

THOMAS KOK (BORN IN 1945)

THE GREAT MASTER ATHLETE



This master athlete is 81 years old, and has won 22 international gold medals in the walk events: 5000m walk, 10,000m walk, and 20 Km walk. He has won medals in the World and Asian masters athletics Championships and World Masters Games. His name has been listed in the ***Malaysian Book of Records*** for having won the most medals in the walk events. At our Malaysian International Masters Athletics Championships he has won gold medals in walk events in all age categories and has set numerous national records. He retired as a Principal of Anglo Chinese Government school. He continued his profession, and just retired as a Principal of, Ipoh Learning and Training Institute . He is a Life Member of MMAA.

We salute the great master athlete, Mr. THOMAS KOK !

Receiving special award from MMAA, presented by the Honorable Minister of Youth and Sports Malaysia - May 2024



Receiving special award from the President of MMAA for having won Gold Medal in the 23rd AMA Championships in India

