

Hong Kong Masters Athletics Club
The 8th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M45 - 100M



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	10.72	WILLIE GAULT		INDIANAPOLIS,	2006/06/24
HONG KONG RECORD	10.28	TSUI CHI HO 徐志豪	Bank of China (Hong Kong) 53rd		2010/05/16
	10.28	NG KA FUNG 吳家鋒	ASICS Hong Kong Athletics Series	Wanchai SG	2021/09/11
Masters ACR	11.84	Wong Kin On 黃健安	Hong Kong Masters Athletics	Wanchai SG	2018/10/27
HKMAC RECORD	11.84	Wong Kin On 黃健安	Hong Kong Masters Athletics	Wanchai SG	2018/10/27



2023/10/29



Start: 14:00



28°C



58%

Final 1 /3

Pos	Heat/Name Lane	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-7 CHAN SAN HEI ALAN	陳新禧	45228 DBSAC	12.69	+1.6	
2	1-5 CHAN KING HANG KEN	陳勁恆	45259 LSCAC	12.97	+1.6	
3	1-4 LEUNG HO MAN	梁浩民	45309 SJACS	13.05	+1.6	
4	1-6 LAI YEE LAI	黎爾禮	45266 LSCAC	13.80	+1.6	
5	1-3 CHUN KA YIN JASON	秦家賢	45263 LSCAC	13.96	+1.6	
	1-2 LEUNG SIU PAN	梁肇彬	45240 DBSAC	DNS		
	1-8 LI CHAK MING	李澤銘	45289 PoliceAC	DNS		

Final 2 /3

Pos	Heat/Name Lane	姓名	Bib#/ Team	Result	W/S	Remarks
1	2-6 YEUNG WAI KONG	楊偉剛	45299 SCAA	12.55	0.0	
2	2-2 CHAN KWOK WAI CHRISTOPHER	陳國維	45306 SJACS	13.10	0.0	
3	2-4 AU CHI HOO CHRISTOPHER	區志豪	45256 LSCAC	13.62	0.0	
4	2-8 LAM KING WAI	林經緯	45237 DBSAC	13.95	0.0	
5	2-5 CHUN WAI CHOW	周縉緯	45254 HKMP	14.06	0.0	14.051"
6	2-3 TANG KWOK WING	鄧國榮	45296 SCAA	14.06	0.0	14.052"

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主辦單位:



協辦機構:



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HKMAC RECORD	11.84	Wong Kin On 黃健安	Hong Kong Masters Athletics	Wanchai SG	2018/10/27

29 2023/10/29 Start: 14:00 28°C 58%

Final 2 /3

Pos	Heat/Name Lane	姓名	Bib#/ Team	Result	W/S	Remarks
	2-7 MA HING KWONG GILBERT	馬慶廣	45310 SJACS	DNS		

Final 3 /3

Pos	Heat/Name Lane	姓名	Bib#/ Team	Result	W/S	Remarks
1	3-5 LIU CHI YUNG	廖智勇	45294 SCAA	12.07	+2.4	
2	3-7 CHAN LAP CHI	陳立致	45291 SCAA	12.22	+2.4	
3	3-3 NG TAI WAI	吳大偉	45290 PoliceAC	12.33	+2.4	
4	3-2 CHAN WING KWONG DEREK	陳永光	45260 LSCAC	12.48	+2.4	
5	3-6 LAU CHUNG SING	劉頌昇	45268 LSCAC	12.65	+2.4	
6	3-8 CHEUNG CHINTUNG	張展東	45307 SJACS	13.28	+2.4	
7	3-4 CHEUNG ALAN		45261 LSCAC	14.59	+2.4	

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HKMAC RECORD	11.84	Wong Kin On 黃健安	Hong Kong Masters Athletics	Wanchai SG	2018/10/27



2023/10/29



Start: 14:00



28°C



58%

Summary

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	3-5	LIU CHI YUNG	廖智勇	45294 SCAA	12.07	+2.4	
2	3-7	CHAN LAP CHI	陳立致	45291 SCAA	12.22	+2.4	
3	3-3	NG TAI WAI	吳大偉	45290 PoliceAC	12.33	+2.4	
4	3-2	CHAN WING KWONG DEREK	陳永光	45260 LSCAC	12.48	+2.4	
5	2-6	YEUNG WAI KONG	楊偉剛	45299 SCAA	12.55	0.0	
6	3-6	LAU CHUNG SING	劉頌昇	45268 LSCAC	12.65	+2.4	
7	1-7	CHAN SAN HEI ALAN	陳新禧	45228 DBSAC	12.69	+1.6	
8	1-5	CHAN KING HANG KEN	陳勁恆	45259 LSCAC	12.97	+1.6	
9	1-4	LEUNG HO MAN	梁浩民	45309 SJACS	13.05	+1.6	
10	2-2	CHAN KWOK WAI CHRISTOPHER	陳國維	45306 SJACS	13.10	0.0	
11	3-8	CHEUNG CHINTUNG	張展東	45307 SJACS	13.28	+2.4	
12	2-4	AU CHI HOO CHRISTOPHER	區志豪	45256 LSCAC	13.62	0.0	
13	1-6	LAI YEE LAI	黎爾禮	45266 LSCAC	13.80	+1.6	
14	2-8	LAM KING WAI	林經緯	45237 DBSAC	13.95	0.0	
15	1-3	CHUN KA YIN JASON	秦家賢	45263 LSCAC	13.96	+1.6	

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Men's M45 - 100M



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Masters ACR	11.84	Wong Kin On 黃健安	Hong Kong Masters Athletics	Wanchai SG	2018/10/27
HKMAC RECORD	11.84	Wong Kin On 黃健安	Hong Kong Masters Athletics	Wanchai SG	2018/10/27



2023/10/29



Start: 14:00



28°C



58%

Summary

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
16	2-5	CHUN WAI CHOW	周縉緯	45254 HKMP	14.06	0.0	14.051"
17	2-3	TANG KWOK WING	鄧國榮	45296 SCAA	14.06	0.0	14.052"
18	3-4	CHEUNG ALAN		45261 LSCAC	14.59	+2.4	
	1-2	LEUNG SIU PAN	梁肇彬	45240 DBSAC	DNS		
	1-8	LI CHAK MING	李澤銘	45289 PoliceAC	DNS		
	2-7	MA HING KWONG GILBERT	馬慶廣	45310 SJACS	DNS		

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Hong Kong Masters Athletics Club
The 8th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M45 - 110MH



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	14.38	SHAUN BOWNES		PRETORIA, RSA	2016/02/04
Masters ACR	17.64	YU YUEN FAI 余遠輝	The 6th Hong Kong Masters	TKO SG	2021/09/12
HKMAC RECORD	17.64	YU YUEN FAI 余遠輝	The 6th Hong Kong Masters	TKO SG	2021/09/12



29 2023/10/29



Start: 10:50



27°C



66%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-3	WONG NGAI FUNG	黃毅峯	45298 SCAA	19.54	-0.4	
2	1-4	LO MARK	盧致恒	45270 LSCAC	20.14	-0.4	
3	1-7	NG TAI WAI	吳大偉	45290 PoliceAC	20.36	-0.4	
	1-6	HUI HOK TUNG	許學東	45235 DBSAC	DNS		
	1-5	TSE LEON	謝文龍	45297 SCAA	DNS		

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Hong Kong Masters Athletics Club
The 8th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M45 - 1500M



Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	3:48.72 ANTHONY WHITEMAN		LOUGHBOROUGH,	2017/07/08
	HONG KONG RECORD	3:55.60 DAVE GIBSON			1972/03/07



2023/10/29



Start: 15:25



27°C



69%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-5	CHAN KA WAI	陳家偉	45283 Pacers	4:54.74	
2	1-11	CHAN SIU HIN	陳嘯軒	45292 SCAA	5:29.73	
3	1-13	CHAN KING CHUN	陳競進	45258 LSCAC	5:33.15	
4	1-7	CHAN DANIEL	陳恒	45227 DBSAC	5:36.41	
5	1-3	CHAK CHI SAU	翟子修	45287 PoliceAC	5:37.66	
6	1-1	TSE LEON	謝文龍	45297 SCAA	5:56.38	
7	1-15	LAI HONG MAN ALOYSIUS		45265 LSCAC	6:04.59	
8	1-2	WONG CHI YUEN	黃智遠	45278 LSCAC	6:06.44	
9	1-6	LEUNG HO YIN STEVE	梁浩然	45269 LSCAC	6:07.65	
10	1-4	POON HIU TUNG, FELIX	潘曉東	45243 DBSAC	6:10.62	
11	1-16	LAM KING WAI	林經緯	45237 DBSAC	6:29.93	
12	1-9	TIN TIK CHUEN JOHN		45244 DBSAC	6:49.57	
13	1-14	CHENG LEUNG SHING	鄭良盛	45293 SCAA	6:56.64	
14	1-10	TSANG TAK FAI ALBY	曾德輝	45245 DBSAC	7:02.40	
	1-12	HUI HOK TUNG	許學東	45235 DBSAC	DNS	
	1-8	YUEN KWOK WAI	袁國偉	45300 SCAA	DNS	

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Men's M45 - 200M

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	21.65	Alexander Kosenkow		Minden, GER	2022/07/23
HONG KONG RECORD	20.94	TANG YIK CHUN 鄧亦峻			2005/04/16
Masters ACR	24.19	WONG KIN ON 黃健安	The 6th Hong Kong Masters	TKO SG	2021/09/11
HKMAC RECORD	24.19	WONG KIN ON 黃健安	The 6th Hong Kong Masters	TKO SG	2021/09/11

2023/10/28 Start: 11:20 28°C 70%

Final 1 /2

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-5 YEUNG WAI KONG	楊偉剛	45299 SCAA	25.03	+0.9	
2	1-3 CHAN KING HANG KEN	陳勁恆	45259 LSCAC	26.67	+0.9	
3	1-8 SIU HUBERT	蕭猷健	45277 LSCAC	26.91	+0.9	
4	1-7 LEUNG HO MAN	梁浩民	45309 SJACS	27.24	+0.9	
5	1-4 CHUNG HO YIN	鍾浩然	45312 WAC	29.43	+0.9	
6	1-6 WONG PATRICK	王崇珀	45248 DBSAC	32.51	+0.9	
	1-1 LI KWOK KEUNG	李國強	45225 AVOHK	DNS		
	1-2 LI CHAK MING	李澤銘	45289 PoliceAC	DNS		

Final 2 /2

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	W/S	Remarks
1	2-5 LIU CHI YUNG	廖智勇	45294 SCAA	24.46	+0.5	
2	2-6 CHAN LAP CHI	陳立致	45291 SCAA	24.84	+0.5	
3	2-4 LO MARK	盧致恒	45270 LSCAC	25.28	+0.5	
4	2-7 LAU CHUNG SING	劉頌昇	45268 LSCAC	26.17	+0.5	
5	2-1 CHAN SAN HEI ALAN	陳新禧	45228 DBSAC	26.30	+0.5	
6	2-3 CHAN WING KWONG DEREK	陳永光	45260 LSCAC	26.82	+0.5	

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Hong Kong Masters Athletics Club
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Men's M45 - 200M



Record	Perf	Athlete	Event	Place	Date
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HONG KONG RECORD	20.94	TANG YIK CHUN 鄧亦峻			2005/04/16
Masters ACR	24.19	WONG KIN ON 黃健安	The 6th Hong Kong Masters	TKO SG	2021/09/11
HKMAC RECORD	24.19	WONG KIN ON 黃健安	The 6th Hong Kong Masters	TKO SG	2021/09/11



2023/10/28



Start: 11:20



28°C



70%

Final 2/2

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	W/S	Remarks
7	2-8 CHEUNG CHINTUNG	張展東	45307 SJACS	27.54	+0.5	
8	2-2 CHUN KA YIN JASON	秦家賢	45263 LSCAC	32.44	+0.5	

Summary

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	W/S	Remarks
1	2-5 LIU CHI YUNG	廖智勇	45294 SCAA	24.46	+0.5	
2	2-6 CHAN LAP CHI	陳立致	45291 SCAA	24.84	+0.5	
3	1-5 YEUNG WAI KONG	楊偉剛	45299 SCAA	25.03	+0.9	
4	2-4 LO MARK	盧致恒	45270 LSCAC	25.28	+0.5	
5	2-7 LAU CHUNG SING	劉頌昇	45268 LSCAC	26.17	+0.5	
6	2-1 CHAN SAN HEI ALAN	陳新禧	45228 DBSAC	26.30	+0.5	
7	1-3 CHAN KING HANG KEN	陳勁恆	45259 LSCAC	26.67	+0.9	
8	2-3 CHAN WING KWONG DEREK	陳永光	45260 LSCAC	26.82	+0.5	
9	1-8 SIU HUBERT	蕭猷健	45277 LSCAC	26.91	+0.9	
10	1-7 LEUNG HO MAN	梁浩民	45309 SJACS	27.24	+0.9	
11	2-8 CHEUNG CHINTUNG	張展東	45307 SJACS	27.54	+0.5	
12	1-4 CHUNG HO YIN	鍾浩然	45312 WAC	29.43	+0.9	

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HKMAC RECORD	24.19	WONG KIN ON 黃健安	The 6th Hong Kong Masters	TKO SG	2021/09/11



2023/10/28



Start: 11:20



28°C



70%

Summary

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
13	2-2	CHUN KA YIN JASON	秦家賢	45263 LSCAC	32.44	+0.5	
14	1-6	WONG PATRICK	王崇珀	45248 DBSAC	32.51	+0.9	
	1-1	LI KWOK KEUNG	李國強	45225 AVOHK	DNS		
	1-2	LI CHAK MING	李澤銘	45289 PoliceAC	DNS		

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Hong Kong Masters Athletics Club
The 8th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M45 - 400M



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	49.09	ALLEN WOODARD		HOUSTON, USA	2017/03/18
HONG KONG RECORD	47.28	CHAN KA CHUN 陳嘉駿	Chinese Taipei Open Meet		2015/05/15
Masters ACR	52.61	Wong Kin On 黃健安	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	52.61	Wong Kin On 黃健安	Hong Kong Masters Athletics	TKO SG	2018/10/27



2023/10/29



Start: 11:30



27°C



62%

Final 1 1/2

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-8	CHAN SAN HEI ALAN	陳新禧	45228 DBSAC	59.56	
2	1-5	WONG NGAI FUNG	黃毅峯	45298 SCAA	1:01.13	
3	1-6	CHAN KING HANG KEN	陳勁恆	45259 LSCAC	1:01.86	
4	1-4	SIU HUBERT	蕭猷健	45277 LSCAC	1:03.83	
5	1-2	LAM KING WAI	林經緯	45237 DBSAC	1:05.21	
6	1-7	WONG YAT LEUNG DAVID	黃一樑	45253 HKLRR	1:23.00	
	1-3	LUI CHI WANG ROBERT	呂志宏	45275 LSCAC	DNS	

Final 2 1/2

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	2-4	CHAN LAP CHI	陳立致	45291 SCAA	55.15	
2	2-5	CHEUNG ALAN		45261 LSCAC	57.20	
3	2-6	CHAN KA WAI	陳家偉	45283 Pacers	58.23	
4	2-7	LO MARK	盧致恒	45270 LSCAC	1:01.37	
5	2-3	TSE LEON	謝文龍	45297 SCAA	1:02.75	
6	2-8	TANG WING KIN	鄧永健	45285 Pacers	1:03.13	
7	2-2	RUAN WENJUN	阮文駿	45295 SCAA	1:14.98	

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2023/10/29



Start: 11:30



27°C



62%

Summary

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	2-4	CHAN LAP CHI	陳立致	45291 SCAA	55.15	
2	2-5	CHEUNG ALAN		45261 LSCAC	57.20	
3	2-6	CHAN KA WAI	陳家偉	45283 Pacers	58.23	
4	1-8	CHAN SAN HEI ALAN	陳新禧	45228 DBSAC	59.56	
5	1-5	WONG NGAI FUNG	黃毅峯	45298 SCAA	1:01.13	
6	2-7	LO MARK	盧致恒	45270 LSCAC	1:01.37	
7	1-6	CHAN KING HANG KEN	陳勁恆	45259 LSCAC	1:01.86	
8	2-3	TSE LEON	謝文龍	45297 SCAA	1:02.75	
9	2-8	TANG WING KIN	鄧永健	45285 Pacers	1:03.13	
10	1-4	SIU HUBERT	蕭猷健	45277 LSCAC	1:03.83	
11	1-2	LAM KING WAI	林經緯	45237 DBSAC	1:05.21	
12	2-2	RUAN WENJUN	阮文駿	45295 SCAA	1:14.98	
13	1-7	WONG YAT LEUNG DAVID	黃一樑	45253 HKLRRRC	1:23.00	
	1-3	LUI CHI WANG ROBERT	呂志宏	45275 LSCAC	DNS	

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主辦單位:



協辦機構:



合作伙伴:



合作媒體:



Hong Kong Masters Athletics Club
The 8th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M45 - 400MH



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	53.57	ARAMIS DiAZ		ROME, ITA	2020/09/05
HONG KONG RECORD	50.88	CHAN KA CHUN 陳嘉駿			2016/04/15



2023/10/28



Start: 14:20



27°C



74%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-3	CHEUNG ALAN		45261 LSCAC	1:05.15	
2	1-6	LO MARK	盧致恒	45270 LSCAC	1:10.75	
3	1-4	WONG NGAI FUNG	黃毅峯	45298 SCAA	1:12.07	
4	1-5	CHAN SIU HIN	陳嘯軒	45292 SCAA	1:24.72	
5	1-2	LAM KING WAI	林經緯	45237 DBSAC	1:27.62	
6	1-7	HUI HOK TUNG	許學東	45235 DBSAC	1:32.79	

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主辦單位:



協辦機構:



合作伙伴:



合作媒體:



Hong Kong Masters Athletics Club
The 8th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M45 - 4X100M



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	43.27	FUKUZATO, MINAKUCHI, KOGA, ASA		KUCHING, MAS	2019/12/06
HONG KONG RECORD	38.47	HONG KONG TEAM			2012/05/26
Masters ACR	47.92	DBSAC	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	47.92	DBSAC	Hong Kong Masters Athletics	TKO SG	2018/10/27



29 2023/10/29



Start: 16:25



26°C



72%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-4	南華 M45 4X100米 (A) 陳立致, 黃毅峯, 廖智勇, 楊偉剛		SCAA	47.81	HKMACR, R
2	1-3	LSCAC M45 4X100米 (A) 陳勁恆, 劉頌昇, 盧致恒, CHEUNG ALAN		LSCAC	49.13	
3	1-5	LSCAC M45 4X100米 (B) 呂志宏, YU CHEERIC JAMES, 陳永光, 區志豪		LSCAC	51.34	
4	1-1	SJACS M45 4X100米 梁浩民, 馬慶廣, 陳國維, 張展東		SJACS	51.84	
5	1-2	DBSAC M45 4X100米 (A) 楊時飛, 林經緯, 梁肇彬, 陳新禧		DBSAC	52.56	
6	1-7	DBSAC M45 4X100米 (B) 王崇珀, 劉名峰, TIN TIK CHUEN JOHN, 陳恒		DBSAC	56.54	
7	1-6	南華 M45 4X100米 (B) 鄭良盛, 陳嘯軒, 謝文龍, 阮文駿		SCAA	57.15	
8	1-8	HKLRRRC M45 4X100米 黃一樑, 許金獻, 方偉基, 黃一慈		HKLRRRC	1:05.33	

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主辦單位:



協辦機構:



合作伙伴:



合作媒體:



Hong Kong Masters Athletics Club
The 8th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M45 - 4X400M



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	3:22.79	VICKERS, GOMES, BRIDGES, WOODA		PHILADELPHIA,	2017/04/29
HONG KONG RECORD	3:11.28	HONG KONG TEAM			2014/09/29
Masters ACR	3:57.38	南華 M45 4X400M (A)			2022/11/27
HKMAC RECORD	3:57.38	南華 M45 4X400M (A)			2022/11/27



2023/10/28



Start: 16:30



26°C



84%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-8	南華 M45 4X400米 (A) 陳立致, 黃毅峯, 楊偉剛, 廖智勇		SCAA	3:48.75	HKMACR, R
2	1-6	飛達田徑會 M45 4X400米 鄧永健, 黃啟東, 梁達威, 陳家偉		Pacers	3:52.12	HKMACR, R
3	1-1	LSCAC M45 4X400米 (A) 呂志宏, 陳勁恆, 盧致恒, CHEUNG ALAN		LSCAC	4:03.94	
4	1-7	LSCAC M45 4X400米 (B) 劉頌昇, 蕭猷健, 陳競進, 陳永光		LSCAC	4:25.06	
5	1-2	南華 M45 4X400米 (B) 鄧國榮, 袁國偉, 謝文龍, 鄭良盛		SCAA	4:26.21	
6	1-3	DBSAC M45 4X400米 (A) 林經緯, 楊時飛, 許學東, 劉名峰		DBSAC	4:45.12	
7	1-5	DBSAC M45 4X400米 (B) 劉名峰, 王崇珀, TIN TIK CHUEN JOHN, 陳恒		DBSAC	4:48.22	
8	1-4	HKLRRRC M45 4X400米 許金獻, 黃一樑, 方偉基, 黃一慈		HKLRRRC	5:09.59	

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主辦單位:



協辦機構:



合作伙伴:



合作媒體:



Hong Kong Masters Athletics Club
The 8th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M45 - 5000M

Record	Perf	Athlete	Event	Place	Date
WMA RECORD 14:23.60		LUCIEN RAULT		VANNES, FRA	1982/06/19
HONG KONG RECORD 14:37.14		TSE CHUN YIN 謝俊賢	TCAA Open Athletics Championship	Wan Chai	2022/12/17
Masters ACR 17:12.46		WONG TIN YAU 王天佑			2022/12/04
HKMAC RECORD 17:12.46		WONG TIN YAU 王天佑			2022/12/04

2023/10/28 Start: 09:20 27°C 74%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-25	CHAN KIN MING	陳健明	45282 LWRC	18:17.47	<i>Split: 03:36.65 (3:36.65) 07:14.21 (3:37.56) 10:53.57 (3:39.36) 14:39.42 (3:45.86) 18'17.47 (3:37.57)</i>
2	1-16	RIEHM FRANK		45226 AVOHK	18:47.66	<i>Split: 03:38.83 (3:38.83) 07:16.86 (3:38.04) 10:58.26 (3:41.39) 14:54.07 (3:55.82) 18'47.66 (3:52.92)</i>
3	1-17	CHAN KING CHUN	陳競進	45258 LSCAC	20:24.66	<i>Split: 05:41.41 (5:41.41) 08:42.10 (3:00.70) 12:03.69 (3:21.58) 16:04.02 (4:00.33) 20'24.66 (4:19.98)</i>
4	1-21	CHAN HOI KIN	陳凱健	45288 PoliceAC	20:34.00	<i>Split: 03:55.72 (3:55.72) 08:03.04 (4:07.32) 12:09.24 (4:06.20) 16:20.39 (4:11.16) 20'34.00 (4:13.60)</i>
5	1-26	CHUNG HO YIN	鍾浩然	45312 WAC	21:07.59	<i>Split: 04:29.31 (4:29.31) 08:19.98 (3:50.67) 12:40.75 (4:20.77) 17:01.49 (4:20.75) 21'07.59 (4:05.50)</i>
6	1-18	LAM CHEUNG SHING SONNY	林掌成	45267 LSCAC	21:43.53	<i>Split: 04:06.53 (4:06.53) 08:17.27 (4:10.75) 12:38.74 (4:21.46) 17:08.01 (4:29.28) 21'43.53 (4:34.98)</i>
7	1-20	CHAK CHI SAU	翟子修	45287 PoliceAC	22:51.28	<i>Split: 05:52.31 (5:52.31) 08:42.55 (2:50.25) 13:09.59 (4:27.03) 17:52.05 (4:42.46) 22'51.28 (4:58.95)</i>
8	1-28	HUI PETER	許彼得	45236 DBSAC	23:15.66	<i>Split: 04:03.43 (4:03.43) 08:25.30 (4:21.88) 13:06.41 (4:41.10) 18:01.68 (4:55.27) 23'15.66 (5:13.32)</i>
9	1-19	LAI HONG MAN ALOYSIUS		45265 LSCAC	24:13.09	<i>Split: 05:52.88 (5:52.88) 08:43.86 (2:50.99) 13:20.15 (4:36.28) 18:23.01 (5:02.86) 24'13.09 (5:49.99)</i>

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主辦單位:



協辦機構:



合作伙伴:



合作媒體:



Hong Kong Masters Athletics Club
The 8th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M45 - 5000M

Record	Perf	Athlete	Event	Place	Date
WMA RECORD 14:23.60	LUCIEN RAULT			VANNES, FRA	1982/06/19
HONG KONG RECORD 14:37.14	TSE CHUN YIN 謝俊賢		TCAA Open Athletics Championship	Wan Chai	2022/12/17
Masters ACR 17:12.46	WONG TIN YAU 王天佑				2022/12/04
HKMAC RECORD 17:12.46	WONG TIN YAU 王天佑				2022/12/04

2023/10/28 Start: 09:20 27°C 74%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
10	1-27	IP WANG HOI	葉耘開	45264 LSCAC	24:54.41	<i>Split: 04:20.80 (4:20.80) 09:10.22 (4:49.42) 14:08.44 (4:58.22) 19:13.17 (5:04.74) 24'54.41 (5:40.82)</i>
11	1-23	NG YIU FAI STEPHEN	吳耀輝	45276 LSCAC	26:50.25	<i>Split: 04:49.61 (4:49.61) 10:10.11 (5:20.51) 15:42.87 (5:32.75) 21:21.42 (5:38.56) 26'50.25 (5:28.57)</i>
	1-24	KWAN CHUN HUNG	關俊鴻	45255 JSA	DNS	<i>Split:</i>
	1-22	YUEN KWOK WAI	袁國偉	45300 SCAA	DNS	<i>Split:</i>

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主辦單位:



協辦機構:



合作伙伴:



合作媒體:



Hong Kong Masters Athletics Club
The 8th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M45 - 5000mW

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-26	LAU WAI KIN KELVIN	劉偉健	45239 DBSAC	29:14.59	
						<i>Split: 05:34.32 (5:34.32) 11:26.93 (5:52.61) 17:22.11 (5:55.18) 23:22.28 (6:00.17) 29'14.589 (5:51.72)</i>
2	1-20	TIN TIK CHUEN JOHN		45244 DBSAC	29:40.88	
						<i>Split: 05:44.06 (5:44.06) 11:45.00 (6:00.95) 17:48.58 (6:03.57) 23:43.19 (5:54.62) 29:40.88 (5:56.80)</i>
3	1-29	NG CHI WAI	吳志威	45305 SHTB	31:40.49	
						<i>Split: 06:10.58 (6:10.58) 13:48.49 (7:37.92) 21:02.08 (7:13.58) 25:21.67 (4:19.60) 31'40.490 (6:18.32)</i>
4	1-25	POON HIU TUNG, FELIX	潘曉東	45243 DBSAC	34:19.97	
						<i>Split: 06:00.12 (6:00.12) 12:49.71 (6:49.59) 20:00.33 (7:10.62) 27:05.28 (7:04.95) 34'19.969 (7:13.72)</i>
5	1-27	MOK KWAN TING MARTIN	莫昆庭	45242 DBSAC	35:11.67	
						<i>Split: 06:52.56 (6:52.56) 14:32.13 (7:39.57) 22:30.60 (7:58.47) 28:07.89 (5:37.29) 35'11.669 (7:03.11)</i>
6	1-23	CHENG LEUNG SHING	鄭良盛	45293 SCAA	43:40.51	
						<i>Split: 07:24.06 (7:24.06) 16:14.36 (8:50.30) 25:16.29 (9:01.93) 34:20.42 (9:04.14) 43'40.509 (9:19.57)</i>
7	1-28	TSANG TAK FAI ALBY	曾德輝	45245 DBSAC	47:22.54	
						<i>Split: 08:58.16 (8:58.16) 18:22.25 (9:24.10) 28:18.22 (9:55.96) 38:07.18 (9:48.97) 47'22.539 (9:14.81)</i>
	1-24	CHAN SIU HIN	陳嘯軒	45292 SCAA	DQ	
						<i>Split:</i>
	1-21	FONG WAI KUK DENNIS	方緯谷	45233 DBSAC	DNS	
						<i>Split:</i>
	1-22	YEUNG CHI HO HENRY	楊志豪	45280 LSCAC	DNS	
						<i>Split:</i>

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主辦單位:



協辦機構:



合作伙伴:



合作媒體:



Hong Kong Masters Athletics Club
The 8th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M45 - 800M



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	1:49.86	ANTHONY WHITEMAN		MANCHESTER, GBR	2017/08/19
HONG KONG RECORD	1:52.17	LEUNG TAK WAI 梁達威			1999/04/18
Masters ACR	2:19.19	Wong Kin On 黃健安	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	2:19.19	Wong Kin On 黃健安	Hong Kong Masters Athletics	TKO SG	2018/10/27



2023/10/28



Start: 15:05



26°C



84%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-4	CHAN KA WAI	陳家偉	45283 Pacers	2:16.61	HKMACR, R
2	1-5	TSE LEON	謝文龍	45297 SCAA	2:26.43	
3	1-6	YUEN KWOK WAI	袁國偉	45300 SCAA	2:30.36	
4	1-1	CHAN HOI KIN	陳凱健	45288 PoliceAC	2:39.02	
5	1-7	CHAN DANIEL	陳恒	45227 DBSAC	2:40.54	
6	1-8	LAM KING WAI	林經緯	45237 DBSAC	2:42.09	
7	1-2	LEUNG HO YIN STEVE	梁浩然	45269 LSCAC	2:59.08	
8	1-8	HUI HOK TUNG	許學東	45235 DBSAC	3:06.13	
	1-3	FONG WAI KUK DENNIS	方緯谷	45233 DBSAC	DNS	
	1-7	YEUNG SZE FEI STEVE	楊時飛	45249 DBSAC	DNS	

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主辦單位:



協辦機構:



合作伙伴:



合作媒體:



Hong Kong Masters Athletics Club
The 8th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M45 - Shot Put



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	20.77	IVAN IVANCIC		KOBLENZ, GER	1983/08/31
HONG KONG RECORD	15.70	CHIU LAP SAN 招立新			2012/12/12
Masters ACR	10.92	Tsang Kwun Kau 曾冠球	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	10.92	Tsang Kwun Kau 曾冠球	Hong Kong Masters Athletics	TKO SG	2018/10/27



2023/10/29



Start: 09:40



27°C



66%

Final

Pos	Heat/ Lane	Name	Bib#/ Team	Result	Remarks	1	2	3	4
1	1-10	HO WAI LUN 何偉倫	45308 SJACS	8.08m.		7.29	7.62	7.61	8.08
2	1-8	CHENG LEUNG SHING 鄭良盛	45293 SCAA	7.25m.		7.25	6.66	6.06	x
3	1-3	TANG KWOK WING 鄧國榮	45296 SCAA	7.15m.		7.15	x	6.28	x
4	1-9	HO WAI LUN ALAN 何偉倫	45234 DBSAC	6.99m.		5.14	5.68	6.99	6.94
5	1-1	COLLTON TOM	45224 AVOHK	6.83m.		6.83	6.52	x	6.49
6	1-7	LAU MING FUNG STEPHEN 劉名峰	45238 DBSAC	6.13m.		6.13	5.95	5.14	6.10
7	1-5	CHAN SAN HEI ALAN 陳新禧	45228 DBSAC	5.98m.		4.67	5.78	5.98	5.35
	1-2	HUI PETER 許彼得	45236 DBSAC	DNS					
	1-4	TIN TIK CHUEN JOHN	45244 DBSAC	DNS					
	1-6	YEUNG CHI HO HENRY 楊志豪	45280 LSCAC	DNS					

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主辦單位:



協辦機構:



合作伙伴:



合作媒體:



Hong Kong Masters Athletics Club
The 8th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M45 - Long Jump



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	7.27	TAPANI TAAVITSAINEN		BERN, SWI	1990/08/21
HONG KONG RECORD	8.12	CHAN MING TAI 陳銘泰	Hong Kong Athletic Championships	Wan Chai	2016/05/07
Masters ACR	6.07	Tam Chung Ying Ernie 譚仲英	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	6.07	Tam Chung Ying Ernie 譚仲英	Hong Kong Masters Athletics	TKO SG	2018/10/27



2023/10/29



Start: 14:30



28°C



58%

Final

Pos	Heat/ Lane	Name	Bib#/ Team	Result	Remarks	1	2	3	4
1	1-10	LIU CHI YUNG 廖智勇	45294 SCAA	5.92m.		5.50 +0.7	5.64 +1.2	5.92 +1.6	5.77 +0.4
2	1-8	LO MARK 盧致恒	45270 LSCAC	5.07m.		4.93 +0.5	4.94 +0.7	5.07 +1.7	4.95 +1.0
3	1-6	CHAN SAN HEI ALAN 陳新禧	45228 DBSAC	4.75m.		4.51 +0.1	4.75 +1.5	4.47 +0.5	x
4	1-5	LAM KING WAI 林經緯	45237 DBSAC	4.28m.		x	4.22 +0.3	4.28 +0.8	4.16 +1.2
5	1-4	RUAN WENJUN 阮文駿	45295 SCAA	4.07m.		3.72 +0.5	3.19 +0.9	4.07 +1.0	3.94 +1.7
6	1-9	TANG KWOK WING 鄧國榮	45296 SCAA	3.94m.		3.94 +0.5	3.18 +1.2	r	
7	1-3	WONG CARRUK 黃嘉樂	45247 DBSAC	3.78m.		3.48 +0.9	3.67 +1.3	3.69 +0.5	3.78 +1.8
8	1-1	LAU MING FUNG STEPHEN 劉名峰	45238 DBSAC	3.74m.		3.23 +0.6	3.74 +0.4	3.44 0.0	3.64 +0.2
	1-7	WAN MAN HO 溫文灝	45246 DBSAC	DNS					
	1-2	YEUNG CHI HO HENRY 楊志豪	45280 LSCAC	DNS					

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主辦單位:



協辦機構:



合作伙伴:



合作媒體:



Hong Kong Masters Athletics Club
The 8th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M45 - Javelin Throw



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	77.15	PETER BLANK		REHLINGEN, GER	2007/05/28
HONG KONG RECORD	71.78	HUI WAI HEI RICKY 許懷熙	18th Asian Games	Gelora Bung	2018/08/27
Masters ACR	43.77	Ellison Steve	Hong Kong Masters Athletics	Wanchai SG	2014/11/02
HKMAC RECORD	43.77	Ellison Steve	Hong Kong Masters Athletics	Wanchai SG	2014/11/02



2023/10/28



Start: 12:10



28°C



70%

Final

Pos	Heat/ Lane	Name	Bib#/ Team	Result	Remarks	1	2	3	4
1	1-6	LO MARK 盧致恒	45270 LSCAC	38.68m.		34.72	36.73	38.68	x
2	1-5	CHENG LEUNG SHING 鄭良盛	45293 SCAA	25.83m.		24.97	25.83	19.92	25.37
3	1-2	COLLTON TOM	45224 AVOHK	23.47m.		21.55	22.06	23.47	21.42
4	1-1	CHAN KING HANG KEN 陳勁恆	45259 LSCAC	20.10m.		x	x	18.32	20.10
5	1-4	LAU MING FUNG STEPHEN 劉名峰	45238 DBSAC	19.28m.		15.37	19.28	18.75	x
6	1-3	WONG PATRICK 王崇珀	45248 DBSAC	16.10m.		15.60	16.10	14.71	14.58
	1-7	CHEUNG TAK LAI PHILIP 張德禮	45262 LSCAC	DNS					
	1-8	YU YAN CHAU 虞仁舟	45250 DBSAC	DNS					

DQ=Disqualify 犯規 DNS=Did not Start 沒有開始比賽 DNF=Did not Finish 沒有完成比賽 NM=No Mark 沒有成績 R=Record 新紀錄

主辦單位:



協辦機構:



合作伙伴:



合作媒體:



Hong Kong Masters Athletics Club
The 8th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M45 - Discus Throw



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	66.12	AL OERTER		WESTFIELD, USA	1982/03/28
HONG KONG RECORD	48.58	ARTHUR MCKENZIE			1978/03/19
HKMAC RECORD	27.42	ELLISON Steve	Hong Kong Masters Athletics	Wanchai SG	2015/10/03



2023/10/29



Start: 14:20



28°C



58%

Final

Pos	Heat/ Lane	Name	Bib#/ Team	Result	Remarks	1	2	3	4
1	1-8	HO WAI LUN 何偉倫	45308 SJACS	26.00m.		20.75	x	x	26.00
2	1-9	CHAN CALVIN KA WAI 陳家偉	45257 LSCAC	23.85m.		21.60	17.37	23.85	x
3	1-11	WONG YU HIN IAN 黃宇軒	45279 LSCAC	23.73m.		23.73	x	23.39	x
4	1-1	COLLTON TOM	45224 AVOHK	22.64m.		20.09	19.70	22.64	20.45
5	1-10	YU YAN CHAU 虞仁舟	45250 DBSAC	22.53m.		19.13	22.53	x	x
6	1-6	LAU MING FUNG STEPHEN 劉名峰	45238 DBSAC	18.84m.		18.84	16.15	17.64	17.87
7	1-5	CHAN KING HANG KEN 陳勁恆	45259 LSCAC	15.85m.		x	x	12.06	15.85
8	1-2	TIN TIK CHUEN JOHN 鄧錫權	45244 DBSAC	14.77m.		x	13.62	13.42	14.77
9	1-4	HO WAI LUN ALAN 何偉倫	45234 DBSAC	14.74m.		13.21	13.94	14.67	14.74
	1-7	CHENG LEUNG SHING 鄭良盛	45293 SCAA	DNS					
	1-3	LUI LAMBERT 呂慶樑	45241 DBSAC	DNS					

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主辦單位:



協辦機構:



合作伙伴:



合作媒體:

