

WOMEN		Hurdles	W35/100m	W40 and above/80m	Record	
Group	Number	Name		Club	Time	Year
W35	A3004	王楚君	WONG Chor Kwan Joyce	CAC	22.17	2017
W40	4011	王楚君	Wong Chor Kwan	SCAA	16.12	2018
W45	4520	鍾敏儀	Chung Man Yi Money	SCAA	15.10	2018
W50	5006	林秀玲	Lam Sau Ling Rosanna	SCAA	17.61	2018
W55	E3024	溫燕儀	WAN Yin Yee Panny	SCAA	17.45	2017

WOMEN		100M	Record			
Group	Number	Name		Club	Time	Year
W30	3004	邱瑞雯	YAU Shui Man Sharon	DBSAC	13.72	2017
W35	3501	邱瑞雯	Yau Shui Man Sharon	DBSAC	13.13	2018
W40	B303	鍾敏儀	Chung, Man Yi Money	SCAA	13.95	2016
W45	4520	鍾敏儀	Chung Man Yi Money	SCAA	14.03	2018
W50	D316	龍惠蘭	Lung Wai Lan	CSRA	14.15	2016
W55	5541	謝華秀	Tse Wah Sau	SCAA	14.02	2014
W60	6003	黃美櫻	Wong Mei Ying Therry	SCAA	17.64	2018
W65	6506	-	Ho Fernanda Antonia	SCAA	17.62	2018
W70	7001	呂梁乃港	Lui Maria N K	LSCAC	19.03	2018
W75	7505	陳女銀	Chan Nui Ngan	SCAA	26.78	2018
W80	8004	藍楊佩芳	Lam Yeung Pui Fong	SCAA	29.80	2018
W95	9501	張雪玲	Cheung Suet Ling	SCAA	41.03	2018

WOMEN		200M	Record			
Group	Number	Name		Club	Time	Year
W35	3501	邱瑞雯	Yau Shui Man Sharon	DBSAC	27.37	2018
W40	B3001	-	HAJI KASSIM Juliana	Brunei V	30.76	2017
W45	4520	鍾敏儀	Chung Man Yi Money	SCAA	29.50	2018
W50	5039	龍惠蘭	Lung Wai Lan	PKMSAA	30.96	2018
W55	5513	駱雪儀	Lok Suet Yee	SCAA	31.40	2018
W60	6003	黃美櫻	Wong Mei Ying Therry	SCAA	38.59	2018
W65	6509	馬石慧儀	Ma Sek Wai Yee Stella	SCAA	38.52	2018
W70	7001	呂梁乃港	Lui Maria N K	LSCAC	41.42	2018
W95	9501	張雪玲	Cheung Suet Ling	SCAA	1.47.68	2018

WOMEN		400M	Record			
Group	Number	Name		Club	Time	Year
W35	3501	邱瑞雯	Yau Shui Man Sharon	DBSAC	1.05.61	2018
W40	B303	鍾敏儀	Chung Man Yi Money	SCAA	1.07.20	2016
W45	C3051	鍾敏儀	CHUNG Man Yi Money	SCAA	1.12.11	2017
W50	D316	龍惠蘭	Lung Wai Lan	CSRA	1.11.10	2016
W55	5531	黃玉瑩	Wong Yuk Ying	SCAA	1.20.84	2018
W60	F3020	李雪蓮	LEE Suet Lin Shirley	SHTB	1.25.28	2017
W65	G304	蔡錦霞	Choi Kam Har Wendy	HKRWA	1.34.21	2016
W70	7002	劉鳳鈴	Lau Fung Ling Rebecca	HKRWA	1.50.17	2018

WOMEN		800M	Record			
Group	Number	Name		Club	Time	Year
W30	3019	雷嘉恩	Lui Ka Yan Anna	GHSAC	2.44.99	2018
W35	3510	黃雪心	Wong Suet Sum Michelle	GHSAC	2.49.92	2018
W40	B310	陳潔儀	Chan Kit Yee	TCAA	2.47.22	2015
W45	4521	-	Irwin Kellie	AVOHK	2.51.46	2018
W50	5015	黎瑞年	Lai Ingrid	DBSAC	3.01.23	2018
W60	F301	楊詠嫻	Yeung Wing Han	LWRC	3.18.94	2014
W65	G3002	-	LIM Choi Ling	AVOHK	4.08.42	2017
W70	7002	劉鳳鈴	Lau Fung Ling Rebecca	HKRWA	4.12.03	2018

WOMEN 3000M				Record		
Group	Number	Name	Club	Time	Year	
W35	A306	鍾麗嫦	Chung Lai Sheung	CSRA	13.03.20	2014
W40	B309	梁倩儀	Leung Sin Yee	CSRA	15.48.70	2014
W45	C310	老敏英	Lo Man Ying Mandy	CSRA	15.28.70	2014
W50	D305	梁少美	Leung Siu Mee	SHTB	14.37.80	2014
W55	E303	孫惠霞	Suen Wai Ha	SHTB	15.02.70	2014
W60	F307	石慧儀	Sek Stella	SCAA	15.34.10	2014
W70	H303	劉鳳鈴	Lau Fung Ling Rebecca	AVOHK	15.15.70	2014

WOMEN 3000M WALK				Record		
Group	Number	Name	Club	Time	Year	
W40	B3036	郭夕霞	Kwok Chik Ha	HKRWA	17.01.44	2017
W45	4555	劉秀嫻	Lau Sau Han	SHTB	18.26.00	2018
W50	D307	戴秀瓊	Tai Sau King Irene	SHTB	18.17.42	2014
W55	E309	關小燕	Kwan Siu Yin	SHTB	17.18.22	2016
W60	F302	鄭葉明	Cheng Ip Ming	SHTB	18.27.28	2016
W65	G304	蔡錦霞	Choi Kam Har Wendy	HKRWA	19.29.55	2016
W70	H302	-	Brooke Margaret	AVOHK	21.19.44	2016
W80	8001	-	Umbul Adeline	Malaysia	27.56.00	2018

WOMEN 5000M				Record		
Group	Number	Name	Club	Time	Year	
W35	A3031	-	Richards Jane	IRC	18.43.86	2017
W40	B3075	-	HERSHEY-BEATTY Juliet	TCAA	19.50.60	2017
W45	4521	-	Irwin Kellie	AVOHK	21.23.00	2018
W50	D3018	-	LEONARD Catherine	HKLRRRC	22.43.83	2017
W55	E311	李雪蓮	Lee Suet Lin	SHTB	25.25.97	2016
W60	F3020	李雪蓮	Lee Suet Lin	SHTB	22.42.66	2017
W65	G3004	劉鳳鈴	Lau Fung Lin Rebecca	HKRWA	27.58.61	2017
W70	7002	劉鳳鈴	Lau Fung Ling Rebecca	HKRWA	28.18.00	2018

WOMEN 4x100M				Record		
Group	Number	Name	Club	Time	Year	
W30	陳皚嘉4016 陳倩衡3008 張淑婷3013 陳宛渝3009		DBSAC	59.98	2018	
W35	Binti S.N.A3064 Quek J.C3059 3065 Oh W.A3067		Singapore	58.25	2017	
W40	楊欣欣4034 楊珍珍4047 張婉琳4028 張雯璐4038		SCAA(A)	56.85	2018	
W45	張彩珍5016 黃秀清4547 鄭靄英4526 4511		GHSAC(A)	1.00.81	2018	
W50	梁婉芬5032 林秀玲5006 袁嘉慧5002 阮潔儀5044		SCAA(A)	1.01.06	2018	
W55	吳少芳5524 駱雪儀5513 洪嘉儀5501 謝華秀5541		SCAA(A)	58.94	2018	
W60	溫麗城7504 馬石慧儀6509 黃美櫻6003 Ho F.A.6506		SCAA	1.16.39	2018	
W65	劉鳳鈴7002 郭玉燕6513 張杏冰6502 蔡錦霞6508		HKRWA	1.30.52	2018	
W75	藍楊佩芳8004 陳女銀7505 羅桂容8003 張雪玲9501		SCAA	1.40.52	2018	

WOMEN 4x400M				Record		
Group	Number	Name	Club	Time	Year	
W30	3016 雷嘉恩3019 3018 3003		GHSAC(A)	4.53.16	2018	
W35	劉嘉琦3503 黃雪心3510 吳倩彤3508 歐英美3516		GHSAC	5.05.96	2018	
W40	陳樂欣4004 馬懷思4002 邱翠芬4045 張婉琳4028		SCAA	5.06.03	2018	
W45	鍾敏儀C3051 林秀玲C3045 胡信芳C3050 袁嘉慧C3053		SCAA (A)	5.21.44	2017	
W50	梁婉芬5032 林秀玲5006 袁嘉慧5002 阮潔儀5044		SCAA	5.17.41	2018	
W55	吳少芳5524 黎賢美5547 許美貞5506 王順英5546		SCAA(B)	6.05.99	2018	
W60	林彩玲6510 Tay Y. E.6029 Purves S.6025 6018		HKLRRRC	6.20.09	2018	
W65	張杏冰6502 蔡錦霞6508 費筱霞6503 劉鳳鈴7002		HKRWA	8.10.53	2018	