

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M70 - 100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	12.77	ROBERT WHILDEN JR		PITTSBURGH, USA	005/09/06
Masters ACR	14.32	JIN HUI 金輝	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	14.75	WONG KEE LAM 黃基林	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/22 Start: 10:30 15°C 62%

Final 1 /2

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-2 WONG KEE LAM	黃基林	700721 SCAA	14.87	+0.3	
2	1-7 LO CHUNG KEUNG	盧仲強	700842 WYK	21.02	+0.3	
3	1-4 LEUNG KAM YIN	梁錦賢	700625 PKMSAA	25.28	+0.3	
	1-3 SOUZA LUIZ ANTONIO		700551 LSCAC	DNS		
	1-5 TSE DAVID KWAI CHE	謝貴枝	700720 SCAA	DNS		

Final 2 /2

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	W/S	Remarks
1	2-6 JIN HUI	金輝	700414 DGD	14.04	+2.0	HKMACR
2	2-7 ZHU BAONING	朱葆寧	700772 SZGM	14.66	+2.0	
3	2-4 LIU CHEUK LEUNG	廖卓良	700718 SCAA	16.09	+2.0	
4	2-5 LI WING TONG PETER	李榮棠	700717 SCAA	16.71	+2.0	
5	2-3 KO ALEX	高量洪	700379 DBSAC	18.73	+2.0	
6	2-2 CHAN WING HA	陳榮熙	700621 PKMSAA	20.54	+2.0	

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Men's M70 - 100m



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WMA RECORD	12.77	ROBERT WHILDEN JR		PITTSBURGH, USA	2005/09/06
Masters ACR	14.32	JIN HUI 金輝	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	14.75	WONG KEE LAM 黃基林	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23



2025/11/22



Start: 10:30



15°C



62%

Summary

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	2-6	JIN HUI	金輝	700414 DGD	14.04	+2.0	HKMACR
2	2-7	ZHU BAONING	朱葆寧	700772 SZGM	14.66	+2.0	
3	1-2	WONG KEE LAM	黃基林	700721 SCAA	14.87	+0.3	
4	2-4	LIU CHEUK LEUNG	廖卓良	700718 SCAA	16.09	+2.0	
5	2-5	LI WING TONG PETER	李榮棠	700717 SCAA	16.71	+2.0	
6	2-3	KO ALEX	高量洪	700379 DBSAC	18.73	+2.0	
7	2-2	CHAN WING HA	陳榮熙	700621 PKMSAA	20.54	+2.0	
8	1-7	LO CHUNG KEUNG	盧仲強	700842 WYK	21.02	+0.3	
9	1-4	LEUNG KAM YIN	梁錦賢	700625 PKMSAA	25.28	+0.3	
	1-3	SOUZA LUIZ ANTONIO		700551 LSCAC	DNS		
	1-5	TSE DAVID KWAI CHE	謝貴枝	700720 SCAA	DNS		

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M70 - 200m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	25.75	CHARLES ALLIE		DES MOINES, USA	2018/06/21
Masters ACR	30.60	JIN HUI 金輝	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	30.90	WONG KEE LAM 黃基林	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23



2025/11/23



Start: 10:45



21°C



79%

Final 1 /2

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-3 WONG KEE LAM	黃基林	700721 SCAA	31.52	+1.4	
2	1-5 LIU CHEUK LEUNG	廖卓良	700718 SCAA	36.12	+1.4	
3	1-6 LI WING TONG PETER	李榮棠	700717 SCAA	37.57	+1.4	
	1-4 LAW HOI SHA SANFORD	羅海沙	700624 PKMSAA	DNS		
	1-7 TSE DAVID KWAI CHE	謝貴枝	700720 SCAA	DNS		

Final 2 /2

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	W/S	Remarks
1	2-7 ZHU BAONING	朱葆寧	700772 SZGM	29.69	+0.7	HKMACR
2	2-5 JIN HUI	金輝	700414 DGD	30.65	+0.7	
3	2-6 KO ALEX	高量洪	700379 DBSAC	38.84	+0.7	
4	2-4 LO CHUNG KEUNG	盧仲強	700842 WYK	42.00	+0.7	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M70 - 200m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	25.75	CHARLES ALLIE		DES MOINES, USA	2018/06/21
Masters ACR	30.60	JIN HUI 金輝	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	30.90	WONG KEE LAM 黃基林	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 10:45 21°C 79%

Summary

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	2-7	ZHU BAONING	朱葆寧	700772 SZGM	29.69	+0.7	HKMACR
2	2-5	JIN HUI	金輝	700414 DGD	30.65	+0.7	
3	1-3	WONG KEE LAM	黃基林	700721 SCAA	31.52	+1.4	
4	1-5	LIU CHEUK LEUNG	廖卓良	700718 SCAA	36.12	+1.4	
5	1-6	LI WING TONG PETER	李榮棠	700717 SCAA	37.57	+1.4	
6	2-6	KO ALEX	高量洪	700379 DBSAC	38.84	+0.7	
7	2-4	LO CHUNG KEUNG	盧仲強	700842 WYK	42.00	+0.7	
	1-4	LAW HOI SHA SANFORD	羅海沙	700624 PKMSAA	DNS		
	1-7	TSE DAVID KWAI CHE	謝貴枝	700720 SCAA	DNS		

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M70 - 400m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	57.26	CHARLES ALLIE		MaLAGA, ESP	2018/09/11
Masters ACR	1:09.01	ZHU BAO NING 朱葆宁	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	1:18.54	MCNAMARA FRANK	The 8th Hong Kong Masters	Wanchai SG	2023/10/29



2025/11/22



Start: 15:50



24°C



40%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-4	ZHU BAONING	朱葆宁	700772 SZGM	1:10.62	
2	1-8	LEUNG SO KEUNG	梁蘇強	700716 SCAA	1:18.52	R
3	1-3	SIN ON IUN	冼安源	700565 MAC-Masters	1:18.71	
4	1-6	KO ALEX	高量洪	700379 DBSAC	1:25.86	
5	1-7	LOW HOI MAN	羅海曼	700628 PKMSAA	1:46.94	
	1-5	TSE DAVID KWAI CHE	謝貴枝	700720 SCAA	DNS	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M70 - 800m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	2:20.52	EARL FEE		BOSTON, USA	1999/06/17
Masters ACR	2:45.88	ZHU BAO NING 朱葆寧	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	2:57.15	MCNAMARA FRANK	The 8th Hong Kong Masters	Wanchai SG	2023/10/28



23 2025/11/23



Start: 15:55



28°C



53%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-4	ZHU BAONING	朱葆寧	700772 SZGM	2:39.22	HKMACR
2	1-5	LEUNG SO KEUNG	梁蘇強	700716 SCAA	3:12.07	
3	1-3	KO ALEX	高量洪	700379 DBSAC	3:56.57	
	1-8	MCNAMARA FRANK		700023 AVOHK	DNS	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M70 - 1500m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	4:52.95	RON ROBERTSON		SACRAMENTO, USA	2011/07/15
Masters ACR	6:05.21	MCNAMARA FRANK	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27
HKMAC RECORD	6:05.21	MCNAMARA FRANK	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27



2025/11/22



Start: 08:50



15°C



62%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-4	ZHU BAONING	朱葆寧	700772 SZGM	6:19.06	
2	1-2	KWOK YEE WAH	郭裕華	700737 SDH	6:28.17	
3	1-1	POON CHI WAH	潘志華	700719 SCAA	7:56.35	
4	1-3	KO ALEX	高量洪	700379 DBSAC	8:46.15	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M70 - 5000m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD 18:15.53		RON ROBERTSON		SACRAMENTO, US	2011/07/09
Masters ACR 21:46.18		MCNAMARA FRANK	The 8th Hong Kong Masters	Wanchai SG	2023/10/28
HKMAC RECORD 21:46.18		MCNAMARA FRANK	The 8th Hong Kong Masters	Wanchai SG	2023/10/28



2025/11/23



Start: 18:30



23°C



62%

Final

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	Remarks
1	1-30 KWOK YEE WAH	郭裕華	700737 SDH	23:56.71	<i>Split: 04:32.91 (4:32.91) 09:23.07 (4:50.17) 14:13.36 (4:50.28) 19:06.72 (4:53.37) 23'56.710" (4:49.27)</i>
2	1-28 LO KAM FUK	羅金福	700424 HKLRRRC	25:30.65	<i>Split: 04:26.16 (4:26.16) 09:27.80 (5:01.65) 14:49.83 (5:22.02) 20:17.87 (5:28.04) 25'30.650" (5:12.13)</i>
3	1-26 POON CHI WAH	潘志華	700719 SCAA	29:29.31	<i>Split: 06:01.11 (6:01.11) 11:57.58 (5:56.47) 17:52.74 (5:55.16) 23:44.48 (5:51.75) 29'29.303" (5:44.51)</i>
4	1-27 LO CHUNG KEUNG	盧仲強	700842 WYK	31:00.85	<i>Split: 05:35.95 (5:35.95) 11:51.74 (6:15.79) 18:20.25 (6:28.51) 24:44.65 (6:24.41) 31'00.843" (6:15.34)</i>
5	1-29 CHEUNG YORK TZE	張玉子	700622 PKMSAA	31:15.86	<i>Split: 05:59.86 (5:59.86) 12:15.93 (6:16.08) 18:38.40 (6:22.46) 25:01.09 (6:22.70) 31'15.860" (6:13.90)</i>

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M70 - 5000mRW



Record	Perf	Athlete	Event	Place	Date
Masters ACR 36:08.82	SIN ON IUN	冼安源	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD 36:26.11	CHEUNG KAM CHEUNG	張錦祥	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23



2025/11/22



Start: 12:20



24°C



40%

Final

Pos	Heat/Name Lane	姓名	Bib#/ Team	Result	Remarks
1	1-32 CHAN KUN CHEUNG	陳根祥	700431 HKRWA	37:39.10	

Split: 07:08.32 (7:08.32) 14:37.33 (7:29.01) 22:13.08 (7:35.75) 29:58.84 (7:45.76) 37'39.095" (7:40.16)



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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M70 - 80mH

Record	Perf	Athlete	Event	Place	Date
Masters ACR	19.95	HAJI MATASAN Haji Abdul	Hong Kong Masters Athletics	TKO SG	2017/11/11



2025/11/22



Start: 14:55



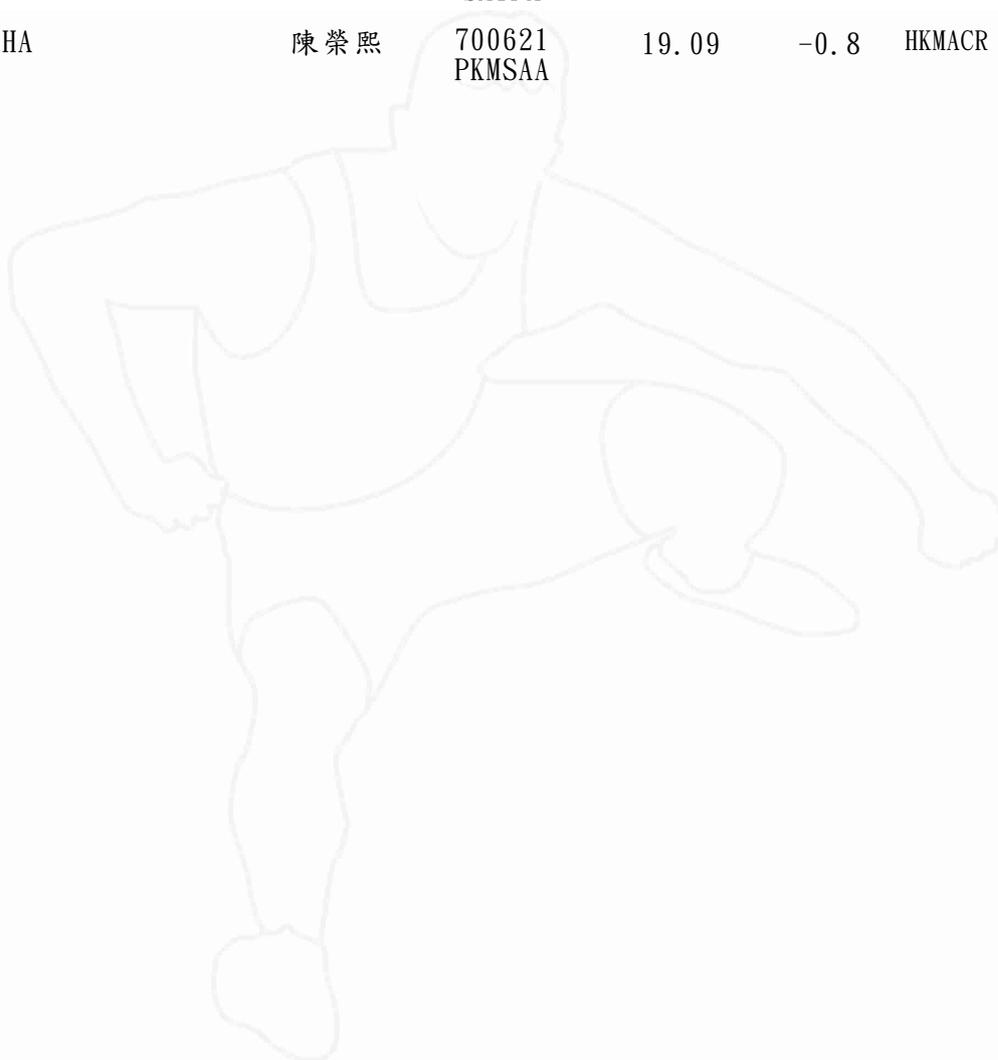
24°C



40%

Final

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-5 ANG WEE TECK	洪偉德	700764 SMTFA	14.57	-0.8	HKMACR
2	1-4 CHAN WING HA	陳榮熙	700621 PKMSAA	19.09	-0.8	HKMACR



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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M70 - Long Jump



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	5.19	MELVIN LARSEN		EUGENE, USA	1994/08/12
Masters ACR	3.19	CHUI HONG SHEUNG 崔康常	The 8th Hong Kong Masters	Wanchai SG	2023/10/27
HKMAC RECORD	3.19	CHUI HONG SHEUNG 崔康常	The 8th Hong Kong Masters	Wanchai SG	2023/10/27



23 2025/11/23



Start: 09:25



21°C



79%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-5	JIN HUI 金輝	700414 DGD	3.82m.	HKMACR	3.78 -0.5	3.82 +0.2	3.70 -0.3
2	1-3	ANG WEE TECK 洪偉德	700764 SMTFA	3.69m.	HKMACR	3.69 +1.0	3.55 +0.7	3.64 +0.2
3	1-4	LIU CHEUK LEUNG 廖卓良	700718 SCAA	3.51m.	HKMACR, R	X	3.35 +0.7	3.51 +1.2
4	1-1	WONG KEE LAM 黃基林	700721 SCAA	2.77m.		X	2.77 -0.6	X
5	1-6	LI WING TONG PETER 李榮棠	700717 SCAA	2.48m.		2.48 +1.9	2.28 +1.0	-
6	1-2	KO ALEX 高量洪	700379 DBSAC	2.23m.		X	2.23 +0.7	-

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M70 - Triple Jump

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	10.75	LAMBERTO BORANGA		SERRAVALLE, IT	2012/11/03



2025/11/22



Start: 11:25



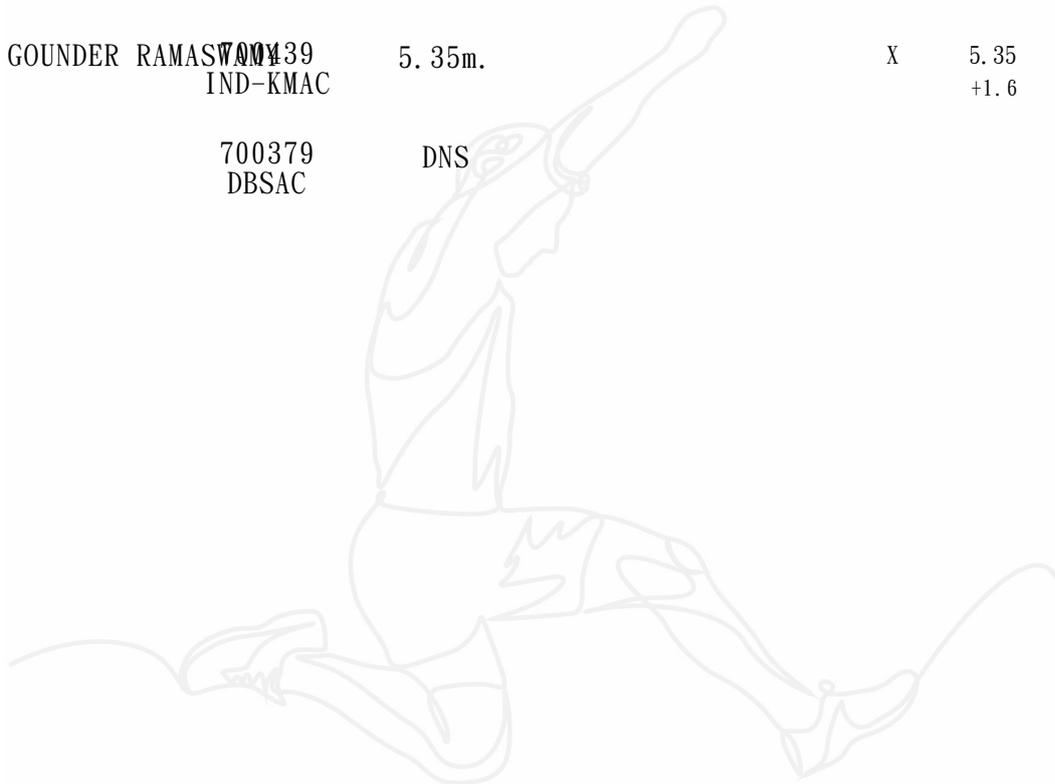
24°C



40%

Final

Pos	Heat/ Name Order	Bib#/ Team	Result	Remarks	1	2	3
1	1-2 ANG WEE TECK 洪偉德	700764 SMTFA	7.88m.		X	7.88 +0.2	X
2	1-4 LIU CHEUK LEUNG 廖卓良	700718 SCAA	7.04m.		X	6.54 +0.9	7.04 +1.1
3	1-1 KUPPANNA GOUNDER RAMASWAMY IND-KMAC	700439	5.35m.		X	5.35 +1.6	X
	1-3 KO ALEX 高量洪	700379 DBSAC	DNS				



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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M70 - Shot Put



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	15.89	KARL-HEINZ MARG		SCHWEINFURT,	2008/07/12
Masters ACR	9.72	RICE Norman	Hong Kong Masters Athletics	Wanchai SG	2015/10/03
HKMAC RECORD	9.72	RICE Norman	Hong Kong Masters Athletics	Wanchai SG	2015/10/03



23 2025/11/23



Start: 14:05



27°C



49%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-2	YAN CHUN YIP 甄進業	700630 PKMSAA	9.00m.		8.16	9.00	8.68
2	1-3	ZHU BAONING 朱葆寧	700772 SZGM	8.54m.		8.47	8.53	8.54
3	1-6	WONG KEE LAM 黃基林	700721 SCAA	7.87m.		7.58	7.73	7.87
4	1-11	KO ALEX 高量洪	700379 DBSAC	7.58m.		7.58	7.53	X
5	1-8	HO TAK CHEUNG 何德長	700623 PKMSAA	7.55m.		7.55	7.25	7.06
6	1-9	KUPPANNA GOUNDER RAMASWAMY IND-KMAC	700139 IND-KMAC	7.48m.		7.12	7.14	7.48
7	1-5	LOK HUNG FAI 駱洪輝	700627 PKMSAA	6.95m.		6.79	6.95	6.53
8	1-1	LIU CHEUK LEUNG 廖卓良	700718 SCAA	6.91m.		6.82	X	6.91
9	1-4	CHAN WING HA 陳榮熙	700621 PKMSAA	6.70m.		6.68	6.70	6.47
10	1-10	RAMU ANNADURAI	700452 IND-NAAA	6.56m.		6.52	6.56	6.05
11	1-7	LAM MAN BUN ALAN 林文彬	700380 DBSAC	5.93m.		5.93	5.61	-

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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主辦機構:



冠名贊助:



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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M70 - Discus Throw



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	55.27	CARMELO RADO		CHIURO, ITA	2007/09/30
Masters ACR	25.99	Cheng Yung Chien 鄭詠謙	Hong Kong Masters Athletics	Diocesan Boys'	2018/10/27
HKMAC RECORD	22.36	CHUI HONG SHEUNG 崔康常	The 8th Hong Kong Masters	Wanchai SG	2023/10/29



2025/11/23



Start: 17:00



25°C



61%

Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-4	WONG KEE LAM 黃基林	700721 SCAA	21.97m.		21.07	x	21.97
2	1-6	YAN CHUN YIP 甄進業	700630 PKMSAA	20.54m.		x	x	20.54
3	1-5	KUPPANNA GOUNDER RAMASWAMI IND-KMAC	700439	20.24m.		20.00	19.10	20.24
4	1-3	KO ALEX 高量洪	700379 DBSAC	20.21m.		20.21	20.08	19.04
5	1-10	ZHU BAONING 朱葆寧	700772 SZGM	20.06m.		20.05	20.06	x
6	1-8	LIU CHEUK LEUNG 廖卓良	700718 SCAA	19.37m.		19.24	18.57	19.37
7	1-2	HO TAK CHEUNG 何德長	700623 PKMSAA	18.53m.		17.33	14.06	18.53
8	1-9	LOK HUNG FAI 駱洪輝	700627 PKMSAA	18.07m.		x	18.07	17.59
9	1-11	LAM MAN BUN ALAN 林文彬	700380 DBSAC	17.79m.		17.23	16.97	17.79
10	1-7	CHAN WING HA 陳榮熙	700621 PKMSAA	15.96m.		x	x	15.96
11	1-1	TSE DAVID KWAI CHE 謝貴枝	700720 SCAA	14.10m.		14.05	14.10	13.38

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



Men's M70 - Javelin Throw



Record	Perf	Athlete	Event	Place	Date
Masters ACR	31.09	Cheng Yung Chien 鄭詠謙	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	28.63	HILL William	Hong Kong Masters Athletics	Wanchai SG	2015/10/03



2025/11/23



Start: 12:00



21°C



79%

Final

Pos	Heat/Name Order	Bib#/ Team	Result	Remarks	1	2	3
1	1-5 WONG KEE LAM 黃基林	700721 SCAA	28.56m.		24.34	25.66	28.56
2	1-9 KO ALEX 高量洪	700379 DBSAC	26.19m.		19.92	26.19	22.32
3	1-3 YAN CHUN YIP 甄進業	700630 PKMSAA	26.07m.		x	22.03	26.07
4	1-7 SOUZA LUIZ ANTONIO	700551 LSCAC	22.00m.		19.98	x	22.00
5	1-10 CHAN WING HA 陳榮熙	700621 PKMSAA	21.92m.		21.92	19.07	x
6	1-6 KUPPANNA GOUNDER RAMASWAMY IND-KMAC	700439	20.98m.		20.98	20.73	20.24
7	1-8 LIU CHEUK LEUNG 廖卓良	700718 SCAA	17.89m.		17.24	17.89	13.39
8	1-11 LOK HUNG FAI 駱洪輝	700627 PKMSAA	17.75m.		17.75	x	15.49
9	1-1 LAM MAN BUN ALAN 林文彬	700380 DBSAC	16.88m.		x	16.88	x
10	1-4 HO TAK CHEUNG 何德長	700623 PKMSAA	16.61m.		16.61	x	16.12
	1-2 TSE DAVID KWAI CHE 謝貴枝	700720 SCAA	NM		x	x	x

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M70 - 4X100m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	51.96	SIMS, BENNETT, COLBERT, LIDA		PHILADELPHIA, 2008/04/25	
Masters ACR	1:05.58	南華體育會	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	1:05.58	南華體育會	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23



2025/11/22



Start: 17:25



24°C



40%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-6	南華體育會 廖卓良, 謝貴枝, 陳沛然, 黃基林		SCAA	1:08.87	
2	1-5	培僑中學校友會 B 陳榮熙, 羅海沙, 羅海曼, 駱洪輝		PKMSAA	1:10.53	
	1-4	培僑中學校友會 A 黃呂, 謝錦榮, 高永餘, 吳文默		PKMSAA	DNS	

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Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M70 - 4X400m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD 4:17.47	SCHEIDT, NEHREN, KLAUS, MÜLLER			LAHTI, FIN	2009/08/08
Masters ACR 6:45.51	培僑中學校友會		The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD 6:45.51	培僑中學校友會		The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

 23 2025/11/23  Start: 17:30  25°C  61%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-6	培僑中學校友會 B 陳榮熙, 羅海沙, 羅海曼, 駱洪輝		PKMSAA	6:38.77	HKMACR, R
2	1-4	南華體育會 廖卓良, 謝貴枝, 梁蘇強, 潘志華		SCAA	6:47.96	
3	1-5	培僑中學校友會 A 張玉子, 梁錦賢, 羅耀章, 徐鴻翔		PKMSAA	10:56.27	

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