

Hong Kong Masters Athletics Club

The 10th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS

Women's W55 - 100m (F1)

2025-11-22 -> 10:00 (09:40-09:50)

Lan Name	姓名	Cat	Bib #	Team
2 LAI SHUI NIN	黎瑞年	W55	550996	DBSAC
3 WAN DIN	温电	W55	551139	RMAC
4 CHUNG SIU FONG	鍾少芳	W55	550891	BAC
5 LO LAN FA ANGEL	羅蘭花	W55	550855	AVOHK
6 LAM SAU LING	林秀玲	W55	551158	SCAA
7 SO OI MING PEGGY	蘇愛明	W55	550895	BAC

Women's W55 - 100m (F2)

2025-11-22 -> 10:00 (09:40-09:50)

Lan Name	姓名	Cat	Bib #	Team
2 CHAN SHUI LIN	陳水蓮	W55	550889	BAC
3 SUN KWAI CHUN	孫桂珍	W55	550896	BAC
4 CHAN MEI FONG	陳美芳	W55	550888	BAC
5 FONG SUM YU APRIL	方心如	W55	551207	WAC
6 CHIM STELLA	詹愷怡	W55	551157	SCAA
7 YUEN KAR WAI	袁嘉慧	W55	551003	DBSAC

Women's W55 - 200m (F1)

2025-11-23 -> 10:05 (09:45-09:55)

Lan Name	姓名	Cat	Bib #	Team
1 SUN KWAI CHUN	孫桂珍	W55	550896	BAC
2 CHUNG LAI HUNG	鍾麗紅	W55	550890	BAC
3 CHAN MEI FONG	陳美芳	W55	550888	BAC
4 CHIM STELLA	詹愷怡	W55	551157	SCAA
5 WONG SIU KING	黃瀟琮	W55	551000	DBSAC
6 LEUNG GRACE	梁惠瑜	W55	550997	DBSAC
7 WONG WAI SHEUNG	黃慧嫦	W55	551001	DBSAC
8 LEUNG MEI PO	梁美寶	W55	551046	GHSAC

Women's W55 - 200m (F2)

2025-11-23 -> 10:05 (09:45-09:55)

Lan Name	姓名	Cat	Bib #	Team
2 WONG SAU CHING	黃秀清	W55	551047	GHSAC
3 YUEN KAR WAI	袁嘉慧	W55	551003	DBSAC
4 FONG SUM YU APRIL	方心如	W55	551207	WAC
5 CHAU SUK KWUN	周淑筠	W55	550993	DBSAC
6 LAI SHUI NIN	黎瑞年	W55	550996	DBSAC
7 LAM SAU LING	林秀玲	W55	551158	SCAA
8 LO LAN FA ANGEL	羅蘭花	W55	550855	AVOHK

Women's W55 - 400m (F)

2025-11-22 -> 15:10 (14:50-15:00)

Lan Name	姓名	Cat	Bib #	Team
2 YUEN KAR WAI	袁嘉慧	W55	551003	DBSAC
3 LO LAN FA ANGEL	羅蘭花	W55	550855	AVOHK
4 CHAN MEI FONG	陳美芳	W55	550888	BAC
5 WONG SAU CHING	黃秀清	W55	551047	GHSAC
6 LAU YUK KIU	劉玉喬	W55	551100	PKMSAA

7 LAI SHUI NIN	黎瑞年	W55	550996	DBSAC
8 WU YINWAH	鄔燕華	W55	551101	PKMSAA

Women's W55-W75 - 800m (F)

2025-11-23 -> 15:40 (15:20-15:30)

Lan Name	姓名	Cat	Bib #	Team
2 LEUNG PIK KWAN	梁碧君	W55	550998	DBSAC
2 WONG SIU KING	黃瀟琮	W55	551000	DBSAC
3 LAI SUK MAN	黎淑雯	W55	551043	GHSAC
4 CHIU SIU WAI	焦小慧	W55	551097	PKMSAA
4 WU YINWAH	鄔燕華	W55	551101	PKMSAA
5 LEE SIK CHING	李適貞	W55	551159	SCAA
5 TSANG SIU YEE	曾小儀	W55	550897	BAC
6 LO LAN FA ANGEL	羅蘭花	W55	550855	AVOHK
7 WONG WAI SHEUNG	黃慧嫦	W55	551001	DBSAC
8 LAI SHUI NIN	黎瑞年	W55	550996	DBSAC

Women's W50-W75 - 1500m (F)

2025-11-22 -> 08:30 (08:10-08:20)

Ord Name	姓名	Cat	Bib #	Team
6 CHIU SIU WAI	焦小慧	W55	551097	PKMSAA
7 WONG SUET MI	黃雪微	W55	551175	SDH
8 LEE SIK CHING	李適貞	W55	551159	SCAA
9 LO LAN FA ANGEL	羅蘭花	W55	550855	AVOHK
10 LAI SHUI NIN	黎瑞年	W55	550996	DBSAC
11 LAI SUK MAN	黎淑雯	W55	551043	GHSAC
12 LAM YIM CHING	林艷貞	W55	550958	DART

Women's 5000m (F)

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

Ord Name	姓名	Cat	Bib #	Team
28 LAI SUK MAN	黎淑雯	W55	551043	GHSAC
29 LAM YIM CHING	林艷貞	W55	550958	DART
30 CHEUNG MAN ALICE	張敏	W55	550994	DBSAC
31 LO LAN FA ANGEL	羅蘭花	W55	550855	AVOHK

Women's 5000mRW (F)

2025-11-22 -> 11:30 (11:10-11:20)

Ord Name	姓名	Cat	Bib #	Team
15 WONG WAI SHEUNG	黃慧嫦	W55	551001	DBSAC
16 LEUNG GRACE	梁惠瑜	W55	550997	DBSAC
17 WONG SIU KING	黃瀟琮	W55	551000	DBSAC
18 CHEUNG MEI YI	張美儀	W55	551179	SHTB
19 LEUNG PIK KWAN	梁碧君	W55	550998	DBSAC
20 CHAU SUK KWUN	周淑筠	W55	550993	DBSAC
21 LAU SAU HAN	劉秀嫻	W55	551180	SHTB

Women's W55 - 80mH (F1)

2025-11-22 -> 14:50 (14:30-14:40)

Lan Name	姓名	Cat	Bib #	Team
3 LO LAN FA ANGEL	羅蘭花	W55	550855	AVOHK
4 WONG SIU KING	黃瀟琮	W55	551000	DBSAC
5 MA SHUK HAN	馬淑嫻	W55	551160	SCAA

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Women's W55 - 80mH (F1)

2025-11-22 -> 14:50 (14:30-14:40)

Lan Name	姓名	Cat	Bib #	Team
6 WONG SAU CHING	黃秀清	W55	551047	GHSAC
7 WONG WAI SHEUNG	黃慧嫦	W55	551001	DBSAC

Women's W55 - 80mH (F2)

2025-11-22 -> 14:50 (14:30-14:40)

Lan Name	姓名	Cat	Bib #	Team
3 CHAN SHUI LIN	陳水蓮	W55	550889	BAC
4 LAM SAU LING	林秀玲	W55	551158	SCAA
5 FONG SUM YU APRIL	方心如	W55	551207	WAC
6 YIU WENDY CHING	姚靜君	W55	551002	DBSAC

Women's W50-W55 - 300mH (F)

2025-11-23 -> 14:20 (14:00-14:10)

Lan Name	姓名	Cat	Bib #	Team
3 LAM SAU LING	林秀玲	W55	551158	SCAA
4 CHAN SHUI LIN	陳水蓮	W55	550889	BAC
7 FONG SUM YU APRIL	方心如	W55	551207	WAC
8 WONG SAU CHING	黃秀清	W55	551047	GHSAC

Women's W30-W65 - 2000mSC (F)

2025-11-23 -> 08:40 (08:20-08:30)

Ord Name	姓名	Cat	Bib #	Team
8 TSANG WOON MING	曾煥明	W55	551161	SCAA
9 TSANG SIU YEE	曾小儀	W55	550897	BAC
10 MA SHUK HAN	馬淑嫻	W55	551160	SCAA
11 LO LAN FA ANGEL	羅蘭花	W55	550855	AVOHK

Women's W55 - 4X100m (F)

2025-11-22 -> 16:55 (16:35-16:45)

Lan Name	姓名	Cat	Bib #	Team
2 拔萃男書院田徑會 B		W55		DBSAC
3 南華體育會		W55		SCAA
4 培僑中學校友會		W55		PKMSAA
5 拔萃男書院田徑會 A		W55		DBSAC
6 香港女子健跑會		W55		HKLRRRC
7 赤道體育會 B		W55		BAC
8 赤道體育會 A		W55		BAC

Women's W55 - 4X400m (F)

2025-11-23 -> 16:45 (16:25-16:35)

Ord Name	姓名	Cat	Bib #	Team
3 香港女子健跑會		W55		HKLRRRC
4 赤道體育會		W55		BAC
5 拔萃男書院田徑會 B		W55		DBSAC
6 拔萃男書院田徑會 A		W55		DBSAC
7 培僑中學校友會		W55		PKMSAA

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Women's W55 - High Jump (F)

2025-11-22 -> 08:30 (08:10-08:20)

Ord Name	姓名	Cat	Bib #	Team
1	CHAN LING KUEN	陳玲娟	W55 551156	SCAA
2	YUEN KAR WAI	袁嘉慧	W55 551003	DBSAC
3	WONG SIU KING	黃瀟琮	W55 551000	DBSAC

Women's W55 - Long Jump (F)

2025-11-23 -> 08:40 (08:20-08:30)

Ord Name	姓名	Cat	Bib #	Team
1	CHEUNG WING YI	張詠儀	W55 550995	DBSAC
2	LAM VIVIAN WING	林穎賢	W55 551044	GHSAC
3	CHIM STELLA	詹愷怡	W55 551157	SCAA
4	WONG WAI SHEUNG	黃慧嫦	W55 551001	DBSAC
5	CHUNG SIU FONG	鍾少芳	W55 550891	BAC
6	FONG SUM YU APRIL	方心如	W55 551207	WAC
7	QUIMBO CORAZON		W55 551085	NMSAA

Women's W55 - Triple Jump (F)

2025-11-22 -> 12:25 (12:05-12:15)

Ord Name	姓名	Cat	Bib #	Team
1	WONG SIU KING	黃瀟琮	W55 551000	DBSAC
2	LAI SHUI NIN	黎瑞年	W55 550996	DBSAC
3	WONG WAI SHEUNG	黃慧嫦	W55 551001	DBSAC
4	YUEN KAR WAI	袁嘉慧	W55 551003	DBSAC
5	LEUNG PIK KWAN	梁碧君	W55 550998	DBSAC

Women's W55 - Shot Put (F)

2025-11-23 -> 11:15 (10:55-11:05)

Ord Name	姓名	Cat	Bib #	Team
1	FESSY GEORGE		W55 551075	NAAA
2	IP KIT CHING	葉潔清	W55 551042	GHSAC
3	WONG WAI SHEUNG	黃慧嫦	W55 551001	DBSAC
4	QUIMBO CORAZON		W55 551085	NMSAA
5	CHAN WAI YIN	陳慧妍	W55 550992	DBSAC
6	TSANG SIU YEE	曾小儀	W55 550897	BAC
7	CHAN LING KUEN	陳玲娟	W55 551156	SCAA
8	CHIM STELLA	詹愷怡	W55 551157	SCAA
9	GNANASUGANTHI ANNAVI		W55 551076	NAAA
10	CHAN SHUK MAN	陳淑敏	W55 551040	GHSAC
11	LEUNG PIK KWAN	梁碧君	W55 550998	DBSAC
12	CHEUNG WING YI	張詠儀	W55 550995	DBSAC
13	WONG SIU KING	黃瀟琮	W55 551000	DBSAC
14	LAM VIVIAN WING	林穎賢	W55 551044	GHSAC
15	HO KA LAI	何嘉麗	W55 550892	BAC

Women's W55 - Discus Throw (F)

2025-11-23 -> 18:10 (17:50-18:00)

Ord Name	姓名	Cat	Bib #	Team
1	CHENG VIRGINIA	鄭子慧	W55 551206	WAC
2	IP KIT CHING	葉潔清	W55 551042	GHSAC
3	QUIMBO CORAZON		W55 551085	NMSAA

4	LAM VIVIAN WING	林穎賢	W55 551044	GHSAC
5	CHIM STELLA	詹愷怡	W55 551157	SCAA
6	CHAN LING KUEN	陳玲娟	W55 551156	SCAA
7	CHAN SHUK MAN	陳淑敏	W55 551040	GHSAC
8	WONG SIU KING	黃瀟琮	W55 551000	DBSAC
9	WONG WAI SHEUNG	黃慧嫦	W55 551001	DBSAC
10	HO KA LAI	何嘉麗	W55 550892	BAC
11	GNANASUGANTHI ANNAVI		W55 551076	NAAA
12	FESSY GEORGE		W55 551075	NAAA
13	LEUNG YUEN FAN	梁婉芬	W55 550893	BAC

Women's W55 - Javelin Throw (F)

2025-11-23 -> 11:50 (11:30-11:40)

Ord Name	姓名	Cat	Bib #	Team
1	LEE SIU WAI	李少慧	W55 551045	GHSAC
2	WONG SIU KING	黃瀟琮	W55 551000	DBSAC
3	CHIM STELLA	詹愷怡	W55 551157	SCAA
4	CHENG VIRGINIA	鄭子慧	W55 551206	WAC
5	QUIMBO CORAZON		W55 551085	NMSAA
6	LEUNG YUEN WAI	梁婉慧	W55 550894	BAC
7	HO KA LAI	何嘉麗	W55 550892	BAC
8	LAM VIVIAN WING	林穎賢	W55 551044	GHSAC
9	CHAN LING KUEN	陳玲娟	W55 551156	SCAA
10	TAI MIU KUEN	戴妙娟	W55 550999	DBSAC
11	IP KIT CHING	葉潔清	W55 551042	GHSAC
12	HO SUI SAN	何瑞新	W55 551098	PKMSAA
13	CHAN SHUK MAN	陳淑敏	W55 551040	GHSAC
14	HUI BONNIE	許穎汶	W55 551041	GHSAC
15	WONG WAI SHEUNG	黃慧嫦	W55 551001	DBSAC
16	LEUNG YUEN FAN	梁婉芬	W55 550893	BAC