

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - 100m (F1)

2025-11-22 -> 11:05 (10:45-10:55)

| Lan Name | 姓名 | Cat | Bib # | Team |
|--------------------|-----|-----|--------|--------|
| 2 AU CHRIS | 區志豪 | M45 | 450493 | LSCAC |
| 3 WONG CHARLES | 黃振業 | M45 | 450055 | BAC |
| 4 CHEUNG CHIN TUNG | 張展東 | M45 | 450745 | SJC |
| 5 LAI KAN YIN | 黎謹賢 | M45 | 450596 | PKMSAA |
| 6 CHIU SUNG LI | 趙崇理 | M45 | 450049 | BAC |
| 7 CHAN YUNG FEI | 陳庸非 | M45 | 450825 | WYK |
| 8 LAU YU HIU | 劉宇曉 | M45 | 450270 | DBSAC |

Men's M45 - 100m (F2)

2025-11-22 -> 11:05 (10:45-10:55)

| Lan Name | 姓名 | Cat | Bib # | Team |
|-------------------|-----|-----|--------|-------|
| 2 FUNG CHI HO | 馮志豪 | M45 | 450136 | CSDSA |
| 3 WONG SHUI MING | | M45 | 450572 | PAC |
| 4 YUEN LEONARD | 源旭 | M45 | 450292 | DBSAC |
| 5 CHAN WING KWONG | 陳永光 | M45 | 450498 | LSCAC |
| 6 LEUNG HO MAN | 梁浩民 | M45 | 450747 | SJC |
| 7 YAU TAK HIM | 丘德謙 | M45 | 450573 | PAC |

Men's M45 - 100m (F3)

2025-11-22 -> 11:05 (10:45-10:55)

| Lan Name | 姓名 | Cat | Bib # | Team |
|---------------------|-----|-----|--------|-------|
| 2 LAU SHING | 劉盛 | M45 | 450052 | BAC |
| 3 TO KWOK HOI | 涂國海 | M45 | 450054 | BAC |
| 4 TUNG HING CHUNG | | M45 | 450511 | LSCAC |
| 5 KRIEL ALDO | 歐立德 | M45 | 450051 | BAC |
| 6 CHAN SAN HEI ALAN | 陳新禧 | M45 | 450255 | DBSAC |
| 7 TSE KAI MING CARL | 謝繼明 | M45 | 450152 | DART |

Men's M45 - 100m (F4)

2025-11-22 -> 11:05 (10:45-10:55)

| Lan Name | 姓名 | Cat | Bib # | Team |
|------------------|-----|-----|--------|-------|
| 2 YEUNG CHI HANG | 楊志恒 | M45 | 450056 | BAC |
| 3 CHOW MING YIN | 周銘賢 | M45 | 450050 | BAC |
| 4 LAM KING WAI | 林經緯 | M45 | 450265 | DBSAC |
| 5 NG CHIT WING | 吳哲穎 | M45 | 450805 | WAC |
| 6 TANG KAI SING | 鄧啟昇 | M45 | 450509 | LSCAC |
| 7 CHU CHEUK KIT | 朱卓傑 | M45 | 450456 | JSA |

Men's M45 - 200m (F1)

2025-11-23 -> 11:05 (10:45-10:55)

| Lan Name | 姓名 | Cat | Bib # | Team |
|------------------|-----|-----|--------|-------|
| 3 NG CHIT WING | 吳哲穎 | M45 | 450805 | WAC |
| 4 FUNG CHI HO | 馮志豪 | M45 | 450136 | CSDSA |
| 5 YEUNG CHI HANG | 楊志恒 | M45 | 450056 | BAC |
| 6 WONG CHARLES | 黃振業 | M45 | 450055 | BAC |
| 7 YUEN LEONARD | 源旭 | M45 | 450292 | DBSAC |
| 8 WONG TING YAN | 黃廷恩 | M45 | 450141 | CSKOB |

Men's M45 - 200m (F2)

2025-11-23 -> 11:05 (10:45-10:55)

| Lan Name | 姓名 | Cat | Bib # | Team |
|--------------------|-----|-----|--------|-------|
| 3 CHAN CHUNG YU | 陳頌瑜 | M45 | 450252 | DBSAC |
| 4 YAU TAK HIM | 丘德謙 | M45 | 450573 | PAC |
| 5 CHAN YUNG FEI | 陳庸非 | M45 | 450825 | WYK |
| 6 CHIU SUNG LI | 趙崇理 | M45 | 450049 | BAC |
| 7 CHEUNG CHIN TUNG | 張展東 | M45 | 450745 | SJC |
| 8 CHAN WING KWONG | 陳永光 | M45 | 450498 | LSCAC |

Men's M45 - 200m (F3)

2025-11-23 -> 11:05 (10:45-10:55)

| Lan Name | 姓名 | Cat | Bib # | Team |
|---------------------|-----|-----|--------|-------|
| 3 LEUNG HO MAN | 梁浩民 | M45 | 450747 | SJC |
| 4 YEUNG WAI KONG | 楊偉剛 | M45 | 450057 | BAC |
| 5 KRIEL ALDO | 歐立德 | M45 | 450051 | BAC |
| 6 LO MARK | 盧致恒 | M45 | 450504 | LSCAC |
| 7 CHAN CHI YIP | 陳智業 | M45 | 450823 | WYK |
| 8 CHAN SAN HEI ALAN | 陳新禧 | M45 | 450255 | DBSAC |

Men's M45 - 400m (F1)

2025-11-22 -> 16:15 (15:55-16:05)

| Lan Name | 姓名 | Cat | Bib # | Team |
|---------------------------|-----|-----|--------|-------|
| 2 CHAN CHI YIP | 陳智業 | M45 | 450823 | WYK |
| 3 LUI CHI WANG | 呂志宏 | M45 | 450506 | LSCAC |
| 4 CHAN CHUNG YU | 陳頌瑜 | M45 | 450252 | DBSAC |
| 5 LI KIN HING | 李健興 | M45 | 450829 | WYK |
| 6 PANG KWOK CHING | 彭國程 | M45 | 450140 | CSKOB |
| 7 YEUNG WAI KONG | 楊偉剛 | M45 | 450057 | BAC |
| 8 TEASDALE MICHAEL GERARD | | M45 | 450007 | AVOHK |

Men's M45 - 400m (F2)

2025-11-22 -> 16:15 (15:55-16:05)

| Lan Name | 姓名 | Cat | Bib # | Team |
|-------------------|-----|-----|--------|-------|
| 3 HUI HOK TUNG | 許學東 | M45 | 450264 | DBSAC |
| 4 WAN MAN HO | 溫文灝 | M45 | 450283 | DBSAC |
| 5 CHAN MING YUI | 陳明睿 | M45 | 450254 | DBSAC |
| 6 CHEUNG YAN WING | 張欣穎 | M45 | 450259 | DBSAC |
| 7 MA KA CHUN | 馬嘉俊 | M45 | 450053 | BAC |
| 8 CHAN KA WAI | 陳家偉 | M45 | 450569 | PAC |

Men's M45 - 400m (F3)

2025-11-22 -> 16:15 (15:55-16:05)

| Lan Name | 姓名 | Cat | Bib # | Team |
|------------------|-----|-----|--------|-------|
| 3 ARBOLEDA LINO | | M45 | 450755 | SMTFA |
| 4 LAM KING WAI | 林經緯 | M45 | 450265 | DBSAC |
| 5 YU YUK MING | 余毓明 | M45 | 450291 | DBSAC |
| 6 CHAN WAI KEUNG | 陳偉強 | M45 | 450695 | SCAA |
| 7 RUAN WENJUN | 阮文駿 | M45 | 450697 | SCAA |
| 8 KRIEL ALDO | 歐立德 | M45 | 450051 | BAC |

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - 400m (F4)

2025-11-22 -> 16:15 (15:55-16:05)

| Lan Name | 姓名 | Cat | Bib # | Team |
|---------------------|-----|-----|--------|----------|
| 3 LO MARK | 盧致恒 | M45 | 450504 | LSCAC |
| 4 TANG WING KIN | 鄧永健 | M45 | 450571 | PAC |
| 5 CHAN SAN HEI ALAN | 陳新禧 | M45 | 450255 | DBSAC |
| 6 LEUNG TAT WAI | 梁達威 | M45 | 450570 | PAC |
| 7 CHAN KING CHUNG | 陳勁中 | M45 | 450253 | DBSAC |
| 8 KWAN TZE LUN | 關子麟 | M45 | 450660 | PoliceAC |

Men's M45 - 800m (F1)

2025-11-23 -> 16:25 (16:05-16:15)

| Lan Name | 姓名 | Cat | Bib # | Team |
|------------------|-----|-----|--------|----------|
| 1 CHAN HO KEI | 陳浩基 | M45 | 450420 | HKLRRRC |
| 1 CHAN WAI KEUNG | 陳偉強 | M45 | 450695 | SCAA |
| 2 CHAN KA WAI | 陳家偉 | M45 | 450569 | PAC |
| 2 AU YING MAN | 區應民 | M45 | 450494 | LSCAC |
| 3 LAM KING WAI | 林經緯 | M45 | 450265 | DBSAC |
| 3 LI KIN HING | 李健興 | M45 | 450829 | WYK |
| 4 FONG WAI KUK | 方緯谷 | M45 | 450261 | DBSAC |
| 4 YIP CHAK LUN | 葉澤麟 | M45 | 450288 | DBSAC |
| 5 LEUNG TAT WAI | 梁達威 | M45 | 450570 | PAC |
| 5 WONG SHUI MING | | M45 | 450572 | PAC |
| 6 WONG CHO KAN | 王祖勤 | M45 | 450662 | PoliceAC |
| 6 KWAN TZE LUN | 關子麟 | M45 | 450660 | PoliceAC |
| 7 HUI HOK TUNG | 許學東 | M45 | 450264 | DBSAC |
| 7 YIP CHUN HANG | 葉晉亨 | M45 | 450289 | DBSAC |
| 8 TSE MAN LUNG | 謝文龍 | M45 | 450698 | SCAA |
| 8 HO TSZ HANG | 何梓恒 | M45 | 450696 | SCAA |

Men's M45 - 800m (F2)

2025-11-23 -> 16:25 (16:05-16:15)

| Lan Name | 姓名 | Cat | Bib # | Team |
|------------------|-----|-----|--------|--------|
| 1 CHAN YAN YEE | 陳殷懿 | M45 | 450824 | WYK |
| 1 CHAN CHI YIP | 陳智業 | M45 | 450823 | WYK |
| 2 CHAN MING YUI | 陳明睿 | M45 | 450254 | DBSAC |
| 2 LAU WING KEI | 劉永基 | M45 | 450269 | DBSAC |
| 3 ZAGURY ALAN | | M45 | 450008 | AVOHK |
| 3 SHUM YIU MAN | 沈耀文 | M45 | 450457 | JSA |
| 4 CHAN YING HO | 陳英豪 | M45 | 450138 | CSKOBA |
| 4 KWOK WAI CHOI | 郭偉才 | M45 | 450139 | CSKOBA |
| 5 TSANG ALBY | 曾德輝 | M45 | 450281 | DBSAC |
| 5 YEUNG BENJAMIN | 楊家豪 | M45 | 450287 | DBSAC |
| 6 NGUI MAU SHUN | 魏茂信 | M45 | 450275 | DBSAC |
| 7 ARBOLEDA LINO | | M45 | 450755 | SMTFA |
| 7 CHOW LING FUNG | 周凌峰 | M45 | 450125 | CGHCAC |
| 8 YEUNG WAI KONG | 楊偉剛 | M45 | 450057 | BAC |
| 8 YUEN KWOK WAI | 袁國偉 | M45 | 450058 | BAC |

Men's M45 - 1500m (F)

2025-11-22 -> 09:20 (09:00-09:10)

| Ord Name | 姓名 | Cat | Bib # | Team |
|-------------------|-----|-----|--------|----------|
| 1 PANG KWOK CHING | 彭國程 | M45 | 450140 | CSKOBA |
| 2 SHUM YIU MAN | 沈耀文 | M45 | 450457 | JSA |
| 3 TSANG ALBY | 曾德輝 | M45 | 450281 | DBSAC |
| 4 TSE MAN LUNG | 謝文龍 | M45 | 450698 | SCAA |
| 5 DAGA-AS JOJIE L | | M45 | 450586 | NMSAA |
| 6 CHAN MING YUI | 陳明睿 | M45 | 450254 | DBSAC |
| 7 YUEN KWOK WAI | 袁國偉 | M45 | 450058 | BAC |
| 8 WONG SHUI MING | | M45 | 450572 | PAC |
| 9 JIAO CHENG GAO | 矯成高 | M45 | 450403 | DGD |
| 10 LUK WAI MAN | 陸偉文 | M45 | 450006 | AVOHK |
| 11 NGUI MAU SHUN | 魏茂信 | M45 | 450275 | DBSAC |
| 12 CHAN KA WAI | 陳家偉 | M45 | 450569 | PAC |
| 13 CHOW LING FUNG | 周凌峰 | M45 | 450125 | CGHCAC |
| 14 CHAN CHI YIP | 陳智業 | M45 | 450823 | WYK |
| 15 TANG YAT LAM | 鄧日霖 | M45 | 450510 | LSCAC |
| 16 NAM WAI SING | 藍偉誠 | M45 | 450661 | PoliceAC |

Men's M40~M45 - 5000m (F)

2025-11-23 -> 13:00 (12:40-12:50)

| Ord Name | 姓名 | Cat | Bib # | Team |
|----------------------|-----|-----|--------|----------|
| 15 WONG CHO KAN | 王祖勤 | M45 | 450662 | PoliceAC |
| 16 LAI KWOK HANG | 黎國恆 | M45 | 450678 | RMAC |
| 17 LAM CHEUNG SHING | 林掌成 | M45 | 450501 | LSCAC |
| 18 POW LAP SHAN | 鮑立山 | M45 | 450508 | LSCAC |
| 19 HUI CHEUK KIT | 許卓傑 | M45 | 450826 | WYK |
| 20 CHAN MING YUI | 陳明睿 | M45 | 450254 | DBSAC |
| 21 YIP CHAK LUN | 葉澤麟 | M45 | 450288 | DBSAC |
| 22 JIAO CHENG GAO | 矯成高 | M45 | 450403 | DGD |
| 23 NGUI MAU SHUN | 魏茂信 | M45 | 450275 | DBSAC |
| 24 DAGA-AS JOJIE L | | M45 | 450586 | NMSAA |
| 25 ZAGURY ALAN | | M45 | 450008 | AVOHK |
| 26 SO TSUNG NAM | 蘇淙南 | M45 | 450806 | WAC |
| 27 CHAN KING CHUN | 陳競進 | M45 | 450497 | LSCAC |
| 28 WONG CHI YUEN | 黃智遠 | M45 | 450512 | LSCAC |
| 29 TANG YAT LAM | 鄧日霖 | M45 | 450510 | LSCAC |
| 30 TSANG HOI HONG | 曾海康 | M45 | 450679 | RMAC |
| 31 WONG KIN PONG | 黃健邦 | M45 | 450513 | LSCAC |
| 32 SO HOI NAM | 蘇凱男 | M45 | 450277 | DBSAC |
| 33 CHAN KA LUNG ANDY | 陳嘉龍 | M45 | 450496 | LSCAC |
| 34 YIP CHUN HANG | 葉晉亨 | M45 | 450289 | DBSAC |
| 35 LAI SIU CHEONG | 黎兆昌 | M45 | 450828 | WYK |

Men's M30~M50 - 5000mRW (F)

2025-11-22 -> 13:10 (12:50-13:00)

| Ord Name | 姓名 | Cat | Bib # | Team |
|-----------------|-----|-----|--------|-------|
| 16 POON FELIX | 潘曉東 | M45 | 450276 | DBSAC |
| 17 TIN JOHN TIK | 田迪尊 | M45 | 450280 | DBSAC |

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M30-M50 - 5000mRW (F)

2025-11-22 -> 13:10 (12:50-13:00)

| Ord Name | 姓名 | Cat | Bib # | Team |
|--------------------|-----|-----|--------|-------|
| 18 LAU STEPHEN | 劉名峰 | M45 | 450268 | DBSAC |
| 19 CHEUNG LAWRENCE | 張欣傑 | M45 | 450258 | DBSAC |
| 20 CHOW KIT MAN | 周傑文 | M45 | 450260 | DBSAC |
| 21 LEUNG DUN LOK | 梁敦樂 | M45 | 450271 | DBSAC |
| 22 FONG WAI KUK | 方緯谷 | M45 | 450261 | DBSAC |
| 23 TSANG ALBY | 曾德輝 | M45 | 450281 | DBSAC |
| 24 LAU YU HIU | 劉宇曉 | M45 | 450270 | DBSAC |
| 25 LAU MAN LUNG | 劉文龍 | M45 | 450267 | DBSAC |

Men's M45 - 110mH (F1)

2025-11-22 -> 14:05 (13:45-13:55)

| Lan Name | 姓名 | Cat | Bib # | Team |
|-------------------|-----|-----|--------|--------|
| 3 HO WAI LUN ALAN | 何偉倫 | M45 | 450263 | DBSAC |
| 4 CHAN WAI KEUNG | 陳偉強 | M45 | 450695 | SCAA |
| 5 LO MARK | 盧致恒 | M45 | 450504 | LSCAC |
| 6 PANG KWOK CHING | 彭國程 | M45 | 450140 | CSKOBA |
| 7 LAU YU HIU | 劉宇曉 | M45 | 450270 | DBSAC |

Men's M45 - 110mH (F2)

2025-11-22 -> 14:05 (13:45-13:55)

| Lan Name | 姓名 | Cat | Bib # | Team |
|---------------------|-----|-----|--------|----------|
| 3 FONG HIU SANG | 方曉生 | M45 | 450659 | PoliceAC |
| 4 CHAN SIU HIN | 陳嘯軒 | M45 | 450048 | BAC |
| 5 NG CHIT WING | 吳哲穎 | M45 | 450805 | WAC |
| 6 TSE KAI MING CARL | 謝繼明 | M45 | 450152 | DART |
| 7 KRIEL ALDO | 歐立德 | M45 | 450051 | BAC |

Men's M45 - 400mH (F1)

2025-11-23 -> 15:05 (14:45-14:55)

| Lan Name | 姓名 | Cat | Bib # | Team |
|-------------------|-----|-----|--------|----------|
| 3 HO WAI LUN ALAN | 何偉倫 | M45 | 450263 | DBSAC |
| 4 LAM KING WAI | 林經緯 | M45 | 450265 | DBSAC |
| 5 LAU STEPHEN | 劉名峰 | M45 | 450268 | DBSAC |
| 6 FONG HIU SANG | 方曉生 | M45 | 450659 | PoliceAC |
| 7 TANG HON SING | 鄧漢昇 | M45 | 450279 | DBSAC |

Men's M45 - 400mH (F2)

2025-11-23 -> 15:05 (14:45-14:55)

| Lan Name | 姓名 | Cat | Bib # | Team |
|-------------------|-----|-----|--------|-------|
| 3 TIN JOHN TIK | 田迪尊 | M45 | 450280 | DBSAC |
| 4 LO MARK | 盧致恒 | M45 | 450504 | LSCAC |
| 5 CHAN WAI KEUNG | 陳偉強 | M45 | 450695 | SCAA |
| 6 LAU YU HIU | 劉宇曉 | M45 | 450270 | DBSAC |
| 7 HO PUI LUN ALAN | 何沛倫 | M45 | 450262 | DBSAC |

Men's - 3000mSC (F)

2025-11-23 -> 09:25 (09:05-09:15)

| Ord Name | 姓名 | Cat | Bib # | Team |
|-----------------|-----|-----|--------|------|
| 14 TSE MAN LUNG | 謝文龍 | M45 | 450698 | SCAA |

| | | | | |
|--------------------|-----|-----|--------|----------|
| 15 YIP CHAK LUN | 葉澤麟 | M45 | 450288 | DBSAC |
| 16 SIM LEUNG WAI | 沈樑威 | M45 | 450780 | TCAA |
| 17 LAU STEPHEN | 劉名峰 | M45 | 450268 | DBSAC |
| 18 RUAN WENJUN | 阮文駿 | M45 | 450697 | SCAA |
| 19 DAGA-AS JOJIE L | | M45 | 450586 | NMSAA |
| 20 CHAN SIU HIN | 陳嘯軒 | M45 | 450048 | BAC |
| 21 LAU YU HIU | 劉宇曉 | M45 | 450270 | DBSAC |
| 22 CHAN WAI KEUNG | 陳偉強 | M45 | 450695 | SCAA |
| 23 NGUI MAU SHUN | 魏茂信 | M45 | 450275 | DBSAC |
| 24 CHAN CHING WAN | 陳青雲 | M45 | 450658 | PoliceAC |
| 25 SO HOI NAM | 蘇凱男 | M45 | 450277 | DBSAC |

Men's M45 - 4X100m (F1)

2025-11-22 -> 17:35 (17:15-17:25)

| Lan Name | 姓名 | Cat | Bib # | Team |
|--------------|----|-----|-------|-------|
| 3 喇沙書院田徑會 | | M45 | | LSCAC |
| 4 赤道體育會 B | | M45 | | BAC |
| 5 拔萃男書院田徑會 B | | M45 | | DBSAC |
| 6 南華體育會 | | M45 | | SCAA |
| 7 九龍華仁書 | | M45 | | WYK |

Men's M45 - 4X100m (F2)

2025-11-22 -> 17:35 (17:15-17:25)

| Lan Name | 姓名 | Cat | Bib # | Team |
|--------------|----|-----|-------|----------|
| 4 拔萃男書院田徑會 A | | M45 | | DBSAC |
| 5 培僑中學校友會 | | M45 | | PKMSAA |
| 6 赤道體育會 A | | M45 | | BAC |
| 7 警察田徑會 | | M45 | | PoliceAC |

Men's M45 - 4X400m (F1)

2025-11-23 -> 17:55 (17:35-17:45)

| Ord Name | 姓名 | Cat | Bib # | Team |
|--------------|----|-----|-------|--------|
| 3 南華體育會 | | M45 | | SCAA |
| 4 喇沙書院田徑會 A | | M45 | | LSCAC |
| 5 赤道體育會 A | | M45 | | BAC |
| 6 拔萃男書院田徑會 A | | M45 | | DBSAC |
| 7 培僑中學校友會 | | M45 | | PKMSAA |

Men's M45 - 4X400m (F2)

2025-11-23 -> 17:55 (17:35-17:45)

| Ord Name | 姓名 | Cat | Bib # | Team |
|--------------|----|-----|-------|-------|
| 3 拔萃男書院田徑會 B | | M45 | | DBSAC |
| 4 飛達田徑會 | | M45 | | PAC |
| 5 喇沙書院田徑會 B | | M45 | | LSCAC |
| 6 赤道體育會 B | | M45 | | BAC |
| 7 九龍華仁書 | | M45 | | WYK |

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - Long Jump (F)

2025-11-22 -> 11:20 (11:00-11:10)

| Ord Name | 姓名 | Cat | Bib # | Team |
|----------------------|-----|-----|--------|--------|
| 1 LAU STEPHEN | 劉名峰 | M45 | 450268 | DBSAC |
| 2 KRIEL ALDO | 歐立德 | M45 | 450051 | BAC |
| 3 CHIU SUNG LI | 趙崇理 | M45 | 450049 | BAC |
| 4 NG CHIT WING | 吳哲穎 | M45 | 450805 | WAC |
| 5 LAU SHING | 劉盛 | M45 | 450052 | BAC |
| 6 LO MARK | 盧致恒 | M45 | 450504 | LSCAC |
| 7 LAU YU HIU | 劉宇曉 | M45 | 450270 | DBSAC |
| 8 WONG MAN HO AARON | 黃敏豪 | M45 | 450286 | DBSAC |
| 9 LAI KAN YIN | 黎謹賢 | M45 | 450596 | PKMSAA |
| 10 CHAN SAN HEI ALAN | 陳新禧 | M45 | 450255 | DBSAC |
| 11 CHOW MING YIN | 周銘賢 | M45 | 450050 | BAC |
| 12 TSE KAI MING CARL | 謝繼明 | M45 | 450152 | DART |
| 13 CHU CHEUK KIT | 朱卓傑 | M45 | 450456 | JSA |
| 14 TANG HON SING | 鄧漢昇 | M45 | 450279 | DBSAC |
| 15 YEUNG CHI HO | 楊志豪 | M45 | 450516 | LSCAC |
| 16 FUNG CHI HO | 馮志豪 | M45 | 450136 | CSDSA |
| 17 CHENG SHIH HAO | 程思浩 | M45 | 450257 | DBSAC |
| 18 WAN MAN HO | 溫文灝 | M45 | 450283 | DBSAC |
| 19 PANG KWOK CHING | 彭國程 | M45 | 450140 | CSKOBA |
| 20 HO PUI LUN ALAN | 何沛倫 | M45 | 450262 | DBSAC |
| 21 CHEUNG LAWRENCE | 張欣傑 | M45 | 450258 | DBSAC |

Men's M45 - Triple Jump (F)

2025-11-22 -> 09:15 (08:55-09:05)

| Ord Name | 姓名 | Cat | Bib # | Team |
|------------------------|-----|-----|--------|--------|
| 1 LAU YU HIU | 劉宇曉 | M45 | 450270 | DBSAC |
| 2 LEUNG DUN LOK | 梁敦樂 | M45 | 450271 | DBSAC |
| 3 TIN JOHN TIK | 田迪尊 | M45 | 450280 | DBSAC |
| 4 TSE KAI MING CARL | 謝繼明 | M45 | 450152 | DART |
| 5 NG CHIT WING | 吳哲穎 | M45 | 450805 | WAC |
| 6 CHENG SHIH HAO | 程思浩 | M45 | 450257 | DBSAC |
| 7 WAN MAN HO | 溫文灝 | M45 | 450283 | DBSAC |
| 8 HO WAI LUN ALAN | 何偉倫 | M45 | 450263 | DBSAC |
| 9 MUKDASANIT NUTTAPONG | | M45 | 450788 | THA |
| 10 CHAN SAN HEI ALAN | 陳新禧 | M45 | 450255 | DBSAC |
| 11 CHAN CHUNG YU | 陳頌瑜 | M45 | 450252 | DBSAC |
| 12 HO PUI LUN ALAN | 何沛倫 | M45 | 450262 | DBSAC |
| 13 LAU STEPHEN | 劉名峰 | M45 | 450268 | DBSAC |
| 14 KRIEL ALDO | 歐立德 | M45 | 450051 | BAC |
| 15 PANG KWOK CHING | 彭國程 | M45 | 450140 | CSKOBA |

Men's M45 - High Jump (F)

2025-11-23 -> 11:35 (11:15-11:25)

| Ord Name | 姓名 | Cat | Bib # | Team |
|---------------------|-----|-----|--------|-------|
| 1 KRIEL ALDO | 歐立德 | M45 | 450051 | BAC |
| 2 MAK ROCKY WANLONG | 麥雲龍 | M45 | 450507 | LSCAC |
| 3 WAN MAN HO | 溫文灝 | M45 | 450283 | DBSAC |

| | | | | |
|---------------------|-----|-----|--------|-------|
| 4 WONG CARRUK | 黃嘉樂 | M45 | 450285 | DBSAC |
| 5 LEUNG SIU PAN | 梁肇彬 | M45 | 450272 | DBSAC |
| 6 TSE KAI MING CARL | 謝繼明 | M45 | 450152 | DART |
| 7 NG CHIT WING | 吳哲穎 | M45 | 450805 | WAC |
| 8 LUI CHI WANG | 呂志宏 | M45 | 450506 | LSCAC |
| 9 LO MARK | 盧致恒 | M45 | 450504 | LSCAC |
| 10 LAU YU HIU | 劉宇曉 | M45 | 450270 | DBSAC |
| 11 CHAN YAN YEE | 陳殷懿 | M45 | 450824 | WYK |
| 12 CHU CHEUK KIT | 朱卓傑 | M45 | 450456 | JSA |

Men's M45 - Shot Put (F)

2025-11-23 -> 16:35 (16:15-16:25)

| Ord Name | 姓名 | Cat | Bib # | Team |
|------------------------|-----|-----|--------|--------|
| 1 LOPEZ CARMELO | | M45 | 450505 | LSCAC |
| 2 LAM KING YIN | 林敬然 | M45 | 450266 | DBSAC |
| 3 TIN JOHN TIK | 田迪尊 | M45 | 450280 | DBSAC |
| 4 YEUNG CHI HO | 楊志豪 | M45 | 450516 | LSCAC |
| 5 TSANG KWOK TUNG | 曾國棟 | M45 | 450282 | DBSAC |
| 6 YEO ASHLEY HEE | 楊喜春 | M45 | 450757 | SMTFA |
| 7 CHEUNG LAWRENCE | 張欣傑 | M45 | 450258 | DBSAC |
| 8 MAK ROCKY WANLONG | 麥雲龍 | M45 | 450507 | LSCAC |
| 9 LAU STEPHEN | 劉名峰 | M45 | 450268 | DBSAC |
| 10 NG CHIT WING | 吳哲穎 | M45 | 450805 | WAC |
| 11 SZE YEUNG KUEN | 施養權 | M45 | 450278 | DBSAC |
| 12 HO WAI LUN ALAN | 何偉倫 | M45 | 450263 | DBSAC |
| 13 WONG CHARLES | 黃振業 | M45 | 450055 | BAC |
| 14 CHAN CHUNG YU | 陳頌瑜 | M45 | 450252 | DBSAC |
| 15 KWOK WAI CHOI | 郭偉才 | M45 | 450139 | CSKOBA |
| 16 TSE KAI MING CARL | 謝繼明 | M45 | 450152 | DART |
| 17 HO WAI LUN | 何偉倫 | M45 | 450746 | SJC |
| 18 YIU CHI FUNG | 姚志峰 | M45 | 450290 | DBSAC |
| 19 HO PUI LUN ALAN | 何沛倫 | M45 | 450262 | DBSAC |
| 20 WANG MURPHY | 王家峰 | M45 | 450284 | DBSAC |
| 21 KRIEL ALDO | 歐立德 | M45 | 450051 | BAC |
| 22 SRIKANTH SELVAKUMAR | | M45 | 450445 | NAAA |
| 23 CHAN SAN HEI ALAN | 陳新禧 | M45 | 450255 | DBSAC |
| 24 LI CHENGMIN | 李成敏 | M45 | 450597 | PKMSAA |
| 25 CHANG HSI TSE | 張熙澤 | M45 | 450256 | DBSAC |
| 26 WONG CHUN CHUNG | 黃振中 | M45 | 450830 | WYK |
| 27 TSENG WUN HSIUNG | 曾文雄 | M45 | 450756 | SMTFA |

Men's M45 - Discus Throw (F)

2025-11-22 -> 13:40 (13:20-13:30)

| Ord Name | 姓名 | Cat | Bib # | Team |
|---------------------|-----|-----|--------|-------|
| 1 NG CHIT WING | 吳哲穎 | M45 | 450805 | WAC |
| 2 LUI LAMBERT | 呂慶樑 | M45 | 450273 | DBSAC |
| 3 WONG PAK KI | 黃栢麒 | M45 | 450514 | LSCAC |
| 4 WANG MURPHY | 王家峰 | M45 | 450284 | DBSAC |
| 5 TSE KAI MING CARL | 謝繼明 | M45 | 450152 | DART |
| 6 TSENG WUN HSIUNG | 曾文雄 | M45 | 450756 | SMTFA |
| 7 MAK ROCKY WANLONG | 麥雲龍 | M45 | 450507 | LSCAC |

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Men's M45 - Discus Throw (F)

2025-11-22 -> 13:40 (13:20-13:30)

| Ord Name | 姓名 | Cat | Bib # | Team |
|--------------------|-----|-----|--------|--------|
| 8 LEE FRANCIS KAM | 李金倫 | M45 | 450502 | LSCAC |
| 9 LAU STEPHEN | 劉名峰 | M45 | 450268 | DBSAC |
| 10 LAM KING YIN | 林敬然 | M45 | 450266 | DBSAC |
| 11 CHAN CALVIN KA | 陳家偉 | M45 | 450495 | LSCAC |
| 12 TIN JOHN TIK | 田迪尊 | M45 | 450280 | DBSAC |
| 13 YIU CHI FUNG | 姚志峰 | M45 | 450290 | DBSAC |
| 14 CHAN YING HO | 陳英豪 | M45 | 450138 | CSKOBA |
| 15 YEO ASHLEY HEE | 楊喜春 | M45 | 450757 | SMTFA |
| 16 CHENG SHIH HAO | 程思浩 | M45 | 450257 | DBSAC |
| 17 LOPEZ CARMELO | | M45 | 450505 | LSCAC |
| 18 CHAN CHIN WAN | 陳展雲 | M45 | 450251 | DBSAC |
| 19 CHAN CHUNG YU | 陳頌瑜 | M45 | 450252 | DBSAC |
| 20 TSANG KWOK TUNG | 曾國棟 | M45 | 450282 | DBSAC |
| 21 HO WAI LUN | 何偉倫 | M45 | 450746 | SJC |

Men's M45 - Javelin Throw (F)

2025-11-23 -> 15:15 (14:55-15:05)

| Ord Name | 姓名 | Cat | Bib # | Team |
|---------------------|-----|-----|--------|--------|
| 1 TSE KAI MING CARL | 謝繼明 | M45 | 450152 | DART |
| 2 LEE FRANCIS KAM | 李金倫 | M45 | 450502 | LSCAC |
| 3 CHAN CHUNG YU | 陳頌瑜 | M45 | 450252 | DBSAC |
| 4 YEO ASHLEY HEE | 楊喜春 | M45 | 450757 | SMTFA |
| 5 KWOK WAI CHOI | 郭偉才 | M45 | 450139 | CSKOBA |
| 6 HO PUI LUN ALAN | 何沛倫 | M45 | 450262 | DBSAC |
| 7 LAU STEPHEN | 劉名峰 | M45 | 450268 | DBSAC |
| 8 NG CHUN CHIU | 伍進超 | M45 | 450274 | DBSAC |
| 9 LO MARK | 盧致恒 | M45 | 450504 | LSCAC |
| 10 TSENG WUN HSIUNG | 曾文雄 | M45 | 450756 | SMTFA |
| 11 TSANG KWOK TUNG | 曾國棟 | M45 | 450282 | DBSAC |
| 12 WANG MURPHY | 王家峰 | M45 | 450284 | DBSAC |
| 13 LUI LAMBERT | 呂慶樑 | M45 | 450273 | DBSAC |
| 14 CHEUNG TAK LAI | 張德禮 | M45 | 450499 | LSCAC |
| 15 CHAN WING KWONG | 陳永光 | M45 | 450498 | LSCAC |
| 16 CHENG SHIH HAO | 程思浩 | M45 | 450257 | DBSAC |
| 17 LOPEZ CARMELO | | M45 | 450505 | LSCAC |
| 18 NG CHIT WING | 吳哲穎 | M45 | 450805 | WAC |
| 19 CHAN YING HO | 陳英豪 | M45 | 450138 | CSKOBA |
| 20 TSE FU MING | 謝富明 | M45 | 450117 | CEDSRC |
| 21 LI CHENGMIN | 李成敏 | M45 | 450597 | PKMSAA |
| 22 TSE MAN LUNG | 謝文龍 | M45 | 450698 | SCAA |