

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



Women's W60 - 100M



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	13.20	Nicole Barilly Alexis		Tampere, FIN	2022/06/30
HONG KONG RECORD	11.62	LAM ON KI 林安琪	2019 Asian Athletics	Khalifa	2019/04/21
Masters ACR	15.39	TSE WAH SAU 謝華秀	The 6th Hong Kong Masters	TKO SG	2021/09/12
HKMAC RECORD	15.39	TSE WAH SAU 謝華秀	The 6th Hong Kong Masters	TKO SG	2021/09/12



2023/10/29



Start: 13:35



28°C



58%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	W/S	Remarks
1	1-4	HUNG KA YEE MARGARET	洪家儀	60803 SCAA	14.69	+1.2	HKMACR, R
2	1-5		謝華秀	60800 SCAA	15.43	+1.2	
3	1-3	NG SIU FONG	吳少芳	60806 SCAA	16.19	+1.2	
4	1-6	LEUNG YUEN MAN MANDY	梁婉文	60805 SCAA	16.57	+1.2	
5	1-7	LAI YIN MEI	黎賢美	60804 SCAA	18.72	+1.2	
6	1-2	CHEN WAI WAH	陳慧華	60792 PKMSAA	26.50	+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 W60 - 1500M



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	5:06.65	LIDIA ZENTNER		HELMSHEIM, GER	2013/09/21
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	1-8	YANG SEIK LEE	楊錫莉	60798 PKMSAA	8:11.74	

long jump shot put
javelin 5000m discus
400m 80m hurdles
100m 200m
110m hurdles 3000m walk
100m hurdles 3000m walk
high jump
4x100m 4x400m

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



Women's W60 - 200M



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	27.78	Nicole Barilly Alexis		Tampere, FIN	2022/07/03
HONG KONG RECORD	23.79	WAN KIN YEE 溫健儀			1999/05/16
Masters ACR	32.35	TSE WAH SAU 謝華秀	The 6th Hong Kong Masters	TKO SG	2021/09/11
HKMAC RECORD	32.35	TSE WAH SAU 謝華秀	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	1-3	HUNG KA YEE MARGARET	洪家儀	60803 SCAA	31.88	+2.3	
2	1-8	NG SIU FONG	吳少芳	60806 SCAA	33.87	+2.3	
3	1-5		謝華秀	60800 SCAA	34.98	+2.3	
4	1-6	LEUNG YUEN MAN MANDY	梁婉文	60805 SCAA	35.99	+2.3	
5	1-7	YANG SEIK LEE	楊錫莉	60798 PKMSAA	38.49	+2.3	
6	1-4	LAI YIN MEI	黎賢美	60804 SCAA	40.46	+2.3	

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



Women's W60 - 400M



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	1:04.31	CAROLINE POWELL		LYON, FRA	2015/08/12
HONG KONG RECORD	55.03	WAN KIN YEE 溫健儀			1999/03/02
Masters ACR	1:22.12	NG SIU FONG 吳少芳	The 6th Hong Kong Masters	TKO SG	2021/09/12
HKMAC RECORD	1:22.12	NG SIU FONG 吳少芳	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	1-3	NG SIU FONG	吳少芳	60806 SCAA	1:21.54	HKMACR, R
2	1-8	LEUNG YUEN MAN MANDY	梁婉文	60805 SCAA	1:27.58	
3	1-2	LAI YIN MEI	黎賢美	60804 SCAA	1:54.55	

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



Women's W60 - 4X100M



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	55.77	DRECOLL, REICHERT, HOFFMAN, HO		JYVaSKYLa, FIN2000/07/09	2023/06/27
HONG KONG RECORD	45.17	HONG KONG TEAM			2021/09/11
Masters ACR	1:13.55	SCAA W60 4X100M	The 6th Hong Kong Masters	TKO SG	2021/09/11
HKMAC RECORD	1:13.55	SCAA W60 4X100M	The 6th Hong Kong Masters	TKO SG	2021/09/11



29 2023/10/29



Start: 16:05



26°C



72%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-5	南華 W60 4X100米 (A) 洪家儀, 梁婉文, 吳少芳, 謝華秀		SCAA	1:02.65	HKMACR, R
2	1-6	南華 W60 4X100米 (B) 黃玉瑩, 沈林秀霞, 王順英, 黎賢美		SCAA	1:16.21	
3	1-4	培僑中學校友會 W60 4X100米 卓小梅, 陳慧華, 胡雪聰, 楊錫莉		PKMSAA	1:28.80	

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



Women's W60 - 4X400M



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	4:41.85	WEST, GODSELL, HORDER, POWELL		MALAGA, ESP	2018/09/16
HONG KONG RECORD	3:48.54	HONG KONG TEAM		Yecheon, KOR	2023/06/07
Masters ACR	6:20.09	HKLRRRC	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	6:20.09	HKLRRRC	Hong Kong Masters Athletics	TKO SG	2018/10/27



28 2023/10/28



Start: 15:50



26°C



84%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-8	南華 W60 4X400米 (B) 黃玉瑩, 溫燕儀, 楊美青, 謝華秀		SCAA	7:04.08	
2	1-3	南華 W60 4X400米 (A) 黎賢美, 梁婉文, 王順英, 沈林秀霞		SCAA	7:06.64	

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



Women's W60 - 5000M



Record	Perf	Athlete	Event	Place	Date
WMA RECORD 17:59.16		SILKE SCHMIDT		WAGENINGEN, NE	2019/08/07
HONG KONG RECORD 15:45.87		CHAN MAN YEE MAGGIE 陳敏儀			2002/05/03
Masters ACR 22:42.66		LEE Suet Lin Shirley 李雪蓮	Hong Kong Masters Athletics	Wanchai SG	2016/10/29
HKMAC RECORD 22:42.66		LEE Suet Lin Shirley 李雪蓮	Hong Kong Masters Athletics	Wanchai SG	2016/10/29

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-25	WONG YUK YING	黃玉瑩	60808 SCAA	27:06.39	
						<i>Split: 05:16.94 (5:16.94) 10:39.92 (5:22.99) 16:11.14 (5:31.21) 21:46.98 (5:35.85) 27'6.39 (5:19.01)</i>
2	1-24	NG SHUK YIN	吳淑賢	60795 PKMSAA	28:39.29	
						<i>Split: 05:06.10 (5:06.10) 10:49.60 (5:43.51) 16:44.25 (5:54.64) 22:55.32 (6:11.07) 28'39.289 (5:43.68)</i>
3	1-23		王順英	60802 SCAA	29:01.70	
						<i>Split: 05:18.07 (5:18.07) 10:56.53 (5:38.46) 16:54.34 (5:57.81) 23:00.70 (6:06.36) 29'1.700 (6:00.30)</i>

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



Women's W60 - 5000mW

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-20	TAI SAU KING IRENE	戴秀琮	60817 SHTB	33:10.94	<i>Split: 06:17.85 (6:17.85) 12:53.94 (6:36.10) 19:33.77 (6:39.82) 26:21.27 (6:47.51) 33'10.940 (6:48.72)</i>
2	1-21	LEE MIN YEE MICHELLE	李敏儀	60815 SHTB	36:16.68	<i>Split: 06:51.32 (6:51.32) 14:17.20 (7:25.89) 21:39.100 (7:21.89) 29:04.41 (7:25.32) 36'16.679 (7:11.58)</i>
3	1-22	POON OI PING	潘靄蘋	60791 HKRWA	38:31.78	<i>Split: 06:50.41 (6:50.41) 14:46.65 (7:56.25) 22:42.45 (7:55.79) 30:41.05 (7:58.61) 38'31.779 (7:49.94)</i>
4	1-23		沈林秀霞	60801 SCAA	43:25.20	<i>Split: 08:00.56 (8:00.56) 16:56.83 (8:56.27) 25:50.17 (8:53.34) 34:41.73 (8:51.57) 43'25.199 (8:43.26)</i>
	1-24	SUEN WAI HA	孫惠霞	60816 SHTB	DNS	<i>Split:</i>
	1-19	CHAN KWAI YING	陳桂英	60814 SHTB	DNF	<i>Split:</i>

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



Women's W60 - 800M



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	2:33.09	LIDIA ZENTNER		BAR LE DUC, FR	2013/09/14
HONG KONG RECORD	2:11.92	LI YIN YEE 李燕儀			1996/11/03
Masters ACR	3:18.94	Yeung Wing Han	Hong Kong Masters Athletics	Wanchai SG	2014/11/02
HKMAC RECORD	3:18.94	Yeung Wing Han	Hong Kong Masters Athletics	Wanchai SG	2014/11/02



28 2023/10/28



Start: 14:50



26°C



84%

Final

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-1		王順英	60802 SCAA	3:52.70	

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



Women's W60 - Shot Put



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	13.68	MIHAELA LOGHIN		BUCHAREST, ROU	2012/06/09
Masters ACR	7.81	WONG MEI YING 黃美櫻	The 6th Hong Kong Masters	TKO SG	2021/09/11
HKMAC RECORD	7.81	WONG MEI YING 黃美櫻	The 6th Hong Kong Masters	TKO SG	2021/09/11

Final

Pos	Heat/ Lane	Name	Bib#/ Team	Result	Remarks	1	2	3	4
1	1-8	LEUNG YUEN MAN MANDY 梁婉文	60805 SCAA	7.17m.		7.17	6.96	6.69	7.09
2	1-2	TO MOON CHI 杜滿芝	60787 CAC	6.35m.		5.95	5.32	6.22	6.35
3	1-3	謝華秀	60800 SCAA	6.23m.		5.77	6.19	5.94	6.23
4	1-7	LAI YIN MEI 黎賢美	60804 SCAA	5.85m.		5.75	5.85	5.27	5.02
5	1-6	LAU PUI FONG 劉配芳	60794 PKMSAA	5.60m.		5.60	5.12	x	x
6	1-4	SO MAY YING 蘇美英	60796 PKMSAA	4.88m.		4.67	4.35	4.84	4.88
7	1-5	WOO SUET CHUNG 胡雪聰	60797 PKMSAA	4.76m.		4.76	4.62	4.63	4.69
8	1-1	CHEUK SIU MUI 卓小梅	60793 PKMSAA	4.72m.		4.72	x	x	x

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



Women's W60 - Long Jump



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	4.75	CHRISTIANE SCHMALBRUCH		DURBAN, RSA	1997/07/19
HONG KONG RECORD	6.50	YUE YA XIN 俞雅欣	The 19th Asia Games	Hangzhou	2023/10/02
Masters ACR	3.56	TSE WAH SAU 謝華秀	The 6th Hong Kong Masters	Sports Centre	2021/09/12
HKMAC RECORD	3.56	TSE WAH SAU 謝華秀	The 6th Hong Kong Masters	TKO SG	2021/09/12

Final

Pos	Heat/ Lane	Name	Bib#/ Team	Result	Remarks	1	2	3	4
1	1-6	HUNG KA YEE MARGARET 洪家儀	60803 SCAA	4.11m.	HKMACR, R	3.88 +0.8	4.11 +2.2	3.79 +0.7	x
2	1-5	謝華秀	60800 SCAA	3.76m.	HKMACR, R	x	3.76 +1.9	3.60 +0.9	3.46 +0.1
3	1-3	LEUNG YUEN MAN MANDY 梁婉文	60805 SCAA	3.34m.		3.34 +1.1	x	3.19 +0.4	3.16 +0.6
4	1-4	YANG SEIK LEE 楊錫莉	60798 PKMSAA	2.94m.		2.94 +1.2	2.86 +2.0	2.43 +0.9	2.81 +0.3
5	1-1	NG SIU FONG 吳少芳	60806 SCAA	2.85m.		2.21 +1.5	1.90 +0.7	2.74 +1.2	2.85 +1.2

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



Women's W60 - Javelin Throw

Record	Perf	Athlete	Event	Place	Date
WMA RECORD	37.50	LINDA COHN		NORTHRIDGE, US	2014/05/02
Masters ACR	23.81	Tay Yu Eng	Hong Kong Masters Athletics	TKO SG	2018/10/27
HKMAC RECORD	22.48	AU YEUNG Sau Chun 歐陽秀珍	Hong Kong Masters Athletics	TKO SG	2018/10/27



28 2023/10/28



Start: 09:10



27°C



74%

Final

Pos	Heat/ Lane	Name	Bib#/ Team	Result	Remarks	1	2	3	4
1	1-8	LEUNG YUEN MAN MANDY 梁婉文	60805 SCAA	16.45m.		13.34	15.83	16.45	16.23
2	1-3	WONG YUK YING 黃玉瑩	60808 SCAA	15.25m.		10.54	15.25	9.71	14.53
3	1-7	WAN YIN YEE PANNY 溫燕儀	60807 SCAA	14.47m.		11.65	13.07	13.44	14.47
4	1-6	謝華秀	60800 SCAA	12.31m.		11.09	12.31	x	12.28
5	1-5	LAI YIN MEI 黎賢美	60804 SCAA	11.02m.		10.83	x	11.02	10.95
6	1-2	SO MAY YING 蘇美英	60796 PKMSAA	10.35m.		9.83	8.82	8.88	10.35
7	1-4	WOO SUET CHUNG 胡雪聰	60797 PKMSAA	10.31m.		9.38	x	9.53	10.31
	1-1	TO MOON CHI 杜滿芝	60787 CAC	DNS					

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



Women's W60 - Discus Throw



Record	Perf	Athlete	Event	Place	Date
WMA RECORD	40.76	CAROL FINSRUD		SAN MARCOS, US	2017/10/14
HONG KONG RECORD	44.20	TO YUEN KWAN 杜婉筠			2022/05/28
Masters ACR	17.69	Tay Yu Eng	Hong Kong Masters Athletics	Diocesan Boys'	2018/10/27
HKMAC RECORD	15.88	AU YEUNG Sau Chun 歐陽秀珍	Hong Kong Masters Athletics	TKO SG	2017/11/11



2023/10/29



Start: 10:30



27°C



66%

Final

Pos	Heat/ Lane	Name	Bib#/ Team	Result	Remarks	1	2	3	4
1	1-5	WONG YUK YING 黃玉瑩	60808 SCAA	15.62m.		X	13.91	15.62	14.49
2	1-7	LEUNG YUEN MAN MANDY 梁婉文	60805 SCAA	15.40m.		14.75	14.63	15.40	X
3	1-4	LAU PUI FONG 劉配芳	60794 PKMSAA	14.82m.		14.82	13.95	11.64	14.23
4	1-3	謝華秀	60800 SCAA	13.98m.		12.18	13.88	12.99	13.98
5	1-2	WAN YIN YEE PANNY 溫燕儀	60807 SCAA	12.51m.		11.35	12.51	11.34	11.78
6	1-6	LAI YIN MEI 黎賢美	60804 SCAA	12.09m.		10.72	X	12.09	X
7	1-1	WOO SUET CHUNG 胡雪聰	60797 PKMSAA	11.17m.		11.17	10.98	10.96	9.95

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合作媒體:

