

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W75 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	15.03	CAROL LAFAYETTE-BOYD	The 9th HONG KONG MASTERS	SURREY, CAN	2018/08/04
Masters ACR	18.63	LUI MARIA 梁乃港	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	18.63	LUI MARIA 梁乃港	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23



2025/11/22



Start: 09:50



15°C



62%

Final

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-4 SIU FUNG HING	蕭鳳慶	750930 BAC	26.20	+0.2	
2	1-7 LAU FUNG LING	劉鳳鈴	751072 HKRWA	27.80	+0.2	
3	1-3 NGAI KAM YU	魏錦如	750929 BAC	41.27	+0.2	
4	1-5 CHAN TOUNG YEE	陳統頤	750927 BAC	42.64	+0.2	
	1-6 FUNG MARY LENA	馮瑪利	751171 SCAA	DNS		

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Hong Kong Masters Athletics Club
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Women's W75 - 200m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	31.56	CAROL LAFAYETTE-BOYD		MaLAGA, ESP	2018/09/09
Masters ACR	38.51	LUI MARIA 梁乃港	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	38.51	LUI MARIA 梁乃港	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23



2025/11/23



Start: 09:55



21°C



79%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-6	KO SUSAN		750857 AVOHK	41.23	-0.7	
2	1-7	SIU FUNG HING	蕭鳳慶	750930 BAC	1:00.22	-0.7	
3	1-4	LAU FUNG LING	劉鳳鈴	751072 HKRWA	1:00.50	-0.7	
4	1-5	NGAI KAM YU	魏錦如	750929 BAC	1:03.80	-0.7	

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Hong Kong Masters Athletics Club
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Women's W75 - 400m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD 1:19.53	CHRISTA BORTIGNON			KAMLOOPS, CAN	2013/08/22
Masters ACR 1:30.70	KO SUSAN MARGARET		The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD 1:30.70	KO SUSAN MARGARET		The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23



2025/11/22



Start: 15:10



24°C



40%

Final

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	Remarks
1	1-5 KO SUSAN		750857 AVOHK	1:34.39	
2	1-6 OGSIMER ROSALINDA		751086 PHI-NMSAA	2:11.29	

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



Women's W75 - 800m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD 3:07.35		JEANNE DAPRANO		MOOR PARK, USA	2011/10/23
Masters ACR 3:42.72	KO	SUSAN MARGARET	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD 3:42.72	KO	SUSAN MARGARET	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	1-6 KO SUSAN		750857 AVOHK	3:54.27	
2	1-3 OGSIMER ROSALINDA		751086 PHI-NMSAA	4:56.33	

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



Women's W75 - 1500m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD 6:34.22	ELFRIEDE HODAPP			KEVELAER, GER	2010/07/03
Masters ACR 7:47.62	KO SUSAN MARGARET		The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD 7:47.62	KO SUSAN 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	1-17 KO SUSAN		750857 AVOHK	7:57.98	
2	1-18 OGSIMER ROSALINDA		751086 PHI-NMSAA	9:45.53	

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績
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Hong Kong Masters Athletics Club
The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W75 - 5000m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD 23:30.93		LAVINIA PETRIE		MELBOURNE, AUS	2019/04/28
Masters ACR 29:25.41	KO	SUSAN MARGARET	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD 29:25.41	KO	SUSAN MARGARET	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	1-36 KO SUSAN		750857 AVOHK	28:39.58	HKMACR, R
Split: 05:29.74 (5:29.74) 11:15.31 (5:45.57) 17:03.59 (5:48.28) 22:58.79 (5:55.21) 28'39.578" (5:40.20)					
2	1-37 OGSIMER ROSALINDA		751086 PHI-NMSAA	35:30.25	
Split: 06:45.14 (6:45.14) 13:55.68 (7:10.55) 21:07.94 (7:12.25) 28:19.95 (7:12.02) 35'30.243" (7:10.04)					
3	1-38 LAU FUNG LING	劉鳳鈴	751072 HKRWA	36:11.38	
Split: 06:53.57 (6:53.57) 14:09.08 (7:15.52) 21:34.67 (7:25.58) 29:00.00 (7:25.34) 36'11.371" (7:10.99)					

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W75 - 5000mRW



Record	Perf	Athlete	Event	Place	Date
Masters ACR 56:04.61	WAKEFIELD EDITHA	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27	
HKMAC RECORD 56:04.61	WAKEFIELD EDITHA	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	1-39 FUNG KWOK YUEN	馮國婉	751071 HKRWA	43:56.07	HKMACR, R
<i>Split: 08:46.81 (8:46.81) 17:35.11 (8:48.30) 26:30.02 (8:54.91) 35:20.26 (8:50.25) 43'56.062" (8:35.73)</i>					
2	1-40 LAU FUNG LING	劉鳳鈴	751072 HKRWA	49:20.85	HKMACR, R
<i>Split: 10:01.63 (10:01.63) 20:30.16 (10:28.53) 29:57.60 (9:27.44) 39:43.76 (9:46.17) 49'20.848" (9:36.23)</i>					

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



Women's W75 - Shot Put



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	12.12	MARIANNE MAIER		MaLAGA, ESP	2018/09/04
Masters ACR	7.68	FUNG MARY LENA 馮瑪利	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	7.68	FUNG MARY LENA 馮瑪利	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23



2025/11/22



Start: 14:30



24°C



40%

Final

Pos	Heat/ Order	Name	Bib#/ Team	Result	Remarks	1	2	3
1	1-2	FUNG MARY LENA 馮瑪利	751171 SCAA	7.63m.		x	7.01	7.63
2	1-3	KO SUSAN	750857 AVOHK	6.21m.		5.61	5.34	6.21
3	1-1	CHEUNG LAI KUEN 張勵娟	751116 PKMSAA	3.90m.		3.78	3.90	3.87

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



Women's W75 - Discus Throw



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	31.56	TAMARA DANILOVA		NICE, FRA	2015/10/16
Masters ACR	16.98	FUNG MARY LENA 馮瑪利	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	16.98	FUNG MARY LENA 馮瑪利	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23



2025/11/23



Start: 15:35



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Pos	Heat/ Order	Name	Bib#/ Team	Result	Remarks	1	2	3
1	1-2	FUNG MARY LENA 馮瑪利	751171 SCAA	13.83m.		x	13.83	13.14
2	1-4	YEUNG YING YING 楊瑩瑩	751117 PKMSAA	13.58m.		13.58	x	x
3	1-3	KO SUSAN AVOHK	750857	10.73m.		x	10.73	x
	1-1	CHEUNG LAI KUEN 張勵娟	751116 PKMSAA	NM		x	x	x

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W75 - Javelin Throw



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	29.92	EVAUN WILLIAMS		PORTO ALEGRE, 2013/10/22	
Masters ACR	16.37	FUNG MARY LENA 馮瑪利	The 9th HONG KONG MASTERS	Tseung Kwan O 2024/11/23	
HKMAC RECORD	16.37	FUNG MARY LENA 馮瑪利	The 9th HONG KONG MASTERS	Tseung Kwan O 2024/11/23	



23 2025/11/23



Start: 10:15



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Pos	Heat/ Name Order	Bib#/ Team	Result	Remarks	1	2	3
1	1-4 YEUNG YING YING 楊瑩瑩	751117 PKMSAA	16.16m.		12.31	12.39	16.16
2	1-2 FUNG MARY LENA 馮瑪利	751171 SCAA	14.16m.		11.81	x	14.16
3	1-1 KO SUSAN	750857 AVOHK	9.74m.		7.32	9.74	8.97
4	1-3 CHEUNG LAI KUEN 張勵娟	751116 PKMSAA	5.89m.		5.46	4.97	5.89



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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Women's W75 - 4X100m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD 1:10.19		OBERA, JORDAN, DONLEY, MEILER		SACRAMENTO, US	2011/07/17
Masters ACR 1:40.52	SCAA		Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD 1:40.52	SCAA		Hong Kong Masters Athletics	TKO SG	2018/10/27



2025/11/22



Start: 16:55



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Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-6	赤道體育會 林翠玲, 陳統頤, 魏錦如, 蕭鳳慶		BAC	1:51.36	

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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