

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



Women's W30 - 100M

100M	Record	Perf	Athlete	Event	Place	Date
HONG KONG RECORD	11.62	LAM ON KI	林安琪	2019 Asian Athletics	Khalifa	2019/04/21

29 2023/10/29 Start: 13:25 27°C 62%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-5	WONG HIU YAN	汪曉茵	30627 WAC	13.14	0.0	
2	1-3	LAI HIU MING ROXANNE	黎曉明	30613 PoliceAC	14.45	0.0	
3	1-4	TSE MAN YAN	謝文欣	30622 SCAA	15.58	0.0	

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:







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Women's W30 - 100MH

100MH	Record	Perf	Athlete	Event	Place	Date
	HONG KONG RECORD	13.14	CHAN SAU YING 陳秀英			1994/04/17

 2023/10/29  Start: 09:40  27°C  66%

Final

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-4 LI TSZ FAI	李芷暉	30626 WAC	16.21	+1.6	

long jump shot put  
javelin 5000m discus  
400m 80m hurdles  
100m 200m  
110m hurdles 3000m  
100m hurdles 3000m walk  
high jump  
4x100m 4x400m

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Women's W30 - 1500M

1500M	Record	Perf	Athlete	Event	Place	Date
	HONG KONG RECORD	4:21.60	CHAN MAN YEE MAGGIE 陳敏儀	1999 Summer Universiade	Son Moix	1999/07/08



2023/10/29



Start: 14:50



27°C



69%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-1	NG SUET MAN	吳雪雯	30617 PoliceAC	5:50.46	

long jump shot put  
javelin 5000m discus  
400m 80m hurdles  
100m 200m  
110m hurdles 3000m walk  
100m hurdles 3000m walk  
high jump  
4x100m 4x400m

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Women's W30 - 200M

200M	Record	Perf	Athlete	Event	Place	Date
	HONG KONG RECORD	23.79	WAN KIN YEE 溫健儀			1999/05/16

 2023/10/28  Start: 10:50  28°C  70%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-6	LEE CHEUK LAM	李卓霖	30614 PoliceAC	31.69	+1.0	
2	1-5	TSE MAN YAN	謝文欣	30622 SCAA	32.22	+1.0	

long jump shot put  
javelin 5000m discus  
400m 80m hurdles  
100m 200m  
100m hurdles 800m  
100m hurdles 3000m walk  
high jump  
4x100m 4x400m

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Women's W30 - 400M

400M	Record	Perf	Athlete	Event	Place	Date
	HONG KONG RECORD	55.03	WAN KIN YEE 溫健儀			1999/03/02



2023/10/29



Start: 11:10



27°C



62%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-5	CHENG HIU YEE	鄭曉兒	30612 PoliceAC	1:10.38	
2	1-6	TSO YUK YAN	曹玉恩	30620 PoliceAC	1:13.11	
3	1-7	LEE CHEUK LAM	李卓霖	30614 PoliceAC	1:18.91	
	1-4	TSE MAN YAN	謝文欣	30622 SCAA	DNS	

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Women's W30 - 400MH

400MH	Record	Perf	Athlete	Event	Place	Date
			HONG KONG RECORD 1:01.04 WAN KIN YEE 溫健儀			1997/05/17



2023/10/28



Start: 13:50



27°C



74%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-6	LI TSZ FAI	李芷暉	30626 WAC	1:11.25	

long jump shot put  
javelin 5000m discus  
400m 80m hurdles  
100m 200m  
110m hurdles 3000m  
100m hurdles 800m high jump  
100m hurdles 3000m walk  
4x100m 4x400m

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Women's W30 - 4X100M

4X100M	Record	Perf	Athlete	Event	Place	Date
HONG KONG RECORD	45.17		HONG KONG TEAM			2023/06/27



2023/10/29



Start: 16:05



26°C



72%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-4	Police AC W30 4X100米 李穎霖, 鄭曉兒, 譚佩芳, 黎曉明		PoliceAC	57.04	
2	1-5	南華 W30 4X100米 吳肇陶, 楊欣欣, 謝文欣, 姚卡莉		SCAA	1:00.93	

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Women's W30 - 4X400M

4X400M	Record	Perf	Athlete	Event	Place	Date
	HONG KONG RECORD 3:48.54		HONG KONG TEAM		Yecheon, KOR	2023/06/07

 2023/10/28  Start: 15:50  26°C  84%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-4	Police AC W30 4X400米 楊寶喜, 鄭曉兒, 曹玉恩, 譚佩芳		PoliceAC	4:57.75	
2	1-5	南華 W30 4X400米 姚卡莉, 謝文欣, 鄺美儀, 黃佩詩		SCAA	5:15.17	

long jump shot put javelin 5000m discus 100m 80m hurdles 200m 110m hurdles 400m 3000m 1000m high walk 100m hurdles 100m hurdles 4x100m 4x400m

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Hong Kong Masters Athletics Club  
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Women's W30 - 5000M

5000M	Record	Perf	Athlete	Event	Place	Date
	HONG KONG RECORD 15:45.87		CHAN MAN YEE MAGGIE 陳敏儀			2002/05/03

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-1	NG CHAU YU	伍紉瑜	30611 DBSAC	22:51.99	

*Split: 04:14.97 (4:14.97) 08:44.18 (4:29.22) 13:23.49 (4:39.30) 18:07.60 (4:44.11) 22:51.990 (4:43.40)*

long jump shot put  
javelin 5000m discus  
400m 80m hurdles  
100m 200m  
110m hurdles 300m  
100m hurdles 300m walk  
high jump  
4x100m 4x400m

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

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Women's W30 - 800M

800M	Record	Perf	Athlete	Event	Place	Date
			HONG KONG RECORD 2:11.92 LI YIN YEE 李燕儀			1996/11/03



2023/10/28



Start: 14:50



26°C



84%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-4	CHENG HIU YEE	鄭曉兒	30612 PoliceAC	2:42.32	
2	1-5	TSO YUK YAN	曹玉恩	30620 PoliceAC	2:55.79	

long jump shot put  
javelin 5000m discus  
400m 80m hurdles  
100m 200m  
110m hurdles 3000m  
100m hurdles 800m high jump  
4x100m 4x400m

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Women's W30 - Shot Put

Shot Put	Record	Perf	Athlete	Event	Place	Date
HONG KONG RECORD	13.59		TO YUEN KWAN 杜婉筠	ASICS Hong Kong Athletics Series	TKO SG	2021/05/23

 2023/10/28 
  Start: 10:00 
  28°C 
  70%

Final

Pos	Heat/ Lane	Name	Bib#/ Team	Result	Remarks	1	2	3	4
1	1-3	NG KA LEE 吳嘉莉	30616 PoliceAC	8.34m.		7.38	8.04	8.00	8.34
2	1-1	YIU CARLY 姚卡莉	30623 SCAA	6.93m.		6.49	6.93	6.31	X
	1-2	TSE MAN YAN 謝文欣	30622 SCAA	DNS					

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Women's W30 - Long Jump

Long Jump	Record	Perf	Athlete	Event	Place	Date
HONG KONG RECORD	6.50	YUE YA XIN 俞雅欣	The 19th Asia Games	Hangzhou Sports Centre	2023/10/02	
				2023/10/29	Start: 11:40	27°C 62%

Final

Pos	Heat/ Lane	Name	Bib#/ Team	Result	Remarks	1	2	3	4
1	1-4	WONG HIU YAN 汪曉茵	30627 WAC	5.59m.		5.59 -0.5	5.57 +1.7	5.53 0.0	5.43 +1.3
2	1-2	YIU CARLY 姚卡莉	30623 SCAA	4.28m.		x	4.28 +1.3	4.19 +1.1	4.08 -0.8
3	1-1	LEE WING LAM 李穎霖	30615 PoliceAC	4.06m.		4.06 +0.7	x	3.96 0.0	x
	1-3	NG KA LEE 吳嘉莉	30616 PoliceAC	DNS					
	1-5	TSE MAN YAN 謝文欣	30622 SCAA	DNS					

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Women's W30 - Javelin Throw

Javelin Throw	Record	Perf	Athlete	Event	Place	Date
	HONG KONG RECORD	49.37	NG KI SUM 吳其芯			2016/06/26



2023/10/28



Start: 11:30



28°C



70%

Final

Pos	Heat/ Lane	Name	Bib#/ Team	Result	Remarks	1	2	3	4
1	1-1	YIU CARLY 姚卡莉	30623 SCAA	14.00m.		11.44	x	x	14.00
	1-2	TSE MAN YAN 謝文欣	30622 SCAA	DNS					

long jump shot put  
javelin 5000m discus  
400m 80m hurdles  
100m 200m  
110m hurdles 3000m  
100m hurdles 3000m  
high jump  
4x100m 4x400m

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Women's W30 - Discus Throw

Discus Throw	Record	Perf	Athlete	Event	Place	Date
	HONG KONG RECORD	44.20	TO YUEN KWAN 杜婉筠			2022/05/28



2023/10/29



Start: 08:40



26°C



74%

Final

Pos	Heat/ Lane	Name	Bib#/ Team	Result	Remarks	1	2	3	4
1	1-2	YIU CARLY 姚卡莉	30623 SCAA	20.96m.		19.67	16.90	18.73	20.96
	1-3	NG KA LEE 吳嘉莉	30616 PoliceAC	DNS					
	1-1	TSE MAN YAN 謝文欣	30622 SCAA	DNS					

long jump shot put javelin 5000m discus 700m 80m hurdles 200m 110m hurdles 300m hurdles 100m hurdles high jump 4x100m 4x400m

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