

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



Men's M45 - 100m



100m	Record	Perf	Athlete	Event	Place	Date
WMA RECORD	10.72		WILLIE GAULT		INDIANAPOLIS, 2006/06/24	
Masters ACR	11.71		KRIEL ALDO 歐立德	The 9th HONG KONG MASTERS	Tseung Kwan O 2024/11/23	
HKMAC RECORD	11.71		KRIEL ALDO 歐立德	The 9th HONG KONG MASTERS	Tseung Kwan O 2024/11/23	



22 2025/11/22



Start: 11:05



24°C



40%

Final 1

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-3	WONG CHARLES CHUN YIP	黃振業	450055 BAC	12.25	+0.7	
2	1-6	CHIU SUNG LI	趙崇理	450049 BAC	12.59	+0.7	
3	1-4	CHEUNG CHIN TUNG	張展東	450745 SJACS	13.21	+0.7	13.209"
4	1-2	AU CHRIS	區志豪	450493 LSCAC	13.85	+0.7	
5	1-5	LAI KAN YIN	黎謹賢	450596 PKMSAA	15.12	+0.7	
6	1-7	CHAN YUNG FEI	陳庸非	450825 WYK	15.58	+0.7	
	1-8	LAU YU HIU	劉宇曉	450270 DBSAC	DNS		

Final 2

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	2-2	FUNG CHI HO	馮志豪	450136 CSDSA	13.03	-1.0	
2	2-4	YUEN LEONARD	源旭	450292 DBSAC	13.07	-1.0	
3	2-3	WONG SHUI MING		450572 PAC	13.16	-1.0	
4	2-7	YAU TAK HIM	丘德謙	450573 PAC	13.26	-1.0	
5	2-6	LEUNG HO MAN	梁浩民	450747 SJACS	13.62	-1.0	
	2-5	CHAN WING KWONG DEREK	陳永光	450498 LSCAC	DNS		

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Final 3/4

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	3-5	KRIEL ALDO	歐立德	450051 BAC	11.57	+1.0	HKMACR, R
2	3-6	CHAN SAN HEI ALAN	陳新禧	450255 DBSAC	12.50	+1.0	
3	3-3	TO KWOK HOI	涂國海	450054 BAC	13.21	+1.0	13.209"
4	3-2	LAU SHING	劉盛	450052 BAC	13.36	+1.0	
5	3-4	TUNG HING CHUNG		450511 LSCAC	13.74	+1.0	
6	3-7	TSE KAI MING CARL	謝繼明	450152 DART	14.70	+1.0	

Final 4/4

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	4-2	YEUNG CHI HANG	楊志恒	450056 BAC	12.22	+2.4	
2	4-5	NG CHIT WING	吳哲穎	450805 WAC	12.56	+2.4	
3	4-4	LAM KING WAI	林經緯	450265 DBSAC	13.72	+2.4	
4	4-3	CHOW MING YIN	周銘賢	450050 BAC	15.68	+2.4	
5	4-6	TANG KAI SING	鄧啟昇	450509 LSCAC	15.84	+2.4	
	4-7	CHU CHEUK KIT JACKIE	朱卓傑	450456 JSA	DNS		

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1	3-5	KRIEL ALDO	歐立德	450051 BAC	11.57	+1.0	HKMACR, R
2	4-2	YEUNG CHI HANG	楊志恒	450056 BAC	12.22	+2.4	
3	1-3	WONG CHARLES CHUN YIP	黃振業	450055 BAC	12.25	+0.7	
4	3-6	CHAN SAN HEI ALAN	陳新禧	450255 DBSAC	12.50	+1.0	
5	4-5	NG CHIT WING	吳哲穎	450805 WAC	12.56	+2.4	
6	1-6	CHIU SUNG LI	趙崇理	450049 BAC	12.59	+0.7	
7	2-2	FUNG CHI HO	馮志豪	450136 CSDSA	13.03	-1.0	
8	2-4	YUEN LEONARD	源旭	450292 DBSAC	13.07	-1.0	
9	2-3	WONG SHUI MING		450572 PAC	13.16	-1.0	
10	3-3	TO KWOK HOI	涂國海	450054 BAC	13.21	+1.0	13.209"
10	1-4	CHEUNG CHIN TUNG	張展東	450745 SJACS	13.21	+0.7	13.209"
12	2-7	YAU TAK HIM	丘德謙	450573 PAC	13.26	-1.0	
13	3-2	LAU SHING	劉盛	450052 BAC	13.36	+1.0	
14	2-6	LEUNG HO MAN	梁浩民	450747 SJACS	13.62	-1.0	
15	4-4	LAM KING WAI	林經緯	450265 DBSAC	13.72	+2.4	

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Summary

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16	3-4	TUNG HING CHUNG		450511 LSCAC	13.74	+1.0	
17	1-2	AU CHRIS	區志豪	450493 LSCAC	13.85	+0.7	
18	3-7	TSE KAI MING CARL	謝繼明	450152 DART	14.70	+1.0	
19	1-5	LAI KAN YIN	黎謹賢	450596 PKMSAA	15.12	+0.7	
20	1-7	CHAN YUNG FEI	陳庸非	450825 WYK	15.58	+0.7	
21	4-3	CHOW MING YIN	周銘賢	450050 BAC	15.68	+2.4	
22	4-6	TANG KAI SING	鄧啟昇	450509 LSCAC	15.84	+2.4	
	1-8	LAU YU HIU	劉宇曉	450270 DBSAC	DNS		
	2-5	CHAN WING KWONG DEREK	陳永光	450498 LSCAC	DNS		
	4-7	CHU CHEUK KIT JACKIE	朱卓傑	450456 JSA	DNS		

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Men's M45 - 200m



200m	Record	Perf	Athlete	Event	Place	Date
WMA RECORD	21.65	Alexander Kosenkow			Minden, GER	2022/07/23
Masters ACR	23.69	KRIEL ALDO 歐立德		The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	23.69	KRIEL ALDO 歐立德		The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23



23 2025/11/23



Start: 11:05



21°C



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Final 1 **1/3**

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-5	YEUNG CHI HANG	楊志恒	450056 BAC	25.42	-0.5	
2	1-6	WONG CHARLES CHUN YIP	黃振業	450055 BAC	25.74	-0.5	
3	1-3	NG CHIT WING	吳哲穎	450805 WAC	25.95	-0.5	
4	1-7	YUEN LEONARD	源旭	450292 DBSAC	26.70	-0.5	
5	1-4	FUNG CHI HO	馮志豪	450136 CSDSA	27.16	-0.5	
	1-8	WONG TING YAN	黃廷恩	450141 CSKOBA	DNS		

Final 2 **2/3**

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	2-6	CHIU SUNG LI	趙崇理	450049 BAC	26.44	+1.1	
2	2-4	YAU TAK HIM	丘德謙	450573 PAC	27.37	+1.1	
3	2-3	CHAN CHUNG YU MARK	陳頌瑜	450252 DBSAC	27.65	+1.1	
4	2-7	CHEUNG CHIN TUNG	張展東	450745 SJACS	27.77	+1.1	
5	2-5	CHAN YUNG FEI	陳庸非	450825 WYK	33.17	+1.1	
	2-8	CHAN WING KWONG DEREK	陳永光	450498 LSCAC	DNS		

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HKMAC RECORD	23.69	KRIEL ALDO 歐立德		The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23



23 2025/11/23



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21°C



79%

Final 3/3

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	3-5	KRIEL ALDO	歐立德	450051 BAC	23.98	-0.7	
2	3-8	CHAN SAN HEI ALAN	陳新禧	450255 DBSAC	25.53	-0.7	
3	3-3	LEUNG HO MAN	梁浩民	450747 SJACS	28.38	-0.7	
4	3-7	CHAN CHI YIP	陳智業	450823 WYK	29.29	-0.7	
	3-4	YEUNG WAI KONG	楊偉剛	450057 BAC	DNS		
	3-6	LO MARK	盧致恒	450504 LSCAC	DNS		

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23 2025/11/23



Start: 11:05



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79%

Summary

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1	3-5	KRIEL ALDO	歐立德	450051 BAC	23.98	-0.7	
2	1-5	YEUNG CHI HANG	楊志恒	450056 BAC	25.42	-0.5	
3	3-8	CHAN SAN HEI ALAN	陳新禧	450255 DBSAC	25.53	-0.7	
4	1-6	WONG CHARLES CHUN YIP	黃振業	450055 BAC	25.74	-0.5	
5	1-3	NG CHIT WING	吳哲穎	450805 WAC	25.95	-0.5	
6	2-6	CHIU SUNG LI	趙崇理	450049 BAC	26.44	+1.1	
7	1-7	YUEN LEONARD	源旭	450292 DBSAC	26.70	-0.5	
8	1-4	FUNG CHI HO	馮志豪	450136 CSDSA	27.16	-0.5	
9	2-4	YAU TAK HIM	丘德謙	450573 PAC	27.37	+1.1	
10	2-3	CHAN CHUNG YU MARK	陳頌瑜	450252 DBSAC	27.65	+1.1	
11	2-7	CHEUNG CHIN TUNG	張展東	450745 SJACS	27.77	+1.1	
12	3-3	LEUNG HO MAN	梁浩民	450747 SJACS	28.38	-0.7	
13	3-7	CHAN CHI YIP	陳智業	450823 WYK	29.29	-0.7	
14	2-5	CHAN YUNG FEI	陳庸非	450825 WYK	33.17	+1.1	
	1-8	WONG TING YAN	黃廷恩	450141 CSKOBA	DNS		

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2025/11/23



Start: 11:05



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Summary

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	W/S	Remarks
2-8	CHAN WING KWONG DEREK	陳永光	450498 LSCAC	DNS		
3-4	YEUNG WAI KONG	楊偉剛	450057 BAC	DNS		
3-6	LO MARK	盧致恒	450504 LSCAC	DNS		

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M45 - 400m



400m	Record	Perf	Athlete	Event	Place	Date
WMA RECORD	49.09	ALLEN WOODARD			HOUSTON, USA	2017/03/18
Masters ACR	52.61	Wong Kin On 黃健安		Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	52.61	Wong Kin On 黃健安		Hong Kong Masters Athletics	TKO SG	2018/10/27



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Start: 16:15



24°C



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Final 1 /4

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-7	YEUNG WAI KONG	楊偉剛	450057 BAC	58.37	
2	1-8	TEASDALE MICHAEL GERARD		450007 AVOHK	1:00.16	
3	1-3	LUI CHI WANG ROBERT	呂志宏	450506 LSCAC	1:01.03	
4	1-4	CHAN CHUNG YU MARK	陳頌瑜	450252 DBSAC	1:05.00	
5	1-2	CHAN CHI YIP	陳智業	450823 WYK	1:05.08	
6	1-5	LI KIN HING	李健興	450829 WYK	1:07.65	
7	1-6	PANG KWOK CHING	彭國程	450140 CSKOBA	1:23.07	

Final 2 /4

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	2-8	CHAN KA WAI	陳家偉	450569 PAC	59.77	
2	2-7	MA KA CHUN	馬嘉俊	450053 BAC	1:05.98	
3	2-5	CHAN MING YUI ERNEST	陳明睿	450254 DBSAC	1:06.16	
4	2-6	CHEUNG YAN WING	張欣穎	450259 DBSAC	1:06.62	
5	2-3	HUI HOK TUNG	許學東	450264 DBSAC	1:11.94	
6	2-4	WAN MAN HO	溫文灝	450283 DBSAC	1:16.98	

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Masters ACR	52.61	Wong Kin On 黃健安		Hong Kong Masters Athletics	TKO SG	2018/10/27
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Final 3/4

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	3-6	CHAN WAI KEUNG	陳偉強	450695 SCAA	56.35	
2	3-3	ARBOLEDA LINO		450755 SMTFA	57.93	
3	3-8	KRIEL ALDO	歐立德	450051 BAC	58.84	
4	3-4	LAM KING WAI	林經緯	450265 DBSAC	1:07.56	
5	3-5	YU YUK MING	余毓明	450291 DBSAC	1:08.62	
6	3-7	RUAN WENJUN	阮文駿	450697 SCAA	1:09.07	

Final 4/4

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	4-6	LEUNG TAT WAI	梁達威	450570 PAC	56.67	
2	4-8	KWAN TZE LUN	關子麟	450660 PoliceAC	59.49	
3	4-4	TANG WING KIN	鄧永健	450571 PAC	1:02.69	
	4-3	LO MARK	盧致恒	450504 LSCAC	DNS	
	4-5	CHAN SAN HEI ALAN	陳新禧	450255 DBSAC	DNS	
	4-7	CHAN KING CHUNG ANTHONY	陳勁中	450253 DBSAC	DNS	

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Masters ACR	52.61	Wong Kin On 黃健安		Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	52.61	Wong Kin On 黃健安		Hong Kong Masters Athletics	TKO SG	2018/10/27



22 2025/11/22



Start: 16:15



24°C



40%

Summary

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	3-6	CHAN WAI KEUNG	陳偉強	450695 SCAA	56.35	
2	4-6	LEUNG TAT WAI	梁達威	450570 PAC	56.67	
3	3-3	ARBOLEDA LINO		450755 SMTFA	57.93	
4	1-7	YEUNG WAI KONG	楊偉剛	450057 BAC	58.37	
5	3-8	KRIEL ALDO	歐立德	450051 BAC	58.84	
6	4-8	KWAN TZE LUN	關子麟	450660 PoliceAC	59.49	
7	2-8	CHAN KA WAI	陳家偉	450569 PAC	59.77	
8	1-8	TEASDALE MICHAEL GERARD		450007 AVOHK	1:00.16	
9	1-3	LUI CHI WANG ROBERT	呂志宏	450506 LSCAC	1:01.03	
10	4-4	TANG WING KIN	鄧永健	450571 PAC	1:02.69	
11	1-4	CHAN CHUNG YU MARK	陳頌瑜	450252 DBSAC	1:05.00	
12	1-2	CHAN CHI YIP	陳智業	450823 WYK	1:05.08	
13	2-7	MA KA CHUN	馬嘉俊	450053 BAC	1:05.98	
14	2-5	CHAN MING YUI ERNEST	陳明睿	450254 DBSAC	1:06.16	
15	2-6	CHEUNG YAN WING	張欣穎	450259 DBSAC	1:06.62	

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:



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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M45 - 400m



400m	Record	Perf	Athlete	Event	Place	Date
WMA RECORD	49.09	ALLEN WOODARD			HOUSTON, USA	2017/03/18
Masters ACR	52.61	Wong Kin On 黃健安		Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	52.61	Wong Kin On 黃健安		Hong Kong Masters Athletics	TKO SG	2018/10/27



22 2025/11/22



Start: 16:15



24°C



40%

Summary

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	Remarks
16	3-4 LAM KING WAI	林經緯	450265 DBSAC	1:07.56	
17	1-5 LI KIN HING	李健興	450829 WYK	1:07.65	
18	3-5 YU YUK MING	余毓明	450291 DBSAC	1:08.62	
19	3-7 RUAN WENJUN	阮文駿	450697 SCAA	1:09.07	
20	2-3 HUI HOK TUNG	許學東	450264 DBSAC	1:11.94	
21	2-4 WAN MAN HO	溫文灝	450283 DBSAC	1:16.98	
22	1-6 PANG KWOK CHING	彭國程	450140 CSKOBA	1:23.07	
	4-3 LO MARK	盧致恒	450504 LSCAC	DNS	
	4-5 CHAN SAN HEI ALAN	陳新禧	450255 DBSAC	DNS	
	4-7 CHAN KING CHUNG ANTHONY	陳勁中	450253 DBSAC	DNS	

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



Men's M45 - 800m



800m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	1:49.86	ANTHONY WHITEMAN		MANCHESTER, GB	2017/08/19
	Masters ACR	2:16.52	CHAN KA WAI 陳家偉	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
	HKMAC RECORD	2:16.52	CHAN KA WAI 陳家偉	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23



23 2025/11/23



Start: 16:25



28°C



53%

Final 1/2

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-1	CHAN WAI KEUNG	陳偉強	450695 SCAA	2:17.55	
2	1-2	CHAN KA WAI	陳家偉	450569 PAC	2:17.89	
3	1-5	WONG SHUI MING		450572 PAC	2:25.89	
4	1-8	TSE MAN LUNG	謝文龍	450698 SCAA	2:36.22	
5	1-3	LI KIN HING	李健興	450829 WYK	2:36.32	
6	1-2	AU YING MAN	區應民	450494 LSCAC	2:42.35	
7	1-6	WONG CHO KAN STEPHEN	王祖勤	450662 PoliceAC	2:42.74	
8	1-3	LAM KING WAI	林經緯	450265 DBSAC	2:44.58	
9	1-4	FONG WAI KUK DENNIS	方緯谷	450261 DBSAC	2:51.71	
10	1-7	HUI HOK TUNG	許學東	450264 DBSAC	2:51.84	
11	1-1	CHAN HO KEI	陳浩基	450420 HKLRR	3:01.39	
	1-4	YIP CHAK LUN GERALD	葉澤麟	450288 DBSAC	DNS	
	1-5	LEUNG TAT WAI	梁達威	450570 PAC	DNS	
	1-6	KWAN TZE LUN	關子麟	450660 PoliceAC	DNS	
	1-7	YIP CHUN HANG	葉晉亨	450289 DBSAC	DNS	

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



Men's M45 - 800m



800m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD 1:49.86		ANTHONY WHITEMAN		MANCHESTER, GB	2017/08/19
	Masters ACR 2:16.52		CHAN KA WAI 陳家偉	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
	HKMAC RECORD 2:16.52		CHAN KA WAI 陳家偉	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23



23 2025/11/23



Start: 16:25



28°C



53%

Final 1 **1/2**

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	Remarks
1-8	HO TSZ HANG STEPHEN	何梓恒	450696 SCAA	DNS	

Final 2 **2/2**

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	Remarks
1	2-8 YEUNG WAI KONG	楊偉剛	450057 BAC	2:21.06	
2	2-7 ARBOLEDA LINO		450755 SMTFA	2:22.67	
3	2-2 CHAN MING YUI ERNEST	陳明睿	450254 DBSAC	2:32.33	
4	2-5 YEUNG BENJAMIN	楊家豪	450287 DBSAC	2:32.93	
5	2-1 CHAN CHI YIP	陳智業	450823 WYK	2:33.75	
6	2-4 CHAN YING HO	陳英豪	450138 CSKOBA	2:37.29	
7	2-2 LAU WING KEI STEPHEN	劉永基	450269 DBSAC	2:40.96	
8	2-1 CHAN YAN YEE JACKER	陳殷懿	450824 WYK	2:50.51	
9	2-5 TSANG ALBY	曾德輝	450281 DBSAC	3:05.44	
10	2-4 KWOK WAI CHOI	郭偉才	450139 CSKOBA	3:36.58	
	2-3 ZAGURY ALAN		450008 AVOHK	DNS	
	2-3 SHUM YIU MAN SIMON	沈耀文	450457 JSA	DNS	

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



Men's M45 - 800m



800m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	1:49.86	ANTHONY WHITEMAN		MANCHESTER, GB	2017/08/19
	Masters ACR	2:16.52	CHAN KA WAI 陳家偉	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
	HKMAC RECORD	2:16.52	CHAN KA WAI 陳家偉	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23



23 2025/11/23



Start: 16:25



28°C



53%

Final 2/2

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	Remarks
2-6	NGUI MAU SHUN JOSEPH	魏茂信	450275 DBSAC	DNS	
2-7	CHOW LING FUNG	周凌峰	450125 CGHCAC	DNS	
2-8	YUEN KWOK WAI	袁國偉	450058 BAC	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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冠名贊助:



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支持媒體:



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



Men's M45 - 800m



800m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	1:49.86	ANTHONY WHITEMAN		MANCHESTER, GB	2017/08/19
	Masters ACR	2:16.52	CHAN KA WAI 陳家偉	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
	HKMAC RECORD	2:16.52	CHAN KA WAI 陳家偉	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23



23 2025/11/23



Start: 16:25



28°C



53%

Summary

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-1	CHAN WAI KEUNG	陳偉強	450695 SCAA	2:17.55	
2	1-2	CHAN KA WAI	陳家偉	450569 PAC	2:17.89	
3	2-8	YEUNG WAI KONG	楊偉剛	450057 BAC	2:21.06	
4	2-7	ARBOLEDA LINO		450755 SMTFA	2:22.67	
5	1-5	WONG SHUI MING		450572 PAC	2:25.89	
6	2-2	CHAN MING YUI ERNEST	陳明睿	450254 DBSAC	2:32.33	
7	2-5	YEUNG BENJAMIN	楊家豪	450287 DBSAC	2:32.93	
8	2-1	CHAN CHI YIP	陳智業	450823 WYK	2:33.75	
9	1-8	TSE MAN LUNG	謝文龍	450698 SCAA	2:36.22	
10	1-3	LI KIN HING	李健興	450829 WYK	2:36.32	
11	2-4	CHAN YING HO	陳英豪	450138 CSKOBA	2:37.29	
12	2-2	LAU WING KEI STEPHEN	劉永基	450269 DBSAC	2:40.96	
13	1-2	AU YING MAN	區應民	450494 LSCAC	2:42.35	
14	1-6	WONG CHO KAN STEPHEN	王祖勤	450662 PoliceAC	2:42.74	
15	1-3	LAM KING WAI	林經緯	450265 DBSAC	2:44.58	

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



Men's M45 - 800m



800m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	1:49.86	ANTHONY WHITEMAN		MANCHESTER, GB	2017/08/19
	Masters ACR	2:16.52	CHAN KA WAI 陳家偉	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
	HKMAC RECORD	2:16.52	CHAN KA WAI 陳家偉	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23



23 2025/11/23



Start: 16:25



28°C



53%

Summary

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
16	2-1	CHAN YAN YEE JACKER	陳殷懿	450824 WYK	2:50.51	
17	1-4	FONG WAI KUK DENNIS	方緯谷	450261 DBSAC	2:51.71	
18	1-7	HUI HOK TUNG	許學東	450264 DBSAC	2:51.84	
19	1-1	CHAN HO KEI	陳浩基	450420 HKLRRC	3:01.39	
20	2-5	TSANG ALBY	曾德輝	450281 DBSAC	3:05.44	
21	2-4	KWOK WAI CHOI	郭偉才	450139 CSKOBA	3:36.58	
	1-4	YIP CHAK LUN GERALD	葉澤麟	450288 DBSAC	DNS	
	1-5	LEUNG TAT WAI	梁達威	450570 PAC	DNS	
	1-6	KWAN TZE LUN	關子麟	450660 PoliceAC	DNS	
	1-7	YIP CHUN HANG	葉晉亨	450289 DBSAC	DNS	
	1-8	HO TSZ HANG STEPHEN	何梓恒	450696 SCAA	DNS	
	2-3	SHUM YIU MAN SIMON	沈耀文	450457 JSA	DNS	
	2-3	ZAGURY ALAN		450008 AVOHK	DNS	
	2-6	NGUI MAU SHUN JOSEPH	魏茂信	450275 DBSAC	DNS	
	2-7	CHOW LING FUNG	周凌峰	450125 CGHCAC	DNS	

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



Men's M45 - 800m



800m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	1:49.86	ANTHONY WHITEMAN		MANCHESTER, GB	2017/08/19
	Masters ACR	2:16.52	CHAN KA WAI 陳家偉	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
	HKMAC RECORD	2:16.52	CHAN KA WAI 陳家偉	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23



23 2025/11/23



Start: 16:25



28°C



53%

Summary

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	Remarks
2-8	YUEN KWOK WAI	袁國偉	450058 BAC	DNS	



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



Men's M45 - 1500m



1500m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD 3:48.72		ANTHONY WHITEMAN			LOUGHBOROUGH, 2017/07/08
	Masters ACR 4:51.61		CHAN KA WAI 陳家偉	The 9th HONG KONG MASTERS		Tseung Kwan O 2024/11/23
	HKMAC RECORD 4:51.61		CHAN KA WAI 陳家偉	The 9th HONG KONG MASTERS		Tseung Kwan O 2024/11/23



22 2025/11/22



Start: 09:20



15°C



62%

Final

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	Remarks
1	1-9 JIAO CHENG GAO	矯成高	450403 DGD	4:34.94	HKMACR
2	1-5 DAGA-AS JOJIE L		450586 PHI-NMSAA	4:40.37	HKMACR
3	1-12 CHAN KA WAI	陳家偉	450569 PAC	4:46.80	HKMACR, R
4	1-13 CHOW LING FUNG	周凌峰	450125 CGHCAC	4:56.29	
5	1-16 NAM WAI SING	藍偉誠	450661 PoliceAC	5:06.53	
6	1-8 WONG SHUI MING		450572 PAC	5:06.78	
7	1-14 CHAN CHI YIP	陳智業	450823 WYK	5:18.87	
8	1-6 CHAN MING YUI ERNEST	陳明睿	450254 DBSAC	5:19.14	
9	1-10 LUK WAI MAN	陸偉文	450006 AVOHK	5:26.28	
10	1-4 TSE MAN LUNG	謝文龍	450698 SCAA	5:36.33	
11	1-3 TSANG ALBY	曾德輝	450281 DBSAC	6:33.85	
	1-1 PANG KWOK CHING	彭國程	450140 CSKOBA	DNS	
	1-2 SHUM YIU MAN SIMON	沈耀文	450457 JSA	DNS	
	1-7 YUEN KWOK WAI	袁國偉	450058 BAC	DNS	
	1-11 NGUI MAU SHUN JOSEPH	魏茂信	450275 DBSAC	DNS	

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



Men's M45 - 1500m



1500m	Record	Perf	Athlete	Event	Place	Date
WMA RECORD 3:48.72 ANTHONY WHITEMAN						LOUGHBOROUGH, 2017/07/08
Masters ACR 4:51.61 CHAN KA WAI 陳家偉				The 9th HONG KONG MASTERS		Tseung Kwan O 2024/11/23
HKMAC RECORD 4:51.61 CHAN KA WAI 陳家偉				The 9th HONG KONG MASTERS		Tseung Kwan O 2024/11/23



22 2025/11/22



Start: 09:20



15°C



62%

Final

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	Remarks
1-15	TANG YAT LAM AARON	鄧日霖	450510 LSCAC	DNS	



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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

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M45 - 5000m



5000m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD 14:23.60	LUCIEN RAULT			VANNES, FRA	1982/06/19
	Masters ACR 17:12.46	WONG TIN YAU 王天佑				2022/12/04
	HKMAC RECORD 17:12.46	WONG TIN YAU 王天佑				2022/12/04



23 2025/11/23



Start: 13:00



21°C



79%

Final

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	Remarks
1	1-24 DAGA-AS JOJIE L		450586 PHI-NMSAA	18:06.28	<i>Split: 03:22.94 (3:22.94) 06:54.05 (3:31.12) 10:35.88 (3:41.82) 14:26.90 (3:51.02) 18'06.276" (3:39.10)</i>
2	1-32 SO HOI NAM	蘇凱男	450277 DBSAC	18:08.12	<i>Split: 03:21.51 (3:21.51) 06:50.35 (3:28.85) 10:28.98 (3:38.62) 14:22.52 (3:53.54) 18'08.118" (3:45.48)</i>
3	1-25 ZAGURY ALAN		450008 AVOHK	18:30.87	<i>Split: 03:42.55 (3:42.55) 07:28.01 (3:45.46) 11:12.25 (3:44.24) 14:55.65 (3:43.41) 18'30.863" (3:34.34)</i>
4	1-16 LAI KWOK HANG	黎國恆	450678 RMAC	18:39.21	<i>Split: 03:33.67 (3:33.67) 07:08.12 (3:34.46) 10:55.41 (3:47.28) 14:47.93 (3:52.52) 18'39.206" (3:51.07)</i>
5	1-35 LAI SIU CHEONG	黎兆昌	450828 WYK	18:43.52	<i>Split: 03:44.44 (3:44.44) 07:31.96 (3:47.53) 11:20.44 (3:48.47) 15:08.64 (3:48.20) 18'43.520" (3:34.36)</i>
6	1-21 YIP CHAK LUN GERALD	葉澤麟	450288 DBSAC	19:21.54	<i>Split: 03:47.85 (3:47.85) 07:41.54 (3:53.70) 11:35.38 (3:53.83) 15:32.74 (3:57.36) 19'21.538" (3:48.26)</i>
7	1-27 CHAN KING CHUN	陳競進	450497 LSCAC	19:51.31	<i>Split: 04:01.76 (4:01.76) 08:04.53 (4:02.77) 12:07.76 (4:03.23) 16:01.56 (3:53.81) 19'51.308" (3:49.43)</i>
8	1-34 YIP CHUN HANG	葉晉亨	450289 DBSAC	19:52.76	<i>Split: 03:49.06 (3:49.06) 07:42.77 (3:53.71) 11:36.91 (3:54.14) 15:44.04 (4:07.14) 19'52.759" (4:07.95)</i>
9	1-26 SO TSUNG NAM	蘇淙南	450806 WAC	20:12.80	<i>Split: 03:52.45 (3:52.45) 07:54.84 (4:02.39) 11:58.81 (4:03.97) 16:11.12 (4:12.32) 20'12.791" (4:00.87)</i>

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



Men's M45 - 5000m



5000m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD 14:23.60	LUCIEN RAULT			VANNES, FRA	1982/06/19
	Masters ACR 17:12.46	WONG TIN YAU 王天佑				2022/12/04
	HKMAC RECORD 17:12.46	WONG TIN YAU 王天佑				2022/12/04



23 2025/11/23



Start: 13:00



21°C



79%

Final

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	Remarks
10	1-29 TANG YAT LAM AARON	鄧日霖	450510 LSCAC	20:25.04	
	<i>Split: 03:58.49 (3:58.49) 08:03.81 (4:05.32) 12:12.57 (4:08.76) 16:23.41 (4:10.85) 20'25.032" (4:01.58)</i>				
11	1-17 LAM CHEUNG SHING SONNY	林掌成	450501 LSCAC	21:14.13	
	<i>Split: 04:00.67 (4:00.67) 08:10.28 (4:09.62) 12:32.40 (4:22.11) 17:00.01 (4:27.62) 21'14.125" (4:13.98)</i>				
12	1-15 WONG CHO KAN STEPHEN	王祖勤	450662 PoliceAC	21:31.57	
	<i>Split: 03:55.02 (3:55.02) 07:59.67 (4:04.66) 12:20.41 (4:20.73) 16:56.16 (4:35.76) 21'31.568" (4:34.83)</i>				
13	1-19 HUI CHEUK KIT FREDERICK	許卓傑	450826 WYK	29:00.48	
	<i>Split: 05:07.34 (5:07.34) 11:04.74 (5:57.40) 17:11.85 (6:07.11) 23:10.00 (5:58.15) 29'00.478" (5:50.00)</i>				
	1-22 JIAO CHENG GAO	矯成高	450403 DGD	DQ	
	1-18 POW LAP SHAN ALFRED	鮑立山	450508 LSCAC	DNS	
	1-20 CHAN MING YUI ERNEST	陳明睿	450254 DBSAC	DNS	
	1-23 NGUI MAU SHUN JOSEPH	魏茂信	450275 DBSAC	DNS	
	1-28 WONG CHI YUEN	黃智遠	450512 LSCAC	DNS	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M45 - 5000m



5000m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD 14:23.60	LUCIEN RAULT			VANNES, FRA	1982/06/19
	Masters ACR 17:12.46	WONG TIN YAU 王天佑				2022/12/04
	HKMAC RECORD 17:12.46	WONG TIN YAU 王天佑				2022/12/04



23 2025/11/23



Start: 13:00



21°C



79%

Final

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	Remarks
1-30	TSANG HOI HONG	曾海康	450679 RMAC	DNS	
1-31	WONG KIN PONG	黃健邦	450513 LSCAC	DNS	
1-33	CHAN KA LUNG ANDY	陳嘉龍	450496 LSCAC	DNS	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M45 - 5000mRW

5000mRW	Record	Perf	Athlete	Event	Place	Date
	Masters ACR 29:12.46	TIN JOHN 田迪尊		The 9th HONG KONG MASTERS	Tseung Kwan 0	2024/11/23
	HKMAC RECORD 29:12.46	TIN JOHN 田迪尊		The 9th HONG KONG MASTERS	Tseung Kwan 0	2024/11/23

 22 2025/11/22
  Start: 13:10
  24°C
  40%

Final

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	Remarks
1	1-16 TIN JOHN TIK CHUEN	田迪尊	450280 DBSAC	29:34.57	
	<i>Split: 05:36.62 (5:36.62) 11:19.10 (5:42.48) 17:00.78 (5:41.68) 22:59.49 (5:58.72) 29'34.570" (6:34.50)</i>				
2	1-21 FONG WAI KUK DENNIS	方緯谷	450261 DBSAC	33:59.96	
	<i>Split: 06:38.91 (6:38.91) 13:42.12 (7:03.22) 20:24.95 (6:42.82) 27:11.40 (6:46.46) 33'59.957" (6:47.59)</i>				
3	1-23 LAU YU HIU	劉宇曉	450270 DBSAC	34:31.21	
	<i>Split: 06:40.10 (6:40.10) 13:38.10 (6:58.00) 20:39.71 (7:01.61) 27:47.87 (7:08.16) 34'31.204" (6:43.13)</i>				
4	1-20 LEUNG DUN LOK	梁敦樂	450271 DBSAC	37:40.90	
	<i>Split: 06:38.27 (6:38.27) 14:03.88 (7:25.61) 21:57.59 (7:53.71) 29:48.69 (7:51.11) 37'40.891" (7:51.30)</i>				
5	1-24 LAU MAN LUNG KEVIN	劉文龍	450267 DBSAC	38:10.03	
	<i>Split: 07:08.64 (7:08.64) 14:40.21 (7:31.58) 22:15.97 (7:35.75) 30:13.08 (7:57.12) 38'10.023" (7:56.91)</i>				
6	1-22 TSANG ALBY	曾德輝	450281 DBSAC	44:56.70	
	<i>Split: 08:34.75 (8:34.75) 17:31.87 (8:57.12) 26:35.75 (9:03.88) 35:28.51 (8:52.76) 44'56.700" (9:27.49)</i>				
7	1-17 LAU STEPHEN	劉名峰	450268 DBSAC	45:01.83	
	<i>Split: 08:33.31 (8:33.31) 17:27.41 (8:54.10) 26:31.30 (9:03.89) 35:36.49 (9:05.19) 45'01.827" (9:24.51)</i>				
8	1-19 CHOW KIT MAN	周傑文	450260 DBSAC	46:29.75	
	<i>Split: 07:47.55 (7:47.55) 18:20.34 (10:32.79) 28:19.54 (9:59.20) 37:40.21 (9:20.67) 46'29.746" (8:48.79)</i>				
	1-15 POON FELIX	潘曉東	450276 DBSAC	DNS	

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The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M45 - 5000mRW



5000mRW	Record	Perf	Athlete	Event	Place	Date
	Masters ACR 29:12.46	TIN JOHN 田迪尊		The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
	HKMAC RECORD 29:12.46	TIN JOHN 田迪尊		The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23



2025/11/22



Start: 13:10



24°C



40%

Final

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	Remarks
	1-18 CHEUNG LAWRENCE YAN KIT	張欣傑	450258 DBSAC	DNS	



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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M45 - 110mH



110mH	Record	Perf	Athlete	Event	Place	Date
WMA RECORD	14.38	SHAUN BOWNES			PRETORIA, RSA	2016/02/04
Masters ACR	17.64	YU YUEN FAI 余遠輝		The 6th Hong Kong Masters	TKO SG	2021/09/12
HKMAC RECORD	17.64	YU YUEN FAI 余遠輝		The 6th Hong Kong Masters	TKO SG	2021/09/12



2025/11/22



Start: 14:05



24°C



40%

Final 1 /2

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-4 CHAN WAI KEUNG	陳偉強	450695 SCAA	19.44	+1.0	
2	1-7 LAU YU HIU	劉宇曉	450270 DBSAC	19.66	+1.0	
	1-3 HO WAI LUN ALAN	何偉倫	450263 DBSAC	DNS		
	1-5 LO MARK	盧致恒	450504 LSCAC	DNS		
	1-6 PANG KWOK CHING	彭國程	450140 CSKOBA	DNS		

Final 2 /2

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	W/S	Remarks
1	2-5 NG CHIT WING	吳哲穎	450805 WAC	17.34	+1.6	HKMACR, R
2	2-7 KRIEL ALDO	歐立德	450051 BAC	21.45	+1.6	
3	2-3 FONG HIU SANG	方曉生	450659 PoliceAC	21.92	+1.6	
4	2-4 CHAN SIU HIN	陳嘯軒	450048 BAC	23.69	+1.6	
	2-6 TSE KAI MING CARL	謝繼明	450152 DART	DNS		

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M45 - 110mH



110mH	Record	Perf	Athlete	Event	Place	Date
WMA RECORD	14.38		SHAUN BOWNES		PRETORIA, RSA	2016/02/04
Masters ACR	17.64		YU YUEN FAI 余遠輝	The 6th Hong Kong Masters	TKO SG	2021/09/12
HKMAC RECORD	17.64		YU YUEN FAI 余遠輝	The 6th Hong Kong Masters	TKO SG	2021/09/12



22 2025/11/22



Start: 14:05



24°C



40%

Summary

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	W/S	Remarks
1	2-5 NG CHIT WING	吳哲穎	450805 WAC	17.34	+1.6	HKMACR, R
2	1-4 CHAN WAI KEUNG	陳偉強	450695 SCAA	19.44	+1.0	
3	1-7 LAU YU HIU	劉宇曉	450270 DBSAC	19.66	+1.0	
4	2-7 KRIEL ALDO	歐立德	450051 BAC	21.45	+1.6	
5	2-3 FONG HIU SANG	方曉生	450659 PoliceAC	21.92	+1.6	
6	2-4 CHAN SIU HIN	陳嘯軒	450048 BAC	23.69	+1.6	
	1-3 HO WAI LUN ALAN	何偉倫	450263 DBSAC	DNS		
	1-5 LO MARK	盧致恒	450504 LSCAC	DNS		
	1-6 PANG KWOK CHING	彭國程	450140 CSKOBA	DNS		
	2-6 TSE KAI MING CARL	謝繼明	450152 DART	DNS		

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M45 - 400mH



400mH	Record	Perf	Athlete	Event	Place	Date
WMA RECORD	53.57	ARAMIS DIAZ			ROME, ITA	2020/09/05
Masters ACR	1:05.15	CHEUNG ALAN		The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27
HKMAC RECORD	1:05.15	CHEUNG ALAN		The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27



2025/11/23



Start: 15:05



27°C



49%

Final 1 ¹/₂

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	Remarks
1	1-6 FONG HIU SANG	方曉生	450659 PoliceAC	1:11.76	
2	1-4 LAM KING WAI	林經緯	450265 DBSAC	1:41.49	
	1-3 HO WAI LUN ALAN	何偉倫	450263 DBSAC	DNS	
	1-5 LAU STEPHEN	劉名峰	450268 DBSAC	DNS	
	1-7 TANG HON SING	鄧漢昇	450279 DBSAC	DNS	

Final 2 ¹/₂

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	Remarks
1	2-5 CHAN WAI KEUNG	陳偉強	450695 SCAA	1:05.96	
2	2-4 LO MARK	盧致恒	450504 LSCAC	1:17.20	
3	2-6 LAU YU HIU	劉宇曉	450270 DBSAC	1:56.95	
	2-3 TIN JOHN TIK CHUEN	田迪尊	450280 DBSAC	DNS	
	2-7 HO PUI LUN ALAN	何沛倫	450262 DBSAC	DNS	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M45 - 400mH

400mH	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	53.57	ARAMIS DIAZ		ROME, ITA	2020/09/05
	Masters ACR	1:05.15	CHEUNG ALAN	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27
	HKMAC RECORD	1:05.15	CHEUNG ALAN	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27



2025/11/23



Start: 15:05



27°C



49%

Summary

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	Remarks
1	2-5 CHAN WAI KEUNG	陳偉強	450695 SCAA	1:05.96	
2	1-6 FONG HIU SANG	方曉生	450659 PoliceAC	1:11.76	
3	2-4 LO MARK	盧致恒	450504 LSCAC	1:17.20	
4	1-4 LAM KING WAI	林經緯	450265 DBSAC	1:41.49	
5	2-6 LAU YU HIU	劉宇曉	450270 DBSAC	1:56.95	
	1-3 HO WAI LUN ALAN	何偉倫	450263 DBSAC	DNS	
	1-5 LAU STEPHEN	劉名峰	450268 DBSAC	DNS	
	1-7 TANG HON SING	鄧漢昇	450279 DBSAC	DNS	
	2-3 TIN JOHN TIK CHUEN	田廸尊	450280 DBSAC	DNS	
	2-7 HO PUI LUN ALAN	何沛倫	450262 DBSAC	DNS	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M45 - 3000mSC

3000mSC	Record	Perf	Athlete	Event	Place	Date
	Masters ACR 13:57.47	CHAN SIU HIN 陳嘯軒	The 9th HONG KONG MASTERS	Tseung Kwan O 2024/11/23		
	HKMAC RECORD 13:57.47	CHAN SIU HIN 陳嘯軒	The 9th HONG KONG MASTERS	Tseung Kwan O 2024/11/23		



2025/11/23



Start: 09:25



21°C



79%

Final

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	Remarks
1	1-19 DAGA-AS JOJIE L		450586 PHI-NMSAA	11:35.22	HKMACR
	<i>Split: 03:30.09 (3:30.09) 07:24.90 (3:54.82) 11'35.217" (4:10.09)</i>				
2	1-22 CHAN WAI KEUNG	陳偉強	450695 SCAA	12:03.08	HKMACR, R
	<i>Split: 03:37.36 (3:37.36) 07:52.40 (4:15.04) 12'03.074" (4:10.60)</i>				
3	1-16 SIM LEUNG WAI	沈樑威	450780 TCAA	13:07.51	HKMACR, R
	<i>Split: 04:05.32 (4:05.32) 08:35.76 (4:30.44) 13'07.509" (4:31.24)</i>				
4	1-23 NGUI MAU SHUN JOSEPH	魏茂信	450275 DBSAC	13:08.87	HKMACR, R
	<i>Split: 04:00.59 (4:00.59) 08:32.74 (4:32.16) 13'08.861" (4:35.25)</i>				
5	1-15 YIP CHAK LUN GERALD	葉澤麟	450288 DBSAC	13:25.73	HKMACR, R
	<i>Split: 04:21.86 (4:21.86) 08:50.09 (4:28.23) 13'25.722" (4:34.91)</i>				
6	1-20 CHAN SIU HIN	陳嘯軒	450048 BAC	13:41.14	HKMACR, R
	<i>Split: 04:29.89 (4:29.89) 09:10.07 (4:40.18) 13'41.138" (4:30.93)</i>				
7	1-24 CHAN CHING WAN	陳青雲	450658 PoliceAC	14:38.08	
	<i>Split: 04:39.89 (4:39.89) 09:38.60 (4:58.71) 14'38.078" (4:59.40)</i>				
8	1-18 RUAN WENJUN	阮文駿	450697 SCAA	14:47.31	
	<i>Split: 04:39.88 (4:39.88) 09:46.23 (5:06.36) 14'47.307" (5:00.76)</i>				
9	1-35 LEE GABRIEL	李嘉豪	450845 SPCCAA	16:40.89	
	<i>Split: 05:04.98 (5:04.98) 11:19.35 (6:14.37) 16'40.882" (5:20.65)</i>				

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



Men's M45 - 3000mSC



3000mSC	Record	Perf	Athlete	Event	Place	Date
	Masters ACR 13:57.47	CHAN SIU HIN 陳嘯軒	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23	
	HKMAC RECORD 13:57.47	CHAN SIU HIN 陳嘯軒	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23	



2025/11/23



Start: 09:25



21°C



79%

Final

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	Remarks
1-14	TSE MAN LUNG	謝文龍	450698 SCAA	DQ	
1-17	LAU STEPHEN	劉名峰	450268 DBSAC	DNS	
1-21	LAU YU HIU	劉宇曉	450270 DBSAC	DNS	
1-25	SO HOI NAM	蘇凱男	450277 DBSAC	DNS	

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主辦機構:



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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M45 - Long Jump



Long Jump	Record	Perf	Athlete	Event	Place	Date
WMA RECORD	7.27		TAPANI TAAVITSAINEN		BERN, SWI	1990/08/21
Masters ACR	6.07		Tam Chung Ying Ernie 譚仲英	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	6.07		Tam Chung Ying Ernie 譚仲英	Hong Kong Masters Athletics	TKO SG	2018/10/27



2025/11/22



Start: 11:20



24°C



40%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-2	KRIEL ALDO 歐立德	450051 BAC	5.76m.		5.28 +0.5	5.26 +2.0	5.76 +0.3
2	1-4	NG CHIT WING 吳哲穎	450805 WAC	5.73m.		5.35 +1.2	5.41 +0.1	5.73 +1.3
3	1-16	FUNG CHI HO 馮志豪	450136 CSDSA	5.43m.		5.43 -0.5	5.25 +1.5	4.89 +0.6
4	1-10	CHAN SAN HEI ALAN 陳新禧	450255 DBSAC	5.39m.		5.39 -0.5	5.03 +1.3	5.19 +2.0
5	1-7	LAU YU HIU 劉宇曉	450270 DBSAC	5.09m.		4.84 +1.1	5.09 +2.7	x +1.7
6	1-3	CHIU SUNG LI 趙崇理	450049 BAC	4.64m.		4.64 +0.8	4.61 +0.9	4.57 +1.8
7	1-11	CHOW MING YIN 周銘賢	450050 BAC	4.14m.		3.86 +1.6	4.14 -0.8	3.86 -0.3
8	1-8	WONG MAN HO AARON 黃敏豪	450286 DBSAC	3.82m.		3.82 -0.3	x +1.0	3.81 +2.3
9	1-1	LAU STEPHEN 劉名峰	450268 DBSAC	3.69m.		3.69 +0.1	3.45 -0.7	3.42 +1.1
10	1-9	LAI KAN YIN 黎謹賢	450596 PKMSAA	3.68m.		3.28 +1.2	3.68 -0.3	3.45 +1.5
11	1-17	CHENG SHIH HAO CECIL 程思浩	450257 DBSAC	3.68m.		3.68 +1.0	x	x
12	1-21	CHEUNG LAWRENCE YAN KIT 張欣傑	450258 DBSAC	2.79m.		2.79 +2.1	-	x

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M45 - Long Jump



Long Jump	Record	Perf	Athlete	Event	Place	Date
WMA RECORD	7.27		TAPANI TAAVITSAINEN		BERN, SWI	1990/08/21
Masters ACR	6.07		Tam Chung Ying Ernie 譚仲英	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	6.07		Tam Chung Ying Ernie 譚仲英	Hong Kong Masters Athletics	TKO SG	2018/10/27



2025/11/22



Start: 11:20



24°C



40%

Final

Pos	Heat/ Name Order	Bib#/ Team	Result	Remarks	1	2	3
1-12	TSE KAI MING CARL 謝繼明	450152 DART	NM		x	x	x
1-5	LAU SHING 劉盛	450052 BAC	DNS				
1-6	LO MARK 盧致恒	450504 LSCAC	DNS				
1-13	CHU CHEUK KIT JACKIE 朱卓傑	450456 JSA	DNS				
1-14	TANG HON SING 鄧漢昇	450279 DBSAC	DNS				
1-15	YEUNG CHI HO HENRY 楊志豪	450516 LSCAC	DNS				
1-18	WAN MAN HO 溫文灝	450283 DBSAC	DNS				
1-19	PANG KWOK CHING 彭國程	450140 CSKOB	DNS				
1-20	HO PUI LUN ALAN 何沛倫	450262 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
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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M45 - Triple Jump

Triple Jump	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	15.13	WOLFGANG KNABE		GARBSEN, GER	2005/05/22



2025/11/22



Start: 09:15



15°C



62%

Final

Pos	Heat/ Name Order	Bib#/ Team	Result	Remarks	1	2	3
1	1-5 NG CHIT WING 吳哲穎	450805 WAC	12.05m.		11.24 -0.1	11.66 +0.8	12.05 -0.6
2	1-1 LAU YU HIU 劉宇曉	450270 DBSAC	11.65m.		11.65 +0.8	-	10.82 +0.2
3	1-9 MUKDASANIT NUTTAPONG THA	450788	10.63m.		10.63 -0.6	10.54 +1.0	-
4	1-14 KRIEL ALDO 歐立德	450051 BAC	10.54m.		10.46 -1.8	9.59 -1.7	10.54 -1.2
5	1-10 CHAN SAN HEI ALAN 陳新禧	450255 DBSAC	10.45m.		x	10.45 +0.2	x
6	1-4 TSE KAI MING CARL 謝繼明	450152 DART	9.80m.		8.44 +0.3	9.80 +1.2	-
7	1-6 CHENG SHIH HAO CECIL 程思浩	450257 DBSAC	8.36m.		7.04 -0.5	7.86 -0.1	8.36 +0.5
8	1-11 CHAN CHUNG YU MARK 陳頌瑜	450252 DBSAC	7.38m.		7.38 -0.4	r	-
9	1-13 LAU STEPHEN 劉名峰	450268 DBSAC	7.03m.		x	x	7.03 +1.5
	1-2 LEUNG DUN LOK 梁敦樂	450271 DBSAC	DNS				
	1-3 TIN JOHN TIK CHUEN 田迪尊	450280 DBSAC	DNS				
	1-7 WAN MAN HO 溫文灝	450283 DBSAC	DNS				
	1-8 HO WAI LUN ALAN	450263	DNS				

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M45 - Triple Jump

Triple Jump	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	15.13	WOLFGANG KNABE		GARBSEN, GER	2005/05/22



2025/11/22



Start: 09:15



15°C



62%

Final

Pos	Heat/ Name Order	Bib#/ Team	Result	Remarks	1	2	3
	何偉倫	DBSAC					
1-12	HO PUI LUN ALAN 何沛倫	450262 DBSAC	DNS				
1-15	PANG KWOK CHING 彭國程	450140 CSKOBA	DNS				



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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M45 - Shot Put



Shot Put	Record	Perf	Athlete	Event	Place	Date
WMA RECORD	20.77		IVAN IVANCIC		KOBLENZ, GER	1983/08/31
Masters ACR	10.92		Tsang Kwun Kau 曾冠球	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	10.92		Tsang Kwun Kau 曾冠球	Hong Kong Masters Athletics	TKO SG	2018/10/27



2025/11/23



Start: 16:35



28°C



53%

Final

Pos	Heat/ Name Order	Bib#/ Team	Result	Remarks	1	2	3
1	1-21 SRIKANTH SELVAKUMAR	450445 IND-NAAA	10.57m.		10.39	10.57	10.21
2	1-9 NG CHIT WING 吳哲穎	450805 WAC	9.34m.		8.98	9.34	9.30
3	1-1 LOPEZ CARMELO	450505 LSCAC	8.70m.		8.44	8.65	8.70
4	1-16 HO WAI LUN 何偉倫	450746 SJACS	8.21m.		7.86	7.84	8.21
5	1-18 HO PUI LUN ALAN 何沛倫	450262 DBSAC	8.11m.		6.86	7.71	8.11
6	1-26 TSENG WUN HSIUNG 曾文雄	450756 SMTFA	8.10m.		7.61	8.10	8.07
7	1-20 KRIEL ALDO 歐立德	450051 BAC	7.91m.		7.91	7.57	7.43
8	1-7 MAK ROCKY WANLONG 麥雲龍	450507 LSCAC	7.79m.		7.46	7.58	7.79
9	1-13 CHAN CHUNG YU MARK 陳頌瑜	450252 DBSAC	7.58m.		6.46	7.18	7.58
10	1-23 LI CHENGMIN 李成敏	450597 PKMSAA	6.96m.		X	X	6.96
11	1-15 TSE KAI MING CARL 謝繼明	450152 DART	6.85m.		6.68	6.85	6.73
12	1-19 WANG MURPHY 王家峰	450284 DBSAC	6.62m.		X	6.62	5.22
13	1-8 LAU STEPHEN 劉名峰	450268 DBSAC	6.41m.		6.41	6.33	5.98
14	1-10 SZE YEUNG KUEN MARCO 施養權	450278 DBSAC	6.40m.		6.32	6.40	5.86
15	1-17 YIU CHI FUNG JONATHAN 姚志峰	450290 DBSAC	6.20m.		5.56	6.20	5.82

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M45 - Shot Put



Shot Put	Record	Perf	Athlete	Event	Place	Date
WMA RECORD	20.77		IVAN IVANCIC		KOBLENZ, GER	1983/08/31
Masters ACR	10.92		Tsang Kwun Kau 曾冠球	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	10.92		Tsang Kwun Kau 曾冠球	Hong Kong Masters Athletics	TKO SG	2018/10/27



2025/11/23



Start: 16:35



28°C



53%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
16	1-4	YEUNG CHI HO HENRY 楊志豪	450516 LSCAC	6.06m.		X	5.63	6.06
17	1-25	WONG CHUN CHUNG 黃振中	450830 WYK	5.74m.		5.56	5.67	5.74
18	1-3	TIN JOHN TIK CHUEN 田迪尊	450280 DBSAC	5.55m.		5.04	5.50	5.55
19	1-6	CHEUNG LAWRENCE YAN KI 張欣傑	450258 DBSAC	5.30m.		5.30	-	-
20	1-14	KWOK WAI CHOI 郭偉才	450139 CSKOBA	5.11m.		4.06	5.11	-
21	1-22	CHAN SAN HEI ALAN 陳新禧	450255 DBSAC	5.05m.		5.05	-	-
22	1-5	TSANG KWOK TUNG 曾國棟	450282 DBSAC	4.94m.		4.02	4.94	4.79
23	1-24	CHANG HSI TSE JOSEPH JEREMY 張熙澤	450256 DBSAC	4.21m.		4.21	4.11	4.21
	1-2	LAM KING YIN CLIFFORD 林敬然	450266 DBSAC	DNS				
	1-11	HO WAI LUN ALAN 何偉倫	450263 DBSAC	DNS				
	1-12	WONG CHARLES CHUN YIP 黃振業	450055 BAC	DNS				

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M45 - Discus Throw

Discus Throw	Record	Perf	Athlete	Event	Place	Date
WMA RECORD	66.12	AL OERTER			WESTFIELD, USA	1982/03/28
HKMAC RECORD	27.42	ELLISON Steve		Hong Kong Masters Athletics	Wanchai SG	2015/10/03



2025/11/22



Start: 13:40



24°C



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Final

Pos	Heat/Name Order	Bib#/Team	Result	Remarks	1	2	3
1	1-16 LOPEZ CARMELO	450505 LSCAC	26.48m.		23.69	26.48	25.49
2	1-1 NG CHIT WING 吳哲穎	450805 WAC	25.35m.		25.35	25.04	x
3	1-6 TSENG WUN HSIUNG 曾文雄	450756 SMTFA	25.25m.		x	24.33	25.25
4	1-20 HO WAI LUN 何偉倫	450746 SJACS	23.99m.		X	X	23.99
5	1-11 CHAN CALVIN KA WAI 陳家偉	450495 LSCAC	22.90m.		X	22.20	22.90
6	1-3 WONG PAK KI 黃栢麒	450514 LSCAC	22.52m.		22.04	20.79	22.52
7	1-4 WANG MURPHY 王家峰	450284 DBSAC	21.98m.		20.24	21.32	21.98
8	1-14 CHAN YING HO 陳英豪	450138 CSKOB	20.47m.		18.06	X	20.47
9	1-9 LAU STEPHEN 劉名峰	450268 DBSAC	18.04m.		16.16	17.27	18.04
10	1-18 CHAN CHUNG YU MARK 陳頌瑜	450252 DBSAC	17.88m.		16.93	17.88	X
11	1-13 YIU CHI FUNG JONATHAN 姚志峰	450290 DBSAC	17.14m.		15.30	17.14	16.50
12	1-2 LUI LAMBERT 呂慶樑	450273 DBSAC	15.45m.		14.28	14.38	15.45
13	1-12 TIN JOHN TIK CHUEN 田迪尊	450280 DBSAC	15.18m.		14.06	15.18	13.94
14	1-15 CHENG SHIH HAO CECIL 程思浩	450257 DBSAC	15.16m.		15.16	13.17	X
15	1-8 LEE FRANCIS KAM LUN 李金倫	450502 LSCAC	14.22m.		14.19	14.22	13.24

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M45 - Discus Throw

Discus Throw	Record	Perf	Athlete	Event	Place	Date
WMA RECORD	66.12	AL OERTER			WESTFIELD, USA	1982/03/28
HKMAC RECORD	27.42	ELLISON Steve		Hong Kong Masters Athletics	Wanchai SG	2015/10/03

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  Start: 13:40
  24°C
  40%

Final

Pos	Heat/Name Order	Bib#/Team	Result	Remarks	1	2	3
16	1-5 TSE KAI MING CARL 謝繼明	450152 DART	12.76m.		12.76	x	12.52
	1-7 MAK ROCKY WANLONG 麥雲龍	450507 LSCAC	DNS				
	1-10 LAM KING YIN CLIFFORD 林敬然	450266 DBSAC	DNS				
	1-17 CHAN CHIN WAN 陳展雲	450251 DBSAC	DNS				
	1-19 TSANG KWOK TUNG 曾國棟	450282 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
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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M45 - Javelin Throw

Javelin Throw	Record	Perf	Athlete	Event	Place	Date
WMA RECORD	77.15	PETER BLANK			REHLINGEN, GER	2007/05/28
Masters ACR	43.77	Ellison Steve		Hong Kong Masters Athletics	Wanchai SG	2014/11/02
HKMAC RECORD	43.77	Ellison Steve		Hong Kong Masters Athletics	Wanchai SG	2014/11/02

23 2025/11/23 Start: 15:15 27°C 49%

Final

Pos	Heat/ Name Order	Bib#/ Team	Result	Remarks	1	2	3
1	1-16 LOPEZ CARMELO	450505 LSCAC	39.71m.		35.34	34.55	39.71
2	1-17 NG CHIT WING 吳哲穎	450805 WAC	39.28m.		35.32	35.75	39.28
3	1-19 TSE FU MING 謝富明	450117 CEDSRC	36.41m.		35.59	36.41	X
4	1-13 CHEUNG TAK LAI PHILIP 張德禮	450499 LSCAC	35.33m.		26.73	29.54	35.33
5	1-8 LO MARK 盧致恒	450504 LSCAC	32.44m.		32.40	29.56	32.44
6	1-5 HO PUI LUN ALAN 何沛倫	450262 DBSAC	30.83m.		30.83	24.24	27.79
7	1-20 LI CHENGMIN 李成敏	450597 PKMSAA	30.14m.		23.90	X	30.14
8	1-9 TSENG WUN HSIUNG 曾文雄	450756 SMTFA	28.07m.		24.92	25.74	28.07
9	1-3 CHAN CHUNG YU MARK 陳頌瑜	450252 DBSAC	25.72m.		22.82	22.36	25.72
10	1-14 CHAN WING KWONG DEREK 陳永光	450498 LSCAC	24.85m.		21.58	22.46	24.85
11	1-21 TSE MAN LUNG 謝文龍	450698 SCAA	24.61m.		X	24.61	22.64
12	1-18 CHAN YING HO 陳英豪	450138 CSKOBA	22.57m.		20.93	22.57	X
13	1-6 LAU STEPHEN 劉名峰	450268 DBSAC	21.91m.		18.79	18.65	21.91
14	1-7 NG CHUN CHIU STANLEY 伍進超	450274 DBSAC	19.27m.		19.27	17.12	18.87
15	1-15 CHENG SHIH HAO CECIL 程思浩	450257 DBSAC	17.85m.		15.80	17.85	14.71

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M45 - Javelin Throw



Javelin Throw	Record	Perf	Athlete	Event	Place	Date
WMA RECORD	77.15	PETER BLANK			REHLINGEN, GER	2007/05/28
Masters ACR	43.77	Ellison Steve		Hong Kong Masters Athletics	Wanchai SG	2014/11/02
HKMAC RECORD	43.77	Ellison Steve		Hong Kong Masters Athletics	Wanchai SG	2014/11/02



23 2025/11/23



Start: 15:15



27°C



49%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
16	1-4	KWOK WAI CHOI 郭偉才	450139 CSKOB	17.69m.		17.69	16.50	17.30
17	1-12	LUI LAMBERT 呂慶樑	450273 DBSAC	15.47m.		X	15.09	15.47
18	1-11	WANG MURPHY 王家峰	450284 DBSAC	11.62m.		X	X	11.62
	1-1	TSE KAI MING CARL 謝繼明	450152 DART	NM		X	X	X
	1-2	LEE FRANCIS KAM LUN 李金倫	450502 LSCAC	NM		X	X	X
	1-10	TSANG KWOK TUNG 曾國棟	450282 DBSAC	NM		X	X	X

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The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M45 - 4X100m



4X100m	Record	Perf	Athlete	Event	Place	Date
WMA RECORD	43.27		FUKUZATO, MINAKUCHI, KOGA, ASA		KUCHING, MAS	2019/12/06
Masters ACR	47.81		南華 M45 4X100米 (A)	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD	47.81		南華 M45 4X100米 (A)	The 8th Hong Kong Masters	Wanchai SG	2023/10/29



2025/11/22



Start: 17:35



24°C



40%

Final 1 ¹/₂

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-4	赤道體育會 B 馬嘉俊, 袁國偉, 涂國海, 劉盛		BAC	52.80	
2	1-3	喇沙書院田徑會 呂志宏, 陳永光, 盧致恒, 區志豪		LSCAC	53.01	
3	1-5	拔萃男書院田徑會 B 林經緯, 黃嘉樂, 劉名峰, 梁肇彬		DBSAC	55.36	
4	1-6	南華體育會 譚家俊, 阮文駿, 謝文龍, 陳偉強		SCAA	55.47	
5	1-7	九龍華仁書 李健興, 陳智業, 談安鐸, 陳殷懿		WYK	57.47	

Final 2 ¹/₂

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	2-6	赤道體育會 A 趙崇理, 楊志恒, 黃振業, 楊偉剛		BAC	48.38	
2	2-4	拔萃男書院田徑會 A 源旭, 劉宇曉, 鄧漢昇, 陳新禧		DBSAC	49.21	
	2-5	培僑中學校友會		PKMSAA	DNS	
	2-7	警察田徑會		PoliceAC	DNS	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M45 - 4X100m



4X100m	Record	Perf	Athlete	Event	Place	Date
WMA RECORD	43.27		FUKUZATO, MINAKUCHI, KOGA, ASA		KUCHING, MAS	2019/12/06
Masters ACR	47.81		南華 M45 4X100米 (A)	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
HKMAC RECORD	47.81		南華 M45 4X100米 (A)	The 8th Hong Kong Masters	Wanchai SG	2023/10/29



2025/11/22



Start: 17:35



24°C



40%

Summary

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	2-6	赤道體育會 A	趙崇理, 楊志恒, 黃振業, 楊偉剛	BAC	48.38	
2	2-4	拔萃男書院田徑會 A	源旭, 劉宇曉, 鄧漢昇, 陳新禧	DBSAC	49.21	
3	1-4	赤道體育會 B	馬嘉俊, 袁國偉, 涂國海, 劉盛	BAC	52.80	
4	1-3	喇沙書院田徑會	呂志宏, 陳永光, 盧致恒, 區志豪	LSCAC	53.01	
5	1-5	拔萃男書院田徑會 B	林經緯, 黃嘉樂, 劉名峰, 梁肇彬	DBSAC	55.36	
6	1-6	南華體育會	譚家俊, 阮文駿, 謝文龍, 陳偉強	SCAA	55.47	
7	1-7	九龍華仁書	李健興, 陳智業, 談安鐸, 陳殷懿	WYK	57.47	
	2-5	培僑中學校友會		PKMSAA	DNS	
	2-7	警察田徑會		PoliceAC	DNS	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M45 - 4X400m



4X400m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD 3:22.79		VICKERS, GOMES, BRIDGES, WOODA		PHILADELPHIA,	2017/04/29
	Masters ACR 3:48.75		南華 M45 4X400米 (A)	The 8th Hong Kong Masters	Wanchai SG	2023/10/28
	HKMAC RECORD 3:48.75		南華 M45 4X400米 (A)	The 8th Hong Kong Masters	Wanchai SG	2023/10/28



23 2025/11/23



Start: 17:55



25°C



61%

Final 1 /2

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-6	拔萃男書院田徑會 A 陳頌瑜, 蘇凱男, 源旭, 陳新禧		DBSAC	4:05.43	
2	1-4	喇沙書院田徑會 A TUNG HING CHUNG, 區應民, 呂志宏, 盧致恒		LSCAC	4:22.03	
3	1-3	南華體育會 阮文駿, 何梓恒, 謝文龍, 陳偉強		SCAA	4:23.72	
4	1-7	培僑中學校友會 施偉雄, 萬漢基, 李成敏, 黎謹賢		PKMSAA	4:54.37	
	1-5	赤道體育會 A		BAC	DNS	

Final 2 /2

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	2-6	赤道體育會 B 趙崇理, 歐立德, 楊志恒, 楊偉剛		BAC	3:53.67	
2	2-4	飛達田徑會 鄧永健, WONG SHUI MING, 陳家偉, 梁達威		PAC	3:55.34	
3	2-3	拔萃男書院田徑會 B 陳勁中, 陳明睿, 林經緯, 楊家豪		DBSAC	4:23.20	
4	2-7	九龍華仁書 陳智業, 陳殷懿, 談安鐸, 李健興		WYK	4:34.34	
5	2-5	喇沙書院田徑會 B 葉耘開, 黃偉棠, LI SIU MAN GABRIEL, 林掌成		LSCAC	4:56.67	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M45 - 4X400m



4X400m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD 3:22.79		VICKERS, GOMES, BRIDGES, WOODA		PHILADELPHIA,	2017/04/29
	Masters ACR 3:48.75		南華 M45 4X400米 (A)	The 8th Hong Kong Masters	Wanchai SG	2023/10/28
	HKMAC RECORD 3:48.75		南華 M45 4X400米 (A)	The 8th Hong Kong Masters	Wanchai SG	2023/10/28



2025/11/23



Start: 17:55



25°C



61%

Summary

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	2-6	赤道體育會 B 趙崇理, 歐立德, 楊志恒, 楊偉剛		BAC	3:53.67	
2	2-4	飛達田徑會 鄧永健, WONG SHUI MING, 陳家偉, 梁達威		PAC	3:55.34	
3	1-6	拔萃男書院田徑會 A 陳頌瑜, 蘇凱男, 源旭, 陳新禧		DBSAC	4:05.43	
4	1-4	喇沙書院田徑會 A TUNG HING CHUNG, 區應民, 呂志宏, 盧致恒		LSCAC	4:22.03	
5	2-3	拔萃男書院田徑會 B 陳勁中, 陳明睿, 林經緯, 楊家豪		DBSAC	4:23.20	
6	1-3	南華體育會 阮文駿, 何梓恒, 謝文龍, 陳偉強		SCAA	4:23.72	
7	2-7	九龍華仁書 陳智業, 陳殷懿, 談安鐸, 李健興		WYK	4:34.34	
8	1-7	培僑中學校友會 施偉雄, 萬漢基, 李成敏, 黎謹賢		PKMSAA	4:54.37	
9	2-5	喇沙書院田徑會 B 葉耘開, 黃偉棠, LI SIU MAN GABRIEL, 林掌成		LSCAC	4:56.67	
	1-5	赤道體育會 A		BAC	DNS	

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