BAC	31.49	+0.9	
	2-3 TSE WAH SAU	謝華秀	651168 SCAA	DNS		

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Women's W65 - 100m



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WMA RECORD	13.91	KARLA DEL GRANDE		TORONTO, CAN	2018/08/11
Masters ACR	17.14	TSE WAH SAU 謝華秀	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	17.14	TSE WAH SAU 謝華秀	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23



22 2025/11/22



Start: 09:50



15°C



62%

Summary

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-3	SONG JINZI	宋金子	651194 SZGM	16.01	+1.3	HKMACR
2	2-8	WAN YIN YEE PANNY	溫燕儀	651169 SCAA	16.39	+0.9	HKMACR, R
3	2-2	XING YU MEI	邢玉梅	651008 DGD	16.54	+0.9	HKMACR
4	1-6	TANG OI LIN IRENE	鄧愛蓮	650920 BAC	18.14	+1.3	
5	2-1	LAI YIN MEI	黎賢美	651167 SCAA	18.24	+0.9	
6	2-5	SUNG CHE WAI, BETTY	孫志惠	650919 BAC	18.91	+0.9	
7	2-4	WONG MEI YING THERRY	黃美櫻	651170 SCAA	19.33	+0.9	
8	1-1	WU ZHI QIONG	伍志琮	651007 DGD	19.66	+1.3	
9	1-7	KWUN LAI MUI	官麗梅	651111 PKMSAA	19.75	+1.3	
10	1-5	CHEN YUJUN	陳玉娟	650912 BAC	20.15	+1.3	
11	1-2	LEUNG MEI NGAN	梁美顏	650915 BAC	20.89	+1.3	
12	1-4	CHEUNG PUI SHIU SHIRLEY	張沛韶	650913 BAC	28.37	+1.3	
13	2-7	NG MEI LIN	伍美蓮	650917 BAC	28.64	+0.9	
14	2-6	LUK YIM HA	陸艷霞	650916 BAC	31.49	+0.9	
	1-8	LAM ON HAN	林安嫻	650914 BAC	DNS		

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



Women's W65 - 100m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	13.91	KARLA DEL GRANDE		TORONTO, CAN	2018/08/11
Masters ACR	17.14	TSE WAH SAU 謝華秀	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	17.14	TSE WAH SAU 謝華秀	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23



2025/11/22



Start: 09:50



15°C



62%

Summary

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	W/S	Remarks
2-3	TSE WAH SAU	謝華秀	651168 SCAA	DNS		



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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W65 - 200m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	28.53	KARLA DEL GRANDE		SURREY, CAN	2018/08/05
Masters ACR	37.46	SUNG CHE WAI BETTY 孫志惠			2022/11/27
HKMAC RECORD	38.37	SUNG CHE WAI BETTY 孫志惠	The 8th Hong Kong Masters	Wanchai SG	2023/10/28



23 2025/11/23



Start: 09:55



21°C



79%

Final 1 /2

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-5	XING YU MEI	邢玉梅	651008 DGD	36.31	-0.3	HKMACR
2	1-4	TANG OI LIN IRENE	鄧愛蓮	650920 BAC	40.87	-0.3	
3	1-7	LAI YIN MEI	黎賢美	651167 SCAA	42.82	-0.3	
4	1-6	WU ZHI QIONG	伍志琼	651007 DGD	43.94	-0.3	
5	1-3	NG MEI LIN	伍美蓮	650917 BAC	1:19.99	-0.3	

Final 2 /2

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	2-7	TSE WAH SAU	謝華秀	651168 SCAA	35.39	-0.9	HKMACR, R
2	2-3	WAN YIN YEE PANNY	溫燕儀	651169 SCAA	35.49	-0.9	HKMACR, R
3	2-5	WONG MEI YING THERRY	黃美櫻	651170 SCAA	45.01	-0.9	
4	2-6	CHEN YUJUN	陳玉娟	650912 BAC	45.86	-0.9	
5	2-4	LEUNG MEI NGAN	梁美顏	650915 BAC	47.05	-0.9	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W65 - 200m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	28.53	KARLA DEL GRANDE		SURREY, CAN	2018/08/05
Masters ACR	37.46	SUNG CHE WAI BETTY 孫志惠			2022/11/27
HKMAC RECORD	38.37	SUNG CHE WAI BETTY 孫志惠	The 8th Hong Kong Masters	Wanchai SG	2023/10/28



23 2025/11/23



Start: 09:55



21°C



79%

Summary

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	2-7	TSE WAH SAU	謝華秀	651168 SCAA	35.39	-0.9	HKMACR, R
2	2-3	WAN YIN YEE PANNY	溫燕儀	651169 SCAA	35.49	-0.9	HKMACR, R
3	1-5	XING YU MEI	邢玉梅	651008 DGD	36.31	-0.3	HKMACR
4	1-4	TANG OI LIN IRENE	鄧愛蓮	650920 BAC	40.87	-0.3	
5	1-7	LAI YIN MEI	黎賢美	651167 SCAA	42.82	-0.3	
6	1-6	WU ZHI QIONG	伍志琮	651007 DGD	43.94	-0.3	
7	2-5	WONG MEI YING THERRY	黃美櫻	651170 SCAA	45.01	-0.9	
8	2-6	CHEN YUJUN	陳玉娟	650912 BAC	45.86	-0.9	
9	2-4	LEUNG MEI NGAN	梁美顏	650915 BAC	47.05	-0.9	
10	1-3	NG MEI LIN	伍美蓮	650917 BAC	1:19.99	-0.3	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W65 - 400m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD 1:08.08		KARLA DEL GRANDE		TORONTO, CAN	2019/07/12
Masters ACR 1:34.21		CHOI Kam Har 蔡錦霞	Hong Kong Masters Athletics	Wanchai SG	2016/10/29
HKMAC RECORD 1:34.21		CHOI Kam Har 蔡錦霞	Hong Kong Masters Athletics	Wanchai SG	2016/10/29



22 2025/11/22



Start: 15:10



24°C



40%

Final

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	Remarks
1	1-8 XING YU MEI	邢玉梅	651008 DGD	1:28.23	HKMACR
2	1-3 WAN YIN YEE PANNY	溫燕儀	651169 SCAA	1:31.49	HKMACR, R
3	1-5 TANG OI LIN IRENE	鄧愛蓮	650920 BAC	1:35.76	
4	1-4 WU ZHI QIONG	伍志琮	651007 DGD	1:36.52	
5	1-2 CHEN YUJUN	陳玉娟	650912 BAC	2:09.72	
	1-6 WONG MEI YING THERRY	黃美櫻	651170 SCAA	DNS	
	1-7 LEUNG MEI NGAN	梁美顏	650915 BAC	DNS	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W65 - 800m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD 2:39.61		SABRA HARVEY		PERTH, AUS	2016/10/31
Masters ACR 3:44.48		Yeung Wing Han	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD 3:44.48		Yeung Wing Han	Hong Kong Masters Athletics	TKO SG	2018/10/27



2025/11/23



Start: 15:40



27°C



49%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-1	YANG SHOU YING	杨守英	651009 DGD	3:15.71	HKMACR
	1-8	LEUNG JACQUELINE	梁慧	651006 DBSAC	DNS	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W65 - 1500m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	5:25.65	KATHRYN MARTIN		TORONTO, CAN	2017/08/11



2025/11/22



Start: 08:30



15°C



62%

Final

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	Remarks
1	1-15 YANG SHOU YING	杨守英	651009 DGD	6:22.81	
2	1-16 SHEK YUEN HUNG HELEN	石元紅	650918 BAC	9:22.76	
	1-14 LEUNG JACQUELINE	梁慧	651006 DBSAC	DNS	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W65 - 5000m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD 20:08.17		KATHRYN MARTIN		PERTH, AUS	2016/10/28
Masters ACR 27:25.54		SHEILA PURVES 贝维斯			2022/12/04
HKMAC RECORD 27:25.54		SHEILA PURVES 贝维斯			2022/12/04



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Start: 11:35



21°C



79%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-35	YANG SHOU YING	杨守英	651009 DGD	22:43.00	HKMACR
<i>Split: 04:19.51 (4:19.51) 08:51.24 (4:31.74) 13:30.91 (4:39.66) 18:08.44 (4:37.54) 22'42.991" (4:33.55)</i>						
2	1-33	SUEN WAI HA	孙惠霞	651187 SHTB	26:19.58	HKMACR, R
<i>Split: 05:01.14 (5:01.14) 10:18.99 (5:17.86) 15:39.37 (5:20.37) 20:59.92 (5:20.56) 26'19.580" (5:19.07)</i>						
3	1-34	SHEK YUEN HUNG HELEN	石元红	650918 BAC	36:29.02	
<i>Split: 06:29.78 (6:29.78) 13:37.08 (7:07.30) 21:13.61 (7:36.53) 28:58.28 (7:44.68) 36'29.012" (7:30.71)</i>						

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W65 - 5000mRW



Record	Perf	Athlete	Event	Place	Date
Masters ACR	31:26.51	KWAN SIU YIN 關小燕	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27
HKMAC RECORD	31:26.51	KWAN SIU YIN 關小燕	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27



2025/11/22



Start: 11:30



24°C



40%

Final

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	Remarks
1	1-33 SUEN WAI HA	孫惠霞	651187 SHTB	33:14.42	
				<i>Split: 06:28.62 (6:28.62) 13:13.49 (6:44.87) 19:57.73 (6:44.24) 26:34.90 (6:37.17) 33'14.416" (6:39.10)</i>	
2	1-35 TAI SAU KING IRENE	戴秀琮	651188 SHTB	33:21.62	
				<i>Split: 06:24.05 (6:24.05) 13:05.15 (6:41.11) 19:48.29 (6:43.13) 26:38.45 (6:50.17) 33'21.614" (6:42.54)</i>	
3	1-31 LI YUET NGOR	李月娥	651186 SHTB	37:48.86	
				<i>Split: 07:25.51 (7:25.51) 14:53.54 (7:28.04) 22:29.33 (7:35.78) 30:10.77 (7:41.44) 37'48.860" (7:37.23)</i>	
4	1-32 WONG MUI FONG	王梅芳	651189 SHTB	43:40.54	
				<i>Split: 08:35.73 (8:35.73) 17:27.91 (8:52.18) 26:19.02 (8:51.11) 35:03.78 (8:44.77) 43'40.538" (8:36.21)</i>	
5	1-34 LEE SHIU MUI	李少梅	651068 HKRWA	44:38.85	
				<i>Split: 08:38.16 (8:38.16) 17:36.28 (8:58.13) 26:41.02 (9:04.73) 35:47.78 (9:06.77) 44'38.844" (8:50.21)</i>	

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Hong Kong Masters Athletics Club
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Women's W65 - 2000mSC



2025/11/23



Start: 08:40



21 °C



79%

Final

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	Remarks
1	1-12 TAI SAU KING IRENE	戴秀琼	651188 SHTB	11:58.79	

Split: 05:41.38 (5:41.38) 11'58.787 (6:16.62)



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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W65 - Long Jump



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	4.64	CHRISTIANE SCHMALBRUCH		ATHENS, GRE	2002/08/16
Masters ACR	2.29	KWUN LAI MUI 官麗梅	The 8th Hong Kong Masters	Wanchai SG	2023/10/27
HKMAC RECORD	2.29	KWUN LAI MUI 官麗梅	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	1-1	SONG JINZI 宋金子	651194 SZGM	3.60m.	HKMACR	3.60 +1.4	X +1.0	3.35 +0.1
2	1-2	TSE WAH SAU 謝華秀	651168 SCAA	3.16m.	HKMACR, R	3.16 +0.7	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 W65 - Triple Jump

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	9.81	AKIKO OHINATA		NAGANO-SHI, JP	2015/06/14



2025/11/22



Start: 10:55



15°C



62%

Final

Pos	Heat/ Name Order	Bib#/ Team	Result	Remarks	1	2	3
1	1-1 SONG JINZI 宋金子	651194 SZGM	7.82m.		7.82 +0.1	7.81 +0.4	-



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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W65 - Shot Put



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	13.36	MIHAELA LOGHIN		BUCHAREST, ROU	2017/07/01
Masters ACR	11.50	SUN XUEFANG 孙学芳	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	7.05	WONG MEI YING THERRY 黄美樱	The 8th Hong Kong Masters	Wanchai SG	2023/10/27



2025/11/22



Start: 15:20



24°C



40%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-2	WONG MEI YING THERRY 黄美樱	651170 SCAA	6.80m.		6.47	6.80	6.35
2	1-1	SONG JINZI 宋金子	651194 SZGM	6.54m.		6.07	6.54	6.30
3	1-3	LAI YIN MEI 黎贤美	651167 SCAA	6.11m.		5.51	6.11	6.07
4	1-4	CHOW PUI LING 周佩玲	651110 PKMSAA	5.87m.		5.74	5.80	5.87
5	1-5	TSE WAH SAU 谢华秀	651168 SCAA	5.41m.		5.41	4.75	4.90
6	1-6	WONG YUK YING 黄玉莹	650921 BAC	5.25m.		4.51	5.02	5.25
7	1-8	TANG OI LIN IRENE 邓爱莲	650920 BAC	5.19m.		5.09	5.12	5.19
	1-7	HAJAH MARIAH HJ METUSS BRU	650938 BRU	DNS				

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



Women's W65 - Discus Throw



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	37.62	TAMARA DANILOVA		SAN SEBASTIAN, 2005/08/28	
Masters ACR	20.04	SUN XUEFANG 孙学舫	The 9th HONG KONG MASTERS	Tseung Kwan O 2024/11/23	
HKMAC RECORD	16.35	LAI YIN MEI 黎賢美	The 9th HONG KONG MASTERS	Tseung Kwan O 2024/11/23	



2025/11/23



Start: 15:35



27°C



49%

Final

Pos	Heat/ Order	Name	Bib#/ Team	Result	Remarks	1	2	3
1	1-2	LAI YIN MEI 黎賢美	651167 SCAA	16.01m.		14.86	-	16.01
2	1-7	WONG MEI YING THERRY 黃美櫻	651170 SCAA	14.06m.		14.06	x	13.30
3	1-3	CHOW PUI LING 周佩玲	651110 PKMSAA	13.19m.		13.19	x	x
4	1-6	WONG YUK YING 黃玉瑩	650921 BAC	12.56m.		10.81	12.56	x
5	1-8	KWUN LAI MUI 官麗梅	651111 PKMSAA	12.11m.		12.11	11.76	11.95
6	1-4	TANG OI LIN IRENE 鄧愛蓮	650920 BAC	11.32m.		x	11.32	x
7	1-1	YU LAI FONG 余麗芳	651112 PKMSAA	10.37m.		10.08	x	10.37
	1-5	HAJAH MARIAH HJ METUSS BRU	650938 BRU	DNS				

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W65 - Javelin Throw



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	37.32	LINDA COHN		CERRITOS, USA	2018/04/13
Masters ACR	21.40	AU YEUNG SAU CHUN 歐陽秀珍	The 8th Hong Kong Masters	Wanchai SG	2023/10/28
HKMAC RECORD	21.40	AU YEUNG SAU CHUN 歐陽秀珍	The 8th Hong Kong Masters	Wanchai SG	2023/10/28



23 2025/11/23



Start: 08:30



21°C



79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-4	SONG JINZI 宋金子	651194 SZGM	18.33m.		18.33	x	17.12
2	1-1	KWUN LAI MUI 官麗梅	651111 PKMSAA	13.91m.		x	13.91	x
3	1-8	LAI YIN MEI 黎賢美	651167 SCAA	13.47m.		13.47	x	11.93
4	1-7	WAN YIN YEE PANNY 溫燕儀	651169 SCAA	11.97m.		10.72	11.28	11.97
5	1-12	WONG YUK YING 黃玉瑩	650921 BAC	11.41m.		10.24	10.16	11.41
6	1-11	YU LAI FONG 余麗芳	651112 PKMSAA	11.32m.		10.02	x	11.32
7	1-2	TSE WAH SAU 謝華秀	651168 SCAA	10.67m.		10.67	x	x
8	1-3	WONG MEI YING THERRY 黃美櫻	651170 SCAA	10.63m.		9.26	9.22	10.63
9	1-9	CHOW PUI LING 周佩玲	651110 PKMSAA	10.15m.		8.95	9.78	10.15
10	1-5	TAI SAU KING IRENE 戴秀琮	651188 SHTB	9.80m.		9.80	x	9.16
11	1-6	HAJAH AMINAH HJ AWG DAM BRU	650937 BRU	9.72m.		9.37	9.03	9.72
12	1-10	TANG OI LIN IRENE 鄧愛蓮	650920 BAC	9.61m.		9.61	x	x

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W65 - 4X100m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD 1:00.31	ZÖRNER, BUCHHOLZ, REISMANN, ME			LYON, FRA	2015/08/16
Masters ACR 1:15.57	南華體育會		The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD 1:25.43	南華 W65 4X100米		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	1-2	南華體育會 黎賢美, 溫燕儀, 黃美櫻, 謝華秀		SCAA	1:09.27	HKMACR, R
2	1-3	赤道體育會 梁美顏, 孫志惠, 石元紅, 鄧愛蓮		BAC	1:26.05	
	1-8	培僑中學校友會		PKMSAA	DNS	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W65 - 4X400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD 4:52.76	DAVIS, BLURTON, FLYNN,			DARWIN, AUS	2017/06/12
Masters ACR 7:52.03	南華 W65 4X400M				2022/11/27
HKMAC RECORD 7:52.03	南華 W65 4X400M				2022/11/27

23 2025/11/23 Start: 16:45 28°C 53%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-3	赤道體育會 陳玉娟, 孫志惠, 石元紅, 鄧愛蓮		BAC	8:40.87	
	1-8	培僑中學校友會		PKMSAA	DNS	

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