

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



Men's M70 - 100M



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	12.77	ROBERT WHILDEN JR		PITTSBURGH, USA	2005/09/06
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	15.40	Chan Pui Yin 陳沛然	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	15.40	Chan Pui Yin 陳沛然	Hong Kong Masters Athletics	TKO SG	2018/10/27



2023/10/29



Start: 14:40



27°C



69%

Final

Pos	Heat/Name Lane	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-4 KO ALEX	高量洪	70568 DBSAC	16.70	+0.9	
2	1-2 LAI PETER	黎澄天	70570 LSCAC	17.21	+0.9	
3	1-5 CHUI HONG SHEUNG	崔康常	70567 DBSAC	17.28	+0.9	
4	1-3 LEUNG HENRY HO KAI	梁浩佳	70571 LSCAC	19.55	+0.9	
5	1-6 WONG PAK HIM	黃伯謙	70573 Pacers	20.44	+0.9	
6	1-7 LEUNG KAM YIN	梁錦賢	70577 PKMSAA	25.85	+0.9	

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  
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Men's M70 - 1500M



Record	Perf	Athlete	Event	Place	Date
		WMA RECORD 4:52.95 RON ROBERTSON		SACRAMENTO, USA	2011/07/15
		HONG KONG RECORD 3:55.60 DAVE GIBSON			1972/03/07



2023/10/29



Start: 15:45



26°C



72%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-4	MCNAMARA FRANK		70566 AVOHK	6:05.21	
2	1-1	CHAN CHAK YAN	陳澤恩	70565 AVOHK	7:41.65	
3	1-3	CHEUNG YORK TZE	張玉子	70574 PKMSAA	8:14.24	
4	1-2	KAO WING YIE	高永餘	70576 PKMSAA	9:00.91	

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合作媒體:



Hong Kong Masters Athletics Club  
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Men's M70 - 200M



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	25.75	CHARLES ALLIE		DES MOINES, USA	2018/06/21
HONG KONG RECORD	20.94	TANG YIK CHUN 鄧亦峻			2005/04/16
Masters ACR	33.30	Chan Pui Yin 陳沛然	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	33.30	Chan Pui Yin 陳沛然	Hong Kong Masters Athletics	TKO SG	2018/10/27



28 2023/10/28



Start: 11:35



28°C



70%

Final

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-5 KO ALEX	高量洪	70568 DBSAC	36.64	+1.5	
2	1-6 CHUI HONG SHEUNG	崔康常	70567 DBSAC	38.41	+1.5	
3	1-4 LAI PETER	黎澄天	70570 LSCAC	38.65	+1.5	
4	1-7 WONG PAK HIM	黃伯謙	70573 Pacers	41.47	+1.5	

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Hong Kong Masters Athletics Club  
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Men's M70 - 400M



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	57.26	CHARLES ALLIE		MaLAGA, ESP	2018/09/11
HONG KONG RECORD	47.28	CHAN KA CHUN 陳嘉駿	Chinese Taipei Open Meet		2015/05/15
Masters ACR	1:18.27	Kwek Moh Seng	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	1:20.75	CHUI Fat Lim 徐發林	Hong Kong Masters Athletics	TKO SG	2017/11/11



2023/10/29



Start: 12:05



27°C



62%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-5	MCNAMARA FRANK		70566 AVOHK	1:18.54	R
2	1-4	KO ALEX	高量洪	70568 DBSAC	1:18.93	R
3	1-6	WONG PAK HIM	黃伯謙	70573 Pacers	1:42.21	
	1-7	LEUNG HENRY HO KAI	梁浩佳	70571 LSCAC	DQ	TR17.3.1 違反分道規則 Lane Infringement (run in lanes)

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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  
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Men's M70 - 4X100M



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	51.96	SIMS, BENNETT, COLBERT, LIDA		PHILADELPHIA,	2008/04/25
HONG KONG RECORD	38.47	HONG KONG TEAM			2012/05/26
Masters ACR	1:13.94	SCAA	Hong Kong Masters Athletics	TKO SG	2017/11/11
HKMAC RECORD	1:13.94	SCAA	Hong Kong Masters Athletics	TKO SG	2017/11/11



2023/10/29



Start: 16:40



27°C



62%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-4	培僑中學校友會 M70 4X100米 梁錦賢, 謝錦榮, 羅耀章, 張玉子		PKMSAA	1:35.05	

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主辦單位:



協辦機構:



合作伙伴:



DESIGN CONSULTANTS  
意樂設計顧問



合作媒體:



Hong Kong Masters Athletics Club  
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Men's M70 - 4X400M



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	4:17.47	SCHEIDT, NEHREN, KLAUS, MÜLLER		LAHTI, FIN	2009/08/08
HONG KONG RECORD	3:11.28	HONG KONG TEAM			2014/09/29
Masters ACR	6:49.28	PKMSAA M70 4X400M	The 6th Hong Kong Masters	TKO SG	2021/09/12
HKMAC RECORD	6:49.28	PKMSAA M70 4X400M	The 6th Hong Kong Masters	TKO SG	2021/09/12



2023/10/28



Start: 16:55



26°C



84%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-3	培僑中學校友會 M70 4X400米 高永餘, 謝錦榮, 羅耀章, 張玉子		PKMSAA	7:42.55	

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合作媒體:



Hong Kong Masters Athletics Club  
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Men's M70 - 5000M

Record	Perf	Athlete	Event	Place	Date
WMA RECORD 18:15.53		RON ROBERTSON		SACRAMENTO, USA	2011/07/09
HONG KONG RECORD 14:37.14		TSE CHUN YIN 謝俊賢	TCAA Open Athletics Championship	Wan Chai	2022/12/17
Masters ACR 24:08.52		NG WAI CHIU 吳偉超			2022/12/04
HKMAC RECORD 24:08.52		NG WAI CHIU 吳偉超			2022/12/04



2023/10/28



Start: 10:07  
End: 10:47



28°C



70%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-24	MCNAMARA FRANK		70566 AVOHK	21:46.18	HKMACR, R
<i>Split: 04:08.69 (4:08.69) 08:28.96 (4:20.28) 12:51.75 (4:22.78) 17:22.56 (4:30.81) 21'46.180 (4:23.44)</i>						
2	1-27	POON CHI WAH	潘志華	70572 Pacers	26:19.19	
<i>Split: 05:05.01 (5:05.01) 10:13.44 (5:08.43) 15:30.07 (5:16.63) 20:56.53 (5:26.47) 26'19.19 (5:22.46)</i>						
3	1-28	CHAN CHAK YAN	陳澤恩	70565 AVOHK	26:43.99	
<i>Split: 05:16.69 (5:16.69) 10:27.96 (5:11.28) 15:42.30 (5:14.33) 21:09.47 (5:27.18) 26'43.990 (5:33.52)</i>						
	1-25	CHEUNG YORK TZE	張玉子	70574 PKMSAA	DQ	TR17.4.3-4 再次違反彎道規則 2nd lane infringement
<i>Split:</i>						
	1-26	LEUNG HENRY HO KAI	梁浩佳	70571 LSCAC	DNF	
<i>Split:</i>						

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



Men's M70 - 800M



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	2:20.52	EARL FEE		BOSTON, USA	1999/06/17
HONG KONG RECORD	1:52.17	LEUNG TAK WAI 梁達威			1999/04/18
Masters ACR	3:04.76	CHAN KWAI TIM 陳貴添			2022/11/27
HKMAC RECORD	3:04.76	CHAN KWAI TIM 陳貴添			2022/11/27



28 2023/10/28



Start: 15:25



26°C



84%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-6	MCNAMARA FRANK		70566 AVOHK	2:57.15	HKMACR, R
2	1-8	KAO WING YIE	高永餘	70576 PKMSAA	4:17.49	
	1-3	WONG PAK HIM	黃伯謙	70573 Pacers	DQ	TR17.5 未越過搶道線或搶道 leaving the assigned lane / track before the breakline / breakpoint
	1-7	KO ALEX	高量洪	70568 DBSAC	DNS	

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Hong Kong Masters Athletics Club  
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Men's M70 - Shot Put



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	15.89	KARL-HEINZ MARG		SCHWEINFURT,	2008/07/12
Masters ACR	9.72	RICE Norman	Hong Kong Masters Athletics	Wanchai SG	2015/10/03
HKMAC RECORD	9.72	RICE Norman	Hong Kong Masters Athletics	Wanchai SG	2015/10/03

Final

Pos	Heat/ Lane	Name	Bib#/ Team	Result	Remarks	1	2	3	4
1	1-6	YAN CHUN YIP 甄進業	70581 PKMSAA	8.96m.		8.96	8.74	8.50	8.53
2	1-4	HO TAK CHEUNG 何德長	70575 PKMSAA	8.43m.		8.21	8.43	6.87	-
3	1-5	KO ALEX 高量洪	70568 DBSAC	8.23m.		8.07	8.23	7.69	x
4	1-3	CHUI HONG SHEUNG 崔康常	70567 DBSAC	7.22m.		6.67	7.22	6.39	6.87
	1-2	LAM ALAN 林文彬	70569 DBSAC	DNS					
	1-1	LO HIN HANG 盧顯亨	70578 PKMSAA	DNS					

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Hong Kong Masters Athletics Club  
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Men's M70 - Long Jump



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	5.19	MELVIN LARSEN		EUGENE, USA	1994/08/12
HONG KONG RECORD	8.12	CHAN MING TAI 陳銘泰	Hong Kong Athletic Championships	Wan Chai	2016/05/07
Masters ACR	3.09	CHUI HONG SHEUNG 崔康常	The 6th Hong Kong Masters	TKO SG	2021/09/11
HKMAC RECORD	3.09	CHUI HONG SHEUNG 崔康常	The 6th Hong Kong Masters	TKO SG	2021/09/11

Final

Pos	Heat/ Lane	Name	Bib#/ Team	Result	Remarks	1	2	3	4
1	1-2	CHUI HONG SHEUNG 崔康常	70567 DBSAC	3.19m.	HKMACR, R	2.57 +0.7	2.86 +1.1	2.92 +0.4	3.19 +0.8
2	1-1	KO ALEX 高量洪	70568 DBSAC	3.01m.		2.74 +0.6	2.87 +1.1	3.01 +0.8	2.70 +1.0

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合作伙伴:



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



Men's M70 - Javelin Throw



Record	Perf	Athlete	Event	Place	Date
Masters ACR	31.09	Cheng Yung Chien 鄭詠謙	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	28.63	HILL William	Hong Kong Masters Athletics	Wanchai SG	2015/10/03



2023/10/28



Start: 13:20



27°C



74%

Final

Pos	Heat/ Lane	Name	Bib#/ Team	Result	Remarks	1	2	3	4
1	1-4	KO ALEX 高量洪	70568 DBSAC	26.17m.		25.67	26.17	22.06	x
2	1-3	YAN CHUN YIP 甄進業	70581 PKMSAA	24.24m.		24.24	22.87	x	x
3	1-2	CHUI HONG SHEUNG 崔康常	70567 DBSAC	19.66m.		18.85	19.29	x	19.66
4	1-1	LAM ALAN 林文彬	70569 DBSAC	15.94m.		13.85	15.45	15.94	-

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Hong Kong Masters Athletics Club  
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Men's M70 - Discus Throw



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	55.27	CARMELO RADO		CHIURO, ITA	2007/09/30
Masters ACR	25.99	Cheng Yung Chien 鄭詠謙	Hong Kong Masters Athletics	Diocesan Boys'	2018/10/27
HKMAC RECORD	22.26	Tang Tat Wing 鄧達榮	Hong Kong Masters Athletics	Diocesan Boys'	2018/10/27



2023/10/29



Start: 09:20



27°C



66%

Final

Pos	Heat/ Lane	Name	Bib#/ Team	Result	Remarks	1	2	3	4
1	1-4	CHUI HONG SHEUNG 崔康常	70567 DBSAC	22.36m.	R	22.30	21.77	22.36	22.14
2	1-3	YAN CHUN YIP 甄進業	70581 PKMSAA	22.27m.	R	X	21.46	22.27	X
3	1-1	HO TAK CHEUNG 何德長	70575 PKMSAA	22.01m.		20.58	X	22.01	21.71
4	1-5	KO ALEX 高量洪	70568 DBSAC	21.99m.		20.18	20.73	21.07	21.99
5	1-2	LAM ALAN 林文彬	70569 DBSAC	18.25m.		17.10	18.25	16.79	X

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合作媒體:

