

WOMEN		Hurdles			Result				
Rank	Group	Number	Name	Club	Time	Final	Lane	Record Score	Remark
								22.17	
1	W35	3523	范曉韻	Fan Hiu Wan	SCAA	26.81	1	6	2
								16.28	
1	W40	4011	王楚君	Wong Chor Kwan	SCAA	16.12	2	4	5
2	W40	4028	張婉琳	Cheung Yuen Lam Euthy	SCAA	16.33	2	3	3
3	W40	4025		Chan Diann	LSCAC	18.66	2	6	2
4	W40	4037	劉玉芬	Lau Yuk Fan Silvania	GHSAC	20.68	2	2	1
								15.14	
1	W45	4520	鍾敏儀	Chung Man Yi Money	SCAA	15.10	3	5	4
2	W45	4554	陳水蓮	Chan Shui Lin Debby	SCAA	16.86	3	4	2
3	W45	4547	黃秀清	Wong Sau Ching, Candy	GHSAC	16.96	3	3	1
								18.86	
1	W50	5006	林秀玲	Lam Sau Ling Rosanna	SCAA	17.61	4	3	2
								17.45	
1	W55	5513	駱雪儀	Lok Suet Yee	SCAA	18.02	4	4	4
2	W55	5524	吳少芳	Ng Siu Fong	SCAA	18.47	4	5	2
3	W55	5547	黎賢美	Lai Yin Mei	SCAA	19.11	4	7	1
WOMEN		100M			Result				
Rank	Group	Number	Name	Club	Time	Final	Lane	Record Score	Remark
								13.72	
1	W30	3009	陳宛渝	Chan Yuen Yu	DBSAC	14.29	1	2	0
2	W30	3008	陳倩衡	Chan Sin Hang Angel	DBSAC	14.81	1	4	0
3	W30	3013	張淑婷	Cheung Emily Shuk Ting	DBSAC	15.90	1	5	0
								13.91	
1	W35	3501	邱瑞雯	Yau Shui Man Sharon	DBSAC	13.13	2	2	9
2	W35	3539	伍智盈	Ng Chi Ying	SCAA	14.34	3	4	7
3	W35	3511	夢諦	Barhey Mandeep Kaur	SCAA	15.06	2	6	6
4	W35	3504	黃紀恩	Wong Karen	DBSAC	15.46	3	3	5
5	W35	3512	鍾佩君	Chung Pei Chun	SCAA	15.75	2	3	4
6	W35	3513	吳育紅	Wu Yuk Hung	PKMSAA	16.20	3	2	3
7	W35	3526	傅仲儀	Foo Chung Yee	PKMSAA	17.78	2	7	2
8	W35	3540	孔雅欣	Hung Nga Yan Janet	DBSAC	18.00	2	4	1
9	W35	3515	袁雨珠	Yuen Yu Chu	PKMSAA	18.08	3	6	
10	W35	3533	葉曉霖	Ip Vivien Hsiao Lin	DBSAC	18.96	2	5	
11	W35	3522	鄭淑群	Cheng Shuk Kwan, Nina	PKMSAA	21.06	3	5	
								13.95	
1	W40	4038	張雯璐	Cheung Man Lo	SCAA	14.48	4	7	9
2	W40	4045	丘翠芬	Yau Tsui Fun Glory	SCAA	14.71	5	6	7
3	W40	4007	黃念詩	Wong Nim Sze	PAC	14.72	4	6	6
4	W40	4024	李雯茵	Lee Man Yan	SCAA	14.88	5	3	5
5	W40	4011	王楚君	Wong Chor Kwan	SCAA	15.02	4	3	4
6	W40	4034	楊欣欣	Yeung Yan Yan Annette	SCAA	15.10	4	2	3
7	W40	4047	楊珍珍	Yeung Chun Chun Jane	SCAA	15.15	5	5	2
8	W40	4004	陳樂欣	Chan Lok Yan Diana	SCAA	15.57	5	2	1
9	W40	4033	鄭東熒	Cheng Tung Ying Ada	DBSAC	15.77	5	4	
10	W40	4039	-	Yeung Felicia	GHSAC	16.03	4	4	
11	W40	4008	楊立山	Yeung Lei Shan Esther	DBSAC	16.59	4	1	
								14.35	
1	W45	4520	鍾敏儀	Chung Man Yi Money	SCAA	14.03	6	5	8
2	W45	4505	蔡曉嵐	Choi Hiu Nam	LSCAC	14.91	7	3	6
3	W45	4547	黃秀清	Wong Sau Ching, Candy	GHSAC	15.59	6	6	5
4	W45	4518	楊鳳玲	Yeung Fung Ling	PKMSAA	16.29	7	2	4
5	W45	4502	高靜怡	Ko Ching Yee	SCAA	16.65	6	3	3
6	W45	4514	林笑寶	Lam Siu Po Cynthia	DBSAC	16.80	7	5	2
7	W45	4538	黎淑芬	Lai Shuk Fan	CSRA	17.85	7	4	1

									Record	14.15
Rank	Group	Number	Name	Club	Time	Final	Lane	Score	Remark	
1	W50	5039	龍惠蘭	Lung Wai Lan	PKMSAA	14.54	9	7	9	
2	W50	5006	林秀玲	Lam Sau Ling Rosanna	SCAA	14.66	8	1	7	
3	W50	5002	袁嘉慧	Yuen Kar Wai	SCAA	15.14	8	6	6	
4	W50	5049	朱少玲	Chu Siu Ling Pancy	SCAA	15.28	9	1	5	
5	W50	5016	張彩珍	Chang Corina	GHSAC	15.31	8	3	4	
6	W50	5021	鄧文珊	Tang Connie	DBSAC	15.68	8	7	3	
7	W50	5003	詹愷怡	Chim Stella	SCAA	16.39	9	2	2	
8	W50	5018	關寶儀	Kwan Po Yee	PKMSAA	16.43	8	2	1	
8	W50	5038	朱美嫻	Chu Florence	DBSAC	16.43	9	5	1	
10	W50	5032	梁婉芬	Leung Yuen Fan Jennifer	SCAA	16.82	9	6		
11	W50	5026	陳鴻欣	Chun Vivian	DBSAC	16.93	8	5		
12	W50	5035	張志群	Chang Chi Kwan	PKMSAA	19.01	9	4		
13	W50	5034	馬天惠	Ma Esther	DBSAC	19.06	9	3		

									Record	14.02
Rank	Group	Number	Name	Club	Time	Final	Lane	Score	Remark	
1	W55	5513	駱雪儀	Lok Suet Yee	SCAA	14.73	10	1	7	
2	W55	5501	洪家儀	Hung Ka Yee, Margaret	SCAA	14.74	10	5	5	
3	W55	5541	謝華秀	Tse Wah Sau	SCAA	15.03	10	6	4	
4	W55	5524	吳少芳	Ng Siu Fong	SCAA	16.39	10	4	3	
5	W55	5511	胡川明	U Cheun Ming Katherine	DBSAC	17.06	10	3	2	
6	W55	5547	黎賢美	Lai Yin Mei	SCAA	17.56	10	2	1	

									Record	20.02
Rank	Group	Number	Name	Club	Time	Final	Lane	Score	Remark	
1	W60	6003	黃美櫻	Wong Mei Ying Therry	SCAA	17.64	11	4	4	Record Broken
2	W60	6004	官麗梅	Kwun Lai Mui	PKMSAA	18.92	11	2	2	Record Broken
3	W60	6012	歐陽秀珍	Au Yeung Sau Chun	PKMSAA	19.85	11	1	1	Record Broken
4										

									Record	19.15
Rank	Group	Number	Name	Club	Time	Final	Lane	Score	Remark	
1	W65	6506		Ho Fernanda Antonia	SCAA	17.62	11	8	5	Record Broken
2	W65	6509	馬石慧儀	Ma Sek Wai Yee Stella	SCAA	19.10	11	5	3	Record Broken
3	W65	6507	黃妙桃	Wong Miu To	PKMSAA	20.15	11	6	2	
4	W65	6510	林彩鈴	Lim Evelyn	HKLRRRC	21.64	11	7	1	

									Record	23.20
Rank	Group	Number	Name	Club	Time	Final	Lane	Score	Remark	
1	W70	7001	呂梁乃港	Lui Maria N K	LSCAC	19.03	12	2	2	Record Broken

									Record	N.A.
Rank	Group	Number	Name	Club	Time	Final	Lane	Score	Remark	
1	W75	7505	陳女銀	Chan Nui Ngan	SCAA	26.78	12	3	2	

									Record	30.27
Rank	Group	Number	Name	Club	Time	Final	Lane	Score	Remark	
1	W80	8004	藍楊佩芳	Lam Yeung Pui Fong	SCAA	29.80	12	5	4	Record Broken
2	W80	8003	羅桂容	Lo Kwei Yung	SCAA	30.93	12	4	2	
3	W80	8002	-	Lam Mary Olga	GHSAC	38.52	12	6	1	

									Record	N.A.
Rank	Group	Number	Name	Club	Time	Final	Lane	Score	Remark	
1	W95	9501	張雪玲	Cheung Suet Ling	SCAA	41.03	12	7	2	

WOMEN		200M		Result				Record 30.03		
Rank	Group	Number	Name	Club	Time	Final	Lane	Score	Remark	
1	W35	3501	邱瑞雯	Yau Shui Man Sharon	DBSAC	27.37	1	4	9	Record Broken
2	W35	3539	伍智盈	Ng Chi Ying	SCAA	30.40	1	2	7	
3	W35	3507	楊寶喜	Yeung Po Hei	PoliceAC	31.29	1	5	6	
4	W35	3511	夢諦	Barhey Mandeep Kaur	SCAA	32.36	2	5	5	
5	W35	3512	鍾佩君	Chung Pei Chun	SCAA	33.73	1	3	4	
6	W35	3513	吳育紅	Wu Yuk Hung	PKMSAA	36.03	2	4	3	
7	W35	3526	傅仲儀	Foo Chung Yee	PKMSAA	37.64	2	3	2	
8	W35	3514	范秀欣	Fan Sau Yan	PKMSAA	41.31	1	6	1	
9	W35	3528	蘇玲敏	So Ling Man	PKMSAA	43.66	2	6		
								Record 30.76		
Rank	Group	Number	Name	Club	Time	Final	Lane	Score	Remark	
1	W40	4028	張婉琳	Cheung Yuen Lam Euthy	SCAA	30.78	3	4	9	
2	W40	4038	張雯璐	Cheung Man Lo	SCAA	30.83	4	3	7	
3	W40	4007	黃念詩	Wong Nim Sze	PAC	31.27	4	2	6	
4	W40	4004	陳樂欣	Chan Lok Yan Diana	SCAA	33.35	4	6	5	
5	W40	4034	楊欣欣	Yeung Yan Yan Annette	SCAA	33.36	4	5	4	
6	W40	4047	楊珍珍	Yeung Chun Chun Jane	SCAA	34.11	3	6	3	
7	W40	4008	楊立山	Yeung Lei Shan Esther	DBSAC	38.45	3	3	2	
8	W40	4001	黎淑儀	Lai Suk Yee	DBSAC	38.97	3	7	1	
								Record 30.85		
Rank	Group	Number	Name	Club	Time	Final	Lane	Score	Remark	
1	W45	4520	鍾敏儀	Chung Man Yi Money	SCAA	29.50	5	6	6	Record Broken
2	W45	4505	蔡曉嵐	Choi Hiu Nam	LSCAC	31.00	5	3	4	
3	W45	4547	黃秀清	Wong Sau Ching, Candy	GHSAC	32.86	5	4	3	
4	W45	4523	羅潔怡	Lo Grace	GHSAC	34.72	5	2	2	
5	W45	4524	胡信芳	Wu Shun Fong Savon	SCAA	35.96	5	5	1	
								Record 31.48		
Rank	Group	Number	Name	Club	Time	Final	Lane	Score	Remark	
1	W50	5039	龍惠蘭	Lung Wai Lan	PKMSAA	30.96	7	3	9	Record Broken
2	W50	5002	袁嘉慧	Yuen Kar Wai	SCAA	32.23	7	2	7	
3	W50	5006	林秀玲	Lam Sau Ling Rosanna	SCAA	32.38	6	3	6	
4	W50	5021	鄧文珊	Tang Connie	DBSAC	33.82	6	2	5	
5	W50	5018	關寶儀	Kwan Po Yee	PKMSAA	36.21	6	4	4	
6	W50	5003	詹愷怡	Chim Stella	SCAA	36.75	7	5	3	
7	W50	5034	馬天惠	Ma Esther	DBSAC	41.86	6	5	2	
8	W50	5013	焦小慧	Chiu Siu Wai	PKMSAA	42.96	7	6	1	
								Record 32.35		
Rank	Group	Number	Name	Club	Time	Final	Lane	Score	Remark	
1	W55	5513	駱雪儀	Lok Suet Yee	SCAA	31.40	8	1	8	Record Broken
2	W55	5501	洪家儀	Hung Ka Yee, Margaret	SCAA	31.50	8	4	6	Record Broken
3	W55	5541	謝華秀	Tse Wah Sau	SCAA	32.15	8	5	5	Record Broken
4	W55	5515	杜滿芝	To Moon Chi	CAC	32.74	8	2	4	
5	W55	5524	吳少芳	Ng Siu Fong	SCAA	35.12	8	7	3	
6	W55	5547	黎賢美	Lai Yin Mei	SCAA	39.88	8	6	2	
7	W55	5521	王惠芬	Wong Wai Fun	HKLRRRC	55.56	8	8	1	
								Record 43.84		
Rank	Group	Number	Name	Club	Time	Final	Lane	Score	Remark	
1	W60	6003	黃美櫻	Wong Mei Ying Therry	SCAA	38.59	9	1	4	Record Broken
2	W60	6004	官麗梅	Kwun Lai Mui	PKMSAA	40.69	9	2	2	Record Broken
3	W60	6023	黃綺嫻	Wong Yee Hen	Macau	42.16	9	3	1	Record Broken
								Record 40.27		
Rank	Group	Number	Name	Club	Time	Final	Lane	Score	Remark	
1	W65	6509	馬石慧儀	Ma Sek Wai Yee Stella	SCAA	38.52	9	5	5	Record Broken
2	W65	6506	-	Ho Fernanda Antonia	SCAA	42.78	9	4	3	
3	W65	6508	蔡錦霞	Choi Kam Har Wendy	HKRWA	42.96	9	7	2	
4	W65	6510	林彩鈴	Lim Evelyn	HKLRRRC	45.08	9	6	1	
								Record 49.11		
Rank	Group	Number	Name	Club	Time	Final	Lane	Score	Remark	
1	W70	7001	呂梁乃港	Lui Maria N K	LSCAC	41.42	10	4	3	Record Broken
2	W70	7002	劉鳳鈴	Lau Fung Ling Rebecca	HKRWA	54.96	10	3	1	
								Record N.A.		
Rank	Group	Number	Name	Club	Time	Final	Lane	Score	Remark	
1	W95	9501	張雪玲	Cheung Suet Ling	SCAA	1.47.68	10	5	2	

WOMEN		400M			Result						
										Record	1.11.20
Rank	Group	Number	Name	Club	Time	Final	Lane	Score	Remark		
1	W35	3501	邱瑞雯	Yau Shui Man Sharon	DBSAC	1.05.61	1	5	8	Record Broken	
2	W35	3507	楊寶喜	Yeung Po Hei	PoliceAC	1.11.24	1	2	6		
3	W35	3516	歐英美	Au Ying Mei	GHSAC	1.13.51	1	4	5		
4	W35	3523	范曉韻	Fan Hiu Wan	SCAA	1.15.70	1	3	4		
5	W35	3538	曾子欣	Tsang Tsz Yan, Winnie	PKMSAA	1.27.56	1	7	3		
6	W35	3515	袁雨珠	Yuen Yu Chu	PKMSAA	1.34.24	1	6	2		
7	W35	3522	鄭淑群	Cheng Shuk Kwan, Nina	PKMSAA	1.55.74	1	1	1		
										Record	1.07.20
Rank	Group	Number	Name	Club	Time	Final	Lane	Score	Remark		
1	W40	4028	張婉琳	Cheung Yuen Lam Euthy	SCAA	1.10.17	2	5	4		
2	W40	4045	丘翠芬	Yau Tsui Fun Glory	SCAA	1.15.11	3	5	2		
3	W40	4002	馬懷思	Ma Vinci	SCAA	1.18.33	3	4	1		
										Record	1.12.11
Rank	Group	Number	Name	Club	Time	Final	Lane	Score	Remark		
1	W45	4518	楊鳳玲	Yeung Fung Ling	PKMSAA	1.17.35	4	4	6		
2	W45	4547	黃秀清	Wong Sau Ching, Candy	GHSAC	1.18.90	4	3	4		
3	W45	4532	曾煥明	Tsang Woon Ming	SCAA	1.19.52	4	6	3		
4	W45	4543	黎淑雯	Lai Annie	GHSAC	1.25.08	4	8	2		
5	W45	4529	-	Choi Wai Man	LSCAC	1.32.30	4	1	1		
										Record	1.11.10
Rank	Group	Number	Name	Club	Time	Final	Lane	Score	Remark		
1	W50	5039	龍惠蘭	Lung Wai Lan	PKMSAA	1.12.95	6	4	9		
2	W50	5002	袁嘉慧	Yuen Kar Wai	SCAA	1.14.69	5	2	7		
3	W50	5021	鄧文珊	Tang Connie	DBSAC	1.18.05	5	4	6		
4	W50	5044	阮潔儀	Yuen Kit Yee	SCAA	1.18.95	6	3	5		
5	W50	5045	-	Canham Janine	HKLRRRC	1.21.37	6	6	4		
6	W50	5032	梁婉芬	Leung Yuen Fan Jennifer	SCAA	1.22.44	5	3	3		
7	W50	5038	朱美嫻	Chu Florence	DBSAC	1.32.38	6	5	2		
8	W50	5003	詹愷怡	Chim Stella	SCAA	1.33.00	5	6	1		
										Record	1.23.60
Rank	Group	Number	Name	Club	Time	Final	Lane	Score	Remark		
1	W55	5531	黃玉瑩	Wong Yuk Ying	SCAA	1.20.84	7	3	7	Record Broken	
2	W55	5503	梁婉文	Leung Yuen Man Mandy	SCAA	1.27.11	7	4	5		
3	W55	5537	楊錫莉	Yang Seik Lee	PKMSAA	1.27.72	7	7	4		
4	W55	5547	黎賢美	Lai Yin Mei	SCAA	1.36.84	7	6	3		
5	W55	5507	-	Chow Sabrina	HKLRRRC	1.41.41	7	2	2		
6	W55	5536	趙樂美	Chiu Lok Mei	PKMSAA	1.46.25	7	1	1		
										Record	1.25.28
Rank	Group	Number	Name	Club	Time	Final	Lane	Score	Remark		
1	W60	6005	鍾敏霞	Chung Man Ha	CSRA	1.28.71	8	3	3		
2	W60	6023	黃綺嫻	Wong Yee Hen	Macau	1.38.98	8	2	1		
										Record	1.34.21
Rank	Group	Number	Name	Club	Time	Final	Lane	Score	Remark		
1	W65	6509	馬石慧儀	Ma Sek Wai Yee Stella	SCAA	1.35.92	8	6	4		
2	W65	6508	蔡錦霞	Choi Kam Har Wendy	HKRWA	1.38.28	8	5	2		
3	W65	6510	林彩鈴	Lim Evelyn	HKLRRRC	1.41.58	8	4	1		
										Record	N.A.
Rank	Group	Number	Name	Club	Time	Final	Lane	Score	Remark		
1	W70	7002	劉鳳鈴	Lau Fung Ling Rebecca	HKRWA	1.50.17	8	7	2		

WOMEN		800M			Result			Record	N.A.
Rank	Group	Number	Name	Club	Time	Final	Score	Remarks	
1	W30	3019	雷嘉恩	Lui Ka Yan Anna	GHSAC	2.44.99	1	0	
2	W30	3008	陳倩衡	Chan Sin Hang Angel	DBSAC	2.47.89	1	0	
3	W30	3014	李惠玲	Li Wai Ling	YLTH	3.05.48	1	0	
4	W30	3007	-	Castigor Rimar	HKLRRRC	3.15.65	1	0	
5	W30	3001	-	Cablay Perl	HKLRRRC	3.36.07	1	0	
							Record	2.52.08	
Rank	Group	Number	Name	Club	Time	Final	Score	Remarks	
1	W35	3510	黃雪心	Wong Suet Sum Michelle	GHSAC	2.49.92	1	9	
2	W35	3505	-	Lau Hoi Lam	AVOHK	2.51.63	1	7	
3	W35	3525	樂可羨	Lok Ho Sin	SCAA	2.52.00	1	6	
4	W35	3516	歐英美	Au Ying Mei	GHSAC	2.52.72	1	5	
5	W35	3523	范曉韻	Fan Hiu Wan	SCAA	2.57.65	1	4	
6	W35	3531	吳凱琪	Ng Hoi Kei	PKMSAA	3.38.76	1	3	
7	W35	3515	袁雨珠	Yuen Yu Chu	PKMSAA	4.03.35	1	2	
8	W35	3528	蘇玲敏	So Ling Man	PKMSAA	4.13.28	1	1	
							Record	2.47.22	
Rank	Group	Number	Name	Club	Time	Final	Score	Remarks	
1	W40	4051	趙愛宜	Chiu Annie	GHSAC	3.02.39	1	8	
2	W40	4045	丘翠芬	Yau Tsui Fun Glory	SCAA	3.04.16	1	6	
3	W40	4016	陳皚嘉	Chan Hoi Ka	DBSAC	3.04.38	1	5	
4	W40	4004	陳樂欣	Chan Lok Yan Diana	SCAA	3.14.33	1	4	
5	W40	4002	馬懷恩	Ma Vinci	SCAA	3.25.40	1	3	
6	W40	4027	-	Berame Cherry	HKLRRRC	3.36.20	1	2	
7	W40	4050	陳詠琪	Chan Evelyn	DBSAC	3.40.22	1	1	
							Record	3.06.00	
Rank	Group	Number	Name	Club	Time	Final	Score	Remarks	
1	W45	4521	-	Irwin Kellie	AVOHK	2.51.46	2	6	
2	W45	4531	-	Maksimov Cecilia	Malaysia	2.59.32	2	4	
3	W45	4532	曾煥明	Tsang Woon Ming	SCAA	3.17.51	2	3	
4	W45	4529	-	Choi Wai Man	LSCAC	3.31.37	2	2	
5	W45	4527	鄭美儀	Kwong Mei Yee	SCAA	3.36.48	2	1	
							Record	3.09.60	
Rank	Group	Number	Name	Club	Time	Final	Score	Remarks	
1	W50	5015	黎瑞年	Lai Ingrid	DBSAC	3.01.23	2	8	
2	W50	5013	焦小慧	Chiu Siu Wai	PKMSAA	3.10.75	2	6	
3	W50	5032	梁婉芬	Leung Yuen Fan Jennifer	SCAA	3.14.82	2	5	
4	W50	5031	-	Leonard Catherine	HKLRRRC	3.23.22	2	4	
5	W50	5044	阮潔儀	Yuen Kit Yee	SCAA	3.24.62	2	3	
6	W50	5034	馬天惠	Ma Esther	DBSAC	3.37.57	2	2	
7	W50	5005	梁婉慧	Leung Yuen Wai Pauline*	SCAA	4.28.64	2	1	
							Record	3.11.97	
Rank	Group	Number	Name	Club	Time	Final	Score	Remarks	
1	W55	5531	黃玉瑩	Wong Yuk Ying	SCAA	3.19.86	2	6	
2	W55	5506	許美貞	Hui Mei Ching	SCAA	3.31.79	2	4	
3	W55	5537	楊錫莉	Yang Seik Lee	PKMSAA	3.33.05	2	3	
4	W55	5546	王順英	Wong Shun Ying	SCAA	3.39.12	2	2	
5	W55	5522	楊美青	Yeung Mei Ching	SCAA	3.40.82	2	1	
							Record	3.18.94	
Rank	Group	Number	Name	Club	Time	Final	Score	Remarks	
1	W60	6025	-	Purves Sheila	HKLRRRC	3.23.58	2	3	
2	W60	6031	劉秀賢	Lau Sau Yin	PKMSAA	5.50.02	2	1	
							Record	4.08.42	
Rank	Group	Number	Name	Club	Time	Final	Score	Remarks	
1	W65	6501	-	Yeung Wing Han	AVOHK	3.44.48	2	3	
2	W65	6510	林彩鈴	Lim Evelyn	HKLRRRC	4.05.16	2	1	
							Record	N.A.	
Rank	Group	Number	Name	Club	Time	Final	Score	Remarks	
1	W70	7002	劉鳳鈴	Lau Fung Ling Rebecca	HKRWA	4.12.03	2	2	

WOMEN		3000M Walk			Result		Record		15.40.12	
Rank	Group	Number	Name	Club	Time	Final	Score	Remarks		
1	W35	3534	游佩珊	Yau Pui Shan	SHTB	21.11.00	1	4		
2	W35	3530	鄭詩薇	Cheng Sze Mei	SHTB	22.49.00	1	2		
3	W35	3526	傅仲儀	Foo Chung Yee	PKMSAA	24.01.00	1	1		
								Record		17.01.44
Rank	Group	Number	Name	Club	Time	Final	Score	Remarks		
1	W40	4040	郭夕霞	Kwok Chik Ha	HKRWA	17.14.00	1	6		
2	W40	4044	-	Wong Pui Shan	SHTB	18.52.00	1	4		
3	W40	4035	曹可欣	Cho Ho Yan	HKRWA	22.25.00	1	3		
4	W40	4013	黃靜雯	Wong Ching Man Alice	LSCAC	23.07.00	1	2		
5	W40	4014	鄭少麗	Cheng Siu Lai	CEDSRC	23.32.00	1	1		
								Record		19.33.49
Rank	Group	Number	Name	Club	Time	Final	Score	Remarks		
1	W45	4555	劉秀嫻	Lau Sau Han	SHTB	18.26.00	1	9	Record Broken	
2	W45	4540	黃瀟琮	Wong Alison	DBSAC	21.46.00	1	7		
3	W45	4545	鍾嬋芳	Chung Sim Fong Angel	HKRWA	22.33.00	1	6		
4	W45	4537	許穎汶	Hui Bonnie	GHSAC	24.14.00	1	5		
5	W45	4530	黃瑜琳	Wong Yu Lam	SHTB	24.17.00	1	4		
6	W45	4504	-	Lee Wai Ling	HKRWA	24.33.00	1	3		
7	W45	4551	李慧賢	Lee Wai Yin	HKRWA	24.48.00	1	2		
8	W45	4501	黃紫君	Wong Tsz Kwan	GHSAC	DSQ	1	0		
								Record		18.17.42
Rank	Group	Number	Name	Club	Time	Final	Score	Remarks		
1	W50	5043	吳翠儀	Ng Chui Yi	HKRWA	20.09.00	1	9		
2	W50	5020	張美儀	Cheung Mei Yi	SHTB	20.54.00	1	7		
3	W50	5001	陳耀夏	Chan Yiu Ha	HKRWA	22.08.00	1	6		
4	W50	5030	王月春	Wong Yuet Chun	SHTB	22.30.00	1	5		
5	W50	5014	曹詠嫻	Cho Wing Han	SHTB	25.17.00	1	4		
6	W50	5037	陳愛玲	Chan Ok Ling Florence	GHSAC	27.15.00	1	3		
7	W50	5027	林碧寶	Lam Pik Po Katty	GHSAC	DNF	1	0		
8	W50	5004	梁美寶	Leung Mei Po Mabel	GHSAC	DSQ	1	0		
								Record		17.18.22
Rank	Group	Number	Name	Club	Time	Final	Score	Remarks		
1	W55	5550	馮兆薇	Fung Siu Mei	HKRWA	19.25.00	1	9		
2	W55	5520	李敏儀	Lee Min Yee Michelle	SHTB	21.22.00	1	7		
3	W55	5509	謝韶燕	Tse Siu Yin	SHTB	22.07.00	1	6		
4	W55	5502	陳月明	Chan Yuet Ming	SHTB	22.13.00	1	5		
5	W55	5542	陳五妹	Chan Ng Mui Elaine	SHTB	23.07.00	1	4		
6	W55	5528	陳桂英	Chan Kwai Ying	SHTB	23.43.00	1	3		
7	W55	5516	林秀霞	Lam Sau Ha	SCAA	24.05.00	1	2		
8	W55	5523	林潔賢	Lam Kit Yin Kitty	SHTB	24.16.00	1	1		
9	W55	5533	黃美娟	Wong Mei Kuen	SHTB	DNF	1			
10	W55	5545	尹玉珍	Wan Yuk Chun	PKMSAA	DSQ	1			
11	W55	5514	李倩琴	Lee Sin Kam Rodessa	SHTB	DSQ	1			

							Record	18.27.28
Rank	Group	Number	Name	Club	Time	Final	Score	Remarks
1	W60	6011	關小燕	Kwan Siu Yin	SHTB	18.38.00	2	9
2	W60	6026	鄭葉明	Cheng Ip Ming	SHTB	19.39.00	2	7
3	W60	6002	蔡健容	Choi Kin Yung	SHTB	19.42.00	2	6
4	W60	6006	賴紅蓮	Lai Hung Lin	SHTB	20.17.00	2	5
5	W60	6022	張銀美	Cheung Ngun Mei	HKRWA	20.58.00	2	4
6	W60	6007	-	Elau Jouti	Malaysia	21.12.00	2	3
7	W60	6017	黎美容	Lai Mei Yung	SHTB	21.33.00	2	2
8	W60	6024	黃瑞芳	Wong Shui Fong	HKRWA	22.46.00	2	1
9	W60	6016	李少梅	Lee Shiu Mui Cecilia	HKRWA	24.36.00	2	
10	W60	6020	陳小玉	Chan Siu Yuk	SHTB	25.05.00	2	
11	W60	6030	吳小冰	Ng Siu Bing	HKRWA	26.37.00	2	
12	W60	6013	溫寶顏	Wan Po Ngan Esther	SHTB	26.50.00	2	
13	W60	6034	譚少玲	Tam Siu Ling	SHTB	27.01.00	2	
14	W60	6001	何善儀	Ho Sin Yee Winnie	GHSAC	28.01.00	2	
15	W60	6028	劉玉瓶	Lau Yuk Ping Rosanna	HKRWA	28.41.00	2	

							Record	19.29.59
Rank	Group	Number	Name	Club	Time	Final	Score	Remarks
1	W65	6508	蔡錦霞	Choi Kam Har Wendy	HKRWA	20.02.00	2	6
2	W65	6502	張杏冰	Cheung Fiona	HKRWA	23.01.00	2	4
3	W65	6513	郭玉燕	Kwok Yuk Yin	HKRWA	23.34.00	2	3
4	W65	6504	方鳳儀	Fong Fung Yee Stella	SHTB	25.10.00	2	2
5	W65	6503	費筱霞	Fai Siu Ha Emma	HKRWA	26.20.00	2	1

							Record	21.19.44
Rank	Group	Number	Name	Club	Time	Final	Score	Remarks
1	W70	7002	劉鳳鈴	Lau Fung Ling Rebecca	HKRWA	23.12.00	2	3
2	W70	7001	呂梁乃港	Lui Maria N K	LSCAC	24.29.00	2	1

							Record	N.A.
Rank	Group	Number	Name	Club	Time	Final	Score	Remarks
1	W80	8001	-	Umbul Adeline	Malaysia	27.56.00	2	2

WOMEN		5000M			Result			Record	18.43.86
Rank	Group	Number	Name	Club	Time	Final	Score	Remarks	
1	W35	3525	樂可羨	Lok Ho Sin	SCAA	22.48.00	2	5	
2	W35	3536	蔡筠宜	Choi Phoebe	GHSAC	23.29.00	2	3	
3	W35	3503	劉嘉琦	Lau Ka Ki	GHSAC	26.49.00	2	2	
4	W35	3531	吳凱琪	Ng Hoi Kei	PKMSAA	28.17.00	2	1	
5									
							Record	19.50.60	
Rank	Group	Number	Name	Club	Time	Final	Score	Remarks	
1	W40	4043	梁潔儀	Leung Kit Yee	CSRA	21.55.00	2	9	
2	W40	4052	邵樂而	Chiu Louise	GHSAC	23.14.00	2	7	
3	W40	4051	趙愛宜	Chiu Annie	GHSAC	24.10.00	2	6	
4	W40	4016	陳熾嘉	Chan Hoi Ka	DBSAC	24.14.00	2	5	
5	W40	4049	劉欣欣	Lau Yan Yan	PKMSAA	25.53.00	2	4	
6	W40	4001	黎淑儀	Lai Suk Yee	DBSAC	26.09.00	2	3	
7	W40	4031	王碧惠	Wong Bik Wai Becky	PKMSAA	29.42.00	2	2	
8	W40	4050	陳詠琪	Chan Evelyn	DBSAC	31.18.00	2	1	
							Record	21.29.16	
Rank	Group	Number	Name	Club	Time	Final	Score	Remarks	
1	W45	4521	-	Irwin Kellie	AVOHK	21.23.00	2	9	
2	W45	4541	馮靜恩	Fung Ching Yan	SCAA	22.38.00	2	7	
3	W45	4531	-	Maksimov Cecilia	Malaysia	23.41.00	2	6	
4	W45	4532	曾煥明	Tsang Woon Ming	SCAA	25.21.00	2	5	
5	W45	4528	張志軍	Cheung Angela	DBSAC	27.15.00	2	4	
6	W45	4543	黎淑雯	Lai Annie	GHSAC	27.34.00	2	3	
7	W45	4544	張敏	Cheung Man Alice	DBSAC	28.23.00	2	2	
8	W45	4529	-	Choi Wai Man	LSCAC	28.28.00	2	1	
							Record	22.43.83	
Rank	Group	Number	Name	Club	Time	Final	Score	Remarks	
1	W50	5013	焦小慧	Chiu Siu Wai	PKMSAA	23.21.00	2	5	
2	W50	5031	-	Leonard Catherine	HKLRRRC	23.59.00	2	3	
3	W50	5034	馬天惠	Ma Esther	DBSAC	26.40.00	2	2	
4	W50	5028	盧淑儀	Lo Shuk Yi	SHTB	31.34.00	2	1	
							Record	25.25.97	
Rank	Group	Number	Name	Club	Time	Final	Score	Remarks	
1	W55	5531	黃玉瑩	Wong Yuk Ying	SCAA	25.36.00	1	6	
2	W55	5507	-	Chow Sabrina	HKLRRRC	28.57.00	1	4	
3	W55	5522	楊美青	Yeung Mei Ching	SCAA	30.25.00	1	3	
4	W55	5510	吳淑賢	Ng Shuk Yzn	PKMSAA	31.28.00	1	2	
5	W55	5517	陸范勵賢	Green Laura	GHSAC	35.02.00	1	1	
							Record	22.42.66	
Rank	Group	Number	Name	Club	Time	Final	Score	Remarks	
1	W60	6025	-	Purves Sheila	HKLRRRC	25.52.00	1	3	
2	W60	6019	馬玉琴	Ma Yuk Kum	SHTB	41.01.00	1	1	
							Record	27.58.61	
Rank	Group	Number	Name	Club	Time	Final	Score	Remarks	
1	W65	6501	-	Yeung Wing Han	AVOHK	28.04.00	1	3	
2	W65	6508	蔡錦霞	Choi Kam Har Wendy	HKRWA	29.16.00	1	1	
							Record	N.A.	
Rank	Group	Number	Name	Club	Time	Final	Score	Remarks	
1	W70	7002	劉鳳鈴	Lau Fung Ling Rebecca	HKRWA	28.18.00	1	2	