

二零二四年十一月二十三、二十四日

23 ~ 24/Nov/2024

The 9<sup>th</sup>

HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

第九屆香港先進田徑錦標賽

Tseung Kwan O Sports Ground

將軍澳運動場



香港先進田徑錦標賽

HONG KONG  
MASTERS ATHLETICS  
CHAMPIONSHIPS 2024

主辦機構:



District Board School Athletic Club



協辦機構:



全力支持:



GYM AESTHETICS

藝術顧問:



DESIGN CONSULTANTS  
意樂設計顧問

支持媒體:



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## 章程

### 1. 地點

將軍澳運動場

將軍澳寶康路 109 號

### 2. 日期

二零二四年十一月二十三 ~ 二十四日

### 3. 比賽時間

二零二四年十一月二十三 ~ 二十四日: 上午八時至 晚上六時三十分

#### 4. 組別

參賽組別	出生日期
30~34	24/11/1989 ~ 23/11/1994
35~39	24/11/1984 ~ 23/11/1989
40~44	24/11/1979 ~ 23/11/1984
45~49	24/11/1974 ~ 23/11/1979
50~54	24/11/1969 ~ 23/11/1974
55~59	24/11/1964 ~ 23/11/1969
60~64	24/11/1959 ~ 23/11/1964
65~69	24/11/1954 ~ 23/11/1959
70~74	24/11/1949 ~ 23/11/1954
75~79	24/11/1944 ~ 23/11/1949
80~84	24/11/1939 ~ 23/11/1944
85~89	24/11/1934 ~ 23/11/1939
90~94	24/11/1929 ~ 23/11/1934
95~99	24/11/1924 ~ 23/11/1929

\* 不得越級挑戰

# The 9<sup>th</sup> HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

## 第九屆香港先進田徑錦標賽

### 5. 項目

男子	30~34	35~39	40~44	45~49	50~54	55~59	60~64	65~69	70~74	75~79	80~84	85~89	90~94	95~99
100 米	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
110 米跨欄	✓	✓	✓	✓										
100 米跨欄					✓	✓	✓	✓						
80 米跨欄									✓	✓				
200 米	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400 米	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400 米跨欄	✓	✓	✓	✓	✓	✓								
300 米跨欄							✓	✓						
800 米	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1500 米	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
5000 米	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
3000 米障礙賽	✓	✓	✓	✓	✓	✓								
2000 米障礙賽							✓	✓	✓	✓	✓	✓	✓	✓
5000 米競走	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
跳遠	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
跳高		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
推鉛球	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
擲鐵餅	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
擲標槍	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4x100 米^	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4x400 米^	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

^ 在每個年齡組別 4x100 米及 4x400 米接力項目中，各屬會/團體最多可派出上限兩隊作賽。每隊接力隊伍只需一人(最年輕隊員) 報名。

# The 9<sup>th</sup> HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

## 第九屆香港先進田徑錦標賽

女子	30~34	35~39	40~44	45~49	50~54	55~59	60~64	65~69	70~74	75~79	80~84	85~89	90~94	95~99
100 米	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
100 米跨欄	✓	✓												
80 米跨欄			✓	✓	✓	✓								
200 米	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400 米	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400 米跨欄	✓	✓	✓	✓										
300 米跨欄					✓	✓								
800 米	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1500 米	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
5000 米	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
2000 米障礙賽	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
5000 米競走	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
跳遠	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
跳高		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
推鉛球	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
擲鐵餅	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
擲標槍	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4x100 米 <sup>^</sup>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4x400 米 <sup>^</sup>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

<sup>^</sup> 在每個年齡組別 4x100 米及 4x400 米接力項目中，各屬會/團體可派出上限兩隊作賽。每隊接力隊伍只需一人(最年輕隊員)報名。



## 6. 程序表

### 第一天 (暫定)

檢錄時間	比賽時間	男子		女子	
		徑項	田項	徑項	田項
08:00 - 18:30		5000 米競走	跳遠	5000 米競走	跳遠
		200 米	跳高	200 米	跳高
		800 米	推鉛球	800 米	推鉛球
		400 米跨欄	擲標槍	400 米跨欄	擲標槍
		300 米跨欄		300 米跨欄	
		3000 米障礙賽		2000 米障礙賽	
		2000 米障礙賽		4x400 接力	
		4x400 接力			

### 第二天 (暫定)

檢錄時間	比賽時間	男子		女子	
		徑項	田項	徑項	田項
08:00 - 18:30		5000 米	跳遠	5000 米	跳遠
		110 米跨欄	跳高	100 米跨欄	跳高
		100 米跨欄	推鉛球	80 米跨欄	推鉛球
		80 米跨欄	擲鐵餅	1500 米	擲鐵餅
		1500 米		400 米	
		400 米		100 米	
		100 米		4x100 米接力	
		4x100 米接力			

各項賽事實際比賽時間將依報名人數及比賽當天情況或會作出調整，參賽者請於比賽前 2 天留意本會網站，及當天網頁或 Facebook 之更新。

## 7. 報名

- 填妥團體報名表並電郵至 [tfevent@pacers.org.hk](mailto:tfevent@pacers.org.hk)
- 運動員需以身份證明文件上之中英文姓名填寫
- 報名日期 : 二零二四年七月二十五日
- 名額 : 1,000 人
- 截止日期 : 二零二四年十月十八日(額滿即止)
- 報名費用 : 註冊費用港幣 \$150/每人
  - : 個人項目港幣 \$100/項
  - : 接力項目每隊港幣\$400(只參加接力的運動員必須繳付註冊費)

## 8. 付款方式

### 8.1. 支票

- 支票抬頭 / 銀行戶口名稱：香港先進田徑會有限公司  
Hong Kong Masters Athletics Club Limited 過數 (支票背後請註明  
“第九屆香港先進田徑錦標賽”，參加者團體及聯絡電話)
- 郵寄地址: 沙田源順圍 10-12 號 康健科技中心 3 樓 318 室

### 8.2. 銀行轉帳:

- 恒生銀行 : 395-706492-001
- 請把入數紙 WhatsApp 至本會 91471771 電話，及註明 “第九屆香港先進田徑錦標賽”，參加者團體及聯絡電話。

## 9. 紀念品



GYM AESTHETICS 全力支持，贊助參與運動員 Keen Support Gear.

相關贈品可參巧連結:

<https://asia.gymaesthetics.com/zh/collections/accessories/products/i-ga22fwa060acc-ga-fit-gear-pro-senselast-compression-workout-knee-supporting-gear-1-piece>

## 10. 報名條款

- 10.1. 截止日期後約兩星期，本會將於網站 [www.pacers.org.hk](http://www.pacers.org.hk) 上載確認名單，及電郵發出繳款通知，請於收到通知後一星期內繳付，否則該參賽資格將由項目後補名單參賽者補上。
- 10.2. 比賽時間表及線道表將於網站公佈，所有成功報名以比賽前 2 天於網上公佈版本為準。
- 10.3. 退款: 報名表格一經收取，報名費將不獲發還。
- 10.4. 如賽事因疫情、政府的限制或其他因素下取消，所有已繳交金額（扣除行政費用後）將全數（根據屬會參賽比例）撥入下次錦標賽之報名費用。
- 10.5. 團體報名只限於註冊舊生會 或中國香港田徑總會屬會為單位或區外邀請隊伍。

## 11. 規則

- 11.1. 為配合場地入場人數限制，只限比賽時間之運動員及比賽前三十分鐘進行熱身之運動員，方可進入田徑場，其餘觀眾或運動員需於看台觀看比賽。
- 11.2. 徑賽項目將會使用全自動計時及終點攝影系統 (Fully Automatic Timing and Photo Finish System) 計時，如電子計時系統故障，此組別項目全部使用手計時成績判決名次。
- 11.3. 比賽按世界大師田徑協會(WMA)及本章程，以及中國香港田徑總會(HKAAA)附例（如適用）進行，裁判之決定為最後判決。
- 11.4. 因應健康及安全理由，大會有權在比賽進行時，作特別措施 (例如: 要求參加者在比賽時配帶口罩)。
- 11.5. 所有項目將按賽程表進行，運動員需於賽前 20 分鐘到達召集處檢錄。田賽項目可直接到比賽場地進行檢錄。惟所有賽程將有機會按當日實際報到人數及現場情況而略作調整，敬請留意大會廣播。
- 11.6. 徑賽項目召集處設於檢錄處，田賽項目如跳遠、跳高、鉛球、鐵餅及標槍則在比賽場地集合。
- 11.7. 所有徑賽項目不設初賽，各項目均以最佳成績決定名次。
- 11.8. 在徑賽項目中, 每組比賽只允許一次起跑犯規, 之後每次起跑再次犯規的一名或多名運動員將被取消該項目的比賽資格。
- 11.9. 參加跳遠、鉛球、鐵餅及標槍均有 4 次作賽機會，大會將以當中最優成績決定名次。如二人或以上成績相同，則以第二佳成績計算，如此類推。運動員可選擇連續四跳/擲，此項選擇需於開賽前即場確定，比賽開始後不能改變模式。
- 11.10. 跳高項目的起跳高度及升幅由裁判與運動員於開賽前即場協商制定。

- 11.11. 如遇兼項（即徑項及田項賽事同時進行），運動員請先向有關田賽裁判長請假，然後才到召集處向工作人員進行徑項報到。有關田賽裁判長可以允許運動員以不同於賽前抽籤排定的順序進行一次試跳(擲)。運動員必須於有關田項賽事完結前返回作賽，否則大會有權取消其參賽資格而不作任何通知。返回後，運動員應立刻向裁判員消假，錯過的輪次(Round)不補，但錯過的輪序(Order)可補，若輪序已過，裁判可安排運動員在該輪次之最後試跳(擲)，若運動員提出請求提早試跳(擲)，裁判員亦應允許。
- 11.12. 運動員只可以代表一個年齡組別出賽，如有虛報資料或冒名頂替，立即取消所有參賽資格。如有需要，大會有權要求運動員出示身分證明文件以作核對。
- 11.13. 大會設有上訴機制，惟上訴須於該項目成績公佈後 30 分鐘內以書面提出，並須即時繳交 \$ 500 元手續費，如上訴得值，費用則獲發還，否則由大會沒收。
- 11.14. 賽事成績公佈後 30 分鐘，隨即進行頒獎，敬請留意大會廣播。
- 11.15. 場內設有救護站。
- 11.16. 請小心看管自己的財物，如有任何遺失，大會恕不負責。



## 12. 接力

12.1. 接力隊伍可由不同年齡組別之運動員組成，惟所參賽組別將以隊中最年輕的隊員作計算。運動員可同時參加不同距離之接力項目，惟每個項目只可參加一個年齡組別。

- 在各接力項目組別中，各屬會只可派出最多兩隊參與同一個同年齡組別。當中成員必須為本賽事中已登記之運動員。
- 接力名單需於接力項目比賽當天，檢錄時把出賽名單提交至檢錄處，截止檢錄後均不受理。
- 接力檢錄時需 4 名隊員一同出席。
- 比賽當日，大會不接受即場報名。
- 所有接力隊員，必須穿著同款上衣作賽。

## 13. 器材

### 13.1. 鉛球

	生產商	型號	顏色	數量
1	Cantabrian	Competition Iron Shot Put 7.26 kg, diameter 120mm	Unpainted	2
2	Polanik	Shot 7.26 kg Steel, diameter 115mm	Unpainted (Silver)	3
3	Polanik	Shot 6.0 kg Steel, diameter 110mm	Unpainted (Silver)	3
4	Polanik	Shot 5.0 kg Steel, diameter 110mm	Unpainted (Silver)	3
5	Polanik	Shot 5.0 kg Steel, diameter 105mm	Unpainted (Silver)	3
6	Polanik	Shot 4.0 kg Steel, diameter 105mm	Unpainted (Silver)	2
7	Polanik	Shot 4.0 kg Steel, diameter 100mm	Unpainted (Silver)	2
8	Polanik	Shot 4.0 kg Steel, diameter 95mm	Unpainted (Silver)	2
9	Polanik	Shot 3.0 kg Steel, diameter 105mm	Unpainted (Silver)	1
10	Polanik	Shot 3.0 kg Steel, diameter 85mm	Unpainted (Silver)	3
11	Polanik	Shot 2.0 kg Steel, diameter 85mm	Yellow	1



### 13.2. 鐵餅

	生產商	型號	顏色	數量
1	Polanik	CPD11-2 (COMPETITION DISCUS)	Blue	3
2	Polanik	CPD11-1,75 (COMPETITION DISCUS)	Blue	3
3	Polanik	CPD11-1,5 (COMPETITION DISCUS)	Blue	3
4	Sportland	Sportland 1.5kg Discus	Yellow	3
5	Polanik	CPD11-1 (COMPETITION DISCUS)	Blue	3
6	Polanik	CPD11-0,75(DE) (COMPETITION DISCUS)	Blue	2

### 13.3. 鏢槍

	生產商	型號	顏色	數量
1	Polanik	AF10-800 (AIR FLYER 800G)	Transparent Blue	2
2	Crown	Crown 800G-60 Competition Javelin	Black	2
3	Polanik	AF10-700 (AIR FLYER 700G)	White/Red	3
4	Powerbridge	Powerbridge PB-BQS13 600g Javelin	Purple	4
5	Powerbridge	Powerbridge PB-BQS14 500g Javelin	Purple	4
6	Polanik	AF11-400 (AIR FLYER 400G)	Lila-Pink	2

### 13.4. 自備投擲器械

自備投擲器械需於該項比賽一日前提交

除下面三項器械，所有自備器械須有 World Athletics 的認證。

- 2.0kg 鉛球
- 750g 鐵餅
- 400g 鏢槍
- 以上三項需符合 WMA Competition Rules – 2023 (Appendix A) 所有規則。

提交日期	提交時間	地點	注意
22/Nov/2024	早上九時至 中午十二時 下午二時至六時	沙田源順圍 10-12 號康健科技中心 3 樓 318 室	適用於十一月廿三日或以後舉行之擲項賽事
23/Nov/2024	早上九時至 中午十二時 下午二時至六時	將軍澳運動場	適用於十一月廿四日舉行之擲項賽事

## 14. 獎項

- 14.1. 所有項目獎項須於成績公佈及確認後到領獎處領取。如未能即日領取請於 31/12/2024 前電郵至本會預約補領時間，逾時聯絡本會則不獲補發獎項。
- 14.2. 每項個人賽事前三名運動員將獲發獎牌一個。接力賽事前三名每名運動員將獲發獎牌一面。
- 14.3. 所有團體獎項及個人總冠軍獎項之頒獎儀式將於十一月二十四日賽後之晚宴舉行。
- 14.4. 男、女子團體(本地)總冠軍分別獲頒『郭慎墀挑戰盾』及『伍雪葵挑戰盾』。
- 14.5. 男、女子團體(區外邀請隊伍)總冠軍將分別獲頒『先進挑戰盃』。
- 14.6. 團體(本地)分數按該團體所有 35 歲或以上年齡組別之運動員於項目所取得之分數總和計算（接力項目分數以雙倍計算）;M30/W30 組別所取得之分數則不作計算。所有得分方式，請參閱下表(團體計分方法):

### 團體(本地)計分方法 Overall Scoring System

出席比賽人數	名次							
	1st	2nd	3rd	4th	5th	6th	7th	8th
8 人或以上	9 分	7 分	6 分	5 分	4 分	3 分	2 分	1 分
7 人	8 分	6 分	5 分	4 分	3 分	2 分	1 分	
6 人	7 分	5 分	4 分	3 分	2 分	1 分		
5 人	6 分	4 分	3 分	2 分	1 分			
4 人	5 分	3 分	2 分	1 分				
3 人	4 分	2 分	1 分					
2 人	3 分	1 分						
1 人	2 分							

- 若名次相同，則以相關名次所得之分數總和平均分配。

- 若總分相同，則計算同分隊伍獲得冠軍之數目，多者為勝，再相同，則計算亞軍數目，依次類推，接力項目與個人項目無分輕重。

14.7. 團體(區外邀請隊伍)分數按該團體所有 35 歲或以上年齡組別之運動員於項目所取得之分數總和計算（接力項目分數以雙倍計算）；M30/W30 組別所取得之分數則不作計算。所有得分方式，請參閱下表(團體計分方法):

### 團體(區外邀請隊伍)計分方法 Overall Scoring System

出席比賽人數	名次							
	1st	2nd	3rd	4th	5th	6th	7th	8th
8 人或以上	9 分	7 分	6 分	5 分	4 分	3 分	2 分	1 分
7 人	8 分	6 分	5 分	4 分	3 分	2 分	1 分	
6 人	7 分	5 分	4 分	3 分	2 分	1 分		
5 人	6 分	4 分	3 分	2 分	1 分			
4 人	5 分	3 分	2 分	1 分				
3 人	4 分	2 分	1 分					
2 人	3 分	1 分						
1 人	2 分							

- 若名次相同，則以相關名次所得之分數總和平均分配。
- 若總分相同，則計算同分隊伍獲得冠軍之數目，多者為勝，再相同，則計算亞軍數目，依次類推，接力項目與個人項目無分輕重。

14.8. 本地及區外邀請隊伍團體分數將會分開計算

14.9. 本地及區外邀請隊伍團體分數將會分開計算

## 15. 號碼布

- 15.1. 運動員於比賽期間必須把號碼布掛於胸前，否則比賽成績將不獲記錄。如遺失號碼布而須補領，則須額外繳付行政費用每張港幣 \$ 100。

## 16. 聲明

- 16.1. 所有參賽者在往返比賽場地中受到任何財物損失、受傷或致死時，主辦賽會、贊助商及其他有關合辦機構均無須負上任何責任。
- 16.2. 主辦單位/活動策劃及其代理商有權使用任何有關活動之相片、錄像及賽事記錄作任何合法用途，包括活動宣傳之用。
- 16.3. 如因場地問題或比賽開始前八小時，天文台懸掛八號或以上熱帶氣旋警告信號、紅色或黑色暴雨警告信號，當日比賽將取消舉行，所有因惡劣天氣、不可控因素或不可抗力的情況下取消之賽事將不得要求退款。

## 17. 備註及查詢

- 17.1. 最新消息及比賽成績將在以下社交媒體公佈:

Website: [www.hkmac.org](http://www.hkmac.org) (香港先進田徑錦標賽 Hong Kong Masters Athletics Championships) / [www.pacers.org.hk](http://www.pacers.org.hk) (飛達田徑會 Pacers Athletics Club)。

## 18. 紀錄 (香港先進田徑錦標賽)

Event	Cat.	Name	姓名	Unit	Perf.	Year
100M	M35	TO Wai Lok	杜韋諾	DBSAC	11.22"	2014
100M	M40	KRIEL ALDO	歐立德	AVOHK	11.54"	2024
100M	M45	WONG KIN ON	黃健安	PAC	11.84"	2018
100M	M50	WONG KIN ON	黃健安	AVOHK	11.82"	2024
100M	M55	LAM WAI KEUNG GALEN	林威強	SCAA	12.65"	2024
100M	M60	KUNG WAI LING	龔偉凌	DBSAC	12.94"	2024
100M	M65	SUEN SHU KWAN, LEON	孫樹坤	SCAA	14.51"	2021
100M	M70	Chan Pui Yin	陳沛然	SCAA	15.40"	2018
100M	M75	CHAN PUI YIN PETER	陳沛然	SCAA	15.710"	2024
100M	M80	HO Shui On	何瑞安	SCAA	19.02"	2017
100M	M85	HO SHUI ON	何瑞安	SCAA	21.760"	2024
100M	M90	Ho Cham Chuen	何湛泉	SCAA	28.98"	2018
100MH	M50	LAM WAI KEUNG GALEN	林威強	SCAA	15.80"	2021
100MH	M55	LAM WAI KEUNG GALEN	林威強	SCAA	16.230"	2024
100MH	M60	LEUNG WAI YIN RAYMOND	梁偉彥	DBSAC	17.90"	2022
100MH	M65	SUEN SHU KWAN LEON	孫樹坤	SCAA	17.99"	2022
110MH	M35	LEUNG CHI CHEONG	梁志鏘	SCAA	15.45"	2022
110MH	M40	TANG Hon Sing	鄧漢昇	DBSAC	15.97"	2017
110MH	M45	YU YUEN FAI	余遠輝	DBSAC	17.64"	2021
200M	M35	CHEUNG WING FAI	張榮輝	HKDRC	24.05"	2021
200M	M40	KRIEL ALDO	歐立德	AVOHK	24.04"	2024
200M	M45	WONG KIN ON	黃健安	PAC	24.19"	2021
200M	M50	TAM ERNIE	譚仲英	DBSAC	25.14	2021
200M	M55	WANG JIAN	王堅	SCAA	26.13"	2021
200M	M60	KUNG WAI LING	龔偉凌	DBSAC	27.08	2024
200M	M65	IP SAI HUNG	葉世雄	PKMSAA	29.96	2024
200M	M70	Chan Pui Yin	陳沛然	SCAA	33.30"	2018
200M	M75	CHAN PUI YIN PETER	陳沛然	SCAA	32.58	2024
200M	M80	Ho Shui On	何瑞安	SCAA	45.26"	2018
200M	M85	HO SHUI ON	何瑞安	SCAA	39.46"	2021
3000MW	M35	TSE Chun Hung	謝振雄	SHTB	13'39.38"	2017
3000MW	M40	Viacheslav Degtyarenko		RAM	13'34.56"	2014
3000MW	M45	LAU WAI KIN KELVIN	劉偉健	DBSAC	16'11.99"	2022
3000MW	M50	KO Tai Chiu	高大釗	RRAC	16'21.61"	2017
3000MW	M55	CHEUNG Wing Hin Daniel	張永軒	SHTB	16'48.40"	2016
3000MW	M60	Fung For-Yau	馮火有	SHTB	17'15.00"	2018
3000MW	M65	PURVES Bill		HKLRRRC	19'08.24"	2014



# The 9<sup>th</sup> HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 第九屆香港先進田徑錦標賽

Event	Cat.	Name	姓名	Unit	Perf.	Year
3000MW	M70	PURVES Bill		AVOHK	20'32.62"	2015
3000MW	M75	TSANG Cho Fuk	曾灶福	SHTB	21'36.17"	2015
3000MW	M80	TSANG Cho Fuk	曾灶福	SHTB	30'06.00"	2017
400M	M35	Tsang Chun Yip	鄧駿業	PoliceAC	53.16"	2018
400M	M40	Wong Kin On	黃健安	PAC	53.88"	2017
400M	M45	Wong Kin On	黃健安	PAC	52.61"	2018
400M	M50	WONG KIN ON	黃健安	AVOHK	54.04"	2024
400M	M55	WANG JIAN	王堅	SCAA	59.18"	2021
400M	M60	AU King Tong	歐敬唐	PKMSAA	1'03.09"	2017
400M	M65	AU KING TONG	歐敬唐	PKMSAA	1'06.31"	2022
400M	M70	MCNAMARA FRANK		AVOHK	1'18.54"	2024
400M	M75	CHAN PUI YIN PETER	陳沛然	SCAA	01:21.4	2024
400M	M80	Fowler John		AVOHK	1'59.98"	2018
5000M	M35	Navaratnasingam		IRC	17'04.62"	2015
5000M	M40	WONG WANG KEUNG	黃宏強	WAC	16'56.78"	2022
5000M	M45	WONG TIN YAU	王天佑	FSSC	17'12.46"	2022
5000M	M50	CAPPER Michael		AVOHK	16'52.16"	2015
5000M	M55	CAPPER MICHAEL DAVID		AVOHK	18'30.259	2024
5000M	M60	MAK WING SANG	麥永生	LWRC	19'53.50	2024
5000M	M65	BOOTH Philip		AVOHK	21'07.92"	2015
5000M	M70	MCNAMARA FRANK		AVOHK	21'46.18	2024
5000M	M75	Milburn Ross		AVOHK	23'13.00"	2018
5000M	M80	Fowler John		AVOHK	35'32.00"	2018
800M	M35	Chan Ka Wai		PAC	2'9.95"	2014
800M	M40	LEE YUK TONG	李玉堂	WAC	2'03.74"	2021
800M	M45	CHAN KA WAI	陳家偉	PAC	2'16.61"	2024
800M	M50	Lam Tsun Fat Peter	林俊發	SCAA	2'20.94"	2018
800M	M55	LAM TSUN FAT	林俊發	SCAA	2'19.66"	2022
800M	M60	BROWN PETER		AVOHK	2'32.98"	2021
800M	M65	WONG CHEUK YIN	黃卓然	SCAA	2'42.41"	2022
800M	M70	MCNAMARA FRANK		AVOHK	2'57.15	2024
800M	M75	Milburn Ross		AVOHK	3'13.94"	2018
800M	M80	Fowler John		AVOHK	4'21.40"	2018
800M	M85	CHAN Kim Hung	陳劍雄	SCAA	4'48.09"	2016
800M	M90	CHAN KIM HUNG	陳劍雄	SCAA	6'23.20"	2021
Discus Throw	M35	CHAN KWOK HEI MATTHEW	陳國熙	SJACS	33.16	2021
Discus Throw	M40	TANG Kwok Leung	鄧國樑	SCAA	27.58	2017
Discus Throw	M45	ELLISON Steve		CSRA	27.42	2015
Discus Throw	M50	TSANG KWUN KAU	曾冠球	LSCAC	33.19	2022
Discus Throw	M55	CHAN PAK HAY SIMON	陳栢熙	DBSAC	30.06	2024

# The 9<sup>th</sup> HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 第九屆香港先進田徑錦標賽

Event	Cat.	Name	姓名	Unit	Perf.	Year
Discus Throw	M60	Liu Chi Keung	廖志強	PKMSAA	33.31	2018
Discus Throw	M65	LIU CHI KEUNG	廖志強	PKMSAA	28.28	2024
Discus Throw	M70	KO ALEX	高量洪	DBSAC	22.83	2022
Discus Throw	M75	GEE ARTHUR	朱冠文	HKLRRRC	22.56	2024
Discus Throw	M80	LAM Chun Chuen	林振全	SCAA	17.12	2017
High Jump	M35	NG Chit Wing	吳哲穎	WAC	1.92	2017
High Jump	M40	Liu Chi Yung	廖志勇	SCAA	1.7	2018
High Jump	M45	Jia Dong Jin	賈東進	SCAA	1.62	2018
High Jump	M50	IP YIU TONG	葉耀堂	HKMP	1.6	2024
High Jump	M55	KWONG WING BIU	鄭永彪	SCAA	1.52	2022
High Jump	M75	YANG VICTOR	楊岳明	DBSAC	1.15	2024
High Jump	M80	Ho Shui On	何瑞安	SCAA	1.09	2018
Javelin Throw	M35	WONG IP HOI	黃業海	TCAA	52.06	2024
Javelin Throw	M40	YEUNG HAU MO	楊翰武	CGHCAC	49.29	2021
Javelin Throw	M45	Ellison Steve		CSRA	43.77	2014
Javelin Throw	M50	Ellison Steve		CSRA	44.84	2018
Javelin Throw	M55	HO CHI CHEUNG FELIX	何志翔	PKMSAA	38.8	2021
Javelin Throw	M60	Wong Kee Lam	黃基林	SCAA	34.71	2018
Javelin Throw	M65	KO Leung Hung Alex	高量洪	DBSAC	30.12	2017
Javelin Throw	M70	HILL William		DBSAC	28.63	2015
Javelin Throw	M75	HUANG LU	黃呂	PKMSAA	16.31	2021
Javelin Throw	M80	HUANG LU EDDIE	黃呂	PKMSAA	17.13	2022
Javelin Throw	M90	HO CHAM CHUEN	何湛泉	SCAA	4.79	2022
Long Jump	M35	NG Chit Wing	吳哲穎	CSRA	6.21	2016
Long Jump	M40	Tse Kai Ming Carl	謝繼明	SCAA	6.2	2018
Long Jump	M45	Tam Chung Ying Ernie	譚仲英	DBSAC	6.07	2018
Long Jump	M50	TAM CHUNG YING ERNIE	譚仲英	DBSAC	5.92	2022
Long Jump	M55	KUNG Wai Ling	龔偉凌	DBSAC	5.77	2016
Long Jump	M60	KUNG WAI LING	龔偉凌	DBSAC	5.2	2022
Long Jump	M65	LAU CHEUK HANG	劉卓衡	DBSAC	4.31	2024
Long Jump	M70	CHUI HONG SHEUNG	崔康常	DBSAC	3.19	2024
Long Jump	M75	CHAN PUI YIN PETER	陳沛然	SCAA	3.2	2024
Long Jump	M80	HUANG LU, EDDIE	黃呂	PKMSAA	2.95	2024
Shot Put	M35	CHAN KWOK HEI MATTHEW	陳國熙	SJACS	11.52	2021
Shot Put	M40	CHAN KWOK HEI MATTHEW	陳國熙	SJACS	10.52	2024
Shot Put	M45	Tsang Kwun Kau	曾冠球	LSCAC	10.92	2018
Shot Put	M50	Kwok Tak Jim, Wicky	郭德霑	YLDSA	11.29	2018
Shot Put	M55	FONG ALAN	龐耀才	DBSAC	10.34	2022
Shot Put	M60	YAN Chun Yip	甄進葉	PKMSAA	10.14	2017



# The 9<sup>th</sup> HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 第九屆香港先進田徑錦標賽

Event	Cat.	Name	姓名	Unit	Perf.	Year
Shot Put	M65	Yan Chun Yip	甄進業	PKMSAA	9.11	2018
Shot Put	M70	RICE Norman		HVAA	9.72	2015
Shot Put	M75	YANG VICTOR	楊岳明	DBSAC	9.02	2024
Shot Put	M80	HO Shui On	何瑞安	SCAA	8.05	2017
Shot Put	M85	Kwok Kam Hung	郭錦洪	SCAA	7.72	2018
High Jump	M55	KWONG WING BIU	鄺永彪	SCAA	1.52	2022
High Jump	M60	KUNG WAI LING	龔偉凌	DBSAC	1.42	2021
High Jump	M65	SUEN SHU KWAN, LEON	孫樹坤	SCAA	1.48	2021
High Jump	M70	CHUI HONG SHEUNG	崔康常	DBSAC	1.15	2021
High Jump	M85	HO SHUI ON	何瑞安	SCAA	1.05	2021
4X100M	M35	WAC M35 4X100M (A) (黃志輝, 賴家斌, 李澤銘, 張榮輝)		WAC	46.24"	2021
4X100M	M40	LSCAC (陳永光, 陳勁恒, 盧致恒, 麥顯能)		LSCAC	46.71"	2018
4X100M	M45	南華 M45 4X100 米 (A) (陳立致, 黃毅峯, 廖智勇, 楊偉剛)		SCAA	47.81"	2024
4X100M	M50	SCAA M50 4X100M (A) (黃東康, 關永樂, 黃利寶, 林威強)		SCAA	48.17"	2021
4X100M	M55	南華 M55 4X100 米 (A) (林俊發, 江國強, 王堅, 林威強)		SCAA	51.30"	2024
4X100M	M60	DBSAC M60 4X100 米 (A) (曾仲文, 譚旭生, 梁偉彥, 龔偉凌)		DBSAC	52.93"	2024
4X100M	M65	南華 M65 4X100 米 (A) (黃卓然, 孫樹坤, 彭國治, 黃基林)		SCAA	59.56"	2024
4X100M	M70	SCAA (徐發林, 楊志堅, 扶熾彰, 梁鴻志)		SCAA	1'13.94"	2017
4X100M	M75	AVOHK (Pilkington, Whitle J., Fowler J., Miburn R.)		AVOHK	1'24.63"	2018
4X100M	M80	SCAA (周渭川, 林振全, 何瑞安, 郭錦洪)		SCAA	1'33.91"	2017
4X400M	M35	PAC (符彥豪, 鄧永健, 陳家偉, 梁達威)		PAC	3'51.33"	2017
4X400M	M40	PAC (鄧永健, 陳家偉, 梁達威, 黃建安)		PAC	3'45.80"	2018
4X400M	M45	南華 M45 4X400 米 (A) (陳立致, 黃毅峯, 楊偉剛, 廖智勇)		SCAA	3'48.75"	2024
4X400M	M50	DBSAC M50 4X400 米 (A) (張嘉恆, 雷裕武, LOWCOCK KEITH PATRICK, 譚仲英)		DBSAC	4'02.01"	2024

# The 9<sup>th</sup> HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 第九屆香港先進田徑錦標賽

Event	Cat.	Name	姓名	Unit	Perf.	Year
4X400M	M55	南華 M55 4X400 米 (A) (蘇德擎, 王堅, 江國強, 林俊發)		SCAA	4'14.77"	2024
4X400M	M60	南華 M60 4X400 米 (A) (盧建業, 葉錦強, 莊培基, 梁偉倫)		SCAA	4'35.22"	2024
4X400M	M65	南華 M65 4X400M (嚴天亮, 廖卓良, 黃卓然, 孫樹坤)		SCAA	5'02.09"	2022
4X400M	M70	PKMSAA M70 4X400M (吳文默, 高永餘, 謝錦榮, 張玉子)		PKMSAA	6'49.28"	2021
100M	W35	Yau Shui Man Sharon	邱瑞雯	DBSAC	13.13"	2018
100M	W40	Chung Man Yi Money	鐘敏儀	SCAA	13.95"	2016
100M	W45	YAU GLORY	丘翠芬	AVOHK	13.930"	2024
100M	W50	Lung Wai Lan	龍惠蘭	CSRA	14.15"	2016
100M	W55	TSE Wah Sau	謝華秀	SCAA	14.02"	2014
100M	W60	HUNG KA YEE MARGARET	洪家儀	SCAA	14.690"	2024
100M	W65	SUNG CHE WAI BETTY	孫志惠	SCAA	17.57	2024
100M	W70	MA SEK WAI YEE STELLA	馬石慧儀	SCAA	18.84	2024
100M	W75	LUI MARIA NAI KONG	梁乃港	LSCAC	18.730"	2024
100M	W80	CHAN NUI NGAN	陳女銀	SCAA	26.390"	2024
100M	W85	LAM YEUNG PUI FONG	藍楊佩芳	SCAA	31.59"	2021
100MH	W35	CHOW WING KI ESTHER	周穎琪	SCAA	21.86	2024
200M	W35	Yau Shui Man Sharon	邱瑞雯	DBSAC	27.37"	2018
200M	W40	BARHEY MANDEEP KAUR		SCAA	30.34"	2024
200M	W45	YAU GLORY	丘翠芬	AVOHK	28.62"	2024
200M	W50	CHUNG MAN YI	鍾敏儀	SCAA	30.24"	2022
200M	W55	LUNG WAI LAN	龍惠蘭	SCAA	30.35"	2021
200M	W60	TSE WAH SAU	謝華秀	SCAA	32.35"	2021
200M	W65	SUNG CHE WAI BETTY	孫志惠	SCAA	37.46"	2022
200M	W70	MA SEK WAI YEE STELLA	馬石慧儀	SCAA	39.29"	2024
200M	W75	LUI MARIA NAI KONG	梁乃港	LSCAC	39.11"	2024
200M	W95	Cheung Suet Ling	張雪玲	SCAA	1'47.68"	2018
3000MW	W35	NG Sau Man		SHTB	15'40.12"	2016
3000MW	W40	NG SAU MAN	吳秀雯	SHTB	16'47.08"	2021
3000MW	W45	WONG PUI SHAN		SHTB	17'45.56"	2022
3000MW	W50	TAI Sau King Irene	戴秀瓊	SHTB	18'17.42"	2014
3000MW	W55	KWAN Siu Yin	關小燕	SHTB	17'18.22"	2016
3000MW	W60	CHENG Ip Ming	鄭葉明	SHTB	18'27.28"	2016
3000MW	W65	KWAN SIU YIN	關小燕	SHTB	18'04.06"	2022
3000MW	W70	CHOI KAM HAR	蔡錦霞	HKRWA	19'11.60"	2022
400M	W35	Yau Shui Man Sharon	邱瑞雯	DBSAC	1'05.61"	2018
400M	W40	Chung Man Yi Money	鐘敏儀	SCAA	1'07.20"	2016
400M	W45	YAU TSUI FUN	丘翠芬	AVOHK	1'09.90"	2022

# The 9<sup>th</sup> HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 第九屆香港先進田徑錦標賽

Event	Cat.	Name	姓名	Unit	Perf.	Year
400M	W50	Lung Wai Lan	龍惠蘭	CSRA	1'11.10"	2016
400M	W55	LUNG WAI LAN	龍惠蘭	SCAA	1'10.01"	2021
400M	W60	NG SIU FONG	吳少芳	SCAA	1'21.55"	2024
400M	W65	CHOI Kam Har	蔡錦霞	HKRWA	1'34.21"	2016
400M	W70	MA SEK WAI YEE STELLA	馬石慧儀	SCAA	1'37.38"	2024
5000M	W35	RICHARDS Jane		IRC	18'43.86"	2017
5000M	W40	HERSHEY-BEATTY Juliet		TCAA	19'50.60"	2017
5000M	W45	GOTTSCHALK KATRIN SABINE		IRC	20'09.62"	2024
5000M	W50	WONG YUET CHI	黃月枝	PoliceAC	21'51.57"	2022
5000M	W55	LEUNG HOI LUN HELEN	梁海倫	AVOHK	24'22.85"	2021
5000M	W60	LEE Suet Lin Shirley	李雪蓮	SHTB	22'42.66"	2016
5000M	W65	SHEILA PURVES	貝維斯	HKLRRRC	27'25.54"	2022
5000M	W70	Lau Fung Ling Rebecca	劉鳳鈴	HKRWA	28'18.00"	2018
800M	W35	CHUNG TSZ YAN	鍾子欣	SCAA	2'42.42"	2024
800M	W40	CHAN Kit Yee		LWRC	2'47.22"	2016
800M	W45	YIP ELLEN		SCAA	2'45.94"	2022
800M	W50	LAI INGRID		DBSAC	2'54.62"	2021
800M	W55	LAI INGRID	黎瑞年	DBSAC	2'57.80"	2024
800M	W60	Yeung Wing Han		LWRC	3'18.94"	2014
800M	W65	Yeung Wing Han		AVOHK	3'44.48"	2018
800M	W70	Lau Fung Ling Rebecca	劉鳳鈴	HKRWA	4'12.03"	2018
80MH	W40	WONG CHOR KWAN JOYCE	王楚君	SCAA	15.36"	2022
80MH	W45	Chung Man Yi Money	鍾敏儀	SCAA	15.10"	2018
80MH	W50	CHUNG MAN YI	鍾敏儀	SCAA	14.39"	2024
80MH	W55	LUNG WAI LAN	龍惠蘭	PKMSAA	16.70"	2022
Discus Throw	W35	HO Chun Man	何臻敏	DBSAC	24.41	2017
Discus Throw	W40	HO CHUN MAN	何臻敏	DBSAC	24.74	2021
Discus Throw	W45	CHAN Ling Kuen	陳玲娟	SCAA	25.85	2017
Discus Throw	W50	CHAN LING KUEN	陳玲娟	SCAA	25.41	2024
Discus Throw	W55	CHEUNG MAY HUNG MONITA	張美紅	SCAA	20.88	2024
Discus Throw	W60	AU YEUNG Sau Chun	歐陽秀珍	PKMSAA	15.88	2017
Discus Throw	W65	AU YEUNG SAU CHUN	歐陽秀珍	PKMSAA	16.33	2024
Discus Throw	W70	FUNG MARY LENA	馮瑪利	SCAA	17.60	2022
Discus Throw	W75	Yen Shui Luen	嚴瑞鸞	PKMSAA	13.12	2018
High Jump	W35	Lee Denise See June	李詩蓁	DBSAC	1.37	2016
High Jump	W40	Lee Denise See June	李詩蓁	DBSAC	1.37	2018
High Jump	W45	CHEUNG LAI YEE OLIVER	張麗兒	LSCAC	1.31	2024
High Jump	W50	CHANG Corina	張彩珍	GHSAC	1.25	2017

## The 9<sup>th</sup> HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 第九屆香港先進田徑錦標賽

Event	Cat.	Name	姓名	Unit	Perf.	Year
High Jump	W55	HUNG KA YEE, MARGARET	洪家儀	SCAA	1.25	2021
Javelin Throw	W35	CHEUNG EMILY SHUK TING		DBSAC	30.97	2021
Javelin Throw	W40	Hui Wing Kei Vicky	許穎琪	PAC	27.58	2016
Javelin Throw	W45	Hui Wing Kei Vicky	許穎琪	GHSAC	27.87	2018
Javelin Throw	W50	Ip Kit Ching Heidi	葉潔清	GHSAC	25.38	2018
Javelin Throw	W55	IP KIT CHING HEIDI	葉潔清	GHSAC	22.84	2024
Javelin Throw	W60	AU YEUNG Sau Chun	歐陽秀珍	PKMSAA	22.48	2018
Javelin Throw	W65	AU YEUNG SAU CHUN	歐陽秀珍	PKMSAA	21.4	2024
Javelin Throw	W70	FUNG MARY LENA	馮瑪利	SCAA	15.75	2022
Javelin Throw	W75	Yen Shui Luen	嚴瑞鸞	PKMSAA	13.41	2018
Javelin Throw	W80	WAN LAI SHING ALMA	溫麗城	SCAA	7.79	2022
Long Jump	W35	TSE Mang Chi	謝孟芝	WAC	5.25	2017
Long Jump	W40	TSE MANG CHI	謝孟芝	WAC	4.78	2024
Long Jump	W45	Choi Hiu Nam	蔡曉嵐	LSCAC	4.05	2018
Long Jump	W50	Chang Corina	張彩珍	GHSAC	3.93	2018
Long Jump	W55	CHU SIU LING PANCY	朱少玲	SCAA	4.1	2024
Long Jump	W60	HUNG KA YEE MARGARET	洪家儀	SCAA	3.88	2024
Long Jump	W65	KWUN LAI MUI	官麗梅	PKMSAA	2.29	2024
Shot Put	W35	Ho Chun Man	何臻敏	DBSAC	8.26	2018
Shot Put	W40	HO CHUN MAN	何臻敏	DBSAC	7.99	2021
Shot Put	W45	Lo Grace	羅潔怡	GHSAC	7.85	2018
Shot Put	W50	CHEUNG May Hung Monita	張美紅	SCAA	9.75	2017
Shot Put	W55	MAK Lai Fun		CSRA	8.86	2014
Shot Put	W60	WONG MEI YING	黃美櫻	SCAA	7.81	2021
Shot Put	W65	WONG MEI YING THERRY	黃美櫻	SCAA	7.05	2024
Shot Put	W70	WONG MIU TO	黃妙桃	PKMSAA	6.81	2024
Shot Put	W75	Yen Shui Luen	嚴瑞鸞	PKMSAA	5.5	2018
Shot Put	W80	WAN LAI SHING ALMA	溫麗城	SCAA	5.03	2024
High Jump	W45	CHEUNG LAI YEE OLIVER	張麗兒	LSCAC	1.3	2022
High Jump	W55	HUNG KA YEE, MARGARET	洪家儀	SCAA	1.29	2021
High Jump	W60	NG SIU FONG	吳少芳	SCAA	1.23	2021
4X100M	W35	南華 W35 4X100 米 (鍾玉玲, 鍾子欣, 周穎琪, 吳淑珊)		SCAA	56.51"	2024
4X100M	W40	SCAA (楊欣欣 楊珍珍 張婉琳 張雯璐)		SCAA	56.85"	2018
4X100M	W45	南華 W45 4X100 米 (湯靈心, 王楚君, 李雯茵, 楊珍珍)		SCAA	59.21"	2024



## The 9<sup>th</sup> HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS 第九屆香港先進田徑錦標賽

Event	Cat.	Name	姓名	Unit	Perf.	Year
4X100M	W50	SCAA W50 4X100M (A) (梁婉芬, 陳水蓮, 林秀玲, 袁嘉慧)		SCAA	1'00.56"	2021
4X100M	W55	SCAA W55 4X100M (A) (洪家儀, 龍惠蘭, 駱雪儀, 謝華秀)		SCAA	58.38"	2021
4X100M	W60	南華 W60 4X100 米 (A) (洪家儀, 梁婉文, 吳少芳, 謝華秀)		SCAA	1'02.65"	2024
4X100M	W65	南華 W65 4X100 米 (梁麗斯, 楊詠嫻, 孫志惠, 黃美櫻)		SCAA	1'25.43"	2024
4X100M	W70	SCAA W70 4X100M (藍楊佩芳, 陳女銀, 溫麗城, 馬石慧儀)		SCAA	1'49.61"	2021
4X100M	W75	SCAA (藍楊佩芳, 陳女銀, 羅桂容, 張雪玲)		SCAA	1'40.52"	2018
4X400M	W35	南華 W35 4X400 米 (鍾子欣, 吳淑珊, 周穎琪, 鍾玉玲)		SCAA	4'51.92"	2024
4X400M	W40	SCAA (陳樂欣, 馬懷思, 邱翠芬, 張婉琳)		SCAA	5'06.03"	2018
4X400M	W45	SCAA (A) (鍾敏儀, 林秀玲, 胡信芳, 袁嘉慧)		SCAA	5'21.44"	2017
4X400M	W50	南華 W50 4X400M (A) (袁嘉慧, 林秀玲, 鍾敏儀, 陳水蓮)		SCAA	5'11.38"	2022
4X400M	W55	SCAA W55 4X400M (A) (梁婉芬, 梁婉文, 阮潔儀, 龍惠蘭)		SCAA	5'24.12"	2021
4X400M	W60	HKLRRRC (林彩玲, Tay Y. E., Purves S., Bib# 6018)		HKLRRRC	6'20.09"	2018
4X400M	W65	南華 W65 4X400M (傅莊顏艷, 楊詠嫻, 孫志惠, 馬石慧儀)		SCAA	7'52.03"	2022

## 19. 紀錄(邀請隊伍)

Event	Cat.	Name	姓名	Unit	Perf.	Year
100M	M75	HAJI LAHAB Capt (Rtd) Hj Osman		Brunei	16.04"	2017
100M	M85	Lajawa Alfred		Malaysia	17.80"	2018
100MH	M50	MOHD ALI Shamry		Malaysia	15.53"	2017
200M	M75	HAJI LAHAB Capt (Rtd) Hj Osman		Brunei	35.63"	2017
3000MW	M80	SELVARAJAH Navaratnasingam		Singapore	24'15.72"	2017
400M	M70	Kwek Moh Seng		Singapore	1'18.27"	2018
80MH	M70	HAJI MATASAN Haji Abdul		Brunei	19.95"	2017
Discus Throw	M45	Pengiran Azizul Akbar		Brunei	30.57	2017
Discus Throw	M55	Ampuan Md Khifli		Brunei	29.70	2017
Discus Throw	M65	LIN Chen-Jung	林振榮	Taiwan	27.56	2017
Discus Throw	M70	Cheng Yung Chien	鄭詠謙	Taiwan	25.99	2018
Discus Throw	M75	LI Shun-Tzu	李順次	Taiwan	19.99	2017
Javelin Throw	M70	Cheng Yung Chien	鄭詠謙	Taiwan	31.09	2018
Javelin Throw	M75	LI Shun-Tzu	李順次	Taiwan	28.09	2017
Long Jump	M75	HAJI LAHAB Capt (Rtd) Hj Osman		Brunei	3.51	2017
Shot Put	M65	LU Tung-Wan	呂東萬	Taiwan	9.51	2017
200M	W40	HAJI KASSIM Juliana		Brunei	30.76"	2017
3000MW	W80	Umbul Adeline		Malaysia	27'56.00"	2018
Discus Throw	W60	Tay Yu Eng		Malaysia	17.69	2018
Javelin Throw	W60	Tay Yu Eng		Malaysia	23.81	2018
Long Jump	W40	HAJI ALIAKB Alinawati		Brunei	4.48	2017
Shot Put	W35	HAJI TIMBANG Roziani		Brunei	8.92	2017
4X100M	W35	Singapore (Binti S.N., Quek J., Bib 3065, Oh W.A)		Singapore	58.25"	2017

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## Event Information

### 1. Venue

Tseung Kwan O Sports Ground

41 Fuk Man Road, Sai Kung

### 2. Date

23~24/Nov/2024

### 3. Time

23~24/Nov/2024 08:00 a.m. to 18:30 p.m.

## 4. Categories

Category	Date of Birth
30~34	24/11/1989 ~ 23/11/1994
35~39	24/11/1984 ~ 23/11/1989
40~44	24/11/1979 ~ 23/11/1984
45~49	24/11/1974 ~ 23/11/1979
50~54	24/11/1969 ~ 23/11/1974
55~59	24/11/1964 ~ 23/11/1969
60~64	24/11/1959 ~ 23/11/1964
65~69	24/11/1954 ~ 23/11/1959
70~74	24/11/1949 ~ 23/11/1954
75~79	24/11/1944 ~ 23/11/1949
80~84	24/11/1939 ~ 23/11/1944
85~89	24/11/1934 ~ 23/11/1939
90~94	24/11/1929 ~ 23/11/1934
95~99	24/11/1924 ~ 23/11/1929

\* No cross-division challenge is allowed

# The 9th Hong Kong Masters Athletics Championships

## 第九屆香港先進田徑錦標賽

### 5. Event

Men	30~34	35~39	40~44	45~49	50~54	55~59	60~64	65~69	70~74	75~79	80~84	85~89	90~94	95~99
100m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
110m Hurdles	✓	✓	✓	✓										
100m Hurdles					✓	✓	✓	✓						
80m Hurdles									✓	✓				
200m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400m Hurdles	✓	✓	✓	✓	✓	✓								
300m Hurdles							✓	✓						
800m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1500m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
5000m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
3000m steeplechase	✓	✓	✓	✓	✓	✓								
2000m steeplechase							✓	✓	✓	✓	✓	✓	✓	✓
5000m Race Walk	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Long Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
High Jump		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Shot Put	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Discus Throw	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Javelin Throw	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4x100m Relay <sup>^</sup>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4x400m Relay <sup>^</sup>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

<sup>^</sup> Each association/club is allowed to send a maximum of 2 teams to take part in each relay event. The age group which the relay team belongs to is determined by the age of the youngest participant in the relay team.

# The 9th Hong Kong Masters Athletics Championships

## 第九屆香港先進田徑錦標賽

Women	30~34	35~39	40~44	45~49	50~54	55~59	60~64	65~69	70~74	75~79	80~84	85~89	90~94	95~99
100m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
100m Hurdles	✓	✓												
80m Hurdles			✓	✓	✓	✓								
200m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400m Hurdles	✓	✓	✓	✓										
300m Hurdles					✓	✓								
800m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1500m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
5000m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
2000m Steeplechase	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
5000m Race Walk	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Long Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
High Jump		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Shot Put	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Discus Throw	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Javelin Throw	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4x100m Relay <sup>^</sup>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4x400m Relay <sup>^</sup>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

<sup>^</sup> Each association/club is allowed to send a maximum of 2 teams to take part in each relay event. The age group which the relay team belongs to is determined by the age of the youngest participant in the relay team.

### 6. Schedule

#### Day 1 (Tentative)

Rollcall	Start	Men		Women	
		Track	Field	Track	Field
08:00 - 18:30		5000m RW	Long Jump	5000m RW	Long Jump
		200m		200m	
		800m	High Jump	800m	High Jump
		400mH		400mH	
		300mH	Shot Put	300mH	Shot Put
			Javelin		
		3000m Steeplechase		2000m Steeplechase	
		2000m Steeplechase		4x400m Relay	
	4x400m Relay				

### Day 2 (Tentative)

Rollcall	Start	Men		Women	
		Track	Field	Track	Field
08:00 - 18:30		5000m 110mH 100mH 80mH 1500m 400m 100m 4x100m Relay	Long Jump High Jump Shot Put Discus Throw	5000m 100 mH 80mH 1500m 400m 100m 4x100m Relay	Long Jump High Jump Shot Put Discus Throw

- The schedule may be amended according to the number of participants and the actual situation on the day of the competition. Participants should check for updates on the official website or Facebook page on the day of the competition.

### 7. Enrollment

- Complete the group enrollment form and email to [tfevent@pacers.org.hk](mailto:tfevent@pacers.org.hk).
- Please enter the full name (name as in the Identity Document) of the participants on the group enrollment form
- Quota: 1,000 participants
- Entry period : 25/Jul/2024 ~ 18/10/2023
- Entry Fee : Each participant should pay HK\$150 as registration fee and HK\$100 for each individual event.
  - : Relay: \$400 /team/event
  - : Each club should pay HK\$400 for each relay event. For member(s) of a relay team who does/do not participate in any individual event, such member(s) shall pay a registration fee of HK\$150 each.

## 8. Payment

### 8.1. Cheque

- Cheques should be made payable to 'Hong Kong Masters Athletics Club Limited' and sent to the following address:
- Address: Room 318, Town Health Technology Centre, 10-12 Yuen Shun Circuit, Shatin N.T.
- Please mark “9<sup>th</sup> Hong Kong Masters Athletics Championships” , name of the participating organization, and contact number on the back of the cheque.

### 8.2. Bank Deposit:

- Hang Seng Bank : 395-706492-001
- Please send the transaction receipt to Pacers Athletics Club via WhatsApp (91471771) and mark “9<sup>th</sup> Hong Kong Masters Athletics Championships on the receipt together with the name of the participating organization and contact number.

## 9. Souvenirs

Keen support gear sponsored by GYM AESTHETICS.



Details of souvenir please refer to:

<https://asia.gymaesthetics.com/zh/collections/accessories/products/i-ga22fwa060acc-ga-fit-gear-pro-senselast-compression-workout-knee-supporting-gear-1-piece>



### 10. Terms of Enrollment

- 10.1. Confirmed registration list will be uploaded to the official website within two weeks after the entry deadline.
- 10.2. The organizer will send by email an invoice for payment of entry fees to each participating organization within two weeks after the entry deadline. Payment must be settled within one week of the date of the email by one of the methods stated in paragraph 8.

The competition schedule and start lists will be uploaded to the official website. All successful entries will be determined by the start lists posted on the official website two days before the competition date.

- 10.3. All fees are non-refundable.
- 10.4. All fees, after deducting administrative costs, will be applied towards the registration fee (pro-rata to each participating organization in this event) of next Masters Athletics Championships event if the event is cancelled due to any reason.
- 10.5. Entries are only open to registered HKAAA Members Club, registered alumni associations under Societies Ordinance and invited overseas teams.

### 11. Rules and Regulations

- 11.1. Participants are only allowed to enter the track and field area no earlier than the start time for warming-up purpose, and must go back to the spectators' stand after completion of his/her event.
- 11.2. Timing System: Fully Automatic Timing and Photo Finish System will be used, hand timing will serve for backup purpose.
- 11.3. All events will be conducted according to the competition rules of World Masters Athletics ( "WMA" ) and this document, as supplemented (where appropriate) by HKAAA's general rules.
- 11.4. The Race Director has the right to execute the special measures during the competition for health and safety reasons (e.g. request the participants wearing masks during the competition).
- 11.5. All events will be held according to the event timetable. Athletes should report to the marshal 20 minutes before the starting time. Event timetable is subject to change depending on the number of participants and actual situation on the day of the event. Please refer to announcements.
- 11.6. Marshaling point for all the track events is located at Marshall. Marshaling points for Long Jump, High Jump, Shot Put, Discus and Javelin are located at the respective competition areas.
- 11.7. No heats for all track events. The best result of each event will be used for ranking.
- 11.8. In the track events, one false start per heat shall be allowed without the disqualification of the athlete(s) responsible for the false start. Any athlete(s) responsible for further false starts in the race shall be disqualified by the Starter.

- 11.9. Each athlete will have 4 attempts for Long Jump, Shot Put, Discus and Javelin. The best performance (out of the 4 attempts) will be used for ranking purpose. Second best result will be used in case of a draw. Athletes can have an option to perform 4 attempts consecutively, such option must be confirmed with the appropriate Chief Judge before the starting of the event and can not be changed afterward.
- 11.10. The starting height for High Jump and the increment will be determined by both the judges and athletes of that event during the championships.
- 11.11. In cases there is a situation of simultaneous entries, athletes should report to the field event referee first before leaving for the track event. Referee can allow athletes to switch to an order different from the start list. Athletes must return to the field event before it ends. Otherwise the referee has the right to disqualify the athlete without any notice. Athletes can make up for a missed order, but not a missed round. The missed attempt should be replaced in last order.
- 11.12. Athletes should only participate in one age group category. Athletes who submit false information will be DISQUALIFIED. Organizer will check ID where necessary. The organizer reserves the rights to disqualify any participant who is found providing false information or impersonating another person in an event.
- 11.13. There is appeal system. Letter of appeal should be submitted together with \$500 administration fee within 30 minutes after the competition results are announced. The \$500 administration fee will be refunded if the appeal is successful. The organizer reserves the right of final decision in case of any dispute.
- 11.14. Awards will be presented to the winners after 30 minutes of the results are announced.

11.15. First-aid station will be set up.

11.16. Please take care of your personal belongings at all time. The organizers will not be responsible for any loss of belongings during the competition.

## 12. Relay

12.1. Relay teams may be formed by participants of different age groups. A relay team shall participate in the age group of the youngest participant in the relay team. Each participant is only allowed to take part in one age group in each relay event.

- Each association/club is allowed to send a maximum of 2 teams to take part in each Relay event. All relay team members must be registered athletes of the championships.
- All associations/clubs should submit the relay team name list(s) to Call room once roll call starts, all late submission will not be allowed.
- All 4 teammates should attend the call room together for the roll call procedures.
- Registration on the event day is not accepted.

All relay team members should wear the same style of tops.

## 13. Competition Implements

### 13.1. Shot Put

	Company/ Brand	Description	Colour	Quantity
1	Cantabrian	Competition Iron Shot Put 7.26 kg, diameter 120mm	Unpainted	2
2	Polanik	Shot 7.26 kg Steel, diameter 115mm	Unpainted (Silver)	3
3	Polanik	Shot 6.0 kg Steel, diameter 110mm	Unpainted (Silver)	3
4	Polanik	Shot 5.0 kg Steel, diameter 110mm	Unpainted (Silver)	3
5	Polanik	Shot 5.0 kg Steel, diameter 105mm	Unpainted (Silver)	3
6	Polanik	Shot 4.0 kg Steel, diameter 105mm	Unpainted (Silver)	2
7	Polanik	Shot 4.0 kg Steel, diameter 100mm	Unpainted (Silver)	2
8	Polanik	Shot 4.0 kg Steel, diameter 95mm	Unpainted (Silver)	2
9	Polanik	Shot 3.0 kg Steel, diameter 105mm	Unpainted (Silver)	1
10	Polanik	Shot 3.0 kg Steel, diameter 85mm	Unpainted (Silver)	3
11	Polanik	Shot 2.0 kg Steel, diameter 85mm	Yellow	1

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### 13.2. Discus

	Company/ Brand	Description	Colour	Quantity
1	Polanik	CPD11-2 (COMPETITION DISCUS)	Blue	3
2	Polanik	CPD11-1,75 (COMPETITION DISCUS)	Blue	3
3	Polanik	CPD11-1,5 (COMPETITION DISCUS)	Blue	3
4	Sportland	Sportland 1.5kg Discus	Yellow	3
5	Polanik	CPD11-1 (COMPETITION DISCUS)	Blue	3
6	Polanik	CPD11-0,75(DE) (COMPETITION DISCUS)	Blue	2

### 13.3. Javelin

	Company/ Brand	Description	Colour	Quantity
1	Polanik	AF10-800 (AIR FLYER 800G)	Transparent Blue	2
2	Crown	Crown 800G-60 Competition Javelin	Black	2
3	Polanik	AF10-700 (AIR FLYER 700G)	White/Red	3
4	Powerbridge	Powerbridge PB-BQS13 600g Javelin	Purple	4
5	Powerbridge	Powerbridge PB-BQS14 500g Javelin	Purple	4
6	Polanik	AF11-400 (AIR FLYER 400G)	Lila-Pink	2

#### 13.4. Submission of Implements

Personal implements must be submitted for checking one day prior to the competition date.

All submitted implements must be “World Athletics certified” implements except the following:

- 2.0kg Shot Put
- 750g Discus
- 400g Javelin
- These 3 implements must comply with the specifications stated in Appendix A of WMA Competition Rules - 2023.

Date of Submission	Submission Time	Venue	Note
22/Nov/2024	09:00 ~ 12:00 noon 14:00 ~ 18:00 p.m.	Rm. 318, Town Health Tech. Ctr. 10-12 Yuen Shun Circuit Shatin, N.T., Hong Kong.	For Events scheduled on or after 23/Nov
23/Nov/2024	09:00 ~ 12:00 noon 14:00 ~ 18:00 p.m.	Tseung Kwan O Sportsground	For Events scheduled on 24/Nov



#### 14. Award

- 14.1. Medals will be presented to the Top 3 winners of each category of both individual and relay events upon results confirmation.
- 14.2. Trophies will be presented to the Individual Overall Champion of each category.
- 14.3. Trophies will be presented to the Men's and Women's Top 3 local associations/clubs obtaining highest score.
- 14.4. Overall Champion of local men's associations/clubs will be awarded the Lowcock Challenge Shield; Overall champion of local women's associations/clubs will be awarded the Ng Shuit Kwai Challenge Shield.
- 14.5. Overall champion of oversea men's and women's teams will be awarded the HKMAC Invitation Challenge Trophy.
- 14.6. Local Associations/Clubs overall score will be the sum of all individual scores by athletes in category M35/W35 and above for their associations/clubs. (Scores by M30/W30 athletes are not counted). Points for relay events will be doubled. Please refer to the following table for Overall Scoring System:

#### Overall Scoring System

Participants entered in the event	Position							
	1st	2nd	3rd	4th	5th	6th	7th	8th
8 or above	9	7	6	5	4	3	2	1
7	8	6	5	4	3	2	1	
6	7	5	4	3	2	1		
5	6	4	3	2	1			
4	5	3	2	1				
3	4	2	1					
2	3	1						
1	2							

- When tying for a position each competitor tying for that position will be credited with an average of points awarded to that position and the position(s) following it.

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- In case of a tie in team scores, the tie will be broken by the association/ club obtaining the higher / highest number of 1<sup>st</sup> places finishes, and (in case of a further tie) the number of 2<sup>nd</sup> place finishes, and so on. Relay and individual events score count as the same weight.

14.7. Overall score of foreign teams will be the sum of all individual scores by athletes in category M35/W35 and above for their teams. (Scores by M30/W30 athletes are not counted). Points for relay events will be doubled. Please refer to the following table for Overall Scoring System:

### Overall Scoring System

Participants entered in the event	Position							
	1st	2nd	3rd	4th	5th	6th	7th	8th
8 or above	9	7	6	5	4	3	2	1
7	8	6	5	4	3	2	1	
6	7	5	4	3	2	1		
5	6	4	3	2	1			
4	5	3	2	1				
3	4	2	1					
2	3	1						
1	2							

- When tying for a position each competitor tying for that position will be credited with an average of points awarded to that position and the position(s) following it.
- In case of tie in team scores, the association/ club obtained highest number of champion shall be determined as winner. Then if tie again, the highest number of first runner-up, and so on. Relay and individual event score count as the same weight.

14.8. Overall score of local associations/clubs and foreign teams will be calculated separately.

14.9. All trophies will be presented in the prize presentation dinner on the 24th of November 2024.

## 15. Athlete Bibs

- 15.1. Every athlete shall be provided with one bib which shall be worn visibly on the front of the torso. No athlete shall be allowed to take part in any competition without displaying the appropriate bib and/or identification.
- 15.2. An additional administration fee HK\$100 will be charged for replacement of number bib.

## 16. Declaration

- 16.1. The act of registration implies that the athlete declares that his/her health condition is adequate for participating in the race, and that he/she takes full responsibility for any health changes that appear during the race °
- 16.2. Copyright of all photos taken in the event day shall own by the organization and have the right to use the photos including but not limited to event promotion... etc.
- 16.3. The race may be cancelled if typhoon signal no.8 or above is hoisted, or if a rainstorm signal red or black is still in force in 8 hours before the event start. Participants should refer to news updates and online announcement. Fees are not refundable if the event is cancelled due to circumstances beyond the control of the Organizing Committee or in the case of force majeure.

## 17. Notice and Enquiry

- 17.1. Updated News and Result of the Captioned Event will be posted on the following media:

Website: [www.hkmac.org](http://www.hkmac.org) (Hong Kong Masters Athletics Championships)  
/ [www.pacers.org.hk](http://www.pacers.org.hk) (Pacers Athletics Club).



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MASTERS ATHLETICS  
CHAMPIONSHIPS 2024

... the **10**th HKMAC  
see you on dd/mm/2025

