



36TH MALAYSIAN INTERNATIONAL OPEN MASTERS ATHLETICS CHAMPIONSHIPS



RESULTS

DATE

12 – 13 OCTOBER 2024

VENUE

**STADIUM MINI MSN
KUALA LUMPUR, MALAYSIA**

ORGANISERS

**MALAYSIAN MASTERS ATHLETIC ASSOCIATION (MMAA)
WITH THE COOPERATION OF
MINISTRY OF YOUTH AND SPORTS MALAYSIA**

36th MIOMAC RESULTS (2024)

MEN

NO	NAME	TEAM	Time/Dist/Height
100M (35 – 39)			
1	MOHD ZHAFRAN MOHD ROSLI	PERAK MASTERS	11.2
2	MOHD ZULKEFLI MOHAMAD	PERAK MASTERS	11.4
3	MOHD SOBRI RAMLI	PERAK MASTERS	12.3
4	MOHAMAD HAFIZAM SALUHI	PDRM	12.5
5	LIEW CHEE WEI	FOON YEW SCH, JOHOR	12.5
6	DINESH WAGMARE	INDIA	12.7
7	CHIN DID THIEN	PERAK MASTERS	12.8
8	WANG CHEN SWAN	FOON YEW SCH. JOHOR	13.8
100M (40 – 44)			
1	LOW NAN SONG	BNS TEAM	11.7
2	CURTIS LIAU	SMTFA	11.7
3	ANDY GREGORY LIADU	SAMAS	12.3
4	SARIFFULNIZAN BIN NAZAN	PERAK MASTERS	12.5
5	EDDIE CHIN	PERAK MASTERS	12.6
6	AHMAD SHAH WAHID	KL	12.6
7	MALAK USTAR	PAKISTAN	13.2
8	KUMAR MURUGAN	FITMA	13.6
100M (45 – 49)			
1	NASARUDIN BIN SUPIAN	PERAK MASTERS	11.8
2	GAMLATHGE INDIKA	SRI LANKA	11.8
3	K. SURESH	INDIA	12.1
4	THOMSAN MASIH	PAKISTAN	12.5
5	AGUS JAKA WAHONO	INDONESIA	12.5
6	WONG TZE YUNG	KAWAN ATHLETICS	12.6
7	RAMIS K.D. RADA	MAKSWIP	12.7
8	CHIN YEW SEONG	PERAK MASTERS	12.8
100M (50 – 54)			
1	CLARENCE TAMI	SAMAS	12.0
2	RAMPATI DEWAGE PSK	SRI LANKA	12.4
3	ANANDA RAO APPAMAH	SELANGOR MASTERS	12.9
4	SIDNEY TAY CHZE WAY	SMTFA	13.2
5	MARTIN WONG CHUN MENG	SMTFA	13.6
6	ROHAIZI BIN RASTAM	SELANGOR	13.9
7	CHOO JIN HIN	LIONS MAS. PENANG	14.6
8	LIM CHOON SENG	FOON YEW SCH, JOHOR	14.9
100M (55 – 59)			
1	MAUL ANI DIMAN	SAMAS	12.6
2	RAMLI BIN LANI	MAKSWIP	13.1
3	PULGAHAWELAGE ANIL SAMARASIRI	SRI LANKA	13.1
4	ZULKIFLI BIN YEOP	PERAK MASTERS	13.2
5	CHOW WEE CHIN, ARTHUR	SMA	13.2
6	NYOW BOO KEONG	TERENGGANU	14.8
7	HITESH C. PATEL	INDIA	14.9
8	UMAR BIN ABU BAKAR	DBKL	15.0
100M (60 – 64)			
1	TEDDY PANELEWEN	INDONESIA	13.0
2	SAHARI ABD HAMID	SAMAS	13.1
3	ARIFFIN HARUN	PERAK MASTERS	13.1
4	LIUS BIN KOROLOU	SAMAS	13.2

5	MANIRAJ MAYAN @ MAIAN	SELANGOR	17.3
6	NAGUR KARIBASAVARAJ BASAVARAJ	INDIA	20.8
7	NEERUKATTU TREDAR C.	INDIA	20.8
8	SHIVAPUTRA SATAPPA BHAVI	INDIA	24.0
100M (65 – 69)			
1	CHARLIE LEE	SAMAS	13.3
2	THAM SIEN YEN	SELANGOR MASTERS	14.8
3	MOKHTARUDDIN BIN TAJUDDIN	SELANGOR MASTERS	15.7
4	DAIM GAYAM	SAMAS	15.8
5	MOHAMAD FAUZI BIN AHMAD SHAFRI	PDRM VETERAN	16.5
6	NETAM RAMPRASAD	INDIA	18.8
7	BHAGAT RAM	INDIA	23.5
8	MICHAEL SELVANAYAGAN	SELANGOR MASTERS	26.7
100M (70 – 74)			
1	ERCAN OZKAN	TURKEYE	14.1
2	WONG KEE LAM	HONG KONG	14.5
3	ANURA PULIYADDA	NEW ZEALAND	15.0
4	MT JOSE @ JOSE MAVELY	INDIA	15.3
5	YUMAN @ UMAN B. SIKIN	SAMAS	15.4
6	FUNG KONG @ ANTHONY PAUL FUNG AH KONG	SAMAS	16.0
7	SUING @ SYLVESTER KUIL	SAMAS	16.6
8	DATUK SR. HJ DAHLAN HJ H. TENGAH	SAMAS	17.0
100M (75 – 79)			
1	DICKSON JEYASEELAN	INDIA	16.4
2	M. RAJENDRA PRASAD BABU	INDIA	16.5
3	THANESVARAN MALAVARAYAR	KL MASTERS	16.5
4	MANICKAM THAMBIAH	FITMA	18.1
5	RAMASAMY KARRUPAYA	NS MASTERS	51.6
100M (80 – 84)			
1	SOETIKNO HENDRATA	INDONESIA	17.0
2	SOH CHIN KOON	SMA	18.7
3	ABDUL RAZAK BIN ZAINUDDIN	PERAK	21.2
200M (35 – 39)			
1	MOHD ZHAFRAN MOHD ROSLI	PERAK MASTERS	23.4
2	MOHAMMA FALIQ FATHIKAMAL MF	DBKL	25.2
3	MOHD ZULKEFLI MOHAMAD	PERAK MASTERS	25.5
4	GOH JING JING	PERAK MASTERS	25.7
5	GOPI ASHILI	INDIA	25.8
6	HO HAN CHUN	FOON YEW SCH JOHOR	27.7
200M (40 – 44)			
1	MURUGAN PERUMAL	DBKL	25.0
2	ANDY GREGORY LIADU	SAMAS	26.0
3	SHAHRYMAN SHARIL MOHAMAD M	DBKL	26.3
4	CYRIL MISONG	SAMAS	26.3
5	AMIRUDDIN ISHAK	PERAK MASTERS	26.7
6	SARIFFULNIZAN BIN NAZAN	PERAK MASTERS	26.7
7	AHMAD SHAH WAHID	KL	28.5
8	SATHYNANTHAN SINNAPPAN	PAHANG	29.7
200M (45 – 49)			
1	GAMLATHGE INDIKA	SRI LANKA	25.1
2	NASARUDIN BIN SUPIAN	PERAK MASTERS	25.6
3	K. SURES	INDIA	25.7

4	THOMSAN MASIH	PAKISTAN	26.0
5	TEO CHEN LUNG	SAMAS	26.4
6	SAJJAD HUSSAIN	PAKISTAN	26.5
7	LINO ARBOLEDA	SMTFA	26.6
8	WONG TZE YUNG	KAWAN ATHLETICS	26.9
200M (50 – 54)			
1	CLARENCE TAMI	SAMAS	24.5
2	RAMPATI DEWAGE PSK	SRI LANKA	28.5
3	MARTIN WONG CHUN MENG	SMTFA	28.8
4	SIDNEY TAY CHZE WAY	SMTFA	29.3
5	GUNTUR VENKATA RAO	INDIA	29.4
6	ROHAIZI BIN RASTAM	SELANGOR	29.9
7	SETYO ADI KUNCORO	INDONESIA	33.4
8	ROSLI BIN HAJI IDRIS	DBKL	37.8
200M (55 – 59)			
1	RAMLI BIN LANI	MAKSWIP	27.3
2	POLGAHAWELAGE ANIL SAMARASIRI	SRI LANKA	27.6
3	CHOW WEE CHIN, ARTHUR	SMA	27.8
4	RANASINGHE AD GAMINI R	SRI LANKA	28.3
5	MOHD HASNI HUSSIEN	MALACCA MASTERS	36.0
200M (60 – 64)			
1	TEDDY PANELEWEN	INDONESIA	27.1
2	LIUS BIN KOROLOU	SAMAS	27.5
3	SAHARI ABDUL HAMID	SAMAS	28.0
4	ARIFFIN BIN HARUN	PERAK MASTERS	28.7
5	ISMAIL WAJEEH	SMTFA	29.7
6	KUNASEGARAN MANIVANAN	SELANGOR MASTERS	31.8
7	HONIH ASUNG @ BENJOHN SIMBAKU	SAMAS	32.7
8	NANDA KUMAR MUNDAPPA	INDIA	33.3
200M (65 – 69)			
1	CHARLIE LEE	SAMAS	27.6
2	THAM SIEW YEN	SELANGOR MASTERS	31.7
3	DAIM GAYAM	SAMAS	33.4
4	BALVINDER SINGH	INDIA	35.6
5	A. THANGAVEL	INDIA	38.7
6	NETAM RAMPRASAD	INDIA	38.7
200M (70 – 74)			
1	WONG KEE LAM	HONG KONG	31.2
2	ERCAN OZKAN	TURKEYE	31.4
3	YUMAM @ UMAN B. SIKIN	SAMAS	32.8
4	ANURA PULIYADDA	NEW ZEALAND	32.9
5	M T JOSE @ JOSE MAVELY	INDIA	33.5
6	FUNG KONG @ ANTHONY PAUL FUNG AH KONG	SAMAS	34.8
7	SUING @ SYLVESTER KUIL	SAMAS	36.5
8	DATUK SR. HJ DAHLAN HJ H TENGAH	SAMAS	37.4
200M (75 – 79)			
1	DICKSON JEYASEELAN	INDIA	34.7
2	THANESVARAN MALAVARAYAR	KL MASTERS	35.3
3	M. RAJENDRA PRASAD BABU	INDIA	35.3
4	MANICKAM THAMBIAH	FITMA	37.6
5	VITALIS HERMAN	SAMAS	40.0
6	OOI HEAN HENG	FITMA	51.7
200M (80 – 84)			

1	SOETIKNO HENDRATA	INDONESIA	38.1
2	ABDUL RAZAK ZAINUDDIN	PERAK	43.8
3	P. SURESH UMATHE	INDIA	51.3
400M (35 – 39)			
1	MOHD ZHAFRAN MOHD ROSLI	PERAK MASTERS	53.0
2	DESJAN SIALLAGAN	INDONESIA	54.3
3	GOH JING JING	PERAK MASTERS	56.7
4	LOUIS QUAN CHEK YEE	FOON YEW SCH JOHOR	60.6
5	NAVOD PAVITHRA MADHUSANKA B	SRI LANKA	61.0
6	MOHD SOBRI RAMLI	PERAK MASTERS	63.1
7	JOTHI JHEN HAO GUNABALAN	LION MAS PENANG	76.7
8	BHUMIRAJ SINGH	INDIA	81.3
400M (40 – 44)			
1	AMIRUDDIN ISHAK	PERAK MASTERS	59.5
2	SYARIMAN SHARIL MOHAMED M	DBKL	60.5
3	MALAK USTAR	PAKISTAN	70.3
4	SATHYANANTHAN SINNAPPAN	PAHANG	76.5
5	KRISHNAN THIRUVALAR	KL MASTERS	89.0
6	AHMAD BULKIAH BIN JAMALUDDIN	SAMAS	92.0
400M (45 – 49)			
1	TEO CHEN LUNG	SAMAS	58.4
2	M. NASER	INDIA	58.7
3	SAJJAD HUSSAIN	PAKISTAN	59.5
4	LINO ARBOLEDA	SMTFA	60.5
5	PREEMADESA PEYADESA	PENANG MASTERS	60.9
6	AGUS JAKA WAHONO	INDONESIA	70.3
7	POOBALAN DOURASAMI	KL MASTERS	73.8
8	TAN JIN HAN	KAWAN ATHLETICS	76.5
400M (50 – 54)			
1	THANARAJAN VERASALAM	SMTFA	65.5
2	MARTIN WONG CHUN MENG	SMTFA	71.5
3	ZULKAFILI BIN SHAMSUDDIN	PAHANG MASTERS	72.1
4	B AMARNATH RAMAVADH	INDIA	87.0
5	PRABAGARAN VYTHILINGAM	SELANGOR MASTERS	96.8
400M (55 – 59)			
1	CHOW WEE HIN, ARTHUR	SMA	64.3
2	RAMLI RAMI	MAKSWIP	64.9
3	RANASINGHE AD GAMINI	SRI LANKA	65.7
4	SHAMRY MOHD ALI	SAMAS	69.3
5	MOHD YAKUB KHAN	INDIA	70.7
6	SHANMUGANATHAN RATANAM	PERAK MASTERS	73.6
7	ANNBALAGAN VARATHEN	PENANG	80.4
8	SUPPARAMANIYAM RAMASAMY	SELANGOR MASTERS	83.3
400M (60 – 64)			
1	TEDDY PANELEWEN	INDONESIA	61.4
2	GUNASAEGARAN NARASAPAN	FITMA	67.0
3	SELVAKUMARAN NILA MEGAM	PDRM VETERAN	67.8
4	ISMAIL WAJEEH	SMTFA	69.8
5	BALWINDER SINGH SIDHU	INDIA	72.2
6	PRADHAN PUNU RAM	INDIA	73.9
7	PADMANATHASIVAN KAILASAM	SELANGOR	75.0
8	SAHAR BIN ASMUNI	PDRM VETERAN	75.8

400M (65 – 69)			
1	SATISH CHAND CHAUHAN	INDIA	72.8
2	ASOKAN	INDIA	78.2
3	CATUR ALI PURNAMA	INDONESIA	81.5
4	DAIM GAYAM	SAMAS	87.7
5	J MANI	INDIA	93.7
6	A . THANGAVEL	INDIA	97.1
7	SANTHANADASS AMERTHASAMY	PERAK MASTERS	97.5
400M (70 – 74)			
1	ANURA PULIYADDA	NEW ZEALAND	76.8
2	MT JOSE @ JOSE MAVELY	INDIA	78.3
3	RISHABH KUMAR JAIN	INDIA	88.1
4	DAUSIP @ JOSEPH B. LATONG	SAMAS	91.4
5	RAKESH MOHAN KUNDALIA	INDIA	106.5
400M (75 – 79)			
1	THANESVARAN MALAVARAYAR	KL MASTERS	93.4
2	MUNIANDY SINNIHAH	SELANGOR MASTERS	97.6
3	ESAKI	INDIA	106.1
4	OOI HEAN HONG	FITMA	130.0
5	VENGTRAMAN RAJU	NS MASTERS	142.4
6	SELVARAJAH CHELLIAH	FITMA	162.7
400M (80 – 84)			
1	ABDUL RAZAM ZAINUDDIN	PERAK	134.0
800M (35 – 39)			
1	GOH JING JING	PERAK MASTERS	2:15.1
2	ZUZART STEVEN PAUL	INDIA	2:20.8
3	PRADHAN HANSDA	INDIA	2:23.1
4	TAN JUN WEN	LION MAS PENANG	2:47.8
5	HO HAN CHUN	FOON YEW SCH JOHOR	2:59.9
800M (40 – 44)			
1	SARAVANAN ELAGUMURAM	MAKSWIP	2:15.1
2	VISVENATHAN TANGAVELLO	PENANG MASTERS	2:27.0
3	MAGEHSAN SINGARAVELOO	KEDAH	2:37.7
4	DR. MD MUZIMAN SYAH MD M	PAHANG MASTERS	2:44.9
5			
800M (45 – 49)			
1	SANMUGANATHAN R. NAINASAGORAM	PENANG	2:19.3
2	PREEMADESA PEYADESA	PENANG MASTERS	2:24.9
3	MANA TADAYIN	THAILAND	2:26.6
4	RAGURAMA RAGANATHAN	PENANG MASTERS	2:28.3
5	TSE MAN LUNG	HONG KONG	2:30.1
6	SHETTY SHIVANAND VASANTHA	INDIA	2:36.8
7	ANIL KUMAR AMBAJU	INDIA	2:39.3
8	YUSRI BIN YUSUF	SAMAS	2:43.1
800M (50 – 54)			
1	THANARAJAN VERASALAM	SMTFA	2:38.5
2	MUHAMMAD MUSA	PAKISTAN	2:38.5
3	CHANDRAN PERIASAMY	JOHOR MASTERS	3:07.1
4	B AMARNATH RAMAVADH	INDIA	3:17.6
800M (55 – 59)			
1	BOOBATHY RAMASAMY	JOHOR MASTERS	2:32.5
2	SHANMUGANATHAN RATANAM	PERAK MASTERS	2:36.9

3	SANTHERAN VELOO	PERAK MASTERS	2:40.5
4	MUNINTHARAN SUNDARAM	FITMA	2:51.5
5	ANNBALAGAN VARATHEN	PENANG	3:05.6
6	LAURENCE SEBASTIAN	SELANGOR MASTERS	3:12.0
7	SUBRAMANIAM V. POOMINATHAN	KL MASTERS	3:27.4
800M (60 – 64)			
1	PRADHAN PUNU RAM	INDIA	2:45.1
2	BALWINDER SINGH SIDHU	INDIA	2:50.3
3	R. MANOKARAN	INDIA	2:52.0
4	PARAMANANATHAN	PENANG MASTERS	2:57.6
5	UPADHYAY NANDKISHORE	INDIA	2:59.0
6	SUBRAMANIAM KRISHNAN	SELANGOR MASTERS	2:59.4
7	ERIC JOSEPH	PAKISTAN	3:01.6
8	ARUMUGAM SUBRAMANIAM	PERAK MASTERS	3:03.4
800M (65 – 69)			
1	ASOKAN	INDIA	2:59.6
2	CATUR ALI PURNAMA	INDONESIA	3:04.4
3	SATISH CHAND CHAUHAN	INDIA	3:05.6
4	SANJEEVA BALKUR	INDIA	3:19.3
5	SUNDARAJU SUPPAN	FITMA	3:32.9
6	SELVARAJ S	INDIA	3:37.0
7	ARUMUGAM M ARUMUGAM	NS MASTERS	4:01.6
800M (70 – 74)			
1	RISHABH KUMAR JAIN	INDIA	3:20.1
2	SAMUTHARAPANDIAN PERIASAMY	PERAK MASTERS	3:21.6
3	M T JOSE @ JOSE MAVELY	INDIA	3:58.1
800M (75 – 79)			
1	GERARD O'REILY	IRELAND	3:22.1
2	MUNIANDY SINNIHAH	SELANGOR MASTERS	3:43.2
3	ESAKI	INDIA	4:16.7
4	ABDUL HAMID BIN ARIS	PAHANG MASTERS	4:50.2
5	KRISHNA MOORTHY	INDIA	5:02.2
6	VENGTRAMAN RAJU	NS MASTERS	5:59.5
800M (80 – 84)			
1	MUNNALAL YADAV	INDIA	4:01.3
2	LOW KUAN SOW @LOKE KUAN SOW	PENANG MASTERS	4:34.5
3	CHEAH SWEE HWA, JACK	PENANG MASTERS	5:33.7
1500M (35 – 39)			
1	GOH JING JING	PERAK MASTERS	4:40.3
2	MOHD SYAHIDA BIN ALIAS	FITMA	4:42.1
3	DESJAN SIALLAGAN	INDONESIA	4:47.5
4	ZUZART STEVEN PAUL	INDIA	4:48.7
5	PRADHAN HANSDA	INDIA	5:33.3
6	TAN JUN WEN	LION MAS PENANG	6:08.9
7	JOTHI JHEN HAO GUNABALAN	LION MAS PENANG	6:41.5
1500M (40 – 44)			
1	SARAVANAN ELAGUMURAM	MAKSWIP	4:46.8
2	GANESHWARAN KARUNA KARAN	SELANGOR	4:49.6
3	VISVENATHAN TANGAVELLO	PENANG MASTERS	5:01.3
4	KHAIRULNIZAM BIN GHAZALI	MAKSWIP	5:07.5
5	WONG KOK WAI	PACEMAKERS MY	5:19.1
6	WAHYU HIDAYAT	INDONESIA	5:28.3

7	MAGEHSAN SINGARAVELOO	KEDAH	5:29.7
8	JASNI KHIARIL BIN JAMALUDDIN	DBKL	5:33.3
1500M (45 – 49)			
1	SANMUGANATHAN R. NAINASAGORAM	PENANG	4:41.9
2	CHAN CHEE KIAN	KL	4:58.2
3	MANA TADAYIN	THAILAND	5:02.4
4	RAGURAMA RAGANATHAN	PENANG MASTERS	5:06.0
5	ABDUL AZIZ BINMAHMOOD	MAKSWIP	5:31.4
6	SHETTY SHIVANAND VASANTHA	INDIA	5:33.7
7	YUSRI BIN YUSUF	SAMAS	5:41.1
8	ANIL KUMAR AMBAJU	INDIA	5:52.4
1500M (50 – 54)			
1	MUHAMMAD MUSA	PAKISTAN	5:36.6
2	ESWARAN TAMBY	PENANG MASTERS	5:39.6
3	THANARAJA VERASALAM	SMTFA	5:47.0
4	THAYALAN SANDRAKASAN	FITMA	5:48.9
5	KARMUKILAN MANIAM	SELANGOR MASTERS	5:53.9
6	VASANTHA KUMAR TAMILARASAN	PERAK	6:19.8
7	CHANDRAN PERIASAMY	JOHOR MASTERS	6:43.6
8	MURALI	SMTFA	6:43.9
1500M (55 – 59)			
1	BOOBATHY RAMASAMY	JOHOR MASTERS	5:21.5
2	SANTHERAN VELOO	PERAK MASTERS	5:27.9
3	SHANMUGANATHAN RATANAM	PERAK MASTERS	5:30.6
4	ANNBALAGAN VARATHEN	PENANG	5:46.7
5	MOHD YAKUB KHAN	INDIA	5:52.0
6	LEONG BEE VOON	PDRM VETERAN	6:10.7
7	P K PRASAD	INDIA	6:30.7
8	THALWATHTHADISSANAYAKA NP	SRI LANKA	7:09.9
1500M (60 – 64)			
1	PONCO HANDONO	INDONESIA	5:29.3
2	PRADHAN PUNU RAM	INDIA	5:45.3
3	SUBRAMANIAM KRISHNAN	SELANGOR MASTERS	6:00.1
4	R. MANOKARAN	INDIA	6:00.7
5	UPADHYAY NANDKISHORE	INDIA	6:09.9
6	ERIC JOSEPH	PAKISTAN	6:13.5
7	PARAMANANATHAN G S	PENANG MASTERS	6:23.1
8	BALWINDER SINGH SIDHU	INDIA	6:36.7
1500M (65 – 69)			
1	LIM KIAN HUAT	FITMA	6:21.3
2	ADUL WANSULAIMAN	THAILAND	6:27.8
3	CATUR ALI PURNAMA	INDONESIA	6:38.4
4	SATISH CHAND CHAUHAN	INDIA	6:46.3
5	SUNDARARAJU SUPPAN	FITMA	7:23.0
6	SANJEEVA BALKUR	INDIA	7:37.9
7	BHAGAT RAM	INDIA	8:01.3
8	ARUMUGAM M. ARUMUGAM	NS MASTERS	8:36.1
1500M (70 – 74)			
1	SAMUTHARAPANDIAN S. PERIASAMY	PERAK MASTERS	6:56.5
1	RISHAB KUMAR JAIN	INDIA	7:34.6
2	HJ MUHAMMAD SALIM BIN ABDULLAH	SELANGOR MASTERS	8:00.2
1500M (75 – 79)			

1	GERARD O'REILLY	IRELAND	6:56.5
2	MUNIANDY SINNIHAH	SELANGOR MASTERS	8:54.8
3	ESAKI	INDIA	9:00.8
4	MURUGESU SINNATHEVAR	PERAK MASTERS	9:33.1
5	ABDUL HAMID BIN AKIS	PAHANG MASTERS	11:23.5
6	KRISHNA MOORTHI	INDIA	11:37.3
7	VENGTRAMAN RAJU	NS MASTERS	12:04.5
1500M (80 – 84)			
1	CHEAH SWEE HWA, JACK	PENANG MASTERS	8:34.4
2	LOW KUAN SOW @LOKE KUAN SOW	PENANG MASTERS	9:33.8
3	NALLIAH RAMASAMY	NS MASTERS	12:36.2
3000M (35 – 39)			
1	TAN JUN WEN	LION MAS PENANG	15:01.5
2	JOTHI JHEN HAO GUNABALAN	LION MAS PENANG	16:01.5
3000M (40 – 44)			
1	ANDRI DAUNI	KL	10:09.4
2	ISMA AE CHESAMAE	THAILAND	11:02.1
3	JASNI KHAIRIL BIN JAMALUDDIN	DBKL	12:00.7
4	HAFIZI BIN MANSOR	MALACCA MASTERS	13:17.2
5	MAGEHSAN SINGARAVELOO	KEDAH	14:09.1
3000M (45 – 49)			
1	SANMUGANATHAN R. NAINASAGORAM	PENANG	10:28.3
2	CHAN CHEE LIAN	KL	11:22.4
3	MUHAMMAD SYAFEI ALIMIM	INDONESIA	11:52.1
4	ANIL KUMAR AMBAJU	INDIA	12:12.3
5	DENNIS LIM TIAN SIANG	MALACCA MASTERS	17:00.1
3000M (50 – 54)			
1	S. DIVAGARAN SUBRAMANIAM	KL MASTERS	11:33.4
2	MUHAMMAD MUSA	PAKISTAN	12:12.7
3	MICHAEL SAMUEL	PERAK MASTERS	13:12.5
4	CHANDRAN PERIASAMY	JOHOR MASTERS	13:12.6
5	CHOO JIN HIN	LION MAS PENANG	14:29.2
6	SURESH KUMAR GOBINNAN	FITMA	14:47.0
7	B AMARNATH RAMAVADH	INDIA	15:17.2
3000M (55 – 59)			
1	PANOM KHANSAMOL	THAILAND	11:38.2
2	BOOBATHY RAMASAMY	JOHOR MASTERS	11:56.9
3	SANTHERAN VELOO	PERAK MASTERS	12:06.7
4	VADIVEELU ARUMUGAM	DBKL	12:23.1
5	SHANMUGANATHAN RATANAM	PERAK MASTERS	12:56.3
6	THALWATHTHA DISSANAYAKA NP	SRI LANKA	15:16.5
3000M (60 – 64)			
1	PONCO HANDONO	INDONESIA	12:20.5
2	SUBRAMANIAM KRISHNAN	SELANGOR MASTERS	12:57.7
3	UPADHYAY NANDIKISHORE	INDIA	13:14.2
4	PRADHAN OUNU RAM	INDIA	13:26.3
5	ERICK JOSEPH	PAKISTAN	14:01.9
6	ARUMUGAM SUBRAMANIAN	PERAK MASTERS	14:12.3
7	KHOR KIM EN	PERAK MASTERS	14:17.9
8	LEE HUI SENG	SELANGOR	14:28.0
3000M (65 – 69)			
1	LIM KIAN HUAT	FITMA	13:46.6

2	ADUL WANSULAIMAN	THAILAND	14:07.0
3	CATUR ALI PURNAMA	INDONESIA	14:30.1
4	KRISHNASAMY CHAPPANIMUTHU	PERAK MASTERS	15:09.6
5	J MANI	INDIA	15:30.7
6	SANJEEVA BALKUR	INDIA	16:28.8
7	K. RANGAN	INDIA	17:12.3
8	TAN CHOON SEANG	KL MASTERS	17:21.0
3000M (70 – 74)			
1	SAMUTHARAPANDIAN S. PERIASAMY	PERAK MASTERS	15:01.9
2	MOHAMED ARIFF BIN TAR MOHAMAD	KL MASTERS	18:47.5
3	VENBATARAMAN RAMALOO	FITMA	25:36.6
3000M (75 – 79)			
1	MURUGESU SINNATHEVAR	PERAK MASTERS	17:45.1
2	MUNIANDY SINNIAH	SELANGOR MASTERS	18:48.1
3	KRISHNA MOORTHI	INDIA	19:17.7
4	SELVARAJAH CHELLIAH	FITMA	21:21.5
5	OOI HEAN HENG	FITMA	23:50.9
3000M (80 – 84)			
1	LOW KUAN SOW @LOKE KUAN SOW	PENANG MASTERS	19:00.4
3000M WALK (35 – 39)			
1	NITAS BIN CAMILLUS TAN SING BEE	PDRM	19:23.2
2	NURUL AMIN ANWAR BATCHA	SELANGOR MASTERS	20:27.6
3	CHEONG SENG CHIEW	LION MAS PENANG	20:40.7
4	DAKSHADI YESUDASU	INDIA	20:45.2
5	DILIP KUMAR	INDIA	27:39.6
3000M WALK (40 – 44)			
1	YAAKOB BIN IDRIS	PENANG MASTERS	23:55.0
2	AHMAD BULKIAH BIN JAMALUDDIN	SAMAS	25:42.3
3	TEAOH YAK SHEN	LION MAS PENANG	26:17.4
3000M WALK (45 – 49)			
1	HARONG YAENA	THAILAND	17:02.0
2	YESUDAS CHUNGATH FRANCIS	INDIA	17:58.1
3	VADIVELAN VEERAPPAN	KL	17:58.6
4	DR KESAVAN NALLALUTHAN	PERAK MASTERS	20:09.4
5	SOMASUNTHARAM @ LEONG M.	SELANGOR MASTERS	22:34.7
6	PUSPARAJAN VILLAIAI	SELANGOR	24:52.9
3000M WALK (50 – 54)			
1	SURESH KUMAR GOOBINNAAN	FITMA	17:24.2
2	RAMESH MUNSAMY	PENANG MASTERS	19:10.7
3	NISOP MAJE	THAILAND	19:36.6
4	ZULKERNAIN BIN MOHAMED ZAWAWI	PDRM	20:16.1
5	SRIRAM S. SIVARAMAN	PERAK MASTERS	21:22.7
6	HIRIYAN RAMESH	INDIA	23:03.6
3000M WALK (55 – 59)			
1	K. VIKNESWARAN KUPPUSAMY	HASILKLSC MASTERS	18:13.2
2	PANOM KHANSAMOL	THAILAND	18:25.5
3	MOHD ZAINI HARUN	PERAK MASTERS	18:50.9
4	JAYAPAL KUPPUSAMY	PDRM VETERAN	19:59.0
5	THALWATHHA DISSANAYAKA NP	SRI LANKA	20:11.2
6	THANARAJ KRISHNAN PERUMAL	PERAK MASTERS	20:16.6
7	WARNO	INDONESIA	23:11.4

3000M WALK (60 – 64)			
1	R. SUBRAMANIAM	MA SINGAPORE	19:16.2
2	VALAITHAM VENDANAYAGAM	PERAK MASTERS	19:56.6
3	EFFY WIDJONO PUTRO	INDONESIA	19:57.5
4	HONIH ASUNG @ BENJOHN SIMBAKU	SAMAS	20:01.5
5	SANGKARAN KUNJU RAMAN	JOHOR MASTERS	20:22.8
6	KANESAN SUNNAMUTHU	PERAK MASTER	22:16.6
7	ANSARI BIN ABDUL RAHMAN	PERAK MASTERS	22:38.2
8	BRIJ BHUSHAN SHARMA	INDIA	24:41.7
3000M WALK (65 – 69)			
1	MAHALINGAM KUPPUSAMY	FITMA	19:33.9
2	ELANGO VAN SITHIRAM SUPPIAH	FITMA	20:36.5
3	A. THANGAVEL	INDIA	21:14.8
4	GOVI A. A. RAMOO	PENANG MASTERS	21:22.4
5	JODH SINGH DHILLON	INDIA	21:42.9
6	BHAGAT RAM	INDIA	22:09.1
7	NAGARAJA D. MARIA SAVARI	PDRM VETERAN	22:12.8
8	MD PUZI ABD MANAN	PDRM VETERAN	22:23.1
3000M WALK (70 – 74)			
1	S. SATHIYANESAN	SMA	21:25.9
2	MERARI NAINGGOLAN	INDONESIA	21:42.2
3	ABDUL SAMAD BIN ABU BAKAR	SMA	22:10.0
4	RAMAKRISHNAN MANIKAM	NS MASTERS	22:27.2
5	MOHAMED ARIFF BIN TAR MOHAMAD	KL MASTERS	22:27.5
6	RAJAMONI SINGARAJAN	INDIA	22:54.4
7	NAVANEETHA KRISHNAN	INDIA	23:27.3
8	TANI CLACE SEBASTIAN	PDRM VETERAN	23:58.4
3000M WALK (75 – 79)			
1	THOMAS KOK	PERAK MASTERS	22:10.0
2	AFANDI BIN BUANG	SMA	23:02.2
3	RATANA VELU GOVINDASAMY	FITMA	23:17.3
4	MANICKAM THAMBIAH	FITMA	23:44.2
5	KRISHNA MOORTHY	INDIA	24:59.3
6	M RAJENDRA PRASAD BABU	INDIA	25:03.8
7	OMAR BIN KAHAR	BRUNEI MASTERS	25:33.7
8	KANNAN ARUMUGAM	SMA	26:75.4
3000M WALK (80 – 84)			
1	P. SURESH UMATHE	INDIA	23:06.5
2	MUNNALAL YADAV	INDIA	25:37.7
3	FOO DUN HEEN	SMA	34:06.9
3000M WALK (85 – 89)			
1	NG NGOH HENG	SMA	32:36.7
110M H (35 – 39)			
1	NURKI BIN PIRITS @ JAHUDIN	SAMAS	18.9
2	GOPI ASHILI	INDIA	20.9
3	CHIN DID THIEN	PERAK MASTERS	21.6
4	SONAKLAL K BETHEKAR	INDIA	22.4
5	DAKSHADI YESUDASU	INDIA	32.0
110M H (40 – 44)			
1	MOHD FARISH BIN AZIZ SULAIMAN	SAMAS	19.0
2	KUMAR MURUGAN	FITMA	21.3
3	AZMAN BIN NORDIN	DBKL	25.2

110M H (45 – 49)			
1	MUHAMMAD ASRI B MOHAMED AROF	HASIL KLSA MASTERS	20.8
2	STEVE @ NAPOL JAMES	SAMAS	21.1
3	KUNDEEP SINGH	INDIA	21.3
4	YESUDAS CHUNGATH FRANCIS	INDIA	23.6
100M H (50 – 54)			
1	GSPK PERERA	SRI LANKA	18.2
2	SANTOSH KUMAR PADHAN	INDIA	20.8
3	SIEW HANN WEN	SELANGOR MASTERS	21.0
100M H (55 – 59)			
1	SHAMRY MOHD ALI	SAMAS	18.5
2	POLGAHAWELAGE ANIL SAMARASIRI	SRI LANKA	18.9
3	MOHD HASNI HUSSEIN	MALACCA MASTERS	23.6
100M H (60 – 64)			
1	ARIFFIN BIN HARUN	PERAK MASTERS	19.5
2	AGUS DWI RAHARDJO	INDONESIA	21.7
3	KUNASEGARAN MANIVELOO	SELANGOR MASTERS	21.9
4	MUSTAFA IBRAHIM	SMTFA	23.7
100M H (65 – 69)			
1	ASOKAN	INDIA	30.7
2	CHOO WAI KIN	KL MASTERS	32.1
LONG JUMP (35 – 39)			
1	DINESH WAGMARE	INDIA	5.78M
2	GOPI ASHILI	INDIA	5.35M
3	LOUIS QUAN CHEK YEE	FOON YEW SCH JOHOR	5.17M
4	MUHAMAD AZHAR BIN MOHD RANI	HASIL KLSC MASTERS	5.10M
5	KAHAPOLA A MAHESH GUNARATNE	SRI LANKA	4.95M
6	CHIN DID THIEN	PERAK MASTERS	4.89M
7	BHUMIRAJ SINGH	INDIA	4.79M
8	BAGUS KUNCORO	INDONESIA	4.78M
LONG JUMP (40 – 44)			
1	SHARYMAN SHARIL MOHAMED M	DBKL	4.98M
2	AHMAD SHAH WAHID	KL	4.92M
3	SARIFFULNIZAN BIN NAZAN	PERAK MASTERS	4.75m
4	DR. ZULEZWAN AB MALIK	PERAK MASTERS	4.56M
5	AZLAN SHAH BIN AB HAMID	MALACCA MASTERS	4.51M
6	AHMAD EZMAN BIN PUDIL @ FADZLI	PERAK MASTERS	4.08M
LONG JUMP (45 – 49)			
1	ARABHAVI IBRAHIM ABDULAJIJ	INDIA	5.90M
2	AMNAT PERAT	SELANGOR	5.65M
3	RAMIS K. D. RADA	MAKSWIP	5.49M
4	TANY BIN PUDIN	SAMAS	5.38M
5	NASARUDIN BIN SUPIAN	PERAK MASTERS	5.29M
6	ADI WIRA BIN MOHD ZIN	PERAK MASTERS	4.79M
7	MOHD FAIZAL MAZLY BIN ZULKIFLI	MALACCA MASTERS	4.52M
8	RAJA PANDIYAN CHILLAYAH	SELANGOR MASTERS	3.75M
LONG JUMP (50 – 54)			
1	CLARENCE TAMI	SAMAS	5.99M
2	SANTOSH KUMAR PADHAN	INDIA	5.13M
3	SIEW HANN WEN	SELANGOR MASTERS	5.10M
4	GUNTUR VENKATA RAO	INDIA	4.92M

5	GSPK PERERA	SRI LANKA	4.78M
6	SIDNEY TAY CHZE WAY	SMTFA	4.16M
7	MOHD KHAIRI ABDUL SAHIB	SELANGOR	4.12M
8	ZAWAWI BIN ABIDIN	PERAK MASTERS	4.03M
LONG JUMP (55 – 59)			
1	MAWELA RR SOSANTHA M	SRI LANKA	5.08M
2	ZULKIFLY BIN YEOP	PERAK MASTERS	4.99M
3	MANASE LATEH	THAILAND	4.75M
4	MAULANI DIMAN	SAMAS	4.68M
5	SUHAILI BIN SANEH	SAMAS	4.51M
6	OCKBEN SAOR SINAGA	INDONESIA	3.84M
LONG JUMP (60 – 64)			
1	MUSTAFA IBRAHIM	SMTFA	4.04M
2	K GOPI KRISHNA	INDIA	3.01M
3	NEERUKATTU TREDAR C	INDIA	2.85M
4	NAGUR KARISBASAVARAJ B	INDIA	2.81M
LONG JUMP (65 – 69)			
1	BALVINDER SINGH	INDIA	3.96M
2	MOHD ROSLEY ABDULLAH @ YHL	SAMAS	3.67M
3	CHOO WAI KIN	KL MASTERS	3.42M
4	MD NAZRI BIN KASSIM	PDRM VETERAN	3.12M
5	P RAMAA RAO	INDIA	3.07M
LONG JUMP (70 – 74)			
1	ABDUL MULOK BIN AWANG DAMIT	SAMAS	3.87M
2	JAMES THANGAM	INDIA	3.21M
3	RAJAMONI SINGARAJAN	INDIA	2.73M
4	CHOO CHOW HENG	KL	2.32M
LONG JUMP (75 – 79)			
1	VITALIS HERMAN	SAMAS	3.77M
2	J SAMUEL	INDIA	3.67M
3	CH KIRAN BABU	INDIA	2.15M
4	MOHAMAD BIN MOHD IDRUS	PAHANG MASTERS	1.41M
LONG JUMP (80 – 84)			
1	MUNNALAL YADAV	INDIA	2.94M
2	SOH CHIN KOON	SMA	2.92M
HIGH JUMP (35 – 39)			
1	JARED AMADIS ANDUL RAHMAN	SAMAS	1.65M
2	MUHAMMAD AZHAR BIN MOHD RANI	HASIL KLSA MASTERS	1.55M
3	NURKI BIN PIRITUS @ JAHUDIN	SAMAS	1.50M
4	YASSER ARSWAD BIN ABU	MALACCA MASTERS	1.50M
5	BAGUS KUNCORO	INDONESIA	1.45M
HIGH JUMP (40 – 44)			
1	MOHD PETRA BIN RAHIMI	SELANGOR	1.65M
2	AHMAD FAYZAL BIN AYUP	MALACCA MASTERS	1.50M
3	ANDY GREGORY LIADU	SAMAS	1.45M
4	DR ZULESWAN AB MALIK	PERAK MASTERS	1.40M
5	AZMAN BIN NORDIN	DBKL	1.30M
HIGH JUMP (45 - 49)			
1	ARABHAVI IBRAHIM ABDULAJIJ	INDIA	1.45M
2	WONG BOON SIONG	BNS	1.30M
3	SATISH KESHAV MADKE	INDIA	1.25M

HIGH JUMP (50 – 54)			
1	GUNTUR VENKATA RAO	INDIA	1.40M
2	SANTOSH KUMAR PADHAN	INDIA	1.35M
3	LIAW FUN MIN	MALACCA MASTERS	1.10M
HIGH JUMP (55 – 59)			
1	MAWELA RR SUSANTHA M	SRI LANKA	1.50M
2	MOHD SALAHEN B. MOHD NOOR	SAMAS	1.45M
3	LAWRENCE SEBASTIAN	SELANGOR MASTERS	1.20M
HIGH JUMP (60 – 64)			
1	RAMJIT NAIRULAL	SAMAS	1.25M
2	AGUS DWI RAHARDJO	INDONESIA	1.25M
3	MUSTAFA IBRAHIM	SMTFA	1.25M
HIGH JUMP (65 – 69)			
1	HOO YOON WAH	KL MASTERS	1.40M
2	CHARLIE LEE	SAMAS	1.25M
3	CHOO WAI KIN	KL MASTERS	1.00M
HIGH JUMP (70 – 74)			
1	JAMES THANGAM	INDIA	1.10M
1	ABDOL MULOK BIN AWANG DAMIT	SAMAS	1.10M
3	V. BALAKRISHNAN S. VELLASAMY	JOHOR MASTERS	1.00M
4	K. RAMASWAMY	INDIA	1.00M
HIGH JUMP (75 – 79)			
1	J SAMUEL	INDIA	1.10M
2	JAYAKRISHNAN HEDGE	INDIA	1.05M
TRIPLE JUMP (35 – 39)			
1	MOHD ZHAFRAN BIN MOHD ROSLI	PERAK MASTERS	11.36M
2	DINESH VAGMARE	INDIA	11.20M
3	NURKI BIN PIRITUS @ JAHUDIN	SAMAS	11.04M
4	GOPI ASHILI	INDIA	10.99M
5	MUHAMMAD AZHAR BIN MOHD RANI	HASIL KLSC MASTERS	10.33M
6	AHMAD SYAHMAN BIN RUSLI	PERAK MASTERS	9.49M
7	HO HAN CHUN	FOON YEW SCH JOHOR	9.02M
8	BAGUS KUNCORO	INDONESIA	8.82M
TRIPLE JUMP (40 – 44)			
1	MOHD FARISH BIN AZIZ SULAIMAN	SAMAS	10.76M
2	MUAMAR GHADAFI BIN ZAINI	PDRM	10.43M
3	ANDY GREGORI LIADU	SAMAS	9.76M
4	AHMAD EZMAN BIN PUDIL @FADZIL	PERAK MASTERS	9.51M
5	MOHD AZMEER BIN AMARULLAH	SELANGOR MASTERS	8.30M
TRIPLE JUMP (45 – 49)			
1	ARABHAVI IBRAHIM ABDULAJIJ	INDIA	11.34M
2	ADI WIRA BIN MOHD DIN	PERAK MASTERS	9.41M
3	KULDEEP SINGH	INDIA	9.33M
4	WONG BOON SIONG	BNS	8.98M
5	SATISH KESHAV MADKE	INDIA	8.81M
TRIPLE JUMP (50 – 54)			
1	SANTOSH KUMAR PADHAN	INDIA	10.40M
2	GUNTUR VENKATA RAO	INDIA	9.34M
TRIPLE JUMP (55 – 59)			

1	ZULKIFLY BIN YEOP	PERAK MASTERS	9.82M
2	CHOW WEE CHIN, ARTHUR	SMA	9.50M
3	SUHAILI BIN SANEH	SAMAS	8.90M
TRIPLE JUMP (60 – 64)			
1	ISMAIL WAJEEH	SMTFA	7.87M
2	MUSTAFA IBRAHIM	SMTFA	7.67M
3	K GOPI KRISHNA	INDIA	6.55M
4	JUINTIN BIN ALLAP	SAMAS	5.80M
5	BRIJ BHUSHAN SHARMA	INDIA	5.78M
TRIPLE JUMP (65 – 69)			
1	CHOO WAI KIN	KL MASTERS	6.77M
2	TAJUL ARIFFIN BIN AWANG MOHD	SAMAS	5.73M
TRIPLE JUMP (70 – 74)			
1	ABDUL MULOK BIN AWANG DAMIT	SAMAS	7.61M
2	ANURA PULIYADDA	NEW ZEALAND	7.32M
3	JAMES THANGAM	INDIA	6.94M
4	RAJAMONI SINGARAJAN	INDIA	6.75M
5	DUASIP @ JOSEPH B. LATONG	SAMAS	5.98M
6	K. RAMASWAMY	INDIA	5.30M
TRIPLE JUMP (75 – 79)			
1	J SAMUEL	INDIA	7.43M
2	VITALIS HERMAN	SAMAS	6.92M
3	THANESVARAN MALAVARAYAR	KL MASTERS	6.46M
4	JAYAKRISHNA HEGDE	INDIA	6.10M
TRIPLE JUMP (80 – 84)			
1	SOH CHIN KOON	SMA	6.23M
SHOT PUT (35 – 39)			
1	MOHD ZULKEFLI BIN MOHAMAD	PERAK MASTERS	8.12M
2	KIEW SIENG EIK	MALACCA MASTERS	8.00M
3	YASSER ARSWAD BIN ABU	MALACCA MASTERS	7.90M
4	ANSAR WALI	INDIA	5.70M
SHOT PUT (40 – 44)			
1	FIRDAUZ MURA BIN MURA	SARAWAK	10.94M
2	MUVIN BIN ABD WAHAB	MALACCA MASTERS	10.82M
3	TAN DAN NY	SELANGOR MASTERS	10.03M
4	DHOBY ANAK GIMAN	PDRM	9.02M
5	GURDIP SINGH GURDEV SINGH	INDIA	8.68M
6	EDDIE CHIN	PERAK MASTERS	8.40M
7	MOHD KHAIRI MOHD KHANDANI	DBKL	7.60M
8	JAGATHES RAU APPANNAN	KL MASTERS	7.26M
SHOT PUT (45 – 49)			
1	MAHYUZIE BIN JENAL	JOHOR MASTERS	10.28M
2	NAVIN MOHAN RAJES	SELANGOR MASTERS	10.18M
3	VIGNESPARAN VEERA RAGAVAN	KL MASTERS	7.10M
4	GUDIPALLI MURALI	INDIA	6.94M
5	KOK SHEY HONG	FOON YEW SCH JOHOR	6.74M
6	POOBALAN DOURASAMI	KL MASTERS	6.56M
SHOT PUT (50 – 54)			
1	LIM BAN DANG	MAKSWIP	10.34M
2	PG AZIZUL AKBAR PG HJ BADARUDIN	BRUNEI	9.83M

3	K JEEVAN KUMAR	INDIA	8.80M
4	MUHAMAD EDIR BIN DIN	SMA	8.74M
5	LIAW FUN MIN	MALACCA MASTERS	8.73M
6	YUSSMAN BIN NORDIN	DBKL	7.54M
7	NOR ZAMZHURI	NS MASTERS	7.40M
8	SRIRAM S. SIVARAMAN	PERAK MASTERS	7.23M
SHOT PUT (55 – 59)			
1	NALLUSAMY ANNAVI	INDIA	10.60M
2	MAULANI DIMAN	SAMAS	10.13M
3	ABDUL RAHIM BIN ABDUL HAMID	PERAK MASTERS	9.72M
4	LEONARD GEORGE WILON	SAMAS	9.05M
5	LAMAN @ NORBOT BIN LONTOU	SAMAS	7.56M
6	FREDDY YAM	PERAK MASTERS	5.67M
7	IRUDHAYARAJ CHINNAPPA	INDIA	5.05M
SHOT PUT (60 – 64)			
1	GUNASAEGARAN NARASAPAN	FITMA	11.15M
2	RETNA KUMAR	INDIA	8.64M
3	ASOKAN VARADHARAJAN	INDIA	8.60M
4	RAJENDER KUMAR YADAV	INDIA	7.38M
5	SUPORN SOONTHORNNON	THAILAND	7.29M
6	JAYARAMAN NAGAMUTHU	FITMA	6.80M
7	OM PRAKASH VISHWAKARAMA	INDIA	6.73M
8	SHIVA PUTRA SATAPPA BHAVI	INDIA	6.23M
SHOT PUT (65 – 69)			
1	JUAN VILLA JR	PHILIPPINES	9.54M
2	MOHD ROSLEY ABDULLAH @ YHL	SAMAS	9.22M
3	KRISHNASAMY KARUPPIAH	FITMA	8.70M
4	SUBRAMANIAN THIRAVIA NADAR	INDIA	8.38M
SHOT PUT (70 – 74)			
1	TARMIZI SHANDU	SAMAS	10.77M
2	NADARAJAH M. PERIAYAH	FITMA	8.89M
3	NARAYANAN NAIR SUNGONI NAYAR	NS MASTERS	7.76M
4	KENDRE UTTAM	INDIA	7.44M
SHOT PUT (75 – 79)			
1	DOUGLAS JOHN SCHORR	SOUTH AFRICA	11.22M
2	RAMALINGAM VERASAMY	FITMA	7.71M
3	CH KIRAN BABU	INDIA	7.22M
4	FARID GADELSHIN	UZBEKISTAN	7.07M
5	PURUSHOTHAMAN ANANTHAM	KL	6.74M
6	B V RAMANJANEYULU	INDIA	6.32M
SHOT PUT (80 – 84)			
1	EDUEH TOTIMOH @ BONAVENTURE	SAMAS	6.83M
2	NALLIAH RAMASAMY	NS MASTERS	4.73M
SHOT PUT (85 – 89)			
1	PURUSHOTHAMAN NARAYANASWAMY	INDIA	6.89M
DISCUS (35 – 39)			
1	MARLON NIRANGA PAUL	DUBAI	35.97M
2	MOHD HASROLNIZAM	MAKSWIP	32.61M
3	RASUL BIN ZAINAL	MALACCA MASTERS	28.84M
4	YASSER ARSWAD BIN ABU	MALACCA MASTERS	24.41M
5	MOHAMAD SUADI BIN SAMSUDDIN	MALACCA MASTERS	23.59M
6	NAGESHA SALIAN	INDIA	23.00M

7	KIEW SIENG EIK	MALACCA MASTERS	20.90M
8	ANSAR WALI	INDIA	15.57M
DISCUS (40 – 44)			
1	MUVIN BIN ABD WAHAB	MALACCA MASTERS	32.95M
2	TAN DAN NY	SELANGOR MASTERS	26.87M
3	TAN FUNG TAH	FOON YEW SCH JOHOR	24.98M
4	EDDIE CHIN	PERAK MASTERS	23.68M
5	FIRDAUZ MURA BIN MURA	SARAWAK	22.77M
6	TANG HENG ANN	FOON YEW SCH JOHOR	19.03M
7	MUSASHI SAGARA NAINGGOLAN	INDONESIA	17.47M
8	JAGATHES RAU APPANNAN	KL MASTERS	15.77M
DISCUS (45 – 49)			
1	MAHYUZIE BIN JENAL	JOHOR MASTERS	30.13M
2	NAVIN MOHAN RAJES	SELANGOR MASTERS	26.01M
3	ASHLEY YEO HEE CHOON	SMTFA	22.43M
4	KOK SHEY HONG	FOON YEW SCH JOHOR	19.39M
5	GUDIPALLI MURALI	INDIA	17.15M
6	AHMAD DANIAL BIN ABDULLAH	PERAK MASTERS	16.36M
DISCUS (50 – 54)			
1	SIEW HANN WEN	SELANGOR MASTERS	29.94M
2	PG AZIZUL AKBAR PG HJ B	BRUNEI	29.81M
3	LIM BAN DANG	MAKSWIP	29.17M
4	LIAW FUN MIN	MALACCA MASTERS	26.26M
5	K JEEVAN KUMAR	INDIA	23.28M
6	MUHAMAD EDIR BIN DIN	SMA	16.30M
DISCUS (55 – 59)			
1	NALLUSAMY ANNAVI	INDIA	26.89M
2	IBRAHIM BIN AB WAHAB	MALACCA MASTERS	26.46M
3	ABDUL RAHIM B. ABDUL HAMID	PERAK MASTERS	25.13M
4	LEONARD GEORGE WILON	SAMAS	25.03M
5	ANDREW BANGGUAN	SAMAS	18.42M
6	WARNO	INDONESIA	18.30M
7	NISAR HUSSAIN ALI HUSSAIN	INDIA	12.92M
DISCUS (60 – 64)			
1	RETNA KUMAR	INDIA	31.95M
2	SELVARAJAN D	INDIA	31.05M
3	AMPUAN MD ABD KHIFLI AMP HJ. D.	BRUNEI	30.00M
4	OM PRAKASH VISHWAKARAMA	INDIA	27.54M
5	BASKARAN FRANCIS	PERAK MASTERS	23.03M
6	ASOKAN VARADHARAJAN	INDIA	22.14M
7	K GOPI KRISHNA	INDIA	19.95M
8	JUINTIN BIN ALLAP	SAMAS	17.19M
DISCUS (65 – 69)			
1	SUBRAMANIAM THIRAVIA NADAR	INDIA	35.08M
2	JUAN VILLA JR	PHILIPPINES	33.88M
3	MOHD ROSLEY ABDULLAH @ YHL	SAMAS	31.52M
4	KRISHNASAMY KARUPPIAH	FITMA	27.53M
5	TAJUL ARIFFIN BIN AWANG MOHD	SAMAS	20.63M
6	ASWATHI NARAYANAN	INDIA	18.64M
7	NETAM RAMPRASAD	INDIA	17.70M
DISCUS (70 – 74)			
1	TARMIZI SHANDU	SAMAS	31.88M
2	NADARAJAH M. PERIAYAH	FITMA	28.71M

3	K. RAMASWAMY	INDIA	22.90M
4	NAVANEETHA KRISHNAN	INDIA	20.27M
5	DABBU BASAVIAH	INDIA	17.83M
6	IYER KRISHNAMURTHY R.	INDIA	13.10M
7	BALASUBRAMANYAN .R.	INDIA	12.97M
DISCUS (75 – 79)			
1	FARID GADELSHIN	UZBEKISTAN	22.79M
2	RAMALINGAM VERASAMY	FITMA	22.02M
3	CH KIRAN BABU	INDIA	21.45M
4	JAYAKRISHNA HEGDE	INDIA	20.28M
5	BV RAMANJANEYULU	INDIA	19.74M
6	DICKSON JAYASEELAN	INDIA	18.74M
7	PURUSHOTHAMAN ANANTHAM	KL	17.36M
8	VIMALASINGAM V. SARANAMUTHU	FITMA	12.47M
DISCUS (80 – 84)			
1	EDUEH TOTIMOH @ BONAVENTURE	SAMAS	17.12M
2	NALLIAH RAMASAMY	NS MASTERS	9.51M
DISCUS (85 – 89)			
1	PURUSHOTHAMAN NARAYANASWAMY	INDIA	18.72M
JAVELIN (35 – 39)			
1	NAGESHA SALIAN	INDIA	43.56M
2	NURKI BIN PIRITUS	SAMAS	42.41M
3	MOHD SUADI BIN SAMSUDDIN	MALACCA MASTERS	35.59M
JAVELIN (40 - 44)			
1	MUVIN B ABD WAHAB	MALACCA MASTERS	40.74M
2	MOHD SHAHRUL NIZAM	PDRM	38.58M
3	LEE KENG CHONG	FOON YEW SCH JOHOR	36.88M
JAVELIN (45 - 49)			
1	KULATUNGAGE DON L INDIKA K	SRI LANKA	38.18M
2	HAIRUL NIZAT B. SIBAN	JOHOR MASTERS	35.19M
3	MOHD ASRI BIN MOHD AROF	HASIL KLSC MASTERS	29.75M
4	ASHLEY YEO HEE CHOON	SMTFA	29.73M
5	MAHYUZIE BIN JENAL	JOHOR MASTERS	25.32M
6	GUDIPALLI MURALI	INDIA	23.17M
7	VIGNESPARAN VEERA RAGAVAN	KL MASTERS	20.25M
8	K NITIN PRABHAKAR	INDIA	19.13M
JAVELIN (50 - 54)			
1	SIEW HANN WEN	SELANGOR MASTERS	36.16M
2	ABDUL GHANI YAHYA	PDRM	32.79M
3	K JEEVAN KUMAR	INDIA	29.01M
4	LIM BAN DANG	MAKSWIP	28.85M
5	MUHD EDIR BIN DIN	SMA	22.84M
6	SETYA ADI KUNCORO	INDONESIA	19.81M
JAVELIN (55 - 59)			
1	JAAFAR BIN DOLLAH	PDRM	31.62M
2	JAMES BIN PATRICK	SAMAS	27.67M
3	LIM KWEE YONG	LION MAS PENANG	17.33M
JAVELIN (60 - 64)			
1	TIM NEWENHAM	SMTFA	42.65M
2	THOMAS LEE	SMTFA	32.01M
3	ZAINAL BIN ARIFIN	PDRM VETERAN	31.05M

4	GUNASAEGARAN NARASAPAN	FITMA	28.72M
5	MOHD MANSHAHAR B. ABD JALIL	SELANGOR MASTERS	28.22M
6	DR VASU APPU	PDRM VETERAN	24.01M
7	BASKARAN FRANCIS	PERAK MASTERS	20.31M
8	CHANDRAN THANGAYAH	SELANGOR MASTERS	17.68M
JAVELIN (65 - 69)			
1	KRISHNASAMY KARUPPIAH	FITMA	33.26M
2	MOHD ROSLEY ABDULLAH @ YHL	SAMAS	32.15M
3	JUAN VILLA JR	PHILIPPINES	28.22M
4	SUBRAMANIAM THIRAVIA NADAR	INDIA	22.20M
5	NETAM RAMPRASAD	INDIA	21.39M
6	ASHOK KUMAR	INDIA	20.85M
7	BAREBAIL SEETHARAM SHETTY	INDIA	20.04M
JAVELIN (70 - 74)			
1	TARMIZI SHANDU	SAMAS	33.03M
2	WONG KEE LAM	HONG KONG	27.64M
3	NADARAJAH M. PERIAYAH	FITMA	25.83M
4	K. RAMASWAMY	INDIA	23.98M
5	KUA KI SOONG	SELANGOR	23.30M
6	SUING @ SYLVESTER KUIL	SAMAS	20.81M
7	MERARI NAINGGOLAN	INDONESIA	20.03M
8	NAVANEETHA KRISHNAN	INDIA	19.75M
JAVELIN (75 - 79)			
1	JAYAKRISHNA HEGDE	INDIA	22.32M
2	B.V. RAMANJANEYULU	INDIA	20.75M
3	FARID GADELSHIN	UZBEKISTAN	20.48M
4	MOHD BIN MOHD IDRUS	PAHANG MASTERS	20.44M
5	NARENDRA KUMAR	INDIA	17.19M
6	PURUSHOTHAMAN ANANTHAM	KL	16.86M
7	CH KIRAN BABU	INDIA	10.93M
8	VIMALASINGAM V. SARANAMUTHU	FITMA	9.96M
JAVELIN (80 - 84)			
1	SOETIKNO HENDRATA	INDONESIA	22.29M
2	LOW KUAN SOW @ LOKE KUAN SOW	PENANG MASTERS	14.84M
3	EDUEH TOTIMOH	INDONESIA	14.57M
4	BADIA ARITONANG	INDONESIA	6.62M
JAVELIN (85 – 89)			
1	PURUSHOTHAMAN NARAYANASWANY	INDIA	14.62M
MIXED RELAY (OPEN)			
1	PERAK MASTERS		4:43.3
2	FITMA ATHLETIC CLUB		4:43.6
3	SOUTH INDIA MASTERS		4:52.5
4	INDIA MASTERS ATHLETICS		4:52.7
5	SABAH MASTERS		5:00.3
6	SELANGOR MASTERS		5:13.5
7	MERCANTILE ATHLETIC SRI LANKA		5:16.4
8	FXAA FOON YEW SCHOOL		5:28.0
4 X 100M MEN (OPEN)			
1	PERAK MASTERS A		47.9
2	PERAK MASTERS B		49.6
3	DBKL		49.8

4	INDIA		51.2
5	SABAH MASTER B		51.3
6	PAKISTAN MASTERS		51.5
7	FOON YEW SCHOOL JOHOR		51.7
8	BNS		52.4
4 X 400M MEN (OPEN)			
1	PERAK MASTERS		3:59.0
2	NMAA INDIA		4:10.0
3	PAKISTAN MASTERS		4:16.2
4	PACEMAKERS		4:26.8
5			

36th MIOMAC RESULTS (2024)

WOMEN

NO	NAME	TEAM	Time/Dist/Height
100M (35 – 39)			
1	CAROL AUGUSTINE	SAMAS	14.5
2	AZURA AHMAD	MAKSWIP	14.6
3	HASLINDA HARON	MALACCA MASTERS	14.8
4	THILAWA N.P.	INDIA	15.6
5	PINKI SAMAD	INDIA	18.3
6	SHOBHA MARDI	INDIA	22.1
100M (40 – 44)			
1	ALISON CHEW SUK LING	SAMAS	12.6
2	DR. LAILATUL MOHAINY MOHD	PERAK MASTERS	14.2
3	LIM SIEW MEE	PERAK MASTERS	14.4
4	REVELYN LORENZO MARCOS	PHILIPPINES	15.0
5	SUCAN BT MUDI	MAKSWIP	15.3
6	FATHIMAH IFFATH MOHAMED	KAWAN ATHLETICS	15.3
7	NORHAFIZAH BT HAMZAH	MAKSWIP	15.4
8	RUZINA BINTI ELUK	SAMAS	15.5
100M (45 – 49)			
1	REKHA DEY	INDIA	14.9
2	ALMAWATI KASSIM	PERAK MASTERS	14.9
3	WALPOLA K I UMAYANI PRIYANGKA	SRI LANKA	15.5
4	NALINA DEVI APPLANAI DU	PERAK MASTERS	15.7
5	SINDHU ACHUTHAN	INDIA	15.8
6	WEERASINGHE KS SRI RANJAN	SRI LANKA	16.3
7	NELLY BINTI MAIKAL	SAMAS	16.4
8	BINDUMOL GANESH	INDIA	17.3
100M (50 – 54)			
1	MARTA BASA BINTI LOKMAN	LABUAN MASTERS	16.0
2	NOKALMAH SANASEE	PERAK MASTERS	16.7
3	SAVITHRI KUMARIHAMI WEERAKOON	SRI LANKA	17.0
4	N. JAYANTHY R. NARAYANAN	PERAK MASTERS	17.2
5	GANEPOLA ARACHCHIGE RASIKA SD	SRI LANKA	17.3
6	NITA SARKAR	INDIA	18.3
7	RENUKA M. BHARATH	INDIA	19.3
8	RAJASHREE WANDREKAR	INDIA	21.1

100M (55 – 59)			
1	ERINE SINUEL	SAMAS	14.1
2	PRIYANKA PRIYAKANTHI M.K.	SRI LANKA	17.9
3	SHARDA L. NAIDU	INDIA	18.4
4	REETA KAUL	INDIA	19.1
5	JOMYTA BINTI ELON	SAMAS	19.7
6	MALA SHARMA	INDIA	19.9
7	PANDAV SHADABEN MICHAEL	INDIA	23.9
8	NISHA RANI	INDIA	37.5
100M (60 – 64)			
1	JULIANA GUMPIL	SAMAS	14.7
2	RAINEH @ TAMBI BT SAWAN	SAMAS	15.6
3	SUSAN LEONG	SMA	15.6
4	ROSELINA BAKAR	SELANGOR MASTERS	17.0
100M (65 – 69)			
1	LUCY YONG	SAMAS	16.5
2	TSE CECILIA WAH SAU	HONG KONG	16.9
3	WONG MEI YING, THERRY	HONG KONG	19.6
4	SHAKUNTALA SHASHIKANT PANDAY	INDIA	21.5
5	SAMSIAH @ HAMSIAH MOHD YASIN	SAMAS	21.6
6	ZUBAIDAH ZAKARIA	JOHOR MASTERS	24.4
7	SANGAMA PALPARIT	INDIA	35.0
8	USHA SHRIVASTAVA	INDIA	42.1
100M (70 – 74)			
1	CHRISTINA JENTUNIS LABANJING	SAMAS	29.4
2	TAN TECK SEE	SELANGOR MASTERS	40.3
100M (75 – 79)			
1	MARGARETHA ARITONANG	INDONESIA	23.9
2	AISHAH N. ABU BAKAR	MALACCA MASTERS	29.9
100M (80 – 84)			
1	REWATI G. OLOKHANDE	INDIA	30.1
100M (85 – 89)			
1	MARGARET LIM WEE LIEN	SELANGOR MASTERS	44.7
200M (35 – 39)			
1	ANA MOHZAN	SELANGOR MASTERS	30.1
2	CAROL AUGUSTINE	SAMAS	32.1
3	NUR SYAZWANI ALI	MALACCA MASTERS	39.7
4	PINKI SAMAD	INDIA	41.4
5	SHOBA MARDI	INDIA	45.7
200M (40 – 44)			
1	ALISON CHEW SUK LING	SAMAS	27.4
2	LIM SIEW MEE	PERAK MASTERS	31.3
3	RUZANA BINTI ELUK	SAMAS	33.3
4	REVELYN LORENZO MARCOS	PHILIPPINES	33.4
5	DR. LAILATUL MOHAINY BINTI MOHD	PERAK MASTERS	33.7
6	HILDA ILYA BT HILMI	MAKSWIP	35.0
7	WS ANUTHTHARA ESANDI	SRI LANKA	36.5
8	HIMSHWETA AGRWAL	INDIA	42.5
200M (45 – 49)			
1	BINDUMOL GANESH	INDIA	33.7
2	NALINA DEVI APPLANAIDU	PERAK MASTERS	34.4

3	SINDHU ACHUTHAN	INDIA	35.0
4	FOONG LI THEEN	PERAK MASTERS	35.1
5	NELLY BINTI MAIKAL	SAMAS	35.1
6	WEERASINGHE KS SRI RANJAN	SRI LANKA	36.2
7	JAYAMANNE MA LALITHANGANIE	SRI LANKA	36.5
8	FLORENA BANABAS	SAMAS	38.7
200M (50 – 54)			
1	NOKALMAH SANASEE	PERAK MASTERS	34.6
2	CHUAH GUAT NA	LION MAS PENANG	37.9
3	TAMILSLVE PERIASAMY	FITMA	38.0
4	NIRMALA PRAMOD	INDIA	41.2
5	MITA SARKAR	INDIA	42.8
6	MEERA M	INDIA	65.4
200M (55 – 59)			
1	ERINE SINUEL	SAMAS	29.9
2	MARGARET PETRUS	SAMAS	38.9
3	JOMYTA ELON	SAMAS	41.6
4	REETA KAUL	INDIA	46.0
200M (60 – 64)			
1	RAINEH @ TAMBIL BINTI SAWAN	SAMAS	35.1
2	ROSELINA BAKAR	SELANGOR MASTERS	38.9
3	BELINDA TING YEW KING	SELANGOR MASTERS	41.7
4	P MANJUBEN KANUBHAI	INDIA	70.1
200M (65 – 69)			
1	LUCY YONG	SAMAS	35.0
2	SHAKUNTHALA SHASHIKANT PANDAY	INDIA	46.3
3	SAMSIAH @ SHAMSIAH MOHD YASSIN	SAMAS	47.3
4	LEELAVATHI C HOGADY	INDIA	48.1
5	SANGAMA N. PALPARIT	INDIA	78.6
200M (70 – 74)			
1	GLADYS PAIS	INDIA	42.0
2	TAN TECK SEE	SELANGOR MASTERS	103.7
200M (75 – 79)			
1	MARGARETHA ARITONANG	INDONESIA	58.4
200M (80 – 84)			
1	REWATI G OLOKHANDE	INDIA	79.3
400M (35 – 39)			
1	ANA MOHZAN	SELANGOR MASTERS	68.9
2	KOCHHAR VEDIKA NIRAJ	INDIA	76.6
3	CAROL AUGUSTINE	SAMAS	84.3
4	W NILUKA SANGEEWANI	SRI LANKA	96.0
5	PYDIRAJU KANAKALA	INDIA	104.5
400M (40 – 44)			
1	ALISON CHEW SUK LING	SAMAS	65.4
2	MICHELE TAN BEE KIANG	SELANGOR MASTERS	74.4
3	SULAN BT MUDI	MAKSWIP	79.2
4	FAZIDAH HANIM BT HUSSIN	MAKSWIP	81.8
5	WIJEDEERA JKW KUMUDINI	SRI LANKA	90.2
6	W S ANUTHTHARA ESANDI	SRI LANKA	97.4
400M (45 – 49)			

1	BINDUMOL GANESH	INDIA	81.4
2	PALLAVI M. MOOG	INDIA	86.8
3	JOANNE POH LEH GRANGE	SELANGOR MASTERS	87.7
4	WONG CHOY LAN	FITMA	91.5
5	VANDANA DONGRE	INDIA	99.3
6	VINODHINI CHINNASWAMY	INDIA	109.6
7	SRI WAHYUNI	INDONESIA	120.4
8	USHA DEVIVENGATEA RAW	KL MASTERS	134.5
400M (50 – 54)			
1	NOKALMAH SANASEE	PERAK MASTERS	63.1
2	TAMILSLVE PERIASAMY	FITMA	87.6
3	RAJASHREE WANDREKAR	INDIA	95.0
4	MITA SARKAR	INDIA	117.1
400M (55 – 59)			
1	ERINE SINUEL	SAMAS	72.0
2	HANSA HIMALI WITHANAWASAM	SRI LANKA	120.8
3	P PRATIBHA RAJESHBHAI	INDIA	184.9
400M (60 – 64)			
1	ADENAH LOJUHUN	SAMAS	91.4
2	SUSAN LEONG	SMA	96.3
3	SINNAMAH GOLLABANGARU	SELANGOR MASTERS	121.8
4	P. MANJUBEN KANUBHAI	INDIA	163.0
400M (65 – 69)			
1	CHIN YEE CHING	PERAK MASTERS	89.8
2	SAMSAH @ SHAMSAH BT MOHD YASIN	SAMAS	98.9
3	SHAKUNTALA SHASHIKANT PANDAY	INDIA	115.6
400M (70 - 74)			
1	GLADYS PAIS	INDIA	127.2
800M (35 – 39)			
1	KOCHHAR VEDIKA NIRAJ	INDIA	3:17.5
2	W NILUKA SANGEEWANI	SRI LANKA	3:35.6
3	PYDIRAJU KANAKALA	INDIA	3:54.3
800M (40 – 44)			
1	MICHELE TAN BEE KIANG	SELANGOR MASTERS	2:54.1
2	VALLY MICHAEL	FITMA	2:58.6
3	MAILIN BINTI SALUNGIN	SAMAS	3:02.3
4	ROSMAWATI ABU HASSAN	SELANGOR	3:05.1
5	FAZIDAH HANIM BT HUSSIN	MAKSWIP	3:16.0
6	ERNI ULATNINGSIH	INDONESIA	3:24.6
7	AHADIJAH MAGDALINA JOSEPH	SAMAS	3:46.4
800M (45 – 49)			
1	PALLAVI M MOOG	INDIA	3:18.3
2	ONG SU YIN	PENANG	3:20.2
3	RENU K SIDHU	INDIA	3:22.1
4	MAZLINA SHAFURA ABDUL MANAP	MAKSWIP	3:24.9
5	VANDANA DONGRE	INDIA	3:57.0
6	SONAL RAJESH THAKARE	INDIA	3:58.6
800M (50 – 54)			
1	CHUAH GUAT NA	LION MAS PENANG	3:13.0
2	ZUHARLINA ABU BAHARIN	MAKSWIP	3:15.2
3	TAMILSLVE PERIASAMY	FITMA	3:26.7

4	RAJASHREE WANDEKAR	INDIA	3:59.1
5	MITA SARKAR	INDIA	4:49.8
6	RAJANAYAGAM CHRISTABELL C	SRI LANKA	5:13.4
800M (55 – 59)			
1	ROSE SIDAU	SAMAS	3:43.5
2	PASAM KOTESWARAMMA	INDIA	4:04.7
3	SAUSAH @ BUAIRAH BT RAKIMIN	SAMAS	4:35.3
800M (60 – 64)			
1	GOH KIM HONG MAGGIE	SELANGOR MASTERS	3:30.5
2	ADENAH BINTI LOJUHUN	SAMAS	3:40.3
3	SITI FATIMAH	INDONESIA	3:52.4
4	DORATHEA BINTI ANTHONY AMURU	SAMAS	4:39.6
5	SINNAMAH GOLLA BANGARU	SELANGOR MASTERS	4:51.7
800M (65 – 69)			
1	CHIN YEE CHING	PERAK MASTERS	3:59.8
2	JOUTI @ VIRONICA BINTI ELAU	SAMAS	4:22.8
3	WENDY SOO YUET PING	FITMA	5:18.3
800M (70 – 74)			
1	KIMIH FLORENCE MONJITOL	SAMAS	5:05.2
2	TAN TECK SOON	SELANGOR MASTERS	6:34.6
1500M (35 – 39)			
1	NURUL AINI ABDUL RAHMAN	PERAK MASTERS	6:30.4
2	LOK PUI GUAN	PERAK MASTERS	6:53.1
3	GURPREET KAUR	INDIA	7:01.6
4	KOCHHAR VEDIKA NIRAJ	INDIA	7:09.8
5	PYDIRAJU KANAKALA	INDIA	7:59.6
1500M (40 – 44)			
1	MICHELE TAN BEE KIANG	SELANGOR MASTERS	5:54.7
2	VALLY MICHAEL	FITMA	6:21.2
3	MAILIN BINTI SALUNGIN	SAMAS	6:33.1
4	ROSMAWATI ABU HASSAN	SELANGOR	6:35.3
5	ERNI ULATNINGSIH	INDONESIA	7:05.3
6	RACHANA AMARBADHE	SMA	7:21.2
7	FATHIMATH IFFATH MOHAMED	KAWAN ATHLETICS	8:02.7
8	REVELYN LORENZO-MARCOS	PHILIPPINES	8:42.3
1500M (45 – 49)			
1	PALLAVI M. MOOG	INDIA	6:25.8
2	RENU K SIDHU	INDIA	6:36.0
3	JEYANTHI SINTRASAKERAN	PENANG MASTERS	6:44.0
4	ONG SU YIN	PENANG	6:44.8
5	WONG CHOY LAN	FITMA	7:30.6
6	CHOO MEI HUNG	PDRM VETERAN	7:36.6
7	LEGAH MEYYAPPAN	FITMA	7:57.0
8	VANDANA DONGRE	INDIA	7:59.9
1500M (50 – 54)			
1	CHUAH GUAT NA	LION MAS PENANG	6:43.6
2	ZUHARLINA ABU BAHARIN	MAKSWIP	6:51.2
3	TAMILSLVE PERIASAMY	FITMA	7:23.7
4	ARUNA RANJIT PATIL	INDIA	8:01.3
5	RAJANAYAGAM CHRISTABELL C	SRI LANKA	10:36.5

1500M (55 – 59)			
1	ROSE SIDAU	SAMAS	8:13.5
2	PASAM KOTESWARAMMA	INDIA	8:24.9
3	SAUSAH @BUAIRAH BINTI RAKIMIN	SAMAS	9:06.5
4	VIDYA RAMESH CHAVAN	INDIA	10:38.3
1500M (60 – 64)			
1	LIAN BEE HOON @ LIAN BEE FONG	KL MASTERS	6:50.5
2	GOH KIM HONG MAGGIE	SELANGOR MASTERS	7:06.3
3	ADENAH BINTI LOJUHUN	SAMAS	7:37.7
4	SITI FATIMAH	INDONESIA	8:18.5
1500M (65 – 69)			
1	CHIN YEE CHING	PERAK MASTERS	7:22.5
2	LINDA HO MING LEE	PDRM	7:29.5
3	JOUTI @ VIRONICA BINTI ELAU	SAMAS	7:51.3
4	WENDY SOO YUET PING	FITMA	7:46.2
1500M (75 – 79)			
1	T V LALITHAMMA	INDIA	14:15.8
2000M (35 – 39)			
1	NURUL AINI ABDUL RAHMAN	PERAK MASTERS	9:13.45
2	GURPREET KAUR	INDIA	9:31.26
2000M (40 – 44)			
1	MICHELE TAN BEE KIANG	SELANGOR MASTERS	8:13.32
2	VALLY MICHAEL	FITMA	8:38.81
3	MAILIN BINTI SALUNGIN	SAMAS	9:05.09
4	ERNI ULATNINGSIH	INDONESIA	9:34.78
5	RACHANA AMAR BADHE	INDIA	10:47.57
6	FATHIMAH IFFATH MOHAMED	KAWAN ATHLETICS	11:23.70
2000M (45 – 49)			
1	PALLAVI M MOOG	INDIA	9:09.36
2	ONG SU YIN	PENANG	9:10.07
3	RENU K SIDHU	INDIA	9:14.12
4	MAZLINA SHAFURA BT ABDULMANAP	MAKSWIP	9:58.25
5	WONG CHOY LAN	FITMA	10:21.99
6	SONAL RAJESH THAKARE	INDIA	11:14.98
7	VADANA DONGRE	INDIA	11:26.82
8	FAZEELA BINTI M. HAIRI	PERAK MASTERS	11:52.80
2000M (50 – 54)			
1	CHUAH GUAT NA	LION MAS PENANG	9:27.58
2	ZUHARLINA BT ABU BAHARIN	MAKSWIP	9:34.34
3	ARUNA RANJIT PATIL	INDIA	11:42.00
4	RAJANAYAGAM CHRISTABELL C	SRI LANKA	14:36.85
2000M (55 – 59)			
1	THERESA BINTI SIDAU	SAMAS	11:22.06
2	PASAM KOTESWARAMMA	INDIA	12:28.58
3	VIDYA RAMESH CHAVAN	INDIA	12:51.83
4	SAUSAH @ BUAIRAH BINTI RAKIMIN	SAMAS	13:29.55
2000M (60 – 64)			
1	GOH KIM HONG MAGGIE	SELANGOR MASTERS	9:34.34
2	SITI FATIMAH	INDONESIA	10:51.46
3	TAN TECK BEE	SELANGOR MASTERS	12:21.56

4	TAN LOON SIM	PERAK MASTERS	12:43.83
5	SINNAMAH GOLLA BANGARU	SELANGOR MASTERS	13:32.44
2000M (65 – 69)			
1	CHIN YEE CHING	PERAK MASTERS	10:13.38
2	JOUTI @ VIRONICA BINTI ELAU	SAMAS	10:58.94
3	WENDY SOO YUET PIN	FITMA	13:50.55
4	ZAINAH BINTI JAAFAR	PERAK MASTERS	15:14.26
2000M (70 – 74)			
1	KIMIH FLORENCE MONJITOL	SAMAS	14:01.92
2000M WALK (35 – 39)			
1	AZEERA ABDULLAH	SELANGOR MASTERS	13:44.6
2	CHAN CHOON HWA	LITTLE GRAPPY ACA	14:54.6
3	SUZANIRIHWATI ABD GHANI	SAMAS	17:12.8
4	MUHAINI ABD MANAN	PERAK MASTERS	18:02.1
2000M WALK (40 – 44)			
1	XUE MIAO JUAN	P R CHINA	11:59.0
2	RACHAN AMAR BADHE	INDIA	13:30.2
3	TEOH TIENG TIENG	LION MAS PENANG	14:58.3
4	HIMSHWETA AGRWAL	INDIA	16:55.1
5	THEMBERIPOLAGE CHRISHANI PF	SRI LANKA	18:35.5
2000M WALK (45 – 49)			
1	KALIAMMAH MANIAN	PERAK MASTERS	12:54.7
2	TIFFANY SOH BENG CHU	SELANGOR MASTERS	13:10.2
3	SONAL RAJESH THAKARE	INDIA	14:29.8
4	LEE MENG FONG	MALACCA MASTERS	15:02.7
5	LEGAH MEYYAPPAN	FITMA	15:37.0
6	SINDHU ACHUTHAN	INDIA	16:04.4
7	SRI WAHYUNI	INDONESIA	16:12.3
8	NURUL AZWA BINTI AHMAD	PERAK MASTERS	16:32.8
2000M WALK (50 – 54)			
1	RAJASHREE WANDREKER	INDIA	15:47.0
2	ARUNA RANJIT PATIL	INDIA	15:55.6
3	LEE SIEW KIM	LION MAS PENANG	16:24.1
4	ANDREA WALSH	THAILAND	18:18.1
5	NIRUPA DAMAYANTHI EDIRIWEERA	SRI LANKA	18:23.9
2000M WALK (55 – 59)			
1	CHAN YEN CHING	PDRM VETERAN	13:54.9
2	TAN GOEK HONG	LION MAS PENANG	15:07.9
3	PADAM KOTESWARAMMA	INDIA	16:24.2
4	HANSA HIMALI	SRI LANKA	16:33.8
5	VIDYA RAMESH	INDIA	17:39.6
6	P PRATIBHA RAJESH BHAI	INDIA	18:07.9
7	P VIJAYA NANJI	INDIA	18:38.8
8	SAROJA RANGAN	INDIA	19:07.8
2000M WALK (60 – 64)			
1	GOH KIM HONG MAGGIE	SELANGOR MASTERS	14:26.5
2	JOANNE FOO	PERAK MASTERS	14:56.9
3	TAN TECK HO	SELANGOR MASTERS	15:23.6
4	RAINEH @ TAMBIL BT SAWAN	SAMAS	15:26.4
5	BELINDA TING YEW KING	SELANGOR MASTERS	16:39.6
6	NISHA KANDPAL	INDIA	17:53.9
7	P MANJUBEN KANUBHAI	INDIA	18:21.9

8	SAROJA	INDIA	20:23.7
2000M WALK (65 – 69)			
1	JOUTI @ VIRONICA BINTI ELAU	SAMAS	14:32.8
2	LIM MEI LEE	PERAK	16:26.4
3	ZAINAH BINTI JAAFAR	PERAK MASTERS	17:09.2
4	WENDY SOO YUET PING	FITMA	18:02.2
5	SANGANA N PALPARIT	INDIA	20:05.1
6	DR. JEYA VELU	SELANGOR MASTERS	21:52.0
7	T S SUBBALAKSHMI	INDIA	22:51.3
8	USHA SHRIVASTAVA	INDIA	24:02.4
2000M WALK (70 – 74)			
1	LEE SHEW KENG	KL MASTERS	14:46.2
2	KIMIH FLORENCE MONJITOL	SAMAS	15:52.3
3	HIEW NYUK KYAU @ SUSANNA	SAMAS	17:09.2
4	NAGAMMAH VELLAISAMY	SELANGOR MASTERS	17:26.3
5	CHOO MUI KHENG, KATHERINE	SMA	18:03.6
6	TANG PUI LANG	SMA	21:53.0
2000M WALK (75 – 79)			
1	T V LALITHAMMA	INDIA	18:45.9
2000M WALK (80 – 84)			
1	LEM SEE TIAM	SMA	21:26.7
2	REWATI G OLOKHANDE	INDIA	21:28.5
100M H (35 – 39)			
1	UMI ILYANA BT KAMALUDIN	JOHOR MASTERS	19.7
2	SNEHA SHIVRAJ KUDALE	INDIA	22.1
3	THILAKA N P	INDIA	23.6
4	HORAWALA V ANUSHA LAKMALI	SRI LANKA	24.5
5	MUHAINI BT ABD MANAN	PERAK MASTERS	27.3
6	PINKI SAMAD	INDIA	45.2
7	SHOBHA MARDI	INDIA	49.7
LONG JUMP (35 – 39)			
1	CAROL AUGUSTINE	SAMAS	4.13M
2	ANA BT MOHZAN	SELANGOR MASTERS	4.08M
3	AZURA BT AHMAD	MAKSWIP	3.90M
4	SNEHA SHIRRAJ KUDALE	INDIA	3.73M
5	PRASADINI PERERA	SRI LANKA	3.66M
6	HORWALA V ANUSHA LAKMALI	SRI LANKA	3.36M
7	REDDY RAMA TULASI	INDIA	2.57M
LONG JUMP (40 – 44)			
1	LIEW MEI PING @ JESSY	SAMAS	4.55M
2	ESTER SALIMUN	SELANGOR	4.15M
3	ROHAINAH BT WAHAB	MALACCA MASTERS	3.96M
4	RUZINA BT ELUK	SAMAS	3.93M
5	DR LAILATUL MOHAINY BT MOHD	PERAK MASTERS	3.90M
6	DISSANAYAKA MN GAYATHRI	SRI LANKA	3.88M
7	ANGELINE JUMPO	SAMAS	3.61M
8	W S ANUTHTHARA ESANDI	SRI LANKA	3.53M
LONG JUMP (45 – 49)			
1	REKHA DEY	INDIA	3.61M
2	ALMAWATI KASSIN	PERAK MASTERS	3.56M
3	WEERASINGHE KS SRI RANJAN	SRI LANKA	3.45M

4	NELLY BINTI MAIKAL	SAMAS	3.45M
5	VINODHINI CHINNASWAMY	INDIA	3.12M
6	ELVITIGALA CHANDIMA SHYAMALI	SRI LANKA	2.84M
7	BINDUMOL GANESH	INDIA	2.07M
8	GELY GEORGE	INDIA	2.07M
LONG JUMP (50 – 54)			
1	MARTA BASA BINTI LOKMAN	LABUAN MASTERS	4.23M
2	SAVITHRI KUMARIHAMI WEERAKOON	SRI LANKA	3.67M
3	NIRMALA PRAMOD	INDIA	3.50M
4	CHHAYA JANBANDHU	INDIA	3,10M
LONG JUMP (55 – 59)			
1	PRIYANKA PRIYAKANTHI KODIKARA	SRI LANKA	3.49M
2	DR WONG NGAN LING	MAKSWIP	3.30M
3	THERESA BINTI SIDAU	SAMAS	3.30M
4	MARGARET PETRUS	SAMAS	3.29M
5	JOMYTA BINTI ELON	SAMAS	3.14M
LONG JUMP (60 – 64)			
1	JULIANA GUMPIL	SAMAS	4.21M
LONG JUMP (65 – 69)			
1	LUCY YONG	SAMAS	3.14M
2	ZUBAIDAH BT ZAKARIA	JOHOR MASTERS	2.39M
3	SAMSIAH @ SHAMSIAH BT MOHD Y	SAMAS	1.86M
LONG JUMP (70 – 74)			
1	GLADYS PAIS	INDIA	2.84M
2	CHRISTINA JENTUNIS LABANJING	SAMAS	1.38M
LONG JUMP (75 – 79)			
1	MARGARETHA ARITONANG	INDONESIA	1.60M
HIGH JUMP (35 – 39)			
1	JOYCE LIM CHUEN SHIN	MALACCA MASTERS	1.25M
2	UMI LIYANA BT KAMALUDIN	JOHOR MASTERS	1.25M
3	SNEHA SHIVRAJ	INDIA	1.10M
4	SANGEETHA SUNDARA MOORTHY	KL MASTERS	1.00M
HIGH JUMP (40 – 44)			
1	LIEW MEI PING @ JESSY	SAMAS	1.30M
2	ROHAINAH WAHAB	MALACCA MASTERS	1.20M
3	LEE LEE CHENG	FOON YEW SCH JOHOR	1.15M
4	RENU ANAND ANANTHAN	KL MASTERS	1.10M
5	ANGELINE JUMPO	SAMAS	1.00M
HIGH JUMP (45 - 49)			
1	AGAMPODIRE SUJITHA PRASANTHI	SRI LANKA	1.15M
2	TIFFANY SOH BENG CHU	SELANGOR MASTERS	1.15M
3	VINODHINI C	INDIA	1.15M
4	WALPOLA K I U MAYANI PRIYANGIKA	SRI LANKA	1.10M
5	ALIHAWATI HJ ALIAKBAR	BRUNEI	1.05M
HIGH JUMP (55 – 59)			
1	MARIANI BT MANAN	SAMAS	1.00M
2	SHARDA NAIDU	INDIA	0.90M
HIGH JUMP (60 – 64)			
1	JULIANA GUMPIL	SAMAS	1.15M

2	SUSAN LEONG	SMA	1.05M
3	BELINDA TING YEW KING	SELANGOR MASTERS	0.80M
HIGH JUMP (65 – 69)			
1	LAI YIN MEI	HONG KONG	1.10M
TRIPLE JUMP (35 – 39)			
1	SNEHA SHIVRAJ KUDALE	INDIA	8.68M
2	PRASADINI PERERA	SRI LANKA	8.11M
3	HORAWALA V ANUSHA LAKMALI	SRI LANKA	7.31M
4	HENG SHU XIA	SAMAS	6.24M
5	REDDY RAMA TULASI	INDIA	6.17M
6	SUZANIRIHWATI BT ABD GHANI	SAMAS	6.17M
TRIPLE JUMP (40 – 44)			
1	LIEW MEI PING @ JESSY	SAMAS	9.00M
2	DISSANAYAKA MN GAYATHRI	SRI LANKA	8.59M
3	ANGELINE JUMPO	SAMAS	7.25M
4	AHADIJAH MAGDALINA JOSEPH	SAMAS	6.87M
TRIPLE JUMP (45 – 49)			
1	AGAMPODIRE SUJITHA PRASANTHI	SRI LANKA	8.79M
2	ALMAWATI KASSIM	PERAK MASTERS	8.52M
3	REKHA DEY	INDIA	8.20M
TRIPLE JUMP (50 – 54)			
1	MARTA BASA BINTI LOKMAN	LABUAN MASTERS	8.10M
2	NIRMALA PRAMOD	INDIA	6.75M
3	CHHAYA JANBANDHU	INDIA	6.23M
4	SHOBHA P RATHOR	INDIA	5.33M
TRIPLE JUMP (55 – 59)			
1	THERESA BINTI SIDAU	SAMAS	6.93M
2	MARIANI BINTI MANAN	SAMAS	6.16M
3	MARGARET PETRUS	SAMAS	5.31M
TRIPLE JUMP (60 – 64)			
1	JULIANA GUMPIL	SAMAS	7.98M
2	SUSAN LEONG	SMA	6.73M
3	DORATHEA BINTI ANTHONY AMURU	SAMAS	4.26M
TRIPLE JUMP (65 – 69)			
1	LUCY YONG	SAMAS	6.53M
2	LEELAVATHI C HOGADY	INDIA	3.03M
TRIPLE JUMP (70 – 74)			
1	GLADYS PAIS	INDIA	6.39M
2	CHRISTINA JENTUNIS LABANJING	SAMAS	3.79M
TRIPLE JUMP (75 – 79)			
1	MARGARETHA ARITONANG	INDONESIA	4.35M
SHOT PUT (35 – 39)			
1	HENG SHU XIA	SAMAS	8.81M
2	PRIYALAKSHIMI MAHENTHIRA RAYER	PENANG MASTERS	6.81M
3	LIANA RAMLI	SELANGOR MASTERS	4.65M

SHOT PUT (40 – 44)			
1	NOORLEHA BT OMAR	DBKL	8.45M
2	SAMARASINGHE SHASHIKA R	SRI LANKA	8.28M
3	M K DECHAMMA	INDIA	8.03M
4	BANDARANAYAKA MH KUMARI	SRI LANKA	7.57M
5	ALISON CHEW SUK LING	SAMAS	7.03M
6	WEERAPULLIGE TS KUMARI	SRI LANKA	6.25M
7	ANSOPHIE NIEMAND	THAILAND	5.97M
8	NIRULATTA GOKALBAI BODA	INDIA	5.80M
SHOT PUT (45 – 49)			
1	ALINAWATI HJ ALIAKBAR	BRUNEI	8.46M
2	TIFFANY SOH BENG CHU	SELANGOR MASTERS	7.70M
3	NORAZIAH BT ABU ZARIN	MALACCA MASTERS	7.05M
4	CHAITALY MARDI	INDIA	6.23M
5	EMILY CLARICE JOANNES	MAKSWIP	6.03M
6	NALINA DEVI APPLANAIDU	PERAK MASTERS	6.00M
7	PADMAWATHY RAMUDU	KL MASTERS	5.51M
8	KAHAWATHUGEDARA MS MENUKA	SRI LANKA	5.37M
SHOT PUT (50 – 54)			
1	RICHA SOOD	INDIA	8.44M
2	CHAN NYET FUI	MALACCA MASTERS	7.90M
3	FESSY GEORGE	INDIA	7.25M
4	KUGANESWARI PALANIAPPAN	KL MASTERS	7.25M
5	ANITA AMBARSARI RIDWAN	INDONESIA	6.80M
6	DIRISALA LALITHA	INDIA	6.68M
7	LACHHABEN MASARI BHAI	INDIA	6.62M
8	CHHAYA JANBANDHU	INDIA	6.58M
SHOT PUT (55 – 59)			
1	ERINE SINUEL	SAMAS	7.92M
2	DIYAWADANAGE SS PRIYADARSHINI	SRI LANKA	7.34M
3	VASKEE R. VASUTHEVAN	KL MASTERS	7.18M
4	HEMA RAMJIBHAI SAGAR	INDIA	7.15M
5	TSEN CHEW MOI	LABUAN	7.13M
6	SUMATHY VIJAYALAKSHMI	INDIA	6.94M
7	P. VIJAYA NANJI	INDIA	6.53M
8	JESSIE MANJIN	SAMAS	6.48M
SHOT PUT (60 – 64)			
1	DORATHEA BINTI ANTHOMY AMURU	SAMAS	7.16M
2	PATRICIA YONG	SAMAS	6.62M
3	THERESLINE ASIRVATHAM	SELANGOR MASTERS	5.88M
4	B SANTHABEN SOMESWAR	INDIA	4.96M
SHOT PUT (65 – 69)			
1	N K SEETHAMMA	INDIA	7.63M
2	H M SUJATHA	INDIA	7.02M
3	WONG MEI YING, THERY	HONG KONG	6.78M
4	LAI YIN MEI	HONG KONG	6.72M
5	PIRIN BINTI BERANGIN	SAMAS	6.64M
6	NUR AISHAH ABDULLAH	SELANGOR MASTERS	6.14M
7	PUSHFA RAMASAMY	KL MASTERS	5.87M
8	TSE CECILIA WAH SAU	HONG KONG	5.65M
SHOT PUT (70 – 74)			
1	HELENA MAJALLANG	SAMAS	5.80M
2	REKHA SEN	INDIA	3.63M
3	SUNANDA BENNUR	INDIA	3.58M

4	VASANTHA CHELLAIAH	INDIA	3.43M
SHOT PUT (75 – 79)			
1	KAM AH BOAY @ KAM YUEH ENG	MALACCA MASTERS	6.20M
2	JULIA JACOB	INDONESIA	5.18M
3	AISHAH N. ABU BAKAR	MALACCA MASTERS	4.90M
SHOT PUT (80 – 84)			
1	JUMINAH WIRYO SUPARNO	INDONESIA	5.98M
DISCUS (35 – 39)			
1	YAP JENG TZAN	SELANGOR	42.15M
2	HENG SHU XIA	SAMAS	27.34M
3	MOK HUI LIN	FOON YEW SCH JOHOR	21.00M
4	KOTTAGE PRADEEPA LAKMALI	SRI LANKA	19.77M
5	MUHAINI BT ABD MANAN	PERAK MASTERS	17.57M
6	REDDY RAMA TULASI	INDIA	14.48M
DISCUS (40 – 44)			
1	SAMARASINGHE SHASHIKA R	SRI LANKA	21.88M
2	NIRULATTA GOKALBAI BODA	INDIA	19.89M
3	BANDARANAYAKA MH KUMARI	SRI LANKA	18.03M
4	ZAMZARINA BT MOHD	MAKSWIP	16.95M
5	ANSOPHIE NIEMAND	THAILAND	15.64M
6	WEERAPPULLIGE TS KUMARI	SRI LANKA	15.23M
7	M K DECHAMMA	INDIA	14.35M
DISCUS (45 – 49)			
1	TIFFANY SOH BENG CHU	SELANGOR MASTERS	19.58M
2	VINODHINI CHINNASWAMY	INDIA	19.56M
3	EMILY, CLARICE JOANNES	MAKSWIP	16.69M
4	NORAZIAH BT ABU ZARIN	MALACCA MASTERS	15.28M
5	KAHAWATHUGEDARA MS MENUKA	SRI LANKA	14.10M
6	CHAITALY MARDI	INDIA	12.00M
7	PADMAWATHY RAMUDU	KL MASTERS	11.60M
DISCUS (50 – 54)			
1	CHAN NYET FUI	MALACCA MASTERS	24.26M
2	RICHA SOOD	INDIA	21.83M
3	MARTA BASA BT LOKMAN	LABUAN MASTERS	18.44M
4	MELANIE JANE HALL	THAILAND	16.11M
5	LACHHABEN MASARI BHAI	INDIA	15.76M
6	SHIRANI WANIGASURIYA	SRI LANKA	15.65M
7	ANITA AMBARSARI RIDWAN	INDONESIA	15.21M
8	ANDREA WALSH	THAILAND	13.84M
DISCUS (55 – 59)			
1	DIYAWADANAGE SS PRIYADARSHANI	SRI LANKA	18.00M
2	SUMATHY VIJAYALAKSHMI	INDIA	17.69M
3	TSEN CHEW MOI	LABUAN	17.64M
4	MARIANI BT MANAN	SAMAS	17.32M
5	HEMA RAMJIBHAI SAGAR	INDIA	16.95M
6	JESSIE MANJIN	SAMAS	16.37M
7	P VIJAYA NANJI	INDIA	15.42M
8	JOMYTA BINTI ELON	SAMAS	12.32M
DISCUS (60 – 64)			
1	THERESLINE ASIRVATHAM	SELANGOR MASTERS	16.60M
2	PATRICIA YONG	SAMAS	15.40M
3	DORATHEA BINTI ANTHONY AMURU	SAMAS	14.56M

4	B SANTABEN SOMESWAR	INDIA	11.74M
5	MARIANA W. MOLIYUH	SAMAS	11.06M
DISCUS (65 – 69)			
1	N K SEETHAMMA	INDIA	17.55M
2	LAI YIN MEI	HONG KONG	17.44M
3	PIRIN BINTI BERANGIN	SAMAS	15.93M
4	H M SUJATHA	INDIA	15.75M
5	PUSHFA RAMASAMY	KL MASTERS	14.60M
6	WONG MEI YING, THERRY	HONG KONG	13.68M
7	HAJAH MARIAH METUSSIN	BRUNEI	13.25M
8	T S SUBBALAKSHMI	INDIA	12.44M
DISCUS (70 – 74)			
1	HELENA MAJALANG	SAMAS	12.17M
2	SUNANDA BENNUR	INDIA	8.89M
3	REKHA SEN	INDIA	8.50M
DISCUS (75 – 79)			
1	KAM AH BOAY @ KAM YUEH ENG	MALACCA MASTERS	15.31M
2	JULIA JACOB	INDONESIA	11.88M
3	AISHAH N. ABU BAKAR	MALACCA MASTERS	10.85M
DISCUS (80 – 84)			
1	JUMINAH WIRYO SUPARNO	INDONESIA	12.81M
2	VIJAYALAKSHMI PURUSHOTHAMAN	INDIA	11.13M
DISCUS (85 – 89)			
1	MARGARET LIM WEE LIEN	SELANGOR MASTERS	5.23M
JAVELIN (35 – 39)			
1	THILAKA N P	INDIA	24.19M
2	NURHIDAYU BT ALI	JOHOR	23.64M
3	KOTTAGE PRADEEPA LAKMALI	SRI LANKA	18.18M
4	HENG SHU XIA	SAMAS	16.70M
5	MUHAINI BINTI ABD MANAN	PERAK MASTERS	14.99M
6	SUZANIRIHWATI BT ABD GHANI	SAMAS	14.68M
7	REDDY RAMA TULASI	INDIA	12.52M
8	LIANA BT RAMLI	SELANGOR MASTERS	11.86M
JAVELIN (40 - 44)			
1	ANGELINE JUMPO	SAMAS	25.69M
2	WEERAPPULIGE TS KUMARI	SRI LANKA	22.85M
3	SAMARASINGHE SHASHIKA R	SRI LANKA	20.00M
4	ZAMZARINA BT MOHD	MAKSWIP	19.13M
5	M K DECHAMMA	INDIA	16.72M
6	THEMBERIPOLAGE CHRISHANI PF	SRI LANKA	15.78M
7	RENU ANAND ANANTHAN	KL MASTERS	13.91M
8	NIRULATTA GOKALBAI BODA	INDIA	13.76M
JAVELIN (45 - 49)			
1	ALINAWATI HAJ ALIAKBAR	BRUNEI	22.01M
2	CHAITALY MARDI	INDIA	20.28M
3	EMILY CLARICE JOANNES	MAKSWIP	18.66
4	KAHAWATHUGEDARA MS MENUKA	SRI LANKA	13.57M
JAVELIN (50 - 54)			
1	CHAN NYET FUI	MALACCA MASTERS	23.49M
2	FESSY GEORGE	INDIA	21.04M
3	LACHABEN MASAI BHAI	INDIA	18.44M

4	ANITA AMBARSARI RIDWAN	INDONESIA	14.53M
5	SHIRANI WANIGASURIYA	SRI LANKA	10.93M
6	SELVI RAMALINGAM	KL	8.87M
JAVELIN (55 - 59)			
1	DIYAWADANAGE SS PRIYADARSHANI	SRI LANKA	22.37M
2	VASKEE R. VASUTHEVAN	KL MASTERS	16.76M
3	TSEN CHEW MOI	LABUAN	14.41M
4	DR. WONG NGAN LING	MAKSWIP	13.91M
5	JESSIE MANJIN	SAMAS	13.41M
6	P VIJAYA NANJI	INDIA	12.46M
7	HEMA RAMJIBHAI SAGAR	INDIA	10.28M
8	THILAGESWARY RAMASAMY	SELANGOR MASTERS	8.79M
JAVELIN (60 - 64)			
1	TARNIA NEWENHAM	SMTFA	19.42M
2	PATRICIA YONG	SAMAS	14.21M
3	MARYEM JOINOL	SAMAS	13.64M
4	MORDIANA ABDULLAH	SAMAS	13.58M
5	B SANTABEN SOMEWAR	INDIA	11.07M
JAVELIN (65 - 69)			
1	N K SEETHAMMA	INDIA	15.74M
2	LAI YIN MEI	HONG KONG	15.13M
3	PIRIN BINTI BERANGIN	SAMAS	15.05M
4	PUSHFA RAMASAMY	KL MASTERS	13.54M
5	TSE CECILIA WAH SAU	HONG KONG	12.42M
6	HM SUJATHA	INDIA	11.90M
7	WONG MWI YING	HONG KONG	11.69M
8	HAJAH AMINAH HJ DAMIT	BRUNEI	10.41M
JAVELIN (70 - 74)			
1	HELENA MAJALANG	SAMAS	14.60M
2	VITHYAWATHY NAMADEVAN	FITMA	11.02M
3	SUNANDA BENNUR	INDIA	5.95M
4	REKHA SEN	INDIA	5.74M
JAVELIN (75 - 79)			
1	JULIA JACOB	INDONESIA	10.98M
2	KAM AH BOAY @ KAM YUEH ENG	MALACCA MASTERS	10.87M
3	AISHAH N. ABU BAKAR	MALACCA MASTERS	9.01M
JAVELIN (80 - 84)			
1	JUMINAH WIRYO SUPARNO	INDONESIA	10.83M
2	VIJAYALAKSHMI PURUSOTHAMAN	INDIA	7.90M
4 X 100M WOMEN (OPEN)			
1	SABAH MASTERS B		55.1
2	PERAK MASTERS		55.9
3	MAKSWIP		60.4
4	SELANGOR		61.2
5	INDIA		62.7
6	SABAH MASTERS C		63.1
7	SABAH MASTERS A		64.5
8	FOON YEW SCH JOHOR		64.9

4 X 400M WOMEN (OPEN)			
1	SABAH MASTERS B		5:11.0
2	MAKSWIP		5:36.4
3	FITMAATHLETIC ASS		5:44.4
4	SABAH MASTERS A		5:58.9
5	INDIA		6:00.1

S. SIVAPRAGASAM
PRESIDENT MMAA
18 OCTOBER 2024

**36TH MALAYSIAN INTERNATIONAL OPEN MASTERS ATHLETICS CHAMPIONSHIPS
12 – 13 OCTOBER 2024, KUALA LUMPUR
MEDAL TALLY**

NO	COUNTRY/STATE/CLUB	GOLD	SILVER	BRONZE
1	SABAH	61	30	32
2	INDIA	52	51	54
3	PERAK	28	21	16
4	SELANGOR	17	24	17
5	INDONESIA	16	8	8
6	SINGAPORE	12	11	8
7	SRI LANKA	11	14	9
8	MALACCA	7	8	12
9	KUALA LUMPUR	7	7	7
10	FITMA ATHLETIC CLUB	6	14	10
11	PENANG	6	10	3
12	JOHOR	5	5	2
13	MAKSWIP	4	9	7
14	LION MASTERS PENANG	4	4	4
15	DBKL	3	2	4
16	LABUAN	3	-	3
17	HONG KONG	2	5	2
18	THAILAND	2	4	4
19	PDRM	2	4	-
20	BRUNEI	2	2	1
21	HASIL KLSC MASTERS	2	1	1
22	IRELAND	2	-	-
23	PAKISTAN	1	2	3
24	NEW ZEALAND	1	1	1
25	TURKEYE	1	1	-
26	BNS TEAM	1	1	-
27	PDRM VETERAN	1	-	2
28	UZBEKISTAN	1	-	1
29	PHILIPPINES	1	-	1
30	P R CHINA	1	-	-
31	SARAWAK	1	-	-
32	SOUTH AFRICA	1	-	-
33	DUBAI, UAE	1	-	-
34	NEGERI SEMBILAN	-	2	2
35	FOON YEW SCHOOL JOHOR	-	-	5
36	KEDAH	-	-	1
37	PAHANG	-	-	1
38	LITTLE GRAPPY	-	-	1

**S. SIVAPRAGASAM, AMW
PRESIDENT MMAA
18 OCTOBER 2024**