

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



Men's M30 - 100M



Record	Perf	Athlete	Event	Place	Date
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



2023/10/29



Start: 13:50



28°C



58%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-4	CHONG YIN LOK	莊賢樂	30003 CSDSA	11.70	+1.7	
2	1-6	HAU WING CHUNG VINCENT	侯穎聰	30014 LSCAC	12.12	+1.7	
3	1-7	CHAN LIT SHING	陳烈成	30027 PoliceAC	12.92	+1.7	
4	1-1	LI LEONARD	李世禧	30017 LSCAC	13.16	+1.7	
5	1-8	CHEUNG TSZ TUNG	張子東	30009 HKICPA	13.41	+1.7	
6	1-3	LEUNG SHING LAI LAURANCE		30002 AVOHK	13.70	+1.7	
7	1-2	LI YUN SING	李潤星	30007 DBSAC	15.31	+1.7	
	1-5	NG CHU HIM TERENCE	吳柱謙	30023 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 M30 - 110MH



2023/10/29



Start: 10:30



27°C



66%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-4	YU SHEUNG-TSUN	余尚駿	30037 PoliceAC	21.50	+0.7	

long jump shot put  
javelin 5000m discus  
400m 80m hurdles  
100m 200m  
110m hurdles 3000m walk  
100m hurdles 3000m 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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協辦機構:



合作伙伴:



DESIGN CONSULTANTS  
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合作媒體:



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



Men's M30 - 1500M

Record	Perf	Athlete	Event	Place	Date
		HONG KONG RECORD 3:55.60 DAVE GIBSON			1972/03/07



2023/10/29



Start: 15:10



27°C



69%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-2	HO CHUN TING TIMOTHY	何俊廷	30039 TCAA	5:01.25	
2	1-3	HO CHUN SUM SAMUEL	何俊琛	30038 TCAA	5:06.42	
3	1-1	CHAN CHUN KIT	陳駿杰	30004 DBSAC	6:45.07	

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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 M30 - 200M

Record	Perf	Athlete	Event	Place	Date
HONG KONG RECORD	20.94	TANG YIK CHUN 鄧亦峻			2005/04/16



2023/10/28



Start: 11:10



28°C



70%

Final 2 /2

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	2-6	HAU WING CHUNG VINCENT	侯穎聰	30014 LSCAC	25.67	+0.9	
	2-5	CHONG YIN LOK	莊賢樂	30003 CSDSA	DNS		

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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合作伙伴:



合作媒體:



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



Men's M30 - 200M

Record	Perf	Athlete	Event	Place	Date
HONG KONG RECORD	20.94	TANG YIK CHUN 鄧亦峻			2005/04/16



2023/10/28



Start: 11:10



28°C



70%

Summary

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	2-6	HAU WING CHUNG VINCENT	侯穎聰	30014 LSCAC	25.67	+0.9	
	2-5	CHONG YIN LOK	莊賢樂	30003 CSDSA	DNS		

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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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 M30 - 400M

Record	Perf	Athlete	Event	Place	Date
HONG KONG RECORD	47.28	CHAN KA CHUN 陳嘉駿	Chinese Taipei Open Meet		2015/05/15



2023/10/29



Start: 11:30



27°C



62%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-6	YU SHEUNG-TSUN	余尚駿	30037 PoliceAC	56.20	
2	1-8	LO CHUN HUNG	羅進鴻	30030 PoliceAC	57.41	
3	1-3	SHUM WING IP	沈永燁	30034 PoliceAC	59.36	
	1-5	LAM HANG CHIT		30011 JSA	DNS	
	1-7	LEE DENNIS NGA CHING		30012 JSA	DNS	
	1-4	LEUNG SHING LAI LAURANCE		30002 AVOHK	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



Men's M30 - 400MH

Record	Perf	Athlete	Event	Place	Date
HONG KONG RECORD	50.88	CHAN KA CHUN 陳嘉駿			2016/04/15



2023/10/28



Start: 14:00



27°C



74%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-7	YU SHEUNG-TSUN	余尚駿	30037 PoliceAC	1:02.69	
2	1-5	LO CHUN HUNG	羅進鴻	30030 PoliceAC	1:08.36	
3	1-6	NG YIU KEUNG WILSON	伍耀強	30031 PoliceAC	1:09.47	
	1-4	WONG TSZ LOK DICKSON	黃子樂	30010 HKMP	DNS	

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主辦單位:



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合作伙伴:



合作媒體:



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



Men's M30 - 4X100M

Record	Perf	Athlete	Event	Place	Date
HONG KONG RECORD	38.47	HONG KONG TEAM			2012/05/26



2023/10/29



Start: 16:15



26°C



72%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-5	Police AC M30 4X100米 吳大偉, 李子健, 陳烈成, 沈永燁		PoliceAC	48.03	
2	1-6	LSCAC M30 4X100米 李世禧, 原振邦, 蕭猷健, 侯穎聰		LSCAC	50.20	
3	1-4	DBSAC M30 4X100米 李潤星, 盧卓飛, 黃喆仁, 陳駿杰		DBSAC	1:02.88	

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



Men's M30 - 4X400M

Record	Perf	Athlete	Event	Place	Date
		HONG KONG RECORD 3:11.28	HONG KONG TEAM		2014/09/29



2023/10/28



Start: 16:15



26°C



84%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-4	Police AC M30 4X400米 羅進鴻, 沈永燁, 陳子聰, 余尚駿		PoliceAC	3:52.87	
2	1-5	LSCAC M30 4X400米 甄梓謙, 許焯彥, DASAN JUDE, LO CHUN BONG		LSCAC	4:21.29	4' 21.285"

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 M30 - 5000M

Record	Perf	Athlete	Event	Place	Date
HONG KONG RECORD	14:37.14	TSE CHUN YIN 謝俊賢	TCAA Open Athletics Championship Wan Chai		2022/12/17
			2023/10/28	Start: 08:50	25°C 93%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-8	HO YUNG YIN	何雍賢	30029 PoliceAC	16:58.03	
		<i>Split: 03:13.50 (3:13.50) 06:36.08 (3:22.58) 10:00.06 (3:23.98) 13:28.63 (3:28.58) 16'58.03 (3:29.36)</i>				
2	1-6	LEUNG ERIC	梁安穎	30016 LSCAC	17:16.28	
		<i>Split: 03:17.100 (3:17.10) 06:45.65 (3:28.55) 10:16.12 (3:30.47) 13:49.35 (3:33.23) 17'16.28 (3:26.65)</i>				
3	1-4	LO CHUN BONG		30019 LSCAC	17:51.78	
		<i>Split: 03:21.60 (3:21.60) 06:56.47 (3:34.88) 10:31.38 (3:34.90) 14:13.54 (3:42.16) 17'51.78 (3:37.46)</i>				
4	1-5	HU PILI	胡辟礫	30001 AVOHK	19:51.18	
		<i>Split: 03:29.74 (3:29.74) 07:23.77 (3:54.03) 11:32.33 (4:08.56) 15:50.23 (4:17.90) 19'51.18 (4:00.77)</i>				
5	1-10	CHEUNG KENDRICK	張嘉晉	30013 LSCAC	20:31.31	
		<i>Split: 03:42.44 (3:42.44) 07:50.02 (4:07.58) 12:04.72 (4:14.70) 16:25.99 (4:21.27) 20'31.31 (4:05.01)</i>				
6	1-1	LEE DENNIS NGA CHING		30012 JSA	22:27.72	
		<i>Split: 03:56.32 (3:56.32) 08:30.16 (4:33.85) 13:19.55 (4:49.38) 18:01.48 (4:41.93) 22'27.72 (4:25.52)</i>				
7	1-3	NG KIT TUNG		30024 LSCAC	24:01.81	
		<i>Split: 04:06.22 (4:06.22) 08:46.37 (4:40.16) 13:43.68 (4:57.30) 18:57.93 (5:14.25) 24'01.81 (5:03.07)</i>				
8	1-2	NG YUET WAI IVAN	吳聿韡	30025 LSCAC	28:01.12	
		<i>Split: 04:51.06 (4:51.06) 11:26.28 (6:35.22) 18:19.29 (6:53.01) 25:26.25 (7:06.96) 28'01.12 (2:34.75)</i>				
	1-9	LIN CHUN KIT	連俊傑	30018 LSCAC	DQ	TR17.3.2 踏在或跑進分道內側 infringement of the inside border (not run in lanes)
		<i>Split:</i>				
	1-7	YIP HAU LIM	葉孝廉	30036	DNS	
		<i>Split:</i>				

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



Men's M30 - 5000M

Record	Perf	Athlete	Event	Place	Date
HONG KONG RECORD	14:37.14	TSE CHUN YIN 謝俊賢	TCAA Open Athletics Championship	Wan Chai	2022/12/17
			2023/10/28	Start: 08:50	25°C 93%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
				PoliceAC		

long jump shot put  
javelin 5000m discus  
400m 80m hurdles  
100m 200m  
110m hurdles 300m walk  
100m hurdles 3000m 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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Hong Kong Masters Athletics Club  
The 8th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M30 - 800M

Record	Perf	Athlete	Event	Place	Date
		HONG KONG RECORD 1:52.17 LEUNG TAK WAI 梁達威			1999/04/18



2023/10/28



Start: 15:05



26°C



84%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-7	YU SHEUNG-TSUN	余尚駿	30037 PoliceAC	2:13.14	
2	1-6	NG YIU KEUNG WILSON	伍耀強	30031 PoliceAC	2:14.91	
3	1-8	CHAN TSZ CHUNG	陳子聰	30028 PoliceAC	2:18.32	
4	1-5	HO CHUN SUM SAMUEL	何俊琛	30038 TCAA	2:28.70	
5	1-4	HO CHUN TING TIMOTHY	何俊廷	30039 TCAA	2:33.45	
	1-3	LEE DENNIS NGA CHING		30012 JSA	DNS	

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合作媒體:



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



Men's M30 - Shot Put

Record	Perf	Athlete	Event	Place	Date
HONG KONG RECORD	15.70	CHIU LAP SAN 招立新			2012/12/12



2023/10/28



Start: 15:15



26°C



84%

Final

Pos	Heat/ Lane	Name	Bib#/ Team	Result	Remarks	1	2	3	4
	1-1	LAM HANG CHIT	30011 JSA	DNS					

long jump shot put  
javelin 5000m discus  
400m 80m hurdles  
100m 200m  
110m hurdles 3000m walk  
100m hurdles 3000m 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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Hong Kong Masters Athletics Club  
The 8th HONG KONG MASTERS ATHLETICS CHAMPIONSHIPS



Men's M30 - Long Jump

Record	Perf	Athlete	Event	Place	Date
HONG KONG RECORD	8.12	CHAN MING TAI 陳銘泰	Hong Kong Athletic Championships	Wan Chai	2016/05/07

 2023/10/29    
  Start: 08:40    
  26°C    
  74%

Final

Pos	Heat/ Lane	Name	Bib#/ Team	Result	Remarks	1	2	3	4
1	1-1	CHAN CHUN KIT 陳駿杰	30004 DBSAC	3.55m.		3.50 +1.2	3.55 -0.5	x +1.1	3.24 +0.9

long jump shot put  
javelin 5000m discus  
400m 80m hurdles  
100m 200m  
110m hurdles 3000m  
100m hurdles 3000m  
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

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 M30 - Javelin Throw

Record	Perf	Athlete	Event	Place	Date
HONG KONG RECORD	71.78	HUI WAI HEI RICKY 許懷熙	18th Asian Games	Gelora Bung	2018/08/27



2023/10/28



Start: 14:20



27°C



74%

Final

Pos	Heat/ Lane	Name	Bib#/ Team	Result	Remarks	1	2	3	4
1	1-2	LO CHEUK FEI JEFFREY 盧卓飛	30008 DBSAC	33.56m.		33.56	32.32	33.47	32.37
2	1-1	WONG TIN YAN 王天欣	30035 PoliceAC	32.68m.		27.41	32.68	26.14	27.33

long jump shot put javelin 5000m discus 100m 80m hurdles 200m 400m 110m hurdles 300m 100m hurdles 3000m high jump 100m walk 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

主辦單位:



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合作伙伴:



合作媒體:







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



Men's M30 - Discus Throw

Record	Perf	Athlete	Event	Place	Date
HONG KONG RECORD	48.58	ARTHUR MCKENZIE			1978/03/19

 2023/10/29 
  Start: 12:10 
  27°C 
  62%

Final

Pos	Heat/ Lane	Name	Bib#/ Team	Result	Remarks	1	2	3	4
1	1-1	WONG TIN YAN 王天欣	30035 PoliceAC	23.53m.		20.40	x	x	23.53

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

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主辦單位:



協辦機構:



合作伙伴:



合作媒體:

