



## 23<sup>RD</sup> AMA CHAMPIONSHIPS MEDAL WINNERS, 2025 :

### CHENNAI, TAMIL NADU, INDIA

Bil	Nama	Age	Event	Medal
1	<b>Juliana Gumpil</b>	W60	100m	Gold
			80mH	Gold
			LJ	Gold
			PV (new cr)	Gold
2	Erine Sinuel	W55	100m	Gold
			200m	Gold
			300mH	Gold
			80mH	Gold
3	Tarmizi Sandhu	M70	PV	Gold
			Javelin	Silver
			Discus	Bronze
4	Yusof Tungkob	M55	10K Run	Gold
			5000m	Bronze
5	Yogeswari Kathirveloo	W55	5000mW	Gold
6	<b>Thomas Kok</b>	M80	5000mW (new cr)	Gold
7	Ngit Yung Lee	W75	HJ	Gold
			Hammer	Silver
8	4 x 100m	W55		Gold
9	4 x 400m	W55		Gold
10	Mohd Salehen Mohd Noor	M55	HJ	Silver
11	Gunasaegaran Narasapan	M60	300mH	Silver
12	Krishnasamy Karuppiah	M65	Javelin	Silver
13	Margaret Petrus Lopus	W55	PV	Bronze

Gold : 15

Silver: 05 and 2 new championships records

Bronze: 03

**CONGRATULATIONS TO ALL OUR MASTER ATHLETES WHO WON MEDALS AND ALL WHO COMPETED IN THE 23<sup>RD</sup> AMAC!**

**MMAA COUNCIL  
NOVEMBER 2025**