

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M35 - 100m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	9.87	JUSTIN GATLIN		STANFORD, USA	2019/06/30
Masters ACR	11.22	TO Wai Lok 杜韋諾	Hong Kong Masters Athletics	Wanchai SG	2014/11/02
HKMAC RECORD	11.22	TO Wai Lok 杜韋諾	Hong Kong Masters Athletics	Wanchai SG	2014/11/02



2025/11/22



Start: 11:15



24°C



40%

Final 1 5

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-1	ZHANG ZHONGLIANG	張忠亮	350769 SZGM	11.10	+0.7	HKMACR
2	1-6	LIM JONATHAN		350583 PHI-NMSAA	12.64	+0.7	12.639"
3	1-2	FONG TSZ WAI	方梓維	350033 BAC	12.77	+0.7	
4	1-4	WONG KA CHAK	王嘉擇	350433 HKU	13.15	+0.7	
	1-3	AO CHAN KIT	歐振傑	350562 MAC-Masters	DNS		
	1-5	LEUNG SHING LAI		350801 WAC	DNS		
	1-7	CHEUNG HANG YIU	張恒曜	350811 WYK	DNS		
	1-8	CHAN HO WING	陳浩榮	350031 BAC	DNS		

Final 2 5

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	2-2	CHONG YIN LOK	莊賢樂	350799 WAC	11.75	+0.2	
2	2-6	HAU WING CHUNG VINCENT	侯穎聰	350466 LSCAC	12.58	+0.2	
3	2-8	CHAN CHUN WAI WILLIAM	陳俊偉	350113 CEDSRC	12.88	+0.2	
4	2-1	CHAN KIN SHING	陳建丞	350032 BAC	13.01	+0.2	
5	2-5	LAU WING HANG RINGO	劉栢杏	350190 DBSAC	13.19	+0.2	

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40%

Final 2 2/5

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
6	2-4	MENG QINGHAN	孟庆晗	350687 SCAA	13.80	+0.2	
	2-3	CHAU KAI MAN	周啓文	350114 CEDSRC	DNS		
	2-7	CHUI TIMOTHY JONATHAN	崔昕祈	350178 DBSAC	DNS		

Final 3 3/5

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	3-3	THANISLAS JOHN PETER		350476 LSCAC	12.40	+1.2	12.393"
2	3-1	CHAN LIT SHING	陳烈成	350642 PoliceAC	12.51	+1.2	
3	3-7	TSE KAM HO	謝金豪	350037 BAC	13.18	+1.2	13.174"
4	3-8	MA KAR MING	馬家銘	350686 SCAA	13.24	+1.2	
5	3-6	WONG AMBROSE	黃彥	350202 DBSAC	13.63	+1.2	
	3-2	CHAN CHEUK NAM STANLEY	陳卓男	350167 DBSAC	DNS		
	3-4	LAI CHUN HO	黎振浩	350185 DBSAC	DNS		
	3-5	YEUNG MING KIU	楊銘翹	350038 BAC	DNS		

Final 4 4/5

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
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HKMAC RECORD	11.22	TO Wai Lok 杜韋諾	Hong Kong Masters Athletics	Wanchai SG	2014/11/02

22 2025/11/22 Start: 11:15 24°C 40%

1	4-2	TANG SUI PONG	鄧瑞邦	350036 BAC	11.59	+1.2	
2	4-3	CHOW CHI WOO SAMUEL	周志活	350174 DBSAC	11.76	+1.2	
3	4-5	ZHANG YIFEI	張宜飛	350768 SZGM	11.89	+1.2	
4	4-7	TANG KIN YIP	鄧建業	350814 WYK	12.64	+1.2	12.631"
5	4-6	PANG YIU CHI EDWIN	彭耀慈	350475 LSCAC	12.74	+1.2	
6	4-8	CHAN WING KWAN	陳榮坤	350643 PoliceAC	12.98	+1.2	
7	4-1	YIP HIU MING	葉曉明	350648 PoliceAC	13.18	+1.2	13.172"
	4-4	LAU WING MAN	劉穎文	350191 DBSAC	DNS		

Final 5/5

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	5-8	SONG XUE MIAO	宋学淼	350399 DGD	11.21	+0.5	HKMACR
2	5-2	CHU CHEUK HUNG	朱卓鴻	350683 SCAA	11.77	+0.5	
3	5-5	WU YUE HUI	吴悦辉	350400 DGD	12.40	+0.5	12.393"
4	5-7	LAM NGA TIK EDDY	林雅迪	350468 LSCAC	12.59	+0.5	
5	5-4	LIU WUN TSUN	廖煥浚	350738 SHTB	17.50	+0.5	
	5-3	CHENG KA MING AARON	鄭家名	350170 DBSAC	DNS		
	5-6	LAU ANSON KWOK PAN	劉國彬	350188 DBSAC	DNS		

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22 2025/11/22 Start: 11:15 24°C 40%

Summary

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-1	ZHANG ZHONGLIANG	張忠亮	350769 SZGM	11.10	+0.7	HKMACR
2	5-8	SONG XUE MIAO	宋学淼	350399 DGD	11.21	+0.5	HKMACR
3	4-2	TANG SUI PONG	鄧瑞邦	350036 BAC	11.59	+1.2	
4	2-2	CHONG YIN LOK	莊賢樂	350799 WAC	11.75	+0.2	
5	4-3	CHOW CHI WOO SAMUEL	周志活	350174 DBSAC	11.76	+1.2	
6	5-2	CHU CHEUK HUNG	朱卓鴻	350683 SCAA	11.77	+0.5	
7	4-5	ZHANG YIFEI	張宜飛	350768 SZGM	11.89	+1.2	
8	3-3	THANISLAS JOHN PETER		350476 LSCAC	12.40	+1.2	12.393"
8	5-5	WU YUE HUI	吴悦辉	350400 DGD	12.40	+0.5	12.393"
10	3-1	CHAN LIT SHING	陳烈成	350642 PoliceAC	12.51	+1.2	
11	2-6	HAU WING CHUNG VINCENT	侯穎聰	350466 LSCAC	12.58	+0.2	
12	5-7	LAM NGA TIK EDDY	林雅迪	350468 LSCAC	12.59	+0.5	
13	4-7	TANG KIN YIP	鄧建業	350814 WYK	12.64	+1.2	12.631"
14	1-6	LIM JONATHAN		350583 PHI-NMSAA	12.64	+0.7	12.639"
15	4-6	PANG YIU CHI EDWIN	彭耀慈	350475 LSCAC	12.74	+1.2	

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2025/11/22



Start: 11:15



24°C



40%

Summary

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
16	1-2	FONG TSZ WAI	方梓維	350033 BAC	12.77	+0.7	
17	2-8	CHAN CHUN WAI WILLIAM	陳俊偉	350113 CEDSRC	12.88	+0.2	
18	4-8	CHAN WING KWAN	陳榮坤	350643 PoliceAC	12.98	+1.2	
19	2-1	CHAN KIN SHING	陳建丞	350032 BAC	13.01	+0.2	
20	1-4	WONG KA CHAK	王嘉擇	350433 HKU	13.15	+0.7	
21	4-1	YIP HIU MING	葉曉明	350648 PoliceAC	13.18	+1.2	13.172"
22	3-7	TSE KAM HO	謝金豪	350037 BAC	13.18	+1.2	13.174"
23	2-5	LAU WING HANG RINGO	劉林杏	350190 DBSAC	13.19	+0.2	
24	3-8	MA KAR MING	馬家銘	350686 SCAA	13.24	+1.2	
25	3-6	WONG AMBROSE	黃彥	350202 DBSAC	13.63	+1.2	
26	2-4	MENG QINGHAN	孟庆晗	350687 SCAA	13.80	+0.2	
27	5-4	LIU WUN TSUN	廖煥浚	350738 SHTB	17.50	+0.5	
	1-3	AO CHAN KIT	歐振傑	350562 MAC-Masters	DNS		
	1-5	LEUNG SHING LAI		350801 WAC	DNS		
	1-7	CHEUNG HANG YIU	張恒曜	350811 WYK	DNS		

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Start: 11:15



24°C



40%

Summary

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1-8		CHAN HO WING	陳浩榮	350031 BAC	DNS		
2-3		CHAU KAI MAN	周啓文	350114 CEDSRC	DNS		
2-7		CHUI TIMOTHY JONATHAN	崔昕祈	350178 DBSAC	DNS		
3-2		CHAN CHEUK NAM STANLEY	陳卓男	350167 DBSAC	DNS		
3-4		LAI CHUN HO	黎振浩	350185 DBSAC	DNS		
3-5		YEUNG MING KIU	楊銘翹	350038 BAC	DNS		
4-4		LAU WING MAN	劉穎文	350191 DBSAC	DNS		
5-3		CHENG KA MING AARON	鄭家名	350170 DBSAC	DNS		
5-6		LAU ANSON KWOK PAN	劉國彬	350188 DBSAC	DNS		

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M35 - 200m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	20.11	LINFORD CHRISTIE		VILLENEUVE, SWE	995/06/25
Masters ACR	23.23	ZHANG ZHONGLIANG 张忠亮	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	23.43	TANG SUI PONG 鄧瑞邦	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23



2025/11/23



Start: 11:15



21°C



79%

Final 1 /3

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-3	TANG SUI PONG	鄧瑞邦	350036 BAC	23.62	+0.8	
2	1-5	LI JING BING	李晶冰	350397 DGD	24.15	+0.8	
3	1-8	CHOW CHI WOO SAMUEL	周志活	350174 DBSAC	24.49	+0.8	
4	1-4	TANG HO KIN	邓皓键	350418 HKLRR	34.81	+0.8	
	1-6	MENG QINGHAN	孟庆晗	350687 SCAA	DNS		
	1-7	CHAN KIN SHING	陳建丞	350032 BAC	DNS		

Final 2 /3

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	2-5	PANG YIU CHI EDWIN	彭耀慈	350475 LSCAC	26.53	+1.5	
2	2-6	NG MING SUM RICKY	吳銘心	350688 SCAA	27.04	+1.5	
3	2-8	LEE WING YIN	李穎賢	350192 DBSAC	29.55	+1.5	
4	2-3	LIU WUN TSUN	廖煥浚	350738 SHTB	43.54	+1.5	
	2-4	CHAN CHEUK NAM STANLEY	陳卓男	350167 DBSAC	DNS		
	2-7	HAU WING CHUNG VINCENT	侯穎聰	350466 LSCAC	DNS		

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HKMAC RECORD	23.43	TANG SUI PONG 鄧瑞邦	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23



2025/11/23



Start: 11:15



21°C



79%

Final 3/3

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	3-8	ZHANG ZHONGLIANG	張忠亮	350769 SZGM	22.67	+1.2	HKMACR
2	3-7	ZHANG YIFEI	張宜飛	350768 SZGM	22.82	+1.2	HKMACR
3	3-5	WONG HON LEUNG	黃漢良	350205 DBSAC	26.18	+1.2	
	3-3	LAM NGA TIK EDDY	林雅迪	350468 LSCAC	DNS		
	3-4	TSE KAM HO	謝金豪	350037 BAC	DNS		
	3-6	TANG KIN YIP	鄧建業	350814 WYK	DNS		

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HKMAC RECORD	23.43	TANG SUI PONG 鄧瑞邦	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 11:15 21°C 79%

Summary

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1	3-8	ZHANG ZHONGLIANG	張忠亮	350769 SZGM	22.67	+1.2	HKMACR
2	3-7	ZHANG YIFEI	張宜飛	350768 SZGM	22.82	+1.2	HKMACR
3	1-3	TANG SUI PONG	鄧瑞邦	350036 BAC	23.62	+0.8	
4	1-5	LI JING BING	李晶冰	350397 DGD	24.15	+0.8	
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6	3-5	WONG HON LEUNG	黃漢良	350205 DBSAC	26.18	+1.2	
7	2-5	PANG YIU CHI EDWIN	彭耀慈	350475 LSCAC	26.53	+1.5	
8	2-6	NG MING SUM RICKY	吳銘心	350688 SCAA	27.04	+1.5	
9	2-8	LEE WING YIN	李穎賢	350192 DBSAC	29.55	+1.5	
10	1-4	TANG HO KIN	鄧皓鍵	350418 HKLRR	34.81	+0.8	
11	2-3	LIU WUN TSUN	廖煥浚	350738 SHTB	43.54	+1.5	
	1-6	MENG QINGHAN	孟庆晗	350687 SCAA	DNS		
	1-7	CHAN KIN SHING	陳建丞	350032 BAC	DNS		
	2-4	CHAN CHEUK NAM STANLEY	陳卓男	350167 DBSAC	DNS		
	2-7	HAU WING CHUNG VINCENT	侯穎聰	350466 LSCAC	DNS		

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HKMAC RECORD	23.43	TANG SUI PONG 鄧瑞邦	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23



2025/11/23



Start: 11:15



21°C



79%

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Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
3-3	LAM NGA TIK	EDDY	林雅迪	350468 LSCAC	DNS		
3-4	TSE KAM HO		謝金豪	350037 BAC	DNS		
3-6	TANG KIN YIP		鄧建業	350814 WYK	DNS		

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Men's M35 - 400m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	44.54	CHRISTOPHER BROWN		EUGENE, USA	2015/05/30
Masters ACR	50.82	TANG SUI PONG 鄧瑞邦	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	50.82	TANG SUI PONG 鄧瑞邦	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23



22 2025/11/22



Start: 16:35



24°C



40%

Final 1 /3

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	Remarks
1	1-4 TANG SUI PONG	鄧瑞邦	350036 BAC	51.77	
2	1-6 LEUNG WAI MAN RAYMOND	梁緯文	350194 DBSAC	1:03.11	
3	1-7 KWONG YAN HIN ANSON	鄺恩衍	350184 DBSAC	1:13.27	
	1-2 CHAN CHUN KIT	陳駿杰	350168 DBSAC	DNS	
	1-3 NG MING SUM RICKY	吳銘心	350688 SCAA	DNS	
	1-5 YAM CHUN MING GARY	任鎮明	350477 LSCAC	DNS	
	1-8 CHEUNG HANG YIU	張恒曜	350811 WYK	DNS	

Final 2 /3

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	Remarks
1	2-7 ZHANG YIFEI	張宜飛	350768 SZGM	52.00	
2	2-5 LI JING BING	李晶冰	350397 DGD	53.65	
3	2-4 LAM NGA TIK EDDY	林雅迪	350468 LSCAC	58.91	
	2-3 THANISLAS JOHN PETER		350476 LSCAC	DNS	
	2-6 GRANT LUCAS		350002 AVOHK	DNS	
	2-8 CHENG KA MING AARON	鄭家名	350170 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

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M35 - 400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	44.54	CHRISTOPHER BROWN		EUGENE, USA	2015/05/30
Masters ACR	50.82	TANG SUI PONG 鄧瑞邦	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	50.82	TANG SUI PONG 鄧瑞邦	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 16:35 24°C 40%

Final 3/3

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	Remarks
1	3-7 HO CHING HIM	何正謙	350671 RMAC	55.96	
2	3-6 CHOW JUEN	周進	350176 DBSAC	58.25	
3	3-3 LAW YUEN TO	羅遠韜	350471 LSCAC	1:06.01	
4	3-5 MOK DENNIS KA HONG	莫家康	350198 DBSAC	1:10.77	
5	3-8 LIU WUN TSUN	廖煥浚	350738 SHTB	1:46.25	
	3-4 YUEN CHUN PONG	原振邦	350480 LSCAC	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 M35 - 400m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	44.54	CHRISTOPHER BROWN		EUGENE, USA	2015/05/30
Masters ACR	50.82	TANG SUI PONG 鄧瑞邦	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	50.82	TANG SUI PONG 鄧瑞邦	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23



2025/11/22



Start: 16:35



24°C



40%

Summary

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-4	TANG SUI PONG	鄧瑞邦	350036 BAC	51.77	
2	2-7	ZHANG YIFEI	張宜飛	350768 SZGM	52.00	
3	2-5	LI JING BING	李晶冰	350397 DGD	53.65	
4	3-7	HO CHING HIM	何正謙	350671 RMAC	55.96	
5	3-6	CHOW JUEN	周進	350176 DBSAC	58.25	
6	2-4	LAM NGA TIK EDDY	林雅迪	350468 LSCAC	58.91	
7	1-6	LEUNG WAI MAN RAYMOND	梁緯文	350194 DBSAC	1:03.11	
8	3-3	LAW YUEN TO	羅遠韜	350471 LSCAC	1:06.01	
9	3-5	MOK DENNIS KA HONG	莫家康	350198 DBSAC	1:10.77	
10	1-7	KWONG YAN HIN ANSON	鄺恩衍	350184 DBSAC	1:13.27	
11	3-8	LIU WUN TSUN	廖煥浚	350738 SHTB	1:46.25	
	1-2	CHAN CHUN KIT	陳駿杰	350168 DBSAC	DNS	
	1-3	NG MING SUM RICKY	吳銘心	350688 SCAA	DNS	
	1-5	YAM CHUN MING GARY	任鎮明	350477 LSCAC	DNS	
	1-8	CHEUNG HANG YIU	張恒曜	350811 WYK	DNS	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M35 - 400m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	44.54	CHRISTOPHER BROWN		EUGENE, USA	2015/05/30
Masters ACR	50.82	TANG SUI PONG 鄧瑞邦	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	50.82	TANG SUI PONG 鄧瑞邦	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23



22 2025/11/22



Start: 16:35



24°C



40%

Summary

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
2-3		THANISLAS JOHN PETER		350476 LSCAC	DNS	
2-6		GRANT LUCAS		350002 AVOHK	DNS	
2-8		CHENG KA MING AARON	鄭家名	350170 DBSAC	DNS	
3-4		YUEN CHUN PONG	原振邦	350480 LSCAC	DNS	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M35 - 800m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	1:43.36	JOHNNY GRAY		ZuRICH, SUI	1995/08/16
Masters ACR	2:09.95	Chan Ka Wai	Hong Kong Masters Athletics	Wanchai SG	2014/11/02
HKMAC RECORD	2:09.95	Chan Ka Wai	Hong Kong Masters Athletics	Wanchai SG	2014/11/02



23 2025/11/23



Start: 16:25



28°C



53%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-1	ZHANG YIFEI	張宜飛	350768 SZGM	2:11.06	
2	1-4	LO CHING HIN IVAN	勞証顯	350196 DBSAC	2:13.91	
3	1-6	CHAN WING KIU	陳穎橋	350434 HVAA	2:17.09	
4	1-2	LEUNG JEFFREY	梁晏碩	350193 DBSAC	2:18.94	
5	1-7	CHUI LIK HANG LEON	徐力行	350177 DBSAC	2:35.84	
6	1-3	LIU WUN TSUN	廖煥浚	350738 SHTB	4:33.16	
	1-5	CHAN FEI LUNG	陳飛龍	350553 LWRC	DNS	
	1-8	BASSETTO SANDRO	白誠德	350461 LSCAC	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 M35 - 1500m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD 3:32.51		BERNARD LAGAT		MONACO	2010/07/22
Masters ACR 4:46.11		CHAN FEI LUNG 陳飛龍	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD 4:46.11		CHAN FEI LUNG 陳飛龍	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23



22 2025/11/22



Start: 09:35



15°C



62%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-10	MAN SIU KIT	文少杰	350673 RMAC	4:37.99	HKMACR, R
2	1-7	LO CHING HIN IVAN	勞証顯	350196 DBSAC	4:41.16	HKMACR, R
3	1-5	LAU KAI CHUNG	劉啟聰	350672 RMAC	4:59.41	
4	1-17	CHUI LIK HANG LEON	徐力行	350177 DBSAC	5:20.73	
5	1-9	AU YEUNG HAU YING	歐陽校英	350810 WYK	5:31.36	
6	1-13	CHEUNG CHE TSUEN DESMOND		350462 LSCAC	5:31.94	
7	1-8	CHONG HO BONG	鍾灝邦	350173 DBSAC	5:39.51	
8	1-4	LEE KIN LIK KENNETH	李健力	350813 WYK	5:39.70	
9	1-15	TAM HO YIN	譚浩言	350201 DBSAC	5:45.89	
10	1-18	CHEUNG GARY CHUNG YEE	張仲頤	350172 DBSAC	5:57.40	
11	1-11	HO TAT HENG FREDERICK	何達亨	350181 DBSAC	5:59.57	
12	1-16	MAN TING PONG	文定邦	350107 CASRC	6:22.17	
	1-6	LIN CHUN KIT	連俊傑	350473 LSCAC	DNS	
	1-12	CHAN FEI LUNG	陳飛龍	350553 LWRC	DNS	
	1-14	YEUNG YEUK FAI	楊躍輝	350690 SCAA	DNS	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M35 - 5000m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD 12:53.60		BERNARD LAGAT		MONACO	2011/07/22
Masters ACR 17:04.62		Navaratnasingam	Hong Kong Masters Athletics	Wanchai SG	2015/10/03
HKMAC RECORD 17:04.62		Navaratnasingam	Hong Kong Masters Athletics	Wanchai SG	2015/10/03



23 2025/11/23



Start: 13:40



21°C



79%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-28	CHOI JORDAN		350464 LSCAC	17:18.48	<i>Split: 03:22.95 (3:22.95) 06:51.43 (3:28.49) 10:22.36 (3:30.92) 13:57.27 (3:34.91) 17'18.477 (3:20.73)</i>
2	1-14	LO CHING HIN IVAN	勞証顯	350196 DBSAC	17:29.66	<i>Split: 03:24.33 (3:24.33) 06:53.10 (3:28.78) 10:21.61 (3:28.50) 14:01.32 (3:39.71) 17'29.655 (3:27.68)</i>
3	1-11	LAW YIP CHUNG	羅業聰	350133 CSDSA	17:52.33	<i>Split: 03:29.21 (3:29.21) 07:02.18 (3:32.98) 10:36.58 (3:34.39) 14:12.70 (3:36.13) 17'52.324 (3:39.29)</i>
4	1-19	CHEUNG KENDRICK	張嘉晉	350463 LSCAC	18:19.34	<i>Split: 03:31.07 (3:31.07) 07:10.78 (3:39.72) 10:55.64 (3:44.85) 14:40.97 (3:45.34) 18'19.340 (3:38.02)</i>
5	1-9	MAK KIN SING MIKE	麥建升	350134 CSDSA	18:28.69	<i>Split: 03:33.79 (3:33.79) 07:13.37 (3:39.58) 10:57.47 (3:44.10) 14:42.94 (3:45.47) 18'28.685 (3:45.06)</i>
6	1-24	CHU KA HO	朱加豪	350465 LSCAC	18:41.62	<i>Split: 03:40.72 (3:40.72) 07:28.61 (3:47.90) 11:15.05 (3:46.43) 15:02.39 (3:47.35) 18'41.611 (3:38.60)</i>
7	1-23	WONG WAI HO	黃偉豪	350647 PoliceAC	18:50.98	<i>Split: 03:32.62 (3:32.62) 07:07.11 (3:34.50) 10:52.73 (3:45.61) 14:54.05 (4:01.32) 18'50.971 (3:55.95)</i>
8	1-10	LEUNG JEFFREY	梁晏碩	350193 DBSAC	20:28.86	<i>Split: 03:41.62 (3:41.62) 07:46.15 (4:04.54) 12:04.29 (4:18.13) 16:19.06 (4:14.77) 20'28.857 (4:08.94)</i>
9	1-16	LUK MARSHALL HO FUNG	陸浩峰	350197 DBSAC	21:17.43	<i>Split: 04:11.04 (4:11.04) 08:30.26 (4:19.22) 12:49.76 (4:19.50) 17:10.14 (4:20.39) 21'17.424 (4:06.85)</i>

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M35 - 5000m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD 12:53.60		BERNARD LAGAT		MONACO	2011/07/22
Masters ACR 17:04.62		Navaratnasingam	Hong Kong Masters Athletics	Wanchai SG	2015/10/03
HKMAC RECORD 17:04.62		Navaratnasingam	Hong Kong Masters Athletics	Wanchai SG	2015/10/03



23 2025/11/23



Start: 13:40



21°C



79%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
10	1-18	LAI CAMERON JUN MAN	黎俊文	350467 LSCAC	21:37.45	<i>Split: 04:04.78 (4:04.78) 08:20.30 (4:15.52) 12:47.86 (4:27.56) 17:24.61 (4:36.75) 21'37.441 (4:12.39)</i>
11	1-25	CHEUNG CHE TSUEN DESMOND		350462 LSCAC	22:22.30	<i>Split: 04:17.44 (4:17.44) 08:41.69 (4:24.25) 13:09.59 (4:27.90) 17:45.76 (4:36.17) 22'22.297 (4:36.24)</i>
12	1-20	LAW YUEN TO	羅遠韜	350471 LSCAC	22:46.33	<i>Split: 04:05.87 (4:05.87) 08:36.44 (4:30.58) 13:18.32 (4:41.87) 18:05.75 (4:47.43) 22'46.328 (4:40.25)</i>
13	1-22	YU CHI KEUNG PETER	余志强	350479 LSCAC	23:51.24	<i>Split: 04:03.36 (4:03.36) 08:41.42 (4:38.06) 13:47.30 (5:05.88) 18:55.05 (5:07.75) 23'51.237 (4:55.95)</i>
14	1-17	LAI TSUN TING	黎雋廷	350186 DBSAC	24:40.78	<i>Split: 04:09.82 (4:09.82) 09:03.45 (4:53.64) 14:12.14 (5:08.68) 19:36.49 (5:24.35) 24'40.778 (5:03.51)</i>
15	1-8	LEE YIU KEI CHARLES	李耀基	350472 LSCAC	25:43.88	<i>Split: 04:53.75 (4:53.75) 10:01.44 (5:07.69) 15:15.08 (5:13.64) 20:31.23 (5:16.15) 25'43.872 (5:11.77)</i>
16	1-21	NG YUET WAI IVAN	吳聿韜	350474 LSCAC	29:05.94	<i>Split: 04:23.02 (4:23.02) 10:46.07 (6:23.06) 17:19.48 (6:33.40) 23:20.33 (6:00.86) 29'05.939 (5:44.66)</i>
17	1-15	LIU WUN TSUN	廖煥浚	350738 SHTB	34:52.42	<i>Split: 06:12.36 (6:12.36) 13:04.07 (6:51.72) 20:15.07 (7:10.99) 27:40.00 (7:24.93) 34'52.417 (7:12.00)</i>
	1-12	WONG TSZ HONG KENNETH	黃子康	350206 DBSAC	DNS	

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LOMATTERS

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M35 - 5000m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD 12:53.60		BERNARD LAGAT		MONACO	2011/07/22
Masters ACR 17:04.62		Navaratnasingam	Hong Kong Masters Athletics	Wanchai SG	2015/10/03
HKMAC RECORD 17:04.62		Navaratnasingam	Hong Kong Masters Athletics	Wanchai SG	2015/10/03



2025/11/23



Start: 13:40



21°C



79%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1-13		KWANKWUNSING	關冠昇	350554 LWRC	DNS	
1-26		TSE MO PANG	謝武鵬	350646 PoliceAC	DNS	
1-27		CHAN FEI LUNG	陳飛龍	350553 LWRC	DNS	

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LOMATTERS

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



Men's M35 - 5000mRW



Record	Perf	Athlete	Event	Place	Date
Masters ACR 35:25.79		CHUI TING YUI 崔庭銳	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27
HKMAC RECORD 35:25.79		CHUI TING YUI 崔庭銳	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27



2025/11/22



Start: 13:10



24°C



40%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-2	SWAMINATHAN SHYAM SUNDAR		350453 IND-SS	34:59.88	HKMACR <i>Split: 06:28.45 (6:28.45) 13:39.77 (7:11.32) 20:53.28 (7:13.51) 27:56.48 (7:03.20) 34'59.873" (7:02.52)</i>
2	1-6	LEE YIU KEI CHARLES	李耀基	350472 LSCAC	36:07.52	<i>Split: 06:41.37 (6:41.37) 13:42.12 (7:00.76) 21:00.73 (7:18.60) 28:24.75 (7:24.02) 36'07.518" (7:42.25)</i>
3	1-5	LIU WUN TSUN	廖煥浚	350738 SHTB	37:46.03	<i>Split: 06:43.34 (6:43.34) 13:58.71 (7:15.38) 21:49.04 (7:50.32) 29:51.13 (8:02.09) 37'46.023" (7:54.87)</i>
4	1-4	HON CHUNG HEI	韓松熹	350182 DBSAC	39:16.03	<i>Split: 07:29.02 (7:29.02) 15:33.21 (8:04.19) 23:45.49 (8:12.28) 31:42.02 (7:56.53) 39'16.025" (7:33.98)</i>
	1-3	WONG CHIH YAN IVAN	黃喆仁	350203 DBSAC	DNS	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M35 - 110mH

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	12.96	ALLEN JOHNSON		ATHENS, GRE	2006/09/17
Masters ACR	15.45	LEUNG CHI CHEONG 梁志鏘			2022/12/04
HKMAC RECORD	15.57	LEUNG CHI CHEONG 梁志鏘	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

22 2025/11/22 Start: 13:55 24°C 40%

Final

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-8 SONG XUE MIAO	宋学淼	350399 DGD	15.41	+1.0	HKMACR
2	1-3 CHU CHEUK HUNG	朱卓鴻	350683 SCAA	16.35	+1.0	
3	1-5 HAU WING CHUNG VINCENT	侯穎聰	350466 LSCAC	19.03	+1.0	
4	1-4 LEUNG WAI MAN RAYMOND	梁緯文	350194 DBSAC	20.26	+1.0	
5	1-6 LAU WING HANG RINGO	劉林杏	350190 DBSAC	20.49	+1.0	
6	1-7 LIYEUNG LEO	李揚立德	350195 DBSAC	21.90	+1.0	
	1-2 YEUNG CHUN YIN JARVIS	楊俊彥	350208 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

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M35 - 400mH



Record	Perf	Athlete	Event	Place	Date
WMA RECORD 48.13		DANNY MCFARLANE		MONACO	2009/07/28
Masters ACR 1:01.03		LEUNG CHI CHEONG 梁志鏞	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27
HKMAC RECORD 1:01.03		LEUNG CHI CHEONG 梁志鏞	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27



23 2025/11/23



Start: 15:20



27°C



49%

Final 1 /2

Timing System: (HT)

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-6	ZHANG YIFEI	張宜飛	350768 SZGM	1:06.5	
	1-7	LEUNG CHI KWAN	梁志坤	350115 CEDSRC	DQ	TR22.6.2#
	1-3	YEUNG CHUN YIN JARVIS	楊俊彥	350208 DBSAC	DNS	
	1-4	HAU WING CHUNG VINCENT	侯穎聰	350466 LSCAC	DNS	
	1-5	CHEUNG HANG YIU	張恒曜	350811 WYK	DNS	

Final 2 /2

Timing System: (HT)

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	2-7	LAM NGA TIK EDDY	林雅迪	350468 LSCAC	1:07.0	
2	2-4	LAU WING HANG RINGO	劉栢杏	350190 DBSAC	1:12.3	
3	2-6	CHEUNG GARY CHUNG YEE	張仲頤	350172 DBSAC	1:19.9	
4	2-5	LIYEUNG LEO	李揚立德	350195 DBSAC	1:20.1	

Note: #TR22.6.2 Knocking down a hurdle in an illegal way

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:



協辦機構:



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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M35 - 400mH

Record	Perf	Athlete	Event	Place	Date
WMA RECORD 48.13		DANNY MCFARLANE		MONACO	2009/07/28
Masters ACR 1:01.03		LEUNG CHI CHEONG 梁志鏞	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27
HKMAC RECORD 1:01.03		LEUNG CHI CHEONG 梁志鏞	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27

23 2025/11/23 Start: 15:20 27°C 49%

Summary

Timing System: (HT)

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-6	ZHANG YIFEI	張宜飛	350768 SZGM	1:06.5	
2	2-7	LAM NGA TIK EDDY	林雅迪	350468 LSCAC	1:07.0	
3	2-4	LAU WING HANG RINGO	劉栢杏	350190 DBSAC	1:12.3	
4	2-6	CHEUNG GARY CHUNG YEE	張仲頤	350172 DBSAC	1:19.9	
5	2-5	LIYEUNG LEO	李揚立德	350195 DBSAC	1:20.1	
	1-7	LEUNG CHI KWAN	梁志坤	350115 CEDSRC	DQ	TR22.6.2#
	1-3	YEUNG CHUN YIN JARVIS	楊俊彥	350208 DBSAC	DNS	
	1-4	HAU WING CHUNG VINCENT	侯穎聰	350466 LSCAC	DNS	
	1-5	CHEUNG HANG YIU	張恒曜	350811 WYK	DNS	

Note: #TR22.6.2 Knocking down a hurdle in an illegal way

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 M35 - 3000mSC



Record	Perf	Athlete	Event	Place	Date
Masters ACR 13:31.16	WUN YIU CHEONG 溫耀昌	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23	
HKMAC RECORD 13:31.16	WUN YIU CHEONG 溫耀昌	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23	



2025/11/23



Start: 09:25



21°C



79%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-6	TANG CHEUK YIN	鄧焯言	350689 SCAA	13:54.37	<i>Split: 04:24.91 (4:24.91) 09:18.31 (4:53.41) 13'54.365" (4:35.68)</i>
2	1-9	AU YEUNG HAU YING	歐陽校英	350810 WYK	14:05.95	<i>Split: 04:14.87 (4:14.87) 09:00.74 (4:45.87) 14'05.942" (5:04.26)</i>
3	1-7	HO TAT HENG FREDERICK	何達亨	350181 DBSAC	15:30.76	<i>Split: 04:51.76 (4:51.76) 10:10.07 (5:18.32) 15'30.759" (5:19.92)</i>
4	1-8	CHUNG AUTHUR	鍾晉軒	350179 DBSAC	18:42.63	<i>Split: 05:29.87 (5:29.87) 12:04.09 (6:34.22) 18'42.629" (6:37.91)</i>
5	1-5	LIU WUN TSUN	廖煥浚	350738 SHTB	21:39.23	<i>Split: 06:41.95 (6:41.95) 14:17.47 (7:35.53) 21'39.222" (7:21.52)</i>
	1-34	LAM SZE WAI	林思瑋	350844 SPCCAA	DNS	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M35 - Long Jump



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	8.50	LARRY MYRICKS		NEW YORK, USA	1991/06/15
	8.50	CARL LEWIS		ATLANTA, USA	1996/07/29
Masters ACR	6.21	NG Chit Wing 吳哲穎	Hong Kong Masters Athletics	Wanchai SG	2016/10/29
HKMAC RECORD	6.21	NG Chit Wing 吳哲穎	Hong Kong Masters Athletics	Wanchai SG	2016/10/29



2025/11/23



Start: 12:25



21°C



79%

Final

Pos	Heat/ Name Order	Bib#/ Team	Result	Remarks	1	2	3
1	1-10 WONG HEI CHUN 黃晞峻	350147 CSWAC	6.24m.	HKMACR, R	6.24 +0.6	5.94 +1.3	3.85 +0.3
2	1-17 LIANG BIN AN 梁彬安	350398 DGD	5.82m.		5.82 +0.7	5.54 +0.9	5.65 +0.4
3	1-5 WONG HON LEUNG 黃漢良	350205 DBSAC	5.70m.		5.50 +0.5	5.70 +0.5	5.66 +0.6
4	1-20 ZHANG YIFEI 張宜飛	350768 SZGM	5.03m.		5.03 +1.2	4.81 +0.3	5.02 +0.5
5	1-8 WONG CHUN KIT 黃俊傑	350204 DBSAC	4.90m.		4.68 +1.4	4.81 +0.2	4.90 +0.8
6	1-7 TANG CHEUK YIN 鄧焯言	350689 SCAA	4.73m.		4.73 +0.1	4.73 +0.4	4.64 +0.7
7	1-3 BASSETTO SANDRO 白誠德	350461 LSCAC	4.36m.		4.36 +0.2	4.27 +1.4	X +1.3
8	1-2 CHAN CHAK PAN 陳澤斌	350166 DBSAC	3.86m.		3.72 +0.4	3.84 +0.8	3.86 +1.2
9	1-1 LIU WUN TSUN 廖煥浚	350738 SHTB	2.63m.		2.63 +1.2	2.49 +0.2	2.42 +1.1
	1-6 WONG KA CHAK 王嘉擇	350433 HKU	NM		X	X	X
	1-4 LAU WING HANG RINGO 劉咏杏	350190 DBSAC	DNS				

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M35 - Long Jump



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	8.50	LARRY MYRICKS		NEW YORK, USA	1991/06/15
	8.50	CARL LEWIS		ATLANTA, USA	1996/07/29
Masters ACR	6.21	NG Chit Wing 吳哲穎	Hong Kong Masters Athletics	Wanchai SG	2016/10/29
HKMAC RECORD	6.21	NG Chit Wing 吳哲穎	Hong Kong Masters Athletics	Wanchai SG	2016/10/29



23 2025/11/23



Start: 12:25



21°C



79%

Final

Pos	Heat/ Name Order	Bib#/ Team	Result	Remarks	1	2	3
1-9	WONG CHIH YAN IVAN 黃喆仁	350203 DBSAC	DNS				
1-11	WON KIN NANG 黃見能	350777 TCAA	DNS				
1-12	YAM WAI MING 任煒明	350135 CSDSA	DNS				
1-13	LAU WING MAN 劉穎文	350191 DBSAC	DNS				
1-14	WONG AMBROSE 黃彥	350202 DBSAC	DNS				
1-15	CHU LAI HIN 朱禮軒	350149 DART	DNS				
1-16	HAU WING CHUNG VINCENT 侯穎聰	350466 LSCAC	DNS				
1-18	LEE WING YIN 李穎賢	350192 DBSAC	DNS				
1-19	YUEN CHUN PONG 原振邦	350480 LSCAC	DNS				

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M35 - Triple Jump

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	17.92	JONATHAN EDWARDS		EDMONTON, CAN	2001/08/06

2025/11/22 Start: 15:40 24°C 40%

Final

Pos	Heat/ Name Order	Bib#/ Team	Result	Remarks	1	2	3
1	1-2 WON KIN NANG 黃見能	350777 TCAA	11.54m.		X	11.54 +0.8	-
2	1-5 CHU LAI HIN 朱禮軒	350149 DART	11.43m.		11.43 +0.2	10.17 +0.3	-
3	1-14 LIANG BIN AN 梁彬安	350398 DGD	10.95m.		10.44 +0.4	10.31 +0.2	10.95 0.0
4	1-10 GRANT LUCAS	350002 AVOHK	10.01m.		X	9.90 -0.1	10.01 0.0
5	1-9 LEUNG WAI MAN RAYMOND 梁緯文	350194 DBSAC	9.12m.		8.58 +0.3	8.87 +0.4	9.12 +0.7
6	1-4 HAU WING CHUNG VINCENT 侯穎聰	350466 LSCAC	8.26m.		X	8.26 +1.5	-
7	1-6 TANG CHEUK YIN 鄧焯言	350689 SCAA	8.11m.		7.77 -0.1	8.11 -0.2	8.03 -0.1
8	1-1 YEUNG CHUN YIN JARVIS 楊俊彥	350208 DBSAC	4.90m.		X	4.90 +0.7	-
	1-11 LIU WUN TSUN 廖煥浚	350738 SHTB	NM		X	X	X
	1-3 LAM HO FUNG 林昊鋒	350812 WYK	DNS				
	1-7 WONG CHIH YAN IVAN 黃喆仁	350203 DBSAC	DNS				
	1-8 WONG HON LEUNG 黃漢良	350205 DBSAC	DNS				
	1-12 NG MING SUM RICKY	350688	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 M35 - Triple Jump

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	17.92	JONATHAN EDWARDS		EDMONTON, CAN	2001/08/06



2025/11/22



Start: 15:40



24°C



40%

Final

Pos	Heat/ Name Order	Bib#/ Team	Result	Remarks	1	2	3
	吳銘心	SCAA					
1-13	LAU WING MAN 劉穎文	350191 DBSAC	DNS				



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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M35 - Shot Put



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	22.19	BRIAN OLDFIELD		SAN JOSE, USA	1984/05/26
Masters ACR	11.52	CHAN KWOK HEI MATTHEW	The 6th Hong Kong Masters	TKO SG	2021/09/11
HKMAC RECORD	11.52	CHAN KWOK HEI MATTHEW	The 6th Hong Kong Masters	TKO SG	2021/09/11



2025/11/23



Start: 12:10



21°C



79%

Final

Pos	Heat/Name Order	Bib#/ Team	Result	Remarks	1	2	3
1	1-19 LAM WAI 林瑋	350800 WAC	12.41m.	HKMACR, R	12.41	11.96	X
2	1-28 WONG IP HOI 黃業海	350563 MAC-Masters	10.04m.		10.04	9.99	-
3	1-11 TOH WEI DE 卓維德	350754 SMTFA	9.82m.		9.71	X	9.82
4	1-33 LEE CHI CHEUNG 李志祥	350684 SCAA	9.62m.		8.59	9.33	9.62
5	1-21 LEUNG JINN HO BENJAMIN 梁展豪	350776 TCAA	9.54m.		9.54	9.16	9.30
6	1-24 KO THA FUNG 高沓峯	350183 DBSAC	9.53m.		9.34	9.53	9.05
7	1-12 CHEUNG TAK FAI 張德輝	350146 CSWAC	8.93m.		8.93	8.71	8.55
8	1-7 PENG LIANG TONY 彭亮	350645 PoliceAC	8.86m.		8.58	8.71	8.86
9	1-22 GRANT LUCAS	350002 AVOHK	8.85m.		X	7.80	8.85
10	1-10 KONG CHAK FUNG 江澤峰	350034 BAC	8.84m.		8.84	8.68	X
11	1-23 YUEN WAI KUEN 袁偉權	350210 DBSAC	8.71m.		8.45	8.71	8.38
12	1-5 CUNNINGHAM DAMIEN 簡迪勉	350180 DBSAC	8.26m.		8.26	7.90	7.74
13	1-15 CHOW CHUN YIN 周俊賢	350175 DBSAC	8.06m.		X	7.70	8.06
14	1-31 LAU ANSON KWOK PAN 劉國彬	350188 DBSAC	7.98m.		7.52	7.66	7.98
15	1-27 LAM SHING LUN 林勝倫	350644 PoliceAC	7.83m.		7.83	X	X

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M35 - Shot Put



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	22.19	BRIAN OLDFIELD		SAN JOSE, USA	1984/05/26
Masters ACR	11.52	CHAN KWOK HEI MATTHEW	The 6th Hong Kong Masters	TKO SG	2021/09/11
HKMAC RECORD	11.52	CHAN KWOK HEI MATTHEW	The 6th Hong Kong Masters	TKO SG	2021/09/11



2025/11/23



Start: 12:10



21°C



79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
16	1-13	CHAN JIMMY 陳栢豪	350169 DBSAC	7.76m.		7.76	7.67	7.60
17	1-18	KONG WING HANG 江永恒	350150 DART	7.73m.		7.35	7.73	X
18	1-3	LIYEUNG LEO 李揚立德	350195 DBSAC	7.66m.		7.66	7.49	7.25
19	1-6	CHUNG AUTHUR 鍾晉軒	350179 DBSAC	7.51m.		7.51	X	7.42
20	1-30	NG KA HO 吳茄曷	350199 DBSAC	7.50m.		7.39	X	7.50
21	1-29	TANG KIN YIP 鄧建業	350814 WYK	7.49m.		7.49	7.24	X
22	1-16	NG TING HIN 吳庭軒	350200 DBSAC	7.17m.		6.66	6.69	7.17
23	1-14	WONG CHIH YAN IVAN 黃喆仁	350203 DBSAC	5.34m.		5.34	4.68	5.04
	1-1	CHAN CHAK PAN 陳澤斌	350166 DBSAC	DNS				
	1-2	THANISLAS JOHN PETER	350476 LSCAC	DNS				
	1-4	HAU WING CHUNG VINCENT 侯穎聰	350466 LSCAC	DNS				
	1-8	LEE HO YIN 李浩然	350775 TCAA	DNS				
	1-9	CHONG HO BONG 鍾灝邦	350173 DBSAC	DNS				
	1-17	LI KIT 李杰	350685 SCAA	DNS				
	1-20	YUEN KAM WAI 袁錦偉	350209 DBSAC	DNS				

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M35 - Shot Put



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	22.19	BRIAN OLDFIELD		SAN JOSE, USA	1984/05/26
Masters ACR	11.52	CHAN KWOK HEI MATTHEW	The 6th Hong Kong Masters	TKO SG	2021/09/11
HKMAC RECORD	11.52	CHAN KWOK HEI MATTHEW	The 6th Hong Kong Masters	TKO SG	2021/09/11



23 2025/11/23



Start: 12:10



21°C



79%

Final

Pos	Heat/Name Order	Bib#/ Team	Result	Remarks	1	2	3
1-25	LAI CHUN HO 黎振浩	350185 DBSAC	DNS				
1-26	LAW DOMINIC 羅正義	350470 LSCAC	DNS				
1-32	GNANESHWAR SEETHARAM	350441 IND-NAAA	DNS				



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支持媒體:



Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M35 - Discus Throw



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	71.56	VIRGILJUS ALEKNA		KAUNAS, LTU	2007/07/25
Masters ACR	33.16	CHAN KWOK HEI MATTHEW	The 6th Hong Kong Masters	TKO SG	2021/09/12
HKMAC RECORD	33.16	CHAN KWOK HEI MATTHEW	The 6th Hong Kong Masters	TKO SG	2021/09/12



2025/11/22



Start: 11:30



24°C



40%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-6	TOH WEI DE 卓维德	350754 SMTFA	36.13m.	HKMACR	35.70	36.10	36.13
2	1-13	LAM WAI 林瑋	350800 WAC	33.14m.		33.14	32.21	33.04
3	1-26	GRANT LUCAS	350002 AVOHK	29.79m.		29.79	x	x
4	1-20	SONG XUE MIAO 宋学淼	350399 DGD	28.62m.		x	22.81	28.62
5	1-12	LEE CHI CHEUNG 李志祥	350684 SCAA	28.23m.		25.85	28.23	x
6	1-24	LEUNG JINN HO BENJAMIN 梁展豪	350776 TCAA	26.61m.		26.61	x	22.24
7	1-11	KO THA FUNG 高沓峯	350183 DBSAC	26.38m.		x	26.38	x
8	1-16	LAM SHING LUN 林勝倫	350644 PoliceAC	25.35m.		25.35	23.74	23.39
9	1-10	WU FONG HIU 胡昉曉	350207 DBSAC	25.29m.		24.61	25.29	23.85
10	1-19	NG KA HO 吳茄曷	350199 DBSAC	23.18m.		22.43	x	23.18
11	1-22	CUNNINGHAM DAMIEN 簡迪勉	350180 DBSAC	23.07m.		23.07	x	x
12	1-28	LAW DOMINIC 羅正義	350470 LSCAC	23.05m.		23.05	x	22.23
13	1-5	SLUTSKY HOLDEN NATTER	350119 CGHCAC	22.24m.		20.45	21.56	22.24
14	1-27	WONG IP HOI 黃業海	350563 MAC-Masters	21.77m.		21.77	r	
15	1-9	TSE WING LUNG 謝永龍	350151 DART	20.70m.		20.70	x	18.57

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WMA RECORD	71.56	VIRGILJUS ALEKNA		KAUNAS, LTU	2007/07/25
Masters ACR	33.16	CHAN KWOK HEI MATTHEW	The 6th Hong Kong Masters	TKO SG	2021/09/12
HKMAC RECORD	33.16	CHAN KWOK HEI MATTHEW	The 6th Hong Kong Masters	TKO SG	2021/09/12



2025/11/22



Start: 11:30



24°C



40%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
16	1-1	LIYEUNG LEO 李揚立德	350195 DBSAC	20.69m.		20.00	19.60	20.69
17	1-4	HAU WING CHUNG VINCENT 侯穎聰	350466 LSCAC	16.03m.		x	16.03	x
18	1-3	LAU WILSON 劉緯俊	350189 DBSAC	15.24m.		13.11	15.24	x
19	1-7	TANG KIN YIP 鄧建業	350814 WYK	14.83m.		14.83	x	x
20	1-2	CHEUNG CHUN HIN KELVIN 張俊軒	350171 DBSAC	14.56m.		14.56	13.28	x
	1-8	LEE HO YIN 李浩然	350775 TCAA	DNS				
	1-14	LAU ANSON KWOK PAN 劉國彬	350188 DBSAC	DNS				
	1-15	GNANESHWAR SEETHARAM	350441 IND-NAAA	DNS				
	1-17	WONG CHUN KIT 黃俊傑	350204 DBSAC	DNS				
	1-18	YAM WAI MING 任煒明	350135 CSDSA	DNS				
	1-21	PRASANNA VENKATESH	350442 IND-NAAA	DNS				
	1-23	WONG CHIH YAN IVAN 黃喆仁	350203 DBSAC	DNS				
	1-25	LAM WAN HING 林蘊興	350187 DBSAC	DNS				
	1-29	YEUNG MING KIU 楊銘翹	350038 BAC	DNS				

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M35 - Javelin Throw



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	92.80	JAN ZELEZNY		EDMONTON, CAN	2001/08/12
Masters ACR	52.06	WONG IP HOI 黃業海	The 8th Hong Kong Masters	Wanchai SG	2023/10/28
HKMAC RECORD	52.06	WONG IP HOI 黃業海	The 8th Hong Kong Masters	Wanchai SG	2023/10/28



23 2025/11/23



Start: 17:40



25°C



61%

Final

Pos	Heat/ Name Order	Bib#/ Team	Result	Remarks	1	2	3
1	1-25 WONG IP HOI 黃業海	350563 MAC-Masters	48.11m.		47.25	48.11	45.57
2	1-14 GRANT LUCAS	350002 AVOHK	41.03m.		x	37.43	41.03
3	1-15 PENG LIANG TONY 彭亮	350645 PoliceAC	37.44m.		37.44	35.46	36.43
4	1-8 LIANG BIN AN 梁彬安	350398 DGD	37.13m.		34.53	x	37.13
5	1-7 SONG XUE MIAO 宋学淼	350399 DGD	36.00m.		36.00	34.90	32.89
6	1-20 NG KA HO 吳茄曷	350199 DBSAC	35.11m.		34.20	35.11	34.92
7	1-23 TSE WING LUNG 謝永龍	350151 DART	35.09m.		31.65	35.09	33.77
8	1-17 SLUTSKY HOLDEN NATTER	350119 CGHCAC	34.42m.		34.42	34.41	32.97
9	1-1 LAU PAK KI 劉柏奇	350469 LSCAC	31.78m.		28.42	27.82	31.78
10	1-6 LI KIT 李杰	350685 SCAA	31.12m.		30.83	31.12	29.98
11	1-21 LIYEUNG LEO 李揚立德	350195 DBSAC	29.85m.		29.04	29.85	x
12	1-16 CHEUNG GARY CHUNG YEE 張仲頤	350172 DBSAC	27.87m.		18.85	25.72	27.87
13	1-2 LAU ANSON KWOK PAN 劉國彬	350188 DBSAC	24.64m.		16.51	24.64	23.52
14	1-3 LAM NGA TIK EDDY 林雅迪	350468 LSCAC	24.64m.		24.64	x	22.30
15	1-19 CUNNINGHAM DAMIEN 簡迪勉	350180 DBSAC	23.86m.		19.18	17.23	23.86

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The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M35 - Javelin Throw



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	92.80	JAN ZELEZNY		EDMONTON, CAN	2001/08/12
Masters ACR	52.06	WONG IP HOI 黃業海	The 8th Hong Kong Masters	Wanchai SG	2023/10/28
HKMAC RECORD	52.06	WONG IP HOI 黃業海	The 8th Hong Kong Masters	Wanchai SG	2023/10/28



23 2025/11/23



Start: 17:40



25°C



61%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
16	1-5	CHEUNG CHUN HIN KELVIN 張俊軒	350171 DBSAC	21.50m.		x	19.65	21.50
17	1-11	CHAN CHUN KIT 陳駿杰	350168 DBSAC	19.47m.		19.47	10.59	15.67
18	1-13	WONG CHIH YAN IVAN 黃喆仁	350203 DBSAC	11.57m.		8.54	9.74	11.57
19	1-24	LIU WUN TSUN 廖煥浚	350738 SHTB	10.26m.		8.26	10.26	x
	1-22	LAU WILSON 劉緯俊	350189 DBSAC	NM		r		
	1-4	NG YUET WAI IVAN 吳聿韡	350474 LSCAC	DNS				
	1-9	HAU WING CHUNG VINCENT 侯穎聰	350466 LSCAC	DNS				
	1-10	PRASANNA VENKATESH	350442 IND-NAAA	DNS				
	1-12	WONG AMBROSE 黃彥	350202 DBSAC	DNS				
	1-18	LEE HO YIN 李浩然	350775 TCAA	DNS				

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M35 - 4X100m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	41.30	PARKER, ROLAND, BURNETT, GREEN		ATLANTA, USA	2019/05/26
Masters ACR	46.16	香港元老田徑會	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	46.16	香港元老田徑會	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23



2025/11/22



Start: 17:45



24°C



40%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-1	上海田徑大師隊 吴悦辉, 陆剑亭, 卜允涵, 宋学淼		DGD	45.94	HKMACR
2	1-4	赤道體育會 方梓維, 歐立德, 鄧瑞邦, 譚榮斌		BAC	46.47	
3	1-6	拔萃男書院田徑會 A 陳卓男, 周進, 劉林杏, 周志活		DBSAC	49.33	
4	1-3	喇沙書院田徑會 彭耀慈, THANISLAS JOHN PETER, 林雅迪, 侯穎聰		LSCAC	49.55	
5	1-2	南華體育會 鄧焯言, 馬家銘, 孟庆晗, 朱卓鴻		SCAA	50.78	
6	1-7	警察田徑會 陳烈成, 陳榮坤, 李富全, 陳宇樂		PoliceAC	52.55	
7	1-8	拔萃男書院田徑會 B 黃喆仁, 鍾灝邦, 黎振浩, 陸浩峰		DBSAC	57.11	
	1-5	九龍華仁書		WYK	DNS	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M35 - 4X400m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	3:17.82	BAIRD, BROWN, COLLINS, BEARDSE		LYON, FRA	2015/08/16
Masters ACR	3:51.33	PAC	Hong Kong Masters Athletics	TKO SG	2017/11/11
HKMAC RECORD	3:51.33	PAC	Hong Kong Masters Athletics	TKO SG	2017/11/11



23 2025/11/23



Start: 18:10



23°C



62%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-6	赤道體育會 劉盛, 廖偉健, 謝金豪, 鄧瑞邦		BAC	4:02.74	
2	1-8	拔萃男書院田徑會 A 劉林杏, 吳茄高, 梁晏碩, 勞証顯		DBSAC	4:07.52	
3	1-3	喇沙書院田徑會 A 彭耀慈, 黎俊文, 張嘉晉, 林雅迪		LSCAC	4:07.98	
4	1-2	南華體育會 吳銘心, 陳曦, 陳錫寧, 鄧焯言		SCAA	4:16.11	
5	1-4	拔萃男書院田徑會 B 袁錦偉, 張仲頤, 陳卓男, 黎雋廷		DBSAC	4:33.44	
6	1-7	喇沙書院田徑會 B 余志强, CHEUNG CHE TSUEN DESMOND, 吳聿韜, 羅遠韜		LSCAC	4:41.64	
7	1-1	九龍華仁書 陳庸非, 李澤民, 陳俊廷, 梁振聲		WYK	5:29.97	
	1-5	上海田徑大師隊		DGD	DNS	

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