

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



Women's W55 - 100M



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	12.24	JULIE BRIMS		CANBERRA, AUS	2021/02/13
HONG KONG RECORD	11.62	LAM ON KI 林安琪	2019 Asian Athletics	Khalifa	2019/04/21
Masters ACR	14.02	TSE Wah Sau 謝華秀	Hong Kong Masters Athletics	Wanchai SG	2014/11/02
HKMAC RECORD	14.02	TSE Wah Sau 謝華秀	Hong Kong Masters Athletics	Wanchai SG	2014/11/02



2023/10/29



Start: 13:35



28°C



58%

Final 1 1/2

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	W/S	Remarks
5	1-2 KWAN PO YEE	關寶儀	55766 PKMSAA	16.97	+0.7	
6	1-7 CHIM STELLA	詹愷怡	55771 SCAA	17.52	+0.7	
7	1-3 CHANG CHI KWAN	張志群	55765 PKMSAA	19.50	+0.7	
8	1-5 CHAN CHUK KWAN BOO	陳竹筠	55764 PKMSAA	19.55	+0.7	
9	1-4 TIN KWAI YING	田桂英	55779 SCAA	19.67	+0.7	
10	1-6 LEUNG SUET KING	梁雪琼	55774 SCAA	20.21	+0.7	

Final 2 1/2

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	W/S	Remarks
1	2-6 CHU SIU LING PANCY	朱少玲	55772 SCAA	15.09	+1.9	
2	2-3 YUEN KAR WAI	袁嘉慧	55754 DBSAC	15.19	+1.9	
3	2-7 LAM SAU LING	林秀玲	55773 SCAA	15.38	+1.9	
4	2-2 LEUNG YUEN FAN JENNIFER	梁婉芬	55775 SCAA	16.24	+1.9	
	2-5 LUNG WAI LAN	龍惠蘭	55767 PKMSAA	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 W55 - 100M



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	12.24	JULIE BRIMS		CANBERRA, AUS	2021/02/13
HONG KONG RECORD	11.62	LAM ON KI 林安琪	2019 Asian Athletics	Khalifa	2019/04/21
Masters ACR	14.02	TSE Wah Sau 謝華秀	Hong Kong Masters Athletics	Wanchai SG	2014/11/02
HKMAC RECORD	14.02	TSE Wah Sau 謝華秀	Hong Kong Masters Athletics	Wanchai SG	2014/11/02



2023/10/29



Start: 13:35



28°C



58%

Summary

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	2-6	CHU SIU LING PANCY	朱少玲	55772 SCAA	15.09	+1.9	
2	2-3	YUEN KAR WAI	袁嘉慧	55754 DBSAC	15.19	+1.9	
3	2-7	LAM SAU LING	林秀玲	55773 SCAA	15.38	+1.9	
4	2-2	LEUNG YUEN FAN JENNIFER	梁婉芬	55775 SCAA	16.24	+1.9	
5	1-2	KWAN PO YEE	關寶儀	55766 PKMSAA	16.97	+0.7	
6	1-7	CHIM STELLA	詹愷怡	55771 SCAA	17.52	+0.7	
7	1-3	CHANG CHI KWAN	張志群	55765 PKMSAA	19.50	+0.7	
8	1-5	CHAN CHUK KWAN BOO	陳竹筠	55764 PKMSAA	19.55	+0.7	
9	1-4	TIN KWAI YING	田桂英	55779 SCAA	19.67	+0.7	
10	1-6	LEUNG SUET KING	梁雪琼	55774 SCAA	20.21	+0.7	
	2-5	LUNG WAI LAN	龍惠蘭	55767 PKMSAA	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 W55 - 1500M



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	4:41.46	ANNE GILSHINAN		BELFAST, GBR	2019/06/22
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	LAI INGRID	黎瑞年	55750 DBSAC	6:09.09	
2	1-5	LEUNG HOI LUN HELEN	梁海倫	55749 AVOHK	6:30.45	
3	1-6	CHUI SIU MIU MARGARET	崔少妙	55758 HKLRRC	6:52.04	
	1-4	LEUNG YUEN WAI	梁婉慧	55776 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:



DESIGN CONSULTANTS  
意樂設計顧問



合作媒體:



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



Women's W55 - 200M



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	25.07	JULIE BRIMS		BRISBANE, AUS	2021/03/07
HONG KONG RECORD	23.79	WAN KIN YEE 溫健儀			1999/05/16
Masters ACR	30.35	LUNG WAI LAN 龍惠蘭	The 6th Hong Kong Masters	TKO SG	2021/09/11
HKMAC RECORD	30.35	LUNG WAI LAN 龍惠蘭	The 6th Hong Kong Masters	TKO SG	2021/09/11



2023/10/28



Start: 11:00



28°C



70%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-5	YUEN KAR WAI	袁嘉慧	55754 DBSAC	32.39	+1.2	
2	1-3	CHIM STELLA	詹愷怡	55771 SCAA	38.96	+1.2	
3	1-6	TIN KWAI YING	田桂英	55779 SCAA	40.59	+1.2	
4	1-4	LEUNG MABEL	梁美寶	55757 GHSAC	42.00	+1.2	
5	1-7	LEUNG SUET KING	梁雪琼	55774 SCAA	47.43	+1.2	

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 W55 - 300MH

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	48.74	SUSAN FRISBY		ARHUS, DEN	2017/07/30



2023/10/28



Start: 12:10



28°C



70%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-4	LAM SAU LING	林秀玲	55773 SCAA	1:03.58	
2	1-7	LEUNG YUEN FAN JENNIFER	梁婉芬	55775 SCAA	1:04.74	
3	1-6	YUEN KIT YEE	阮潔儀	55781 SCAA	1:06.03	
	1-5	LUNG WAI LAN	龍惠蘭	55767 PKMSAA	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 W55 - 400M



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	59.36	JULIE BRIMS		BRISBANE, AUS	2021/01/23
HONG KONG RECORD	55.03	WAN KIN YEE 溫健儀			1999/03/02
Masters ACR	1:10.01	LUNG WAI LAN 龍惠蘭	The 6th Hong Kong Masters	TKO SG	2021/09/12
HKMAC RECORD	1:10.01	LUNG WAI LAN 龍惠蘭	The 6th Hong Kong Masters	TKO SG	2021/09/12



2023/10/29



Start: 11:20



27°C



62%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-6	YUEN KAR WAI	袁嘉慧	55754 DBSAC	1:14.04	
2	1-7	TSANG SIU YEE SANDY	曾小儀	55780 SCAA	1:24.39	

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 W55 - 4X100M



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	54.05	TRIOLO, ALLEN, SHOOK, UPSHAW		MALAGA, ESP	2018/09/15
HONG KONG RECORD	45.17	HONG KONG TEAM			2023/06/27
Masters ACR	58.38	SCAA W55 4X100M (A)	The 6th Hong Kong Masters	TKO SG	2021/09/11
HKMAC RECORD	58.38	SCAA W55 4X100M (A)	The 6th Hong Kong Masters	TKO SG	2021/09/11



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 W55 4X100米 (A) 阮潔儀, 梁婉芬, 林秀玲, 朱少玲		SCAA	1:06.59	
2	1-3	南華 W55 4X100米 (B) 田桂英, 梁雪琼, 岑惠貞, 曾小儀		SCAA	1:16.07	
3	1-5	培僑中學校友會 W55 4X100米 黃金鳳, 陳竹筠, 張志群, 關寶儀		PKMSAA	1:19.49	
4	1-6	HKLRRRC W55 4X100米 方錦仙, 江來珍, 黃婉君, 崔少妙		HKLRRRC	1:23.02	

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 W55 - 4X400M



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	4:23.52	MCDONALD, VALLE, ROHL, BROCKNE		AMES, USA	2021/07/25
HONG KONG RECORD	3:48.54	HONG KONG TEAM		Yecheon, KOR	2023/06/07
Masters ACR	5:24.12	SCAA W55 4X400M (A)	The 6th Hong Kong Masters	TKO SG	2021/09/12
HKMAC RECORD	5:24.12	SCAA W55 4X400M (A)	The 6th Hong Kong Masters	TKO SG	2021/09/12



28 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 W55 4X400米 (A) 阮潔儀, 林秀玲, 梁婉芬, 曾小儀		SCAA	5:34.12	
2	1-6	南華 W55 4X400米 (B) 田桂英, 梁雪琼, 岑惠貞, 潘桂蓮		SCAA	7:07.61	
3	1-5	HKLRRRC W55 4X400米 劉鳳玲, 冼麗玲, 黃婉君, 方錦仙		HKLRRRC	7:16.56	

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 W55 - 5000M



Record	Perf	Athlete	Event	Place	Date
WMA RECORD 17:29.28		SILKE SCHMIDT		EINDHOVEN, NED	2015/06/27
HONG KONG RECORD 15:45.87		CHAN MAN YEE MAGGIE 陳敏儀			2002/05/03
Masters ACR 24:22.85		LEUNG HOI LUN HELEN 梁海倫	The 6th Hong Kong Masters	TKO SG	2021/09/11
HKMAC RECORD 24:22.85		LEUNG HOI LUN HELEN 梁海倫	The 6th Hong Kong Masters	TKO SG	2021/09/11

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-20	LEUNG HOI LUN HELEN	梁海倫	55749 AVOHK	24:57.85	
						<i>Split: 04:40.63 (4:40.63) 09:51.20 (5:10.58) 14:51.82 (5:00.61) 20:00.51 (5:08.69) 24'57.849 (4:56.49)</i>
2	1-21	TSANG SIU YEE SANDY	曾小儀	55780 SCAA	26:30.31	
						<i>Split: 04:39.49 (4:39.49) 09:53.01 (5:13.53) 15:21.02 (5:28.00) 21:00.71 (5:39.69) 26'30.309 (5:29.29)</i>
3	1-22	SUM WAI CHING	岑惠貞	55778 SCAA	28:32.39	
						<i>Split: 05:08.46 (5:08.46) 10:50.57 (5:42.11) 16:39.49 (5:48.92) 22:28.27 (5:48.79) 28'32.39 (6:03.72)</i>

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 W55 - 5000mW

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-16	LAM SUK LAN	林淑蘭	55786 SHTB	32:03.49	
						<i>Split: 06:12.69 (6:12.69) 12:46.22 (6:33.53) 19:16.83 (6:30.61) 25:48.99 (6:32.17) 32'3.49 (6:14.00)</i>
2	1-18	LEUNG PIK KWAN MICHELLE	梁碧君	55751 DBSAC	39:03.13	
						<i>Split: 07:43.22 (7:43.22) 15:39.13 (7:55.91) 23:31.82 (7:52.69) 31:28.39 (7:56.57) 39'3.129 (7:34.61)</i>
3	1-17	LO SIM CHUN	羅嬋珍	55763 HKRWA	40:23.99	
						<i>Split: 07:26.33 (7:26.33) 15:37.62 (8:11.29) 23:42.50 (8:04.88) 32:08.63 (8:26.13) 40'23.99 (8:14.37)</i>

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 W55 - 800M

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	2:19.63	ANNE GILSHINAN		LEIXLIP, IRE	2019/06/08
HONG KONG RECORD	2:11.92	LI YIN YEE 李燕儀			1996/11/03
Masters ACR	2:59.18	LAI INGRID 黎瑞年			2022/11/27
HKMAC RECORD	2:59.18	LAI INGRID 黎瑞年			2022/11/27



2023/10/28



Start: 14:50



26°C



84%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-2	LAI INGRID	黎瑞年	55750 DBSAC	2:57.80	HKMACR, R
2	1-1	TSANG SIU YEE SANDY	曾小儀	55780 SCAA	3:16.20	

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 W55 - 80MH

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	12.31	HELGI LAMP		HAAPSALU, EST	1999/07/17

29 2023/10/29 Start: 09:10 27°C 66%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-7	LEUNG YUEN FAN JENNIFER	梁婉芬	55775 SCAA	18.16	+1.6	
2	1-6	LAM SAU LING	林秀玲	55773 SCAA	18.64	+1.6	
	1-3	LUNG WAI LAN	龍惠蘭	55767 PKMSAA	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 W55 - Shot Put



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	14.47	SIGRIN KOFINK		TURKU, FIN	1991/07/21
Masters ACR	8.86	MAK Lai Fun	Hong Kong Masters Athletics	Wanchai SG	2014/11/02
HKMAC RECORD	8.86	MAK Lai Fun	Hong Kong Masters Athletics	Wanchai SG	2014/11/02



2023/10/29



Start: 15:05



27°C



69%

Final

Pos	Heat/ Lane	Name	Bib#/ Team	Result	Remarks	1	2	3	4
1	1-10	CHEUNG MAY HUNG MONITA 張美紅	55770 SCAA	8.15m.		x	x	8.15	7.95
2	1-2	WONG WAI SHEUNG EMMY 黃慧嫦	55753 DBSAC	7.59m.		6.93	7.12	6.92	7.59
3	1-3	IP KIT CHING HEIDI 葉潔清	55756 GHSAC	7.42m.		7.42	7.16	7.31	7.19
4	1-9	WONG KAM FUNG 黃金鳳	55768 PKMSAA	7.38m.		6.93	6.96	7.22	7.38
5	1-5	KWAN PO YEE 關寶儀	55766 PKMSAA	6.92m.		6.50	x	6.24	6.92
6	1-8	LUNG WAI LAN 龍惠蘭	55767 PKMSAA	6.75m.		x	5.98	6.75	6.58
7	1-1	CHAN FLORENCE 陳愛玲	55755 GHSAC	6.16m.		6.03	6.07	6.16	4.51
8	1-4	LEUNG PIK KWAN MICHELLE 梁碧君	55751 DBSAC	3.90m.		3.61	3.82	3.83	3.90
	1-7	CHANG CHI KWAN 張志群	55765 PKMSAA	DNS					
	1-6	LEUNG SUET KING 梁雪琼	55774 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 W55 - Long Jump

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	5.06	RAMONA PFEIFFER		ESSEN, GER	2016/09/03
	5.06	NERINGA JAKSTIENE		ALBUQUERQUE,	2019/06/16
HONG KONG RECORD	6.50	YUE YA XIN 俞雅欣	The 19th Asia Games	Hangzhou	2023/10/02
Masters ACR	3.95	TSE Wah Sau 謝華秀	Hong Kong Masters Athletics	Sports Centre	2016/10/29
HKMAC RECORD	3.95	TSE Wah Sau 謝華秀	Hong Kong Masters Athletics	Wanchai SG	2016/10/29



2023/10/29



Start: 09:40



27°C



66%

Final

Pos	Heat/ Lane	Name	Bib#/ Team	Result	Remarks	1	2	3	4
1	1-3	CHU SIU LING PANCY 朱少玲	55772 SCAA	4.10m.	HKMACR, R	3.55 -0.7	3.64 +0.4	4.10 -1.2	3.87 +1.0
2	1-1	LEUNG YUEN FAN JENNIFER 梁婉芬	55775 SCAA	3.40m.		2.96 +2.1	3.19 +0.1	3.33 +0.9	3.40 -0.9
3	1-2	TAI MIU KUEN ALICE 戴妙娟	55752 DBSAC	2.30m.		2.26 -0.8	x	x	2.30 +0.3

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 W55 - Javelin Throw



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	44.44	NATAŠA BEZJAK URBANIČ	Hong Kong Masters Athletics	POTSDAM, GER	2002/08/21
Masters ACR	22.76	TO Moon Chi 杜滿芝	Hong Kong Masters Athletics	TKO SG	2017/11/11
HKMAC RECORD	22.76	TO Moon Chi 杜滿芝	Hong Kong Masters Athletics	TKO SG	2017/11/11



28 2023/10/28



Start: 09:10



27°C



74%

Final

Pos	Heat/ Lane	Name	Bib#/ Team	Result	Remarks	1	2	3	4
1	1-5	IP KIT CHING HEIDI 葉潔清	55756 GHSAC	22.84m.	HKMACR, R	22.05	20.42	22.84	19.71
2	1-4	WONG WAI SHEUNG EMMY 黃慧嫦	55753 DBSAC	21.10m.		21.10	20.54	17.50	17.50
3	1-10	CHEUNG MAY HUNG MONITA 張美紅	55770 SCAA	18.82m.		18.15	18.82	16.91	18.62
4	1-9	WONG KAM FUNG 黃金鳳	55768 PKMSAA	17.61m.		14.82	16.95	x	17.61
5	1-7	TAI MIU KUEN ALICE 戴妙娟	55752 DBSAC	15.70m.		15.23	14.73	15.70	x
6	1-8	LUNG WAI LAN 龍惠蘭	55767 PKMSAA	15.02m.		12.95	13.42	13.91	15.02
7	1-2	CHIM STELLA 詹愷怡	55771 SCAA	14.60m.		8.93	9.11	14.60	13.66
8	1-1	CHAN FLORENCE 陳愛玲	55755 GHSAC	14.54m.		11.09	14.33	13.56	14.54
9	1-3	CHANG CHI KWAN 張志群	55765 PKMSAA	12.68m.		11.00	12.68	10.73	x
10	1-6	LEUNG SUET KING 梁雪琮	55774 SCAA	10.47m.		9.89	9.22	10.29	10.47

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 W55 - Discus Throw



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	43.36	TAMARA DANILOVA		PRIEN, GER	1996/08/10
HONG KONG RECORD	44.20	TO YUEN KWAN 杜婉筠			2022/05/28
Masters ACR	19.35	CHEUNG MAY HUNG MONITA			2022/12/04
HKMAC RECORD	19.35	CHEUNG MAY HUNG MONITA			2022/12/04



2023/10/29



Start: 10:30



27°C



66%

Final

Pos	Heat/ Lane	Name	Bib#/ Team	Result	Remarks	1	2	3	4
1	1-6	CHEUNG MAY HUNG MONITA 張美紅	55770 SCAA	20.88m.	HKMACR, R	x	15.79	20.88	18.45
2	1-1	WONG WAI SHEUNG EMMY 黃慧嫦	55753 DBSAC	20.20m.	HKMACR, R	17.86	20.20	x	19.23
3	1-5	LUNG WAI LAN 龍惠蘭	55767 PKMSAA	18.64m.		16.83	18.64	17.70	17.39
4	1-4	WONG KAM FUNG 黃金鳳	55768 PKMSAA	18.44m.		16.79	18.24	17.20	18.44
5	1-3	IP KIT CHING HEIDI 葉潔清	55756 GHSAC	14.16m.		12.98	14.16	14.08	13.76
6	1-2	CHIM STELLA 詹愷怡	55771 SCAA	11.84m.		11.84	10.64	8.48	10.41

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:

