

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



Women's W35 - 100M



100M	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	10.62	Shelly-Ann Fraser-Pryce		Monaco, MON	2022/08/10
	HONG KONG RECORD	11.62	LAM ON KI 林安琪	2019 Asian Athletics	Khalifa	2019/04/21
	Masters ACR	13.13	Yau Shui Man Sharon 邱瑞雯	Hong Kong Masters Athletics	TKO SG	2018/10/27
	HKMAC RECORD	13.13	Yau Shui Man Sharon 邱瑞雯	Hong Kong Masters Athletics	TKO SG	2018/10/27



2023/10/29



Start: 13:25



27°C



62%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-2	CHUNG TSZ YAN	鍾子欣	35646 SCAA	13.96	+0.4	
2	1-8	MOK OI YEE IVY	莫藹儀	35640 GHSAC	14.62	+0.4	
3	1-6	CHOW WING KI ESTHER	周穎琪	35645 SCAA	15.09	+0.4	
4	1-3	CHOI PIK NGAN	蔡碧銀	35644 SCAA	16.02	+0.4	
5	1-7	MASTUROH		35648 SCAA	18.16	+0.4	
6	1-5	CHAN YUEN YU	陳宛渝	35629 DBSAC	21.05	+0.4	
	1-4	CHUNG YUK LING	鍾玉玲	35647 SCAA	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



Women's W35 - 100MH

100MH	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	12.40	GAIL DEVERS		LAUSANNE, SWI	2002/07/02
	HONG KONG RECORD	13.14	CHAN SAU YING 陳秀英			1994/04/17
	Masters ACR	22.17	WONG Chor Kwan Joyce 王楚君	Hong Kong Masters Athletics	TKO SG	2017/11/11
	HKMAC RECORD	22.17	WONG Chor Kwan Joyce 王楚君	Hong Kong Masters Athletics	TKO SG	2017/11/11

2023/10/29 Start: 09:40 27°C 66%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-5	CHOW WING KI ESTHER	周穎琪	35645 SCAA	21.86	+1.6	HKMACR, R
2	1-3	CHOI PIK NGAN	蔡碧銀	35644 SCAA	21.90	+1.6	HKMACR, R
	1-6	NG SHUK SHAN LESLIE	吳淑珊	35649 SCAA	DNS		

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Women's W35 - 1500M

1500M	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	3:57.73	MARICICA PUICA		BRUXELLES, BEL	1985/08/30
	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	1-2	HUNG KAREN	熊書揚	35634 DBSAC	6:06.39	

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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Hong Kong Masters Athletics Club  
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Women's W35 - 200M



200M	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	21.81	Shelly-Ann Fraser-Pryce		Eugene, USA	2022/07/21
	HONG KONG RECORD	23.79	WAN KIN YEE 溫健儀			1999/05/16
	Masters ACR	27.37	Yau Shui Man Sharon 邱瑞雯	Hong Kong Masters Athletics	TKO SG	2018/10/27
	HKMAC RECORD	27.37	Yau Shui Man Sharon 邱瑞雯	Hong Kong Masters Athletics	TKO SG	2018/10/27



28 2023/10/28



Start: 10:50



28°C



70%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-2	CHUNG TSZ YAN	鍾子欣	35646 SCAA	29.51	+1.0	
2	1-4	MOK OI YEE IVY	莫藹儀	35640 GHSAC	31.66	+1.0	
3	1-1	CHOW WING KI ESTHER	周穎琪	35645 SCAA	31.74	+1.0	
4	1-8	MASTUROH		35648 SCAA	38.80	+1.0	
	1-3	CHOI PIK NGAN	蔡碧銀	35644 SCAA	DNS		
	1-7	CHUNG YUK LING	鍾玉玲	35647 SCAA	DNS		

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Hong Kong Masters Athletics Club  
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Women's W35 - 400M

400M	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	49.46	ALISON FELIX		TOKYO, JPN	2021/08/03
	HONG KONG RECORD	55.03	WAN KIN YEE 溫健儀			1999/03/02
	Masters ACR	1:05.61	Yau Shui Man Sharon 邱瑞雯	Hong Kong Masters Athletics	TKO SG	2018/10/27
	HKMAC RECORD	1:05.61	Yau Shui Man Sharon 邱瑞雯	Hong Kong Masters Athletics	TKO SG	2018/10/27

2023/10/29 Start: 11:10 27°C 62%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-4	CHUNG TSZ YAN	鍾子欣	35646 SCAA	1:08.99	
2	1-8	TAM PUI FONG	譚佩芳	35643 PoliceAC	1:13.13	
3	1-6	CHOW WING KI ESTHER	周穎琪	35645 SCAA	1:18.28	
4	1-7	MASTUROH		35648 SCAA	1:29.85	
	1-3	CHAN SIN HANG ANGEL	陳倩衡	35628 DBSAC	DNS	
	1-5	CHUNG YUK LING	鍾玉玲	35647 SCAA	DNS	

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Hong Kong Masters Athletics Club  
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Women's W35 - 400MH

400MH	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	52.94	MARINA STEPANOVA		TASHKENT, UZB	1986/09/17
	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	1-4	CHOW WING KI ESTHER	周穎琪	35645 SCAA	1:30.46	
	1-5	NG SHUK SHAN LESLIE	吳淑珊	35649 SCAA	DNS	

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Hong Kong Masters Athletics Club  
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Women's W35 - 4X100M



4X100M	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	47.65	STAFFORD, SPRINGER, HUTCHINSO		LYON, FRA	2015/08/16
	HONG KONG RECORD	45.17	HONG KONG TEAM			2023/06/27
	Masters ACR	58.25	Singapore	Hong Kong Masters Athletics	TKO SG	2017/11/11
	HKMAC RECORD	58.64	DBSAC	Hong Kong Masters Athletics	TKO SG	2018/10/27



29 2023/10/29



Start: 16:05



26°C



72%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-7	南華 W35 4X100米 鍾玉玲, 鍾子欣, 周穎琪, 吳淑珊		SCAA	56.51	HKMACR, R
2	1-6	GHSAC W35 4X100米 歐英美, 莫藹儀, 莫靜儀, 陳浩華		GHSAC	1:01.18	
	1-8	DBSAC W35 4X100米 余曉敏, 黎淑儀, 陳倩衡, 曹喬菱		DBSAC	DQ	TR24.8 接力區內違反分道規 (第#接棒區) Lane infringement / impediment at takeover zone #
	1-3	Police AC W35 4X100米		PoliceAC	DNS	

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Hong Kong Masters Athletics Club  
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Women's W35 - 4X400M

4X400M	Record	Perf	Athlete	Event	Place	Date
	WMA RECORD	3:50.80	MITCHELL, MATHEWS, BEADHALL, G		GATESHEAD, GB	1999/08/08
	HONG KONG RECORD	3:48.54	HONG KONG TEAM		Yecheon, KOR	2023/06/07
	Masters ACR	4:57.38	南華 W35 4X400M			2022/11/27
	HKMAC RECORD	4:57.38	南華 W35 4X400M			2022/11/27



2023/10/28



Start: 15:50



26°C



84%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-7	南華 W35 4X400米 鍾子欣, 吳淑珊, 周穎琪, 鍾玉玲		SCAA	4:51.92	HKMACR, R
2	1-6	DBSAC W35 4X400米 余曉敏, 陳倩衡, 熊書揚, 曹喬菱		DBSAC	5:31.12	

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Hong Kong Masters Athletics Club  
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Women's W35 - 5000mW

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-2	CHAN SIN HANG ANGEL	陳倩衡	35628 DBSAC	38:45.73	
						<i>Split: 07:05.34 (7:05.34) 15:16.05 (8:10.71) 23:27.69 (8:11.64) 31:29.51 (8:01.83) 38'45.729 (7:15.48)</i>
2	1-1	CHEUNG EMILY SHUK TING	張淑婷	35630 DBSAC	39:36.47	
						<i>Split: 07:42.29 (7:42.29) 15:37.70 (7:55.41) 23:31.14 (7:53.44) 31:32.56 (8:01.43) 39'36.469 (8:03.43)</i>

long jump shot put javelin 5000m discus 200m 80m hurdles 400m 110m hurdles 100m hurdles 800m 1000m high walk 4x100m 4x400m

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Hong Kong Masters Athletics Club  
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Women's W35 - 800M



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	1:56.53	LYUBOV GURINA		HETCHTEL, BEL	1994/07/30
HONG KONG RECORD	2:11.92	LI YIN YEE 李燕儀			1996/11/03
Masters ACR	2:49.92	Wong Suet Sum Michelle	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	2:49.92	Wong Suet Sum Michelle	Hong Kong Masters Athletics	TKO SG	2018/10/27



2023/10/28



Start: 14:50



26°C



84%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-3	CHUNG TSZ YAN	鍾子欣	35646 SCAA	2:42.42	HKMACR, R
2	1-8	TAM PUI FONG	譚佩芳	35643 PoliceAC	2:44.83	HKMACR, R
3	1-7	HUNG KAREN	熊書揚	35634 DBSAC	2:59.05	
4	1-6	CHOW WING KI ESTHER	周穎琪	35645 SCAA	3:13.13	
5	1-3	MASTUROH		35648 SCAA	3:47.78	

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Hong Kong Masters Athletics Club  
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Women's W35 - Shot Put



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	21.46	LARISA PELESHENKO		MOSKVA, RUS	2000/08/26
HONG KONG RECORD	13.59	TO YUEN KWAN 杜婉筠	ASICS Hong Kong Athletics Series	TKO SG	2021/05/23
Masters ACR	8.92	HAJI TIMBANG Roziani	Hong Kong Masters Athletics	TKO SG	2017/11/11
HKMAC RECORD	8.26	Ho Chun Man 何臻敏	Hong Kong Masters Athletics	TKO SG	2018/10/27



2023/10/28



Start: 10:00



28°C



70%

Final

Pos	Heat/ Lane	Name	Bib#/ Team	Result	Remarks	1	2	3	4
1	1-5	CHOW WING KI ESTHER 周穎琪	35645 SCAA	6.88m.		6.88	6.72	5.85	6.43
2	1-4	CHEUNG EMILY SHUK TING 張淑婷	35630 DBSAC	6.15m.		5.52	4.88	6.15	5.90
3	1-1	CHOY WEI PUI WENDY 蔡慧蓓	35631 DBSAC	5.86m.		5.80	5.17	5.86	5.57
4	1-2	MASTUROH	35648 SCAA	5.24m.		4.95	4.65	5.24	4.83
	1-3	NG SHUK SHAN LESLIE 吳淑珊	35649 SCAA	DNS					

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



Women's W35 - Long Jump



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	6.99	HEIKE DRECHSLER		SYDNEY, AUS	2000/09/29
HONG KONG RECORD	6.50	YUE YA XIN 俞雅欣	The 19th Asia Games	Hangzhou	2023/10/02
Masters ACR	5.25	TSE Mang Chi 謝孟芝	Hong Kong Masters Athletics	Sports Centre	2017/11/11
HKMAC RECORD	5.25	TSE Mang Chi 謝孟芝	Hong Kong Masters Athletics	TKO SG	2017/11/11



2023/10/29



Start: 11:40



27°C



62%

Final

Pos	Heat/ Lane	Name	Bib#/ Team	Result	Remarks	1	2	3	4
1	1-5	CHOI PIK NGAN 蔡碧銀	35644 SCAA	3.67m.		3.56 +0.4	3.67 -1.2	3.51 -0.8	3.66 -0.7
2	1-4	CHOW WING KI ESTHER 周穎琪	35645 SCAA	3.58m.		x	3.58 -0.3	3.48 -0.3	2.94 -0.9
3	1-1	HUNG KAREN 熊書揚	35634 DBSAC	2.16m.		x	2.16 +2.0	x	x
	1-2	CHUNG YUK LING 鍾玉玲	35647 SCAA	DNS					
	1-3	NG SHUK SHAN LESLIE 吳淑珊	35649 SCAA	DNS					

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Women's W35 - Javelin Throw



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	68.92	KATHRYN MITCHELL		GOLD COAST, AU	2018/04/11
HONG KONG RECORD	49.37	NG KI SUM 吳其芯			2016/06/26
Masters ACR	30.97	CHEUNG EMILY SHUK TING	The 6th Hong Kong Masters	TKO SG	2021/09/11
HKMAC RECORD	30.97	CHEUNG EMILY SHUK TING	The 6th Hong Kong Masters	TKO SG	2021/09/11



2023/10/28



Start: 11:30



28°C



70%

Final

Pos	Heat/ Lane	Name	Bib#/ Team	Result	Remarks	1	2	3	4
1	1-4	CHEUNG EMILY SHUK TING 張淑婷	35630 DBSAC	23.05m.		19.36	x	22.37	23.05
2	1-1	LUO CHAN CHERYL	35641 JSA	17.64m.		13.62	13.11	14.76	17.64
3	1-3	CHOY WEI PUI WENDY 蔡慧蓓	35631 DBSAC	16.86m.		16.86	15.70	13.30	15.15
4	1-2	CHOW WING KI ESTHER 周穎琪	35645 SCAA	14.38m.		13.81	13.49	12.67	14.38

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Hong Kong Masters Athletics Club  
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Women's W35 - Discus Throw



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	69.60	FAINA MELNIK VELEVA		DONETSK, UKR	1980/09/09
HONG KONG RECORD	44.20	TO YUEN KWAN 杜婉筠			2022/05/28
Masters ACR	24.41	HO Chun Man 何臻敏	Hong Kong Masters Athletics	TKO SG	2017/11/11
HKMAC RECORD	24.41	HO Chun Man 何臻敏	Hong Kong Masters Athletics	TKO SG	2017/11/11



2023/10/29



Start: 08:40



26°C



74%

Final

Pos	Heat/ Lane	Name	Bib#/ Team	Result	Remarks	1	2	3	4
1	1-5	CHEUNG EMILY SHUK TING 張淑婷	35630 DBSAC	19.21m.		18.49	17.39	18.86	19.21
2	1-3	CHOW WING KI ESTHER 周穎琪	35645 SCAA	15.13m.		14.46	15.13	14.51	13.18
3	1-4	CHAN YUEN YU 陳宛渝	35629 DBSAC	13.52m.		13.52	12.12	12.18	x
4	1-1	CHOY WEI PUI WENDY 蔡慧蓓	35631 DBSAC	12.76m.		x	12.46	12.76	12.66
	1-2	NG SHUK SHAN LESLIE 吳淑珊	35649 SCAA	DNS					

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