

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



Women's W45 - 100M



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	11.34	MERLENE OTTEY		GLASGOW, GBR	2008/08/12
HONG KONG RECORD	11.62	LAM ON KI 林安琪	2019 Asian Athletics	Khalifa	2019/04/21
Masters ACR	14.03	Chung Man Yi Money 鍾敏儀	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	14.03	Chung Man Yi Money 鍾敏儀	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	1-4	YAU GLORY	丘翠芬	45694 AVOHK	13.93	+0.3	HKMACR, R
2	1-1	TONG LING SHUM GRACE	湯靈心	45715 SCAA	14.62	+0.3	
3	1-5	WONG CHOR KWAN JOYCE	王楚君	45716 SCAA	14.74	+0.3	
4	1-3	YEUNG CHUN CHUN JANE	楊珍珍	45718 SCAA	15.44	+0.3	
5	1-7	YEUNG YAN YAN ANNETTE	楊欣欣	45719 SCAA	16.14	+0.3	
6	1-8		黃慧欣	45712 SCAA	17.48	+0.3	
7	1-2	KAM FUNG HON	韓錦鳳	45703 HKMP	17.89	+0.3	
	1-6	WONG NIM SZE	黃念詩	45693 AVOHK	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:



合作夥伴:



合作媒體:



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



Women's W45 - 1500M



Record	Perf	Athlete	Event	Place	Date
WMA RECORD 4:05.44		YEKATERINA PODKOPAYEVA		MOSCOW, RUS	1998/08/03
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	1-7	BEJUNA FELY		45702 HKLRR	6:41.21	
2	1-8	LAI SUK YEE	黎淑儀	45699 DBSAC	6:59.89	
	1-9	WONG BIK WAI BECKY	王碧惠	45711 PKMSAA	DNS	
	1-6	YIP LAI CHONG	葉麗莊	45720 SCAA	DNS	

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合作伙伴:



合作媒體:



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



Women's W45 - 200M



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	23.82	MERLENE OTTEY		BaNSKA	2006/08/27
HONG KONG RECORD	23.79	WAN KIN YEE 溫健儀			1999/05/16
Masters ACR	29.50	Chung Man Yi Money 鍾敏儀	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	29.50	Chung Man Yi Money 鍾敏儀	Hong Kong Masters Athletics	TKO SG	2018/10/27



2023/10/28



Start: 10:50



28°C



70%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-5	YAU GLORY	丘翠芬	45694 AVOHK	28.62	+0.6	HKMACR, R
2	1-6	WONG NIM SZE	黃念詩	45693 AVOHK	32.75	+0.6	
3	1-7	FU ISABELLA	傅貝詩	45713 SCAA	36.01	+0.6	
4	1-4		黃慧欣	45712 SCAA	37.44	+0.6	

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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



Women's W45 - 400M



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	56.14	ANGELA HENRY-NOTT		AMES, USA	2021/07/23
HONG KONG RECORD	55.03	WAN KIN YEE 溫健儀			1999/03/02
Masters ACR	1:09.90	YAU TSUI FUN 丘翠芬			2022/12/04
HKMAC RECORD	1:09.90	YAU TSUI FUN 丘翠芬			2022/12/04



2023/10/29



Start: 11:20



27°C



62%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-4	LAM KIT SUM	林潔心	45707 LSCAC	1:11.90	
2	1-5	CHAN HOI KA	陳皚嘉	45695 DBSAC	1:20.91	
3	1-7	WONG PUI SZE	黃佩詩	45717 SCAA	1:22.20	
4	1-3	BEJUNA FELY		45702 HKLRRRC	1:22.67	
5	1-8	CHENG YAT MUN	鄭逸敏	45697 DBSAC	1:44.72	
	1-6	CHENG YUEN TING IDA	鄭婉婷	45696 DBSAC	DNS	

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合作伙伴:



合作媒體:



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



Women's W45 - 4X100M



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	48.92	MOTTI, BRIMS, FORSTER, MOGENTA		BRISBANE, AUS	2011/04/23
HONG KONG RECORD	45.17	HONG KONG TEAM			2023/06/27
Masters ACR	1:00.81	GHSAC	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	1:00.81	GHSAC	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	1-8	南華 W45 4X100米 湯靈心, 王楚君, 李雯茵, 楊珍珍		SCAA	59.21	HKMACR, R
2	1-3	LSCAC W45 4X100米 張麗兒, 鄺美儀, 杜燕珊, 林潔心		LSCAC	1:02.12	

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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



Women's W45 - 4X400M



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	4:01.22	FORSTER, MOTTI, MOGENTALE, BRI		BRISBANE, AUS	2011/04/24
HONG KONG RECORD	3:48.54	HONG KONG TEAM		Yecheon, KOR	2023/06/07
Masters ACR	5:21.44	SCAA (A)	Hong Kong Masters Athletics	TKO SG	2017/11/11
HKMAC RECORD	5:21.44	SCAA (A)	Hong Kong Masters Athletics	TKO SG	2017/11/11



2023/10/28



Start: 15:50



26°C



84%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-4	LSCAC W45 4X400米 張穎薇, 杜燕珊, 張麗兒, 鄭美儀		LSCAC	5:48.11	

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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 W45 - 5000M

Record	Perf	Athlete	Event	Place	Date
WMA RECORD 15:55.71		NICOLE LEVEQUE		ANGERS, FRA	1996/06/01
HONG KONG RECORD 15:45.87		CHAN MAN YEE MAGGIE 陳敏儀			2002/05/03
Masters ACR 21:29.16		IRWIN Kellie	Hong Kong Masters Athletics	TKO SG	2017/11/11
HKMAC RECORD 21:29.16		IRWIN Kellie	Hong Kong Masters Athletics	TKO SG	2017/11/11

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-7	GOTTSCHALK KATRIN SABINE		45705 IRC	20:09.62	HKMACR, R
		<i>Split: 03:54.37 (3:54.37) 07:53.96 (3:59.60) 11:57.04 (4:03.07) 16:04.04 (4:07.01) 20'9.620 (4:04.95)</i>				
2	1-14	KAM SAU FUN	甘秀芬	45724 TCAA	20:49.20	HKMACR, R
		<i>Split: 04:14.45 (4:14.45) 08:23.31 (4:08.86) 12:33.30 (4:09.99) 16:46.04 (4:12.75) 20'49.200 (4:02.95)</i>				
3	1-11	WONG IRENE	黃愛蓮	45704 HKMP	21:28.31	HKMACR, R
		<i>Split: 04:17.10 (4:17.10) 08:39.38 (4:22.28) 12:56.66 (4:17.28) 17:13.93 (4:17.28) 21'28.309 (4:14.06)</i>				
4	1-13	LAI SUK YEE	黎淑儀	45699 DBSAC	26:35.14	
		<i>Split: 04:53.37 (4:53.37) 10:14.32 (5:20.95) 15:41.78 (5:27.46) 21:14.55 (5:32.78) 26'35.140 (5:20.44)</i>				
5	1-8	WONG PUI SZE	黃佩詩	45717 SCAA	27:19.90	
		<i>Split: 04:36.63 (4:36.63) 10:02.37 (5:25.74) 15:54.41 (5:52.04) 21:44.56 (5:50.16) 27'19.9 (5:34.43)</i>				
6	1-9	WONG BIK WAI BECKY	王碧惠	45711 PKMSAA	27:59.58	
		<i>Split: 04:37.79 (4:37.79) 09:57.16 (5:19.37) 15:45.53 (5:48.37) 22:02.20 (6:16.67) 27'59.579 (5:56.80)</i>				
7	1-12	CHENG YAT MUN	鄭逸敏	45697 DBSAC	33:45.78	
		<i>Split: 05:27.74 (5:27.74) 12:07.75 (6:40.02) 19:14.23 (7:06.47) 26:43.27 (7:29.04) 33'45.779 (7:01.73)</i>				
	1-10	KRIEL PHOEBE	林雅雲	45692 AVOHK	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



Women's W45 - 5000mW

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-11	WONG PUI SHAN	黃佩珊	45723 SHTB	31:46.39	
						<i>Split: 06:00.35 (6:00.35) 12:27.68 (6:27.34) 18:59.99 (6:32.30) 25:30.90 (6:30.91) 31'46.39 (6:15.10)</i>
2	1-10	HAU HUEN TING ELSIE	侯萱婷	45722 SHTB	42:29.88	
						<i>Split: 07:15.62 (7:15.62) 15:35.83 (8:20.22) 24:28.56 (8:52.72) 33:29.15 (9:00.60) 42'29.879 (8:59.84)</i>
3	1-9	MA NICKI	馬家賢	45700 DBSAC	43:20.70	
						<i>Split: 08:11.82 (8:11.82) 17:09.29 (8:57.48) 25:59.74 (8:50.44) 34:41.36 (8:41.63) 43'20.699 (8:38.63)</i>
4	1-12	CHEUNG WAI MAN CATHY	張慧雯	45698 DBSAC	47:46.35	
						<i>Split: 08:33.95 (8:33.95) 18:07.70 (9:33.75) 27:54.64 (9:46.94) 37:55.90 (10:01.27) 47'46.349 (9:50.09)</i>

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



Women's W45 - 800M

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	2:02.82	YEKATERINA PODKOPAYEVA		MOSCOW, RUS	1998/06/26
HONG KONG RECORD	2:11.92	LI YIN YEE 李燕儀			1996/11/03
Masters ACR	2:45.94	YIP ELLEN			2022/11/27
HKMAC RECORD	2:45.94	YIP ELLEN			2022/11/27

2023/10/28 Start: 14:50 26°C 84%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-4	CHAN HOI KA	陳皚嘉	45695 DBSAC	3:13.76	
2	1-5	WONG PUI SZE	黃佩詩	45717 SCAA	3:17.03	
3	1-6	WONG BIK WAI BECKY	王碧惠	45711 PKMSAA	3:25.32	
4	1-7	CHENG YAT MUN	鄭逸敏	45697 DBSAC	4:07.90	

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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



Women's W45 - 80MH



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	11.51	CHRISTINE MÜLLER		RANDERS, DEN	2004/07/22
Masters ACR	15.10	Chung Man Yi Money 鍾敏儀	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	15.10	Chung Man Yi Money 鍾敏儀	Hong Kong Masters Athletics	TKO SG	2018/10/27



2023/10/29



Start: 08:50



26°C



74%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-4	WONG CHOR KWAN JOYCE	王楚君	45716 SCAA	15.42	-0.3	
2	1-5	CHEUNG LAI YEE OLIVER	張麗兒	45706 LSCAC	16.36	-0.3	

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



Women's W45 - Shot Put



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	16.95	ZDENKA SILHAVA		OSTRAVA, CZE	1999/06/26
HONG KONG RECORD	13.59	TO YUEN KWAN 杜婉筠	ASICS Hong Kong Athletics Series	TKO SG	2021/05/23
Masters ACR	7.85	Lo Grace 羅潔怡	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	7.85	Lo Grace 羅潔怡	Hong Kong Masters Athletics	TKO SG	2018/10/27



29 2023/10/29



Start: 10:25



27°C



66%

Final

Pos	Heat/ Lane	Name	Bib#/ Team	Result	Remarks	1	2	3	4
1	1-4	CHAN HOI KA 陳煒嘉	45695 DBSAC	5.38m.		4.44	4.20	4.82	5.38
2	1-1	CHEUNG WAI MAN CATHY 張慧雯	45698 DBSAC	5.23m.		4.95	4.85	4.96	5.23
3	1-2	CHENG YAT MUN 鄭逸敏	45697 DBSAC	5.15m.		4.23	5.15	4.67	5.05
	1-3	TANG SZE MAN 鄧思敏	45701 GHSAC	DNS					

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合作夥伴:



合作媒體:



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



Women's W45 - Long Jump

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	5.62	KRIEMHILD MANN		OSTERODE, GER	2012/04/28
HONG KONG RECORD	6.50	YUE YA XIN 俞雅欣	The 19th Asia Games	Hangzhou	2023/10/02
Masters ACR	4.05	Choi Hiu Nam 蔡曉嵐	Hong Kong Masters Athletics	Sports Centre	2018/10/27
HKMAC RECORD	4.05	Choi Hiu Nam 蔡曉嵐	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	1-2	YEUNG CHUN CHUN JANE 楊珍珍	45718 SCAA	3.95m.		3.56 +0.7	x	x	3.95 +1.2
2	1-4	WONG CHOR KWAN JOYCE 王楚君	45716 SCAA	3.69m.		x	3.07 +1.1	x	3.69 +1.3
3	1-3	CHAN HOI KA 陳煒嘉	45695 DBSAC	3.32m.		x	3.31 +2.0	3.30 +1.0	3.32 +0.2
	1-1	WONG BIK WAI BECKY 王碧惠	45711 PKMSAA	DNS					

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主辦單位:



協辦機構:



合作夥伴:



合作媒體:



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



Women's W45 - Javelin Throw



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	50.47	ELISABETH WALLANDER		HELSINGBORG,	2005/08/21
HONG KONG RECORD	49.37	NG KI SUM 吳其芯			2016/06/26
Masters ACR	27.87	Hui Wing Kei Vicky 許穎琪	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	27.87	Hui Wing Kei Vicky 許穎琪	Hong Kong Masters Athletics	TKO SG	2018/10/27



28 2023/10/28



Start: 08:30



25°C



93%

Final

Pos	Heat/ Lane	Name	Bib#/ Team	Result	Remarks	1	2	3	4
1	1-4	YEUNG CHUN CHUN JANE 楊珍珍	45718 SCAA	20.21m.		18.34	20.21	17.75	19.03
2	1-3	YEUNG YAN YAN ANNETTE 楊欣欣	45719 SCAA	16.96m.		14.48	14.52	16.96	16.52
3	1-2	CHAN HOI KA 陳皚嘉	45695 DBSAC	10.82m.		10.42	9.42	10.82	x
	1-1	YAU GLORY 丘翠芬	45694 AVOHK	DNS					

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協辦機構:



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合作媒體:



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



Women's W45 - Discus Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	64.09	ZDENKA SILHAVA		PARDUBICE,	CZE1999/08/11
HONG KONG RECORD	44.20	TO YUEN KWAN 杜婉筠			2022/05/28
Masters ACR	25.85	CHAN Ling Kuen 陳玲娟	Hong Kong Masters Athletics	TKO SG	2017/11/11
HKMAC RECORD	25.85	CHAN Ling Kuen 陳玲娟	Hong Kong Masters Athletics	TKO SG	2017/11/11



2023/10/29



Start: 15:00



27°C



69%

Final

Pos	Heat/ Lane	Name	Bib#/ Team	Result	Remarks	1	2	3	4
1	1-6	YEUNG YAN YAN ANNETTE 楊欣欣	45719 SCAA	20.05m.		17.47	18.73	x	20.05
2	1-7	YAU GLORY 丘翠芬	45694 AVOHK	19.82m.		19.82	17.97	17.74	18.43
3	1-5	YEUNG CHUN CHUN JANE 楊珍珍	45718 SCAA	15.69m.		15.59	x	x	15.69
4	1-1	CHENG YAT MUN 鄭逸敏	45697 DBSAC	14.97m.		12.81	13.25	12.77	14.97
5	1-4	CHAN HOI KA 陳皚嘉	45695 DBSAC	13.45m.		11.31	13.45	13.36	x
6	1-2	CHEUNG WAI MAN CATHY 張慧雯	45698 DBSAC	11.91m.		11.37	11.58	x	11.91
7	1-3	WONG PUI SZE 黃佩詩	45717 SCAA	11.31m.		10.81	11.11	10.99	11.31

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合作媒體:

