

# Hong Kong Masters Athletics Club

## The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



### Women's W45 - 100m



100m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	11.34	MERLENE OTTEY		GLASGOW, GBR	2008/08/12
	Masters ACR	13.93	YAU GLORY 丘翠芬	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
	HKMAC RECORD	13.93	YAU GLORY 丘翠芬	The 8th Hong Kong Masters	Wanchai SG	2023/10/29



2025/11/22



Start: 10:10



15°C



62%

### Final 1 /2

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-3 TONG LING SHUM GRACE	湯靈心	450878 BAC	14.54	+0.6	
2	1-6 LAW CHUI HA JOANNE	羅翠霞	451147 SCAA	15.41	+0.6	
3	1-4 TSE MAGGIE MAN KEE	謝敏姬	450987 DBSAC	16.66	+0.6	
4	1-5 HO CHUNG YEE JOANNIE	何頌沂	451146 SCAA	16.74	+0.6	
	1-7 WONG NIM SZE	黃念詩	451211 WYK	DNS		

### Final 2 /2

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	W/S	Remarks
1	2-5 NG CHI YING	伍智盈	451148 SCAA	14.39	+0.6	
2	2-3 WONG CHOR KWAN JOYCE	王楚君	450879 BAC	15.13	+0.6	
3	2-7 CHAN YU KI	陳于琪	450948 DART	15.55	+0.6	
4	2-4 YEUNG YAN YAN ANNETTE	楊欣欣	450882 BAC	15.87	+0.6	
	2-6 BINDUMOL GANESH		451074 IND-BG	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

主辦機構:



冠名贊助:



協辦機構:



支持媒體:



# Hong Kong Masters Athletics Club

## The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



### Women's W45 - 100m

100m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	11.34	MERLENE OTTEY		GLASGOW, GBR	2008/08/12
	Masters ACR	13.93	YAU GLORY 丘翠芬	The 8th Hong Kong Masters	Wanchai SG	2023/10/29
	HKMAC RECORD	13.93	YAU GLORY 丘翠芬	The 8th Hong Kong Masters	Wanchai SG	2023/10/29

22 2025/11/22 Start: 10:10 15°C 62%

### Summary

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	W/S	Remarks
1	2-5 NG CHI YING	伍智盈	451148 SCAA	14.39	+0.6	
2	1-3 TONG LING SHUM GRACE	湯靈心	450878 BAC	14.54	+0.6	
3	2-3 WONG CHOR KWAN JOYCE	王楚君	450879 BAC	15.13	+0.6	
4	1-6 LAW CHUI HA JOANNE	羅翠霞	451147 SCAA	15.41	+0.6	
5	2-7 CHAN YU KI	陳于琪	450948 DART	15.55	+0.6	
6	2-4 YEUNG YAN YAN ANNETTE	楊欣欣	450882 BAC	15.87	+0.6	
7	1-4 TSE MAGGIE MAN KEE	謝敏姬	450987 DBSAC	16.66	+0.6	
8	1-5 HO CHUNG YEE JOANNIE	何頌沂	451146 SCAA	16.74	+0.6	
	1-7 WONG NIM SZE	黃念詩	451211 WYK	DNS		
	2-6 BINDUMOL GANESH		451074 IND-BG	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



### Women's W45 - 200m

200m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	23.82	MERLENE OTTEY		BaNSKA	2006/08/27
	Masters ACR	28.62	YAU GLORY 丘翠芬	The 8th Hong Kong Masters	Wanchai SG	2023/10/28
	HKMAC RECORD	28.62	YAU GLORY 丘翠芬	The 8th Hong Kong Masters	Wanchai SG	2023/10/28

23 2025/11/23 Start: 10:15 21°C 79%

### Final 1 /2

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-7 TONG LING SHUM GRACE	湯靈心	450878 BAC	30.99	+0.7	
2	1-3 TSE MAGGIE MAN KEE	謝敏姬	450987 DBSAC	33.51	+0.7	
3	1-8 WONG PUI SZE	黃佩詩	450881 BAC	36.16	+0.7	
	1-4 MA VINCI	馬懷思	450877 BAC	DNS		
	1-5 BINDUMOL GANESH		451074 IND-BG	DNS		
	1-6 CHENG CHOI MUI	鄭彩梅	451145 SCAA	DNS		

### Final 2 /2

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	W/S	Remarks
1	2-4 NG CHI YING	伍智盈	451148 SCAA	30.90	-0.1	
2	2-7 CHENG YUEN TING	鄭婉婷	450981 DBSAC	32.52	-0.1	
3	2-3 LAW CHUI HA JOANNE	羅翠霞	451147 SCAA	32.94	-0.1	
	2-5 WONG NIM SZE	黃念詩	451211 WYK	DNS		
	2-6 HAN WING YEE	韓穎怡	450950 DART	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

主辦機構:



冠名贊助:



協辦機構:



支持媒體:



LOMATTERS

# Hong Kong Masters Athletics Club

## The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



### Women's W45 - 200m

200m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	23.82	MERLENE OTTEY		BaNSKA	2006/08/27
	Masters ACR	28.62	YAU GLORY 丘翠芬	The 8th Hong Kong Masters	Wanchai SG	2023/10/28
	HKMAC RECORD	28.62	YAU GLORY 丘翠芬	The 8th Hong Kong Masters	Wanchai SG	2023/10/28



2025/11/23



Start: 10:15



21°C



79%

### Summary

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	W/S	Remarks
1	2-4 NG CHI YING	伍智盈	451148 SCAA	30.90	-0.1	
2	1-7 TONG LING SHUM GRACE	湯靈心	450878 BAC	30.99	+0.7	
3	2-7 CHENG YUEN TING	鄭婉婷	450981 DBSAC	32.52	-0.1	
4	2-3 LAW CHUI HA JOANNE	羅翠霞	451147 SCAA	32.94	-0.1	
5	1-3 TSE MAGGIE MAN KEE	謝敏姬	450987 DBSAC	33.51	+0.7	
6	1-8 WONG PUI SZE	黃佩詩	450881 BAC	36.16	+0.7	
	1-4 MA VINCI	馬懷思	450877 BAC	DNS		
	1-5 BINDUMOL GANESH		451074 IND-BG	DNS		
	1-6 CHENG CHOI MUI	鄭彩梅	451145 SCAA	DNS		
	2-5 WONG NIM SZE	黃念詩	451211 WYK	DNS		
	2-6 HAN WING YEE	韓穎怡	450950 DART	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

主辦機構:



冠名贊助:



協辦機構:



支持媒體:



LOMATTERS

# Hong Kong Masters Athletics Club

## The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



### Women's W45 - 400m



400m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	56.14	ANGELA HENRY-NOTT		AMES, USA	2021/07/23
	Masters ACR	1:09.90	YAU TSUI FUN 丘翠芬			2022/12/04
	HKMAC RECORD	1:09.90	YAU TSUI FUN 丘翠芬			2022/12/04



2025/11/22



Start: 15:25



24°C



40%

### Final 1 <sup>1</sup>/<sub>2</sub>

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-6	LAM KIT SUM	林潔心	451080 LSCAC	1:10.28	
2	1-7	LOK HO SIN	樂可羨	450986 DBSAC	1:13.88	
3	1-3	BAINBRIDGE HANNAH MARY		450851 AVOHK	1:14.07	
4	1-5	CHENG YUEN TING	鄭婉婷	450981 DBSAC	1:14.88	
5	1-8	CHAN HOI KA	陳皚嘉	450978 DBSAC	1:22.08	
	1-4	BINDUMOL GANESH		451074 IND-BG	DNS	

### Final 2 <sup>1</sup>/<sub>2</sub>

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	2-7	CHAN YU KI	陳于琪	450948 DART	1:16.66	
2	2-5	LAW CHUI HA JOANNE	羅翠霞	451147 SCAA	1:19.10	
3	2-6	MA VINCI	馬懷思	450877 BAC	1:24.28	
4	2-3	WONG PUI SZE	黃佩詩	450881 BAC	1:27.18	
	2-4	HO CHUNG YEE JOANNIE	何頌沂	451146 SCAA	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

主辦機構:



冠名贊助:



協辦機構:



支持媒體:



# Hong Kong Masters Athletics Club

## The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



### Women's W45 - 400m

400m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	56.14	ANGELA HENRY-NOTT		AMES, USA	2021/07/23
	Masters ACR	1:09.90	YAU TSUI FUN 丘翠芬			2022/12/04
	HKMAC RECORD	1:09.90	YAU TSUI FUN 丘翠芬			2022/12/04

 22 2025/11/22
  Start: 15:25
  24°C
  40%

### Summary

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-6	LAM KIT SUM	林潔心	451080 LSCAC	1:10.28	
2	1-7	LOK HO SIN	樂可羨	450986 DBSAC	1:13.88	
3	1-3	BAINBRIDGE HANNAH MARY		450851 AVOHK	1:14.07	
4	1-5	CHENG YUEN TING	鄭婉婷	450981 DBSAC	1:14.88	
5	2-7	CHAN YU KI	陳于琪	450948 DART	1:16.66	
6	2-5	LAW CHUI HA JOANNE	羅翠霞	451147 SCAA	1:19.10	
7	1-8	CHAN HOI KA	陳皚嘉	450978 DBSAC	1:22.08	
8	2-6	MA VINCI	馬懷思	450877 BAC	1:24.28	
9	2-3	WONG PUI SZE	黃佩詩	450881 BAC	1:27.18	
	1-4	BINDUMOL GANESH		451074 IND-BG	DNS	
	2-4	HO CHUNG YEE JOANNIE	何頌沂	451146 SCAA	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



### Women's W45 - 800m

800m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	2:02.82	YEKATERINA PODKOPAYEVA		MOSCOW, RUS	1998/06/26
	Masters ACR	2:41.80	BAINBRIDGE HANNAH	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
	HKMAC RECORD	2:41.80	BAINBRIDGE HANNAH	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

2025/11/23 Start: 15:40 27°C 49%

### Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-1	CHAN HOI KA	陳煒嘉	450978 DBSAC	3:18.17	
2	1-4	MA VINCI	馬懷思	450877 BAC	3:28.44	
3	1-4	WONG PUI SZE	黃佩詩	450881 BAC	3:43.25	
4	1-1	YU HIU MAN	余曉敏	450989 DBSAC	4:08.20	
	1-3	BAINBRIDGE HANNAH MARY		450851 AVOHK	DNS	
	1-5	CHINNASWAMY VINODHINI		451073 IND-Ban	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



### Women's W45 - 1500m

1500m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	4:05.44	YEKATERINA PODKOPAYEVA		MOSCOW, RUS	1998/08/03
	Masters ACR	6:41.21	BEJUNA FELY	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27
	HKMAC RECORD	6:41.21	BEJUNA FELY	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27



22 2025/11/22



Start: 08:40



15°C



62%

### Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-23	LOK HO SIN	樂可羨	450986 DBSAC	5:48.93	HKMACR, R
2	1-21	CHAN HOI KA	陳皚嘉	450978 DBSAC	6:44.29	
3	1-22	CHENG KIT MAN	鄭潔文	451205 WAC	6:54.17	
4	1-18	SIN CHUNG FONG	冼重芳	450951 DART	7:18.02	
5	1-20	CHENG SIU LAI	鄭少麗	450949 DART	7:20.62	
	1-16	HUNG HOI KWAN ALMA	洪凱君	451031 GHSAC	DNS	
	1-17	CHENG YUEN TING	鄭婉婷	450981 DBSAC	DNS	
	1-19	LAI SUK YEE	黎淑儀	450984 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

主辦機構:



冠名贊助:



協辦機構:



支持媒體:



LOMATTERS

# Hong Kong Masters Athletics Club

## The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



### Women's W45 - 5000m

5000m	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD 15:55.71		NICOLE LEVEQUE		ANGERS, FRA	1996/06/01
	Masters ACR 20:09.62		GOTTSCHALK KATRIN SABINE	The 8th Hong Kong Masters	Wanchai SG	2023/10/27
	HKMAC RECORD 20:09.62		GOTTSCHALK KATRIN SABINE	The 8th Hong Kong Masters	Wanchai SG	2023/10/27

23 2025/11/23 Start: 11:35 21°C 79%

### Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-15	LAI WAI MAN IMAN	賴慧雯	451137 RMAC	21:42.41	<i>Split: 04:11.56 (4:11.56) 08:27.22 (4:15.67) 12:48.81 (4:21.58) 17:15.80 (4:26.99) 21'42.403" (4:26.20)</i>
2	1-19	HO CHUNG YEE JOANNIE	何頌沂	451146 SCAA	21:45.79	<i>Split: 04:09.95 (4:09.95) 08:32.43 (4:22.49) 12:55.34 (4:22.90) 17:24.56 (4:29.23) 21'45.783" (4:20.43)</i>
3	1-22	WONG IRENE	黃愛蓮	451138 RMAC	22:34.78	<i>Split: 04:23.59 (4:23.59) 08:52.66 (4:29.08) 13:29.24 (4:36.57) 18:07.60 (4:38.36) 22'34.776" (4:26.40)</i>
4	1-17	CHENG KIT MAN	鄭潔文	451205 WAC	24:55.45	<i>Split: 04:24.23 (4:24.23) 09:33.77 (5:09.55) 14:47.90 (5:14.12) 19:57.97 (5:10.07) 24'55.441" (4:57.03)</i>
5	1-21	LAI SUK YEE	黎淑儀	450984 DBSAC	25:47.13	<i>Split: 04:48.58 (4:48.58) 09:50.27 (5:01.69) 15:06.41 (5:16.14) 20:34.07 (5:27.67) 25'47.124" (5:12.92)</i>
	1-16	TSANG KA YAN	曾嘉茵	451149 SCAA	DNS	
	1-18	LEE LI	李莉	450985 DBSAC	DNS	
	1-20	HUNG HOI KWAN ALMA	洪凱君	451031 GHSAC	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

主辦機構:



冠名贊助:



協辦機構:



支持媒體:



LOMATTERS

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



Women's W45 - 5000mRW

5000mRW	Record	Perf	Athlete	Event	Place	Date
	Masters ACR 31:46.39		WONG PUI SHAN 黃佩珊	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27
	HKMAC RECORD 31:46.39		WONG PUI SHAN 黃佩珊	The 8th HONG KONG MASTERS	Wanchai Sports	2023/10/27



2025/11/22



Start: 11:30



24°C



40%

Final

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	Remarks
1	1-8 NG SAU MAN	吳秀雯	451177 SHTB	29:00.59	HKMACR, R <i>Split: 05:42.21 (5:42.21) 11:37.15 (5:54.94) 17:35.10 (5:57.95) 23:24.91 (5:49.82) 29'00.587" (5:35.08)</i>
2	1-7 YU HIU MAN	余曉敏	450989 DBSAC	34:09.40	<i>Split: 06:44.96 (6:44.96) 13:36.75 (6:51.79) 20:29.07 (6:52.32) 27:27.90 (6:58.84) 34'09.393" (6:41.09)</i>
3	1-6 LEE LI	李莉	450985 DBSAC	34:14.16	<i>Split: 06:39.09 (6:39.09) 13:36.86 (6:57.78) 20:33.65 (6:56.78) 27:31.11 (6:57.46) 34'14.151" (6:42.89)</i>
4	1-9 WOO YUEN MEI	胡婉媚	451064 HKRWA	35:34.44	<i>Split: 06:41.76 (6:41.76) 13:50.48 (7:08.72) 21:04.88 (7:14.40) 28:22.26 (7:17.39) 35'34.439" (7:11.73)</i>
5	1-10 CHENG SIU LAI	鄭少麗	450949 DART	38:02.76	<i>Split: 07:48.54 (7:48.54) 15:33.85 (7:45.31) 23:13.21 (7:39.36) 30:43.93 (7:30.73) 38'02.751" (7:18.06)</i>
6	1-11 WONG PUI SZE	黃佩詩	450881 BAC	41:32.54	<i>Split: 07:22.60 (7:22.60) 15:32.67 (8:10.07) 24:12.58 (8:39.91) 33:00.50 (8:47.93) 41'32.535" (8:31.49)</i>
	1-5 CHAN PUI YU	陳沛瑜	450979 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

主辦機構:



冠名贊助:



協辦機構:



支持媒體:



# Hong Kong Masters Athletics Club

## The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



### Women's W45 - 80mH



80mH	Record	Perf	Athlete	Event	Place	Date
WMA RECORD	11.51		CHRISTINE MÜLLER		RANDERS, DEN	2004/07/22
Masters ACR	15.03		WONG CHOR KWAN JOYCE 王楚君	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	15.03		WONG CHOR KWAN JOYCE 王楚君	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23



22 2025/11/22



Start: 14:40



24°C



40%

### Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-8	CHEUNG LAI YEE OLIVER	張麗兒	451078 LSCAC	15.26	+0.4	
2	1-1	WONG CHOR KWAN JOYCE	王楚君	450879 BAC	15.40	+0.4	



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:



支持媒體:



# Hong Kong Masters Athletics Club

## The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



### Women's W45 - 400mH



400mH	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD 1:02.85		BARBARA GÄHLING		KAISERSLAUTERN2010/06/27	
	Masters ACR 1:34.22		LIU ADA 廖慧琦	The 9th HONG KONG MASTERS	Tseung Kwan O 2024/11/23	
	HKMAC RECORD 1:46.57		MA VINCI 馬懷思	The 9th HONG KONG MASTERS	Tseung Kwan O 2024/11/23	



23 2025/11/23



Start: 14:45



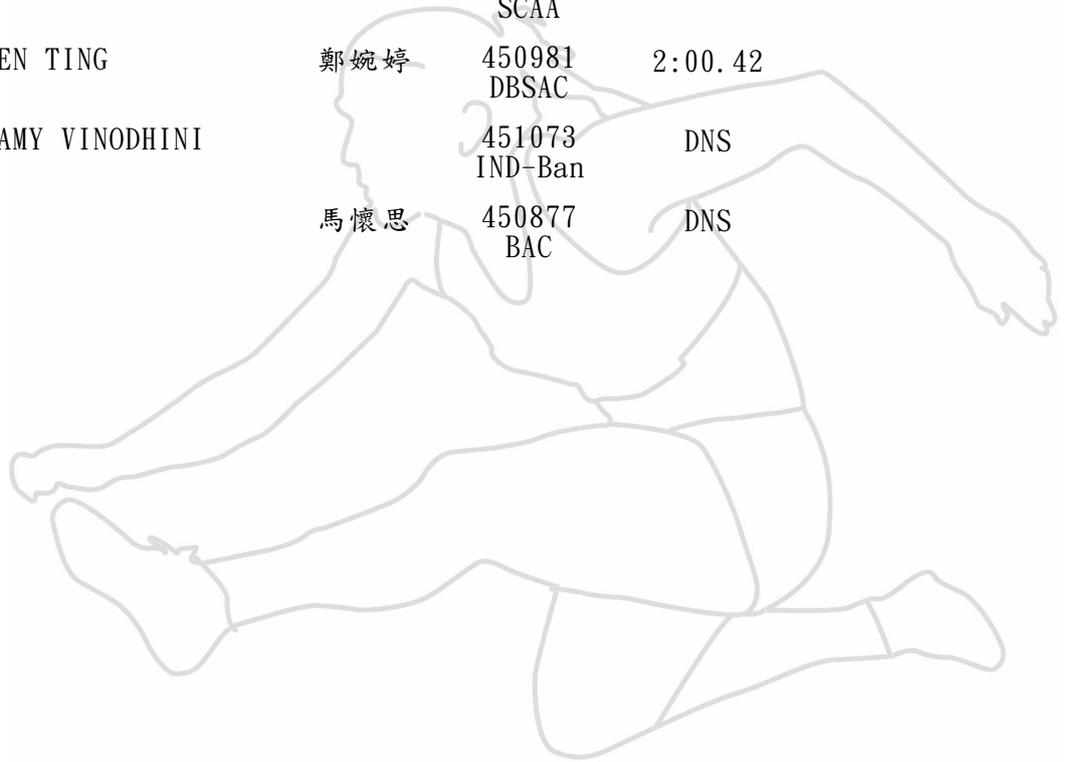
27°C



49%

### Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-3	CHEUNG LAI YEE OLIVER	張麗兒	451078 LSCAC	1:24.63	HKMACR, R
2	1-7	LAW CHUI HA JOANNE	羅翠霞	451147 SCAA	1:36.68	R
3	1-2	CHENG YUEN TING	鄭婉婷	450981 DBSAC	2:00.42	
	1-1	CHINNASWAMY VINODHINI		451073 IND-Ban	DNS	
	1-8	MA VINCI	馬懷思	450877 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  
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:



支持媒體:



# Hong Kong Masters Athletics Club

## The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



### Women's W45 - 2000mSC



2025/11/23



Start: 08:40



21°C



79%

### Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-6	NG HOI KEI	吳凱琪	451091 PKMSAA	13:11.81	
<i>Split: 06:19.94 (6:19.95) 13'11.801 (6:51.05)</i>						
	1-7	LAW CHUI HA JOANNE	羅翠霞	451147 SCAA	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

主辦機構:



冠名贊助:



協辦機構:



支持媒體:



LOMATTERS

# Hong Kong Masters Athletics Club

## The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



### Women's W45 - Long Jump



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	5.62	KRIEMHILD MANN		OSTERODE, GER	2012/04/28
Masters ACR	4.05	Choi Hiu Nam 蔡曉嵐	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	4.05	Choi Hiu Nam 蔡曉嵐	Hong Kong Masters Athletics	TKO SG	2018/10/27



22 2025/11/22



Start: 10:20



15°C



62%

### Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-11	WONG CHOR KWAN JOYCE 王楚君	450879 BAC	4.05m.	=HKMACR, =R	3.49 +1.6	3.65 +0.2	4.05 +1.8
2	1-7	WONG ON KI 黃安琪	450880 BAC	3.77m.		3.73 -0.3	3.33 +1.1	3.77 +0.9
3	1-12	NG CHI YING 伍智盈	451148 SCAA	3.70m.		3.70 +0.1	3.56 +1.7	3.60 +1.4
4	1-4	TSANG TSZ YAN WINNIE 曾子欣	451093 PKMSAA	3.34m.		3.34 -0.5	3.00 +1.1	3.27 0.0
5	1-3	CHAN HOI KA 陳皚嘉	450978 DBSAC	3.27m.		2.96 +1.7	3.27 +0.1	2.85 -0.3
6	1-1	YEUNG YAN YAN ANNETTE 楊欣欣	450882 BAC	3.06m.		2.82 +2.0	2.91 +0.4	3.06 +1.8
7	1-5	CHENG CHOI MUI 鄭彩梅	451145 SCAA	2.93m.		2.81 -0.4	2.93 +2.0	2.79 +0.2
	1-2	CHAN PUI YU 陳沛瑜	450979 DBSAC	DNS				
	1-6	BINDUMOL GANESH	451074 IND-BG	DNS				
	1-8	LIU LINGLING 劉齡	450853 AVOHK	DNS				
	1-9	WONG HING YEE HANNAH 黃馨儀	450952 DART	DNS				
	1-10	NG WAI YAN ADA 伍惠恩	451209 WYK	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

主辦機構:



冠名贊助:



協辦機構:



支持媒體:



# Hong Kong Masters Athletics Club

## The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



### Women's W45 - Triple Jump

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	12.30	BARBARA LAH		SAN BIAGIO DI	2019/05/11

2025/11/22 Start: 13:05 24°C 40%

### Final

Pos	Heat/ Name Order	Bib#/ Team	Result	Remarks	1	2	3
1	1-3 CHAN HOI KA 陳煒嘉	450978 DBSAC	5.52m.		x	5.14 +1.2	5.52 +2.7
2	1-6 CHENG YUEN TING 鄭婉婷	450981 DBSAC	4.98m.		x	4.30 +1.3	4.98 +1.1
3	1-4 LAI SUK YEE 黎淑儀	450984 DBSAC	4.50m.		4.20 +0.5	4.50 +0.4	x
4	1-5 YU HIU MAN 余曉敏	450989 DBSAC	3.76m.		3.76 +1.8	3.71 +0.4	r
	1-1 LIU LINGLING 劉齡	450853 AVOHK	DNS				
	1-2 CHAN PUI YU 陳沛瑜	450979 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



### Women's W45 - Shot Put

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	16.95	ZDENKA SILHAVA		OSTRAVA, CZE	1999/06/26
Masters ACR	8.76	HUNG WENDY 洪麗康	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	8.76	HUNG WENDY 洪麗康	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23



2025/11/23



Start: 08:20



21°C



79%

### Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-4	LAM WAI LING ROY 林慧玲	451196 TCAA	7.58m.		7.27	6.45	7.58
2	1-15	TANG HANG KEI 鄧蘅璣	451134 PoliceAC	6.98m.		5.63	6.95	6.98
3	1-16	KWAN SZE PUI BETTY 關詩蓓	450983 DBSAC	6.91m.		6.51	6.91	6.50
4	1-7	HAN WING YEE 韓穎怡	450950 DART	6.32m.		6.32	6.05	5.61
5	1-19	MA VINCI 馬懷思	450877 BAC	5.83m.		5.83	5.47	4.86
6	1-17	YEH TSUEN TSUEN RITA 葉蓁蓁	450988 DBSAC	5.65m.		5.49	x	5.65
7	1-8	KAN ELCO 簡杏芳	450852 AVOHK	5.40m.		5.03	5.40	5.37
8	1-6	CHAO TSZ KWAN JOLIE 趙芷筠	450980 DBSAC	5.35m.		5.35	5.17	4.98
9	1-14	LAM CHI WAN JOANNE LSCAC	451079 LSCAC	5.32m.		4.98	4.99	5.32
10	1-11	TANG SZE MAN 鄧思敏	451033 GHSAC	5.10m.		5.10	5.02	4.74
11	1-18	CHAN HOI KA 陳皚嘉	450978 DBSAC	4.96m.		x	4.54	4.96
12	1-2	LEUNG CARRIE MO KIT 梁慕潔	451032 GHSAC	4.57m.		3.98	4.25	4.57
	1-1	HUNG WENDY 洪麗康	450982 DBSAC	DNS				
	1-3	LEE LI 李莉	450985 DBSAC	DNS				
	1-5	CHAN PUI YU 陳沛瑜	450979 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

主辦機構:



冠名贊助:



協辦機構:



支持媒體:



LOMATTERS

# Hong Kong Masters Athletics Club

## The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



### Women's W45 - Shot Put



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	16.95	ZDENKA SILHAVA		OSTRAVA, CZE	1999/06/26
Masters ACR	8.76	HUNG WENDY 洪麗康	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	8.76	HUNG WENDY 洪麗康	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23



2025/11/23



Start: 08:20



21°C



79%

### Final

Pos	Heat/ Name Order	Bib#/ Team	Result	Remarks	1	2	3
1-9	BINDUMOL GANESH	451074 IND-BG	DNS				
1-10	WONG CHOR KWAN JOYCE 王楚君	450879 BAC	DNS				
1-12	YU HIU MAN 余曉敏	450989 DBSAC	DNS				
1-13	WONG PUI SZE 黃佩詩	450881 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  
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:



支持媒體:



# Hong Kong Masters Athletics Club

## The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



### Women's W45 - Discus Throw



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	64.09	ZDENKA SILHAVA		PARDOBICE, CZE	1999/08/11
Masters ACR	25.85	CHAN Ling Kuen 陳玲娟	Hong Kong Masters Athletics	TKO SG	2017/11/11
HKMAC RECORD	25.85	CHAN Ling Kuen 陳玲娟	Hong Kong Masters Athletics	TKO SG	2017/11/11



2025/11/22



Start: 16:15



24°C



40%

### Final

Pos	Heat/ Name Order	Bib#/ Team	Result	Remarks	1	2	3
1	1-14 LAM WAI LING ROY 林慧玲	451196 TCAA	22.70m.		18.44	X	22.70
2	1-15 KWAN SZE PUI BETTY 關詩蓓	450983 DBSAC	21.75m.		18.95	18.51	21.75
3	1-4 LAM CHI WAN JOANNE LSCAC	451079 LSCAC	19.33m.		17.80	18.01	19.33
4	1-8 TANG HANG KEI 鄧蘅璣	451134 PoliceAC	19.10m.		16.71	18.93	19.10
5	1-7 YEUNG YAN YAN ANNETTE 楊欣欣	450882 BAC	17.05m.		17.05	15.52	15.28
6	1-3 LUI WAN YIN 呂韻妍	451133 PoliceAC	17.03m.		17.03	16.41	X
7	1-10 SIN CHUNG FONG 冼重芳	450951 DART	16.82m.		15.59	14.79	16.82
8	1-6 YEH TSUEN TSUEN RITA 葉蓁蓁	450988 DBSAC	15.59m.		X	14.10	15.59
9	1-2 LEE LI 李莉	450985 DBSAC	14.80m.		14.10	X	14.80
10	1-1 TANG SZE MAN 鄧思敏	451033 GHSAC	13.42m.		X	12.10	13.42
11	1-17 YU HIU MAN 余曉敏	450989 DBSAC	12.43m.		X	12.43	10.78
	1-9 MA VINCI 馬懷思	450877 BAC	NM		X	X	X
	1-12 CHAN HOI KA 陳皚嘉	450978 DBSAC	NM		X	X	X
	1-5 CHINNASWAMY VINODHINI IND-Ban	451073 IND-Ban	DNS				
	1-11 CHAN PUI YU 陳沛瑜	450979 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

主辦機構:



冠名贊助:



協辦機構:



支持媒體:



# Hong Kong Masters Athletics Club

## The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



### Women's W45 - Discus Throw



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	64.09	ZDENKA SILHAVA		PARDUBICE, CZE	1999/08/11
Masters ACR	25.85	CHAN Ling Kuen 陳玲娟	Hong Kong Masters Athletics	TKO SG	2017/11/11
HKMAC RECORD	25.85	CHAN Ling Kuen 陳玲娟	Hong Kong Masters Athletics	TKO SG	2017/11/11



2025/11/22



Start: 16:15



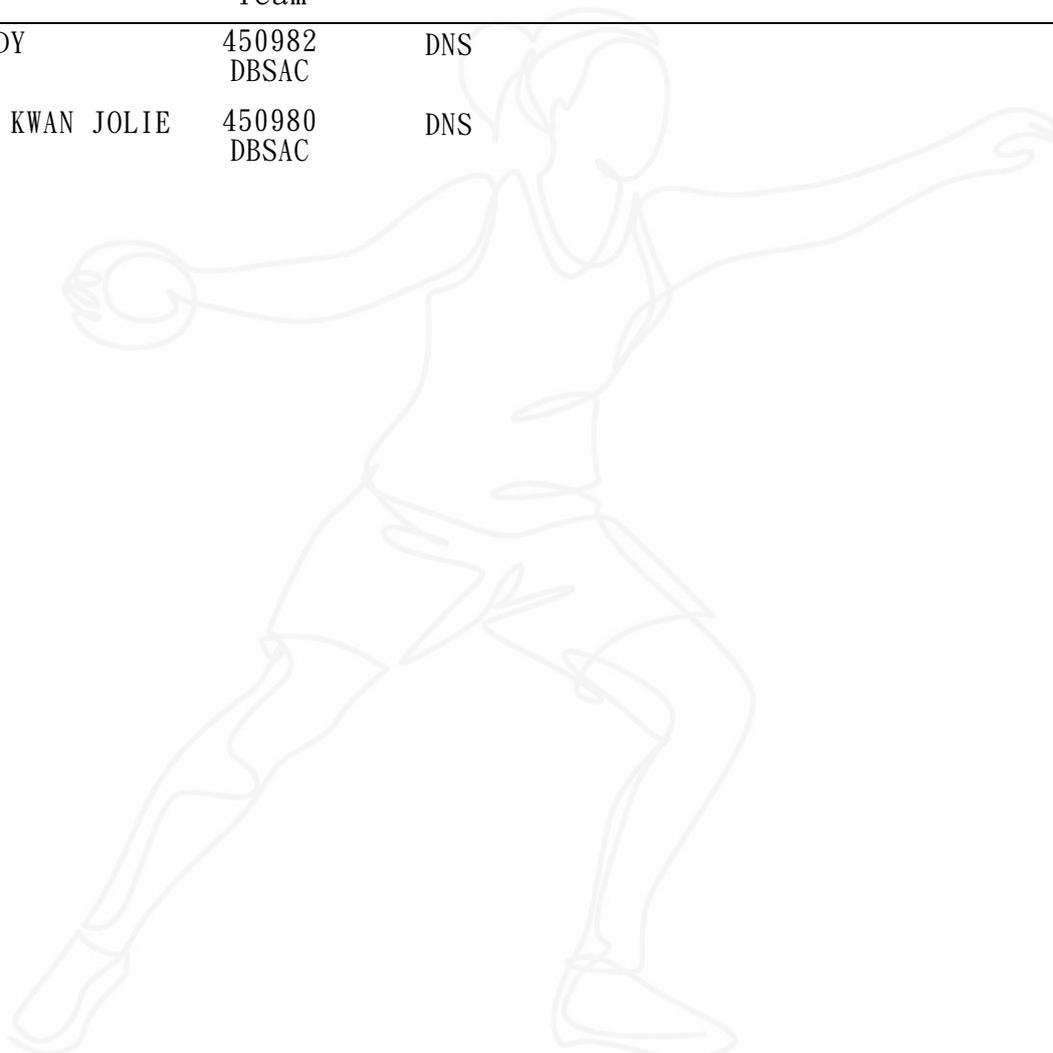
24°C



40%

### Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1-13		HUNG WENDY 洪麗康	450982 DBSAC	DNS				
1-16		CHAO TSZ KWAN JOLIE 趙芷筠	450980 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

主辦機構:



冠名贊助:



協辦機構:



支持媒體:



LOMATTERS

# Hong Kong Masters Athletics Club

## The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



### Women's W45 - Javelin Throw



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	50.47	ELISABETH WALLANDER		HELSINGBORG,	2005/08/21
Masters ACR	27.87	Hui Wing Kei Vicky 許穎琪	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	27.87	Hui Wing Kei Vicky 許穎琪	Hong Kong Masters Athletics	TKO SG	2018/10/27



23 2025/11/23



Start: 13:25



21°C



79%

### Final

Pos	Heat/Order	Name	Bib#/Team	Result	Remarks	1	2	3
1	1-1	LAM CHI WAN JOANNE	451079 LSCAC	21.03m.		20.76	19.60	21.03
2	1-15	CHAN CAROL 陳祉霖	451029 GHSAC	18.65m.		16.28	18.65	14.54
3	1-14	LUI WAN YIN 呂韻妍	451133 PoliceAC	18.56m.		18.56	18.52	15.36
4	1-9	YEH TSUEN TSUEN RITA 葉蓁蓁	450988 DBSAC	18.18m.		16.67	18.18	16.61
5	1-8	YEUNG YAN YAN ANNETTE 楊欣欣	450882 BAC	14.00m.		14.00	13.14	11.92
6	1-6	MA VINCI 馬懷思	450877 BAC	12.71m.		12.71	11.58	9.87
7	1-3	KWAN SZE PUI BETTY 關詩蓓	450983 DBSAC	11.84m.		x	10.65	11.84
8	1-12	CHAN HOI KA 陳皚嘉	450978 DBSAC	10.85m.		9.67	10.79	10.85
9	1-16	CHENG YUEN TING 鄭婉婷	450981 DBSAC	10.79m.		9.55	10.09	10.79
10	1-4	CHEUNG KA YEE CRYSTAL 張嘉儀	451030 GHSAC	10.32m.		x	10.32	x
11	1-5	TANG SZE MAN 鄧思敏	451033 GHSAC	9.56m.		x	8.36	9.56
12	1-2	LEE LI 李莉	450985 DBSAC	9.02m.		x	x	9.02
13	1-11	YU HIU MAN 余曉敏	450989 DBSAC	8.40m.		8.12	8.40	8.24
14	1-7	LEUNG CARRIE MO KIT 梁慕潔	451032 GHSAC	6.97m.		x	6.97	x
15	1-13	FU BUI SE ISABELLA 傅貝詩	450875 BAC	4.98m.		4.98	r	-

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:



支持媒體:



# Hong Kong Masters Athletics Club

## The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



### Women's W45 - Javelin Throw



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	50.47	ELISABETH WALLANDER		HELSINGBORG,	2005/08/21
Masters ACR	27.87	Hui Wing Kei Vicky 許穎琪	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	27.87	Hui Wing Kei Vicky 許穎琪	Hong Kong Masters Athletics	TKO SG	2018/10/27



23 2025/11/23



Start: 13:25



21°C



79%

### Final

Pos	Heat/ Name Order	Bib#/ Team	Result	Remarks	1	2	3
1-10	CHINNASWAMY VINODHINI	451073 IND-Ban	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

主辦機構:



冠名贊助:



協辦機構:



支持媒體:



LOMATTERS

# Hong Kong Masters Athletics Club

## The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



### Women's W45 - 4X100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	48.92	MOTTI, BRIMS, FORSTER, MOGENTA		BRISBANE, AUS	2011/04/23
Masters ACR	58.72	Singapore	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	58.90	赤道體育會 (A)	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

22 2025/11/22 Start: 17:05 24°C 40%

### Final 1 2

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-5	喇沙書院田徑會 張麗兒, 蔡曉嵐, 杜燕珊, 林潔心		LSCAC	1:01.22	
2	1-7	赤道體育會 A 湯靈心, 王楚君, 李雯茵, 黃安琪		BAC	1:01.81	
3	1-3	達強田徑會 黃馨儀, 陳于琪, 韓穎怡, 冼重芳		DART	1:05.59	
4	1-4	拔萃男書院田徑會 B 余曉敏, 李莉, 黎淑儀, 畢麗君		DBSAC	1:15.99	
	1-6	香港元老田徑		AVOHK	DNS	

### Final 2 2

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	2-7	拔萃男書院田徑會 A 謝敏姬, 鄭婉婷, 樂可羨, 陳暄嘉		DBSAC	1:03.10	
2	2-4	南華體育會 鄭彩梅, 何頌沂, 羅翠霞, 伍智盈		SCAA	1:03.63	
3	2-6	培僑中學校友會 吳凱琪, 王碧惠, 龍惠蘭, 關寶儀		PKMSAA	1:07.78	
4	2-5	赤道體育會 B 楊欣欣, 黃佩詩, 陳巖慧心, 馬懷思		BAC	1:09.36	

DQ=Disqualified 取消比賽資格 DNS=Did not Start 未有出賽 DNF=Did not Finish 未能完成比賽 NM=No Mark 無有效跳/擲成績  
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



### Women's W45 - 4X100m

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	48.92	MOTTI, BRIMS, FORSTER, MOGENTA		BRISBANE, AUS	2011/04/23
Masters ACR	58.72	Singapore	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23
HKMAC RECORD	58.90	赤道體育會 (A)	The 9th HONG KONG MASTERS	Tseung Kwan O	2024/11/23

22 2025/11/22 Start: 17:05 24°C 40%

### Summary

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-5	喇沙書院田徑會 張麗兒, 蔡曉嵐, 杜燕珊, 林潔心		LSCAC	1:01.22	
2	1-7	赤道體育會 A 湯靈心, 王楚君, 李雯茵, 黃安琪		BAC	1:01.81	
3	2-7	拔萃男書院田徑會 A 謝敏姬, 鄭婉婷, 樂可羨, 陳暄嘉		DBSAC	1:03.10	
4	2-4	南華體育會 鄭彩梅, 何頌沂, 羅翠霞, 伍智盈		SCAA	1:03.63	
5	1-3	達強田徑會 黃馨儀, 陳于琪, 韓穎怡, 冼重芳		DART	1:05.59	
6	2-6	培僑中學校友會 吳凱琪, 王碧惠, 龍惠蘭, 關寶儀		PKMSAA	1:07.78	
7	2-5	赤道體育會 B 楊欣欣, 黃佩詩, 陳嚴慧心, 馬懷思		BAC	1:09.36	
8	1-4	拔萃男書院田徑會 B 余曉敏, 李莉, 黎淑儀, 畢麗君		DBSAC	1:15.99	
	1-6	香港元老田徑		AVOHK	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



### Women's W45 - 4X400m



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	4:01.22	FORSTER, MOTTI, MOGENTALE, BRI		BRISBANE, AUS	2011/04/24
Masters ACR	5:21.44	SCAA (A)	Hong Kong Masters Athletics	TKO SG	2017/11/11
HKMAC RECORD	5:21.44	SCAA (A)	Hong Kong Masters Athletics	TKO SG	2017/11/11



23 2025/11/23



Start: 16:55



28°C



53%

### Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-5	拔萃男書院田徑會 A 陳皓嘉, 謝敏姬, 鄭婉婷, 樂可羨		DBSAC	5:15.25	HKMACR, R
2	1-3	喇沙書院田徑會 蔡曉嵐, 林潔心, JOANNE, 張麗兒	LAM CHI WAN	LSCAC	5:18.11	HKMACR, R
3	1-7	赤道體育會 黃安琪, 黃佩詩, 馬懷思, 湯靈心		BAC	5:49.90	
4	1-8	達強田徑會 鄭少麗, 林艷貞, 陳于琪, 張佩玲		DART	5:57.88	
5	1-4	南華體育會 鄭彩梅, 吳詠彤, 詹愷怡, 葉麗莊		SCAA	6:19.18	
6	1-1	拔萃男書院田徑會 B 余曉敏, 李莉, 黎淑儀, 畢麗君		DBSAC	6:19.75	
7	1-2	培僑中學校友會 林寶誼, 王碧惠, 吳凱琳, 吳凱琪		PKMSAA	7:13.14	
	1-6	香港元老田徑		AVOHK	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

主辦機構:



冠名贊助:



協辦機構:



支持媒體:



