



**32<sup>nd</sup> MALAYSIAN INTERNATIONAL OPEN MASTERS  
ATHLETICS CHAMPIONSHIPS**

**RESULTS**

**13 – 14 OCTOBER 2018**

**UNIVERSITY MALAYA STADIUM**

**LEMBAH PANTAI, KUALA LUMPUR**

**ORGANISERS**

**MALAYSIAN MASTERS ATHLETIC ASSOCIATION**

**AND**

**SELANGOR MASTERS ATHLETIC ASSOCIATION**

## MEN

POSITION	NAME	COUNTRY/STATE	TIME / DIST / HEIGHT
100M ( M35 – 39 )			
1	KPL ILANGGO SUBRAMANIAM	PDRM	12.1S
2	ALDO KRIEL	HONG KONG	12.4S
3	GANDAPPA GORAKA K.	INDIA	12.5S
4	NASARUDIN BIN SUPIAN	KV TAIPING	12.6S
5	CYRIL MISONG	SABAH MASTERS	12.7S
6	AMIRUDDIN BIN ISHAK	KV TAIPING	12.8S
7	MOHD NIZAM HAMDAN	JOHOR MASTERS	12.9S
8	PRAHALAD KAIWART	INDIA	13.0S
100M ( M40 – 44 )			
1	MOHAMAD FATHI SAPIAN	JAB PENJARA	12.0S
2	MOHD RADZI PANJANG OMAR	JAB PENJARA	12.2S
3	MACIEJ PODHAJSKI	POLAND	12.5S
4	PACHARAPONG WAENPHET	THAILAND	12.8S
5	KPEETASAAK RODRAT	THAILAND	13.1S
6	JAYAN CHEEROTH V.	INDIA	13.2S
7	VIJAYASEKAR PARAMASIVAM	KL MASTERS	13.6S
8	NG WAI KIT	PERAK MASTERS	14.5S
100M ( M45 – 49 )			
1	MICK WONG	HONG KONG	12.0S
2	HAMZAH BIN ABDUL KARIM	KV TAIPING	12.4S
3	HJ SHAHRIL HJ AHMAD	BRUNEI	12.8S
4	ROHAIZI BIN RASTAM	SELANGOR	12.9S
5	KIAW YIN VON	SABAH MASTERS	13.4S
6	INSP ZULKANAIN JOHARI	PDRM	13.4S
7	MUNIANDY ARUMUGAM	NS MASTERS	13.9S
8	ASNI BIN TAHIR	KV TAIPING	16.6S
100M ( M50 – 54 )			
1	THOMAS DEREK POWER	HONG KONG	13.1S
2	PRAKASH KUMAR GARNAIK	INDIA	13.5S
3	MOHD HASNI HUSSIN	MALACCA MASTERS	13.6S
4	KPL MUHAMAD KHAIRI SHAHABUDIN	PDRM	14.0S
5	NYOW BOO KEONG	TERENGGANU	14.4S
6	CHANDRAN PALIDIAN	NS MASTERS	16.4S
100M ( M55 – 59 )			
1	AGUS DWI RAHARDJO	INDONESIA	13.8S
2	MOHAMMED FAUZ	INDIA	14.3S
3	LEE TING CHEONG	PERAK MASTERS	14.9S
4	MUSTAFA BIN IBRAHIM	SINGAPORE	15.4S
5	DAIM GAYAM	SABAH MASTERS	15.8S
100M ( M60 – 64 )			

1	RAMLAN GODDOS	SABAH MASTERS	13.4S
2	CHARLIE LEE @ LEE EN WUI	SABAH MASTERS	13.7S
3	JARAYUT MUANGMEE	THAILAND	13.8S
4	BUDIN ANAK MERINGGAI	BRUNEI	15.0S
5	TAJUL ARIFFIN AWANG MOHD	SABAH MASTERS	15.7S
6	APLAIDOO PAMA NAYADOO	KL MASTERS	15.9S
7	THIRUVENKATAM BALAN	INDIA	16.0S
100M ( M65 – 69 )			
1	SOMSAK MONGKOLPITAK	THAILAND	14.0S
2	FUNG KONG @ ANTHONY FAK	SABAH MASTERS	14.6S
3	FRANCIS GOH FUNG SENG	SARAWAK	15.0S
4	ABDUL MULOK AWG DAMIT	LABUAN	15.1S
5	HJ MOHD SAFRI HJ MUDIN	BRUNEI	15.3S
6	UMAR @ YUMAN BIN SIKIN	SABAH MASTERS	15.6S
7	ABDUL SALAM	SINGAPORE	15.9S
8	SENGOLE ARULSAMY	INDIA	17.2S
9	DORESWAMYCHARI G.	INDIA	17.5S
100M ( M70 – 74 )			
1	THANESVARAN MALAVARAYAR	KL MASTERS	14.8S
2	VITALIS HERMAN	SABAH MASTERS	15.5S
3	NARUMIT SMUSENETO	THAILAND	16.1S
4	SAENGARUN MEEROSLUM	THAILAND	16.5S
5	DATUK SYED MOHAMMAD S. MURTAZA	PENANG	17.2S
6	THIRUNYANAM PALANISAMY	SELANGOR MASTERS	18.9S
7	GURUSHATHAPPA K	INDIA	20.0S
8	RAMASAMY KARRUPAYA	NS MASTERS	22.1S
100M ( M75 – 79 )			
1	SOH CHIN KOON	SINGAPORE	16.6S
2	ABDUL RAZAK ZAINUDDIN	PERAK MASTERS	17.1S
3	MANOON KAOWWISET	THAILAND	20.1S
100M ( M80 – 84 )			
1	CHAAMNONG KHAMENKETGAN	THAILAND	17.6S
2	KUKOOL CHAOWANA	THAILAND	25.6S
100M ( M85 – 89 )			
1	M. RAMASAMY	SELANGOR MASTERS	22.5S
100M ( M90 - 94 )			
2	PAN PHUTTASEN	THAILAND	20.6S
100M ( M95 – 99 )			
3	SAWANG JANPRAM	THAILAND	24.5S
200M ( M35 – 39 )			
1	KPL ILANGGO SUBRAMANIAM	PDRM	24.8S
2	GUNDAPPA GORAKA K	INDIA	25.1S
3	AMIRRUDDIN BIN ISHAK	KV TAIPING	25.3S
4	CYRIL MISONG	SABAH MASTERS	25.4S
5	NASARUDIN BIN SUPIAN	KV TAIPING	26.1S
6	PHICAPAT SUTHIN	THAILAND	27.8S

200M ( M40 – 44 )			
1	AUGUSTINO	SINGAPORE	25.2S
2	MOHAMAD FATHI SAPIAN	JAB PENJARA	25.6S
3	SITTICHCK AUNKAEW	THAILAND	25.7S
4	RAMIS K.D. RADA	KL	26.3S
5	JAYAN CHEEROTH	INDIA	26.5S
6	NG WAI KIT	PERAK MASTERS	24.6S
200M ( M45 – 49 )			
1	MICK WONG	HONG KONG	24.1S
2	KASIM BIN ABDUL RAHMAN	KV TAIPING	27.6S
3	ROHAIZI BIN RASTAM	SELANGOR	27.9S
4	MUNIANDY ARUMUGAM	NS MASTERS	29.3S
200M ( M50 – 54 )			
1	PRAKASH KUMAR GARNAIK	INDIA	27.9S
2	MOHD HASNI HUSSIN	MALACCA MASTERS	28.5S
3	N. GUNASAEGARAN	SELANGOR MASTERS	29.4S
4	JAMES WONG THIEN YIN	SABAH MASTERS	31.6S
5	SHANTARAM D. DHAMALE	INDIA	34.4S
200M ( M55 – 59 )			
1	AGUS DWI RAHARDJO	INDONESIA	29.2S
2	KUNASEGARAN MANIVELOO	SELANGOR	30.7S
3	DAIM GAYAM	SABAH MASTERS	31.5S
200M ( M60 – 64 )			
1	RAMLAN GODDOS	SABAH MASTERS	28.0S
2	BUDIN ANAK MERINGGAI	BRUNEI	31.1S
3	THIRUVENKATAM BALAN	INDIA	32.4S
4	VINCENT CHUA	SINGAPORE	32.8S
5	TAJUL ARIFFIN AWG MOHD	SABAH MASTERS	34.0S
200M ( M65 – 69 )			
1	SOMSAK MONGKOLPITAK	THAILAND	29.4S
2	FUNG KONG @ ANTHONY FK	SABAH MASTERS	30.9S
3	ABDUL SALAM	SINGAPORE	34.9S
4	CAETANO ASSUNCAO D'SILVA	INDIA	36.6S
5	SENGOLE ARULSAMY	INDIA	37.5S
6	DR. BHIM SAIN JHORAR	INDIA	48.0S
200M ( M70 – 74 )			
1	THANESVARAN MALAVARAYAR	KL MASTERS	30.4S
2	NARUMIT SMUSENETO	THAILAND	33.4S
3	GILBERT DIVANCY DALADIN	SABAH MASTERS	34.5S
4	SAENGARUN MEEROSLUM	THAILAND	35.1S
5	RAMASAMY KARRUPAYA	NS MASTERS	38.2S
200M ( M75 – 79 )			
1	HJ ARIFFIN ABDULLAH	BRUNEI	35.7S
2	ABDUL RAZAK ZAINUDDIN	PERAK MASTERS	36.6S
3	SOH CHIN KOON	SINGAPORE	37.8S

200M ( M80 – 84 )			
1	CHAMNONG KHAMENKETGAN	THAILAND	35.3S
2	KUKOOL CHAOWANA	THAILAND	97.5S
400M ( M35 – 39 )			
1	AMIRRUDDIN BIN ISHAK	KV TAIPING	56.8S
2	CYRIL MISONG	SABAH MASTERS	58.6S
3	GUNDAPPA GORAKA K	INDIA	62.0S
4	GANESH MANOHAR P	INDIA	68.0S
5	PRADEEP JITLAK SHAHARE	INDIA	74.4S
400M ( M40 – 44 )			
1	HESHMATOLLAH SARLAK	IRAN	55.8S
2	SITTICHCK AUNKAEW	THAILAND	56.8S
3	AUGUSTINO	SINGAPORE	57.3S
4	JAYAN CHEEROTH V	INDIA	60.3S
5	VICTOR SELVARAJAH S	PERAK MASTERS	61.7S
6	PREEMADESA PEYADESA	PENANG	64.3S
7	SARAVANAN RAMANAIDU	PERAK MASTERS	83.8S
400M ( M45 – 49 )			
1	MICK WONG	HONG KONG	53.1S
2	CHOTE KAEWLAIAD	THAILAND	58.5S
3	THANA RAJAN VERASALAM	SINGAPORE	59.9S
4	REDZUAN B. ABDUL RAHMAN	KV TAIPING	61.0S
5	AZIZAN B. ZAMHARI	KV TAIPING	62.3S
6	KASIM B. ABDUL RAHMAN	KV TAIPING	66.9S
7	SUPAP BOURPOON	THAILAND	67.6S
400M ( M50 – 54 )			
1	SHAMRY MOHD ALI	SABAH MASTERS	63.4S
2	ASP WISWANNADAN A	PDRM	69.8S
3	ARUN SINGH	INDIA	69.9S
4	R. SUPARAMANIAM	SELANGOR MASTERS	71.4S
5	JAMES WONG THIEN YIN	SABAH MASTERS	75.1S
400M ( M55 – 59 )			
1	HARIDAS K.V. RAMASAMY	PERAK MASTERS	62.9S
2	SJN SAHAR ASMUNI	PDRM	64.0S
3	KUNASEGARAN MANIVELOO	SELANGOR	70,2S
4	DAIM GAYAM	SABAH MASTERS	76.2S
5	MARZNI MURNEY ABDULLAH	BRUNEI	78.2S
400M ( M60 – 64 )			
1	RAMLAN GODDOS	SABAH MASTERS	71.7S
2	VINCENT CHUA	SINGAPORE	76.0S
3	THIRUVENKATAM BALAN	INDIA	83.8S
400M ( M65 – 69 )			
1	CHENG HUA JU	SINGAPORE	79.6S

2	VADIVELU SUPPIAH	SINGAPORE	83.5S
3	CAETANO ASSUNCAO D'SILVA	INDIA	89.0S
4	AP NADAN	SINGAPORE	92.2S
5	SENGOLE ARULSAM Y	INDIA	100.4S
400M ( M70 – 74 )			
1	THANESVARAN MALAVARAYAR	KL MASTERS	74.4S
2	NARUMIT SMUSENETO	THAILAND	80.1S
3	GILBERT DIVANCY DALADIN	SABAH MASTERS	89.7S
4	MUNIANDY SIN NIAH	SELANGOR MASTERS	91.5S
5	RAMASAMY KARRUPAYA	NS MASTERS	93.1S
400M ( M75 – 79 )			
1	HJ ARIFFIN ABDULLAH	BRUNEI	82.6S
2	SIDIN BIN WASIM	SABAH MASTERS	86.3S
3	ABDUL RAZAK ZAINUDDIN	PERAK MASTERS	
400M ( M80 – 84 )			
1	CHAAMNONG KHAMENKETGAN	THAILAND	90.0S
2	MADA KUNNAYYA	INDIA	109.1S
3	KUKOOL CHAOWANA	THAILAND	195.5S
400M ( M85 – 89 )			
1	KOR HONG FATT	SINGAPORE	131.8S
2	L. PUSHPANATHAN	PERAK	160.6S
800M ( M35 – 39 )			
1	SARAVANAN ELAGAMUROM	PERAK MASTERS	2:10.1
2	MUHAMMAD FADHIL ABDULLAH	KV TAIPING	2:24.5
3	SASIKUMAR KATHAMUTHU	PERAK MASTERS	2:30.3
800M ( M40 – 44 )			
1	HESHMATOLLAH SARLAK	IRAN	2:11.6
2	SJN SHAHARUDIN HASHIM	PDRM	2:12.0
3	SITTICHCK AUNKA EW	THAILAND	2:20.1
4	CHARAN PAENCHATRI	THAILAND	2:22.7
5	PREEMADESA PEYADESA	PENANG	2:25.5
6	USRI BIN WAHI	KV TAIPING	2:38.7
800M ( M45 – 49 )			
1	CHOTE KAEWLAIAD	THAILAND	2:35.5
2	REDZUAN BIN ABDUL RAZAK	KV TAIPING	2:36.6
3	THANA RAJAN VERASALAM	SINGAPORE	2:36.8
4	MUNIANDY ARUMUGAM	NS MASTERS	3:15.4
800M ( M50 – 54 )			
1	THANARAJ KRISHNAN PERUMAL	PERAK MASTERS	2:32.0
2	SHANMUGANATHAN R	PERAK MASTERS	2:32.8
3	B. M. SRINIVASA	INDIA	2:41.3
4	MUNIRATNAIAH	INDIA	2:50.3
5	RATTAN SINGH PRITAM SINGH	PERAK MASTERS	2:56.1
6	LAURENCE SEBASTIAN	SELANGOR	2:59.6
7	ASP WISWANNADAN A	PDRM	3:18.9

800M ( M55 – 59 )			
1	SJN SAHAR ASMUNI	PDRM	2:33.0
2	MARZNI MURNEY ABDULLAH	BRUNEI	2:44.9
3	MOHAN SINGH ARYA	INDIA	3:04.8
800M ( M60 – 64 )			
1	DATUK SERI (DR) V. PULAINTHIRAN	SELANGOR	2:39.3
2	KASEM WONG SOMBOON	THAILAND	2:42.2
3	GOH KIEN LOONG	PAHANG MASTERS	3:07.0
4	LAKSHMAN RAO SALAKI	INDIA	3:15.0
5	TAN CHOON SEANG	KL MASTERS	3:30.2
6	DODDAIAH SIDDASHETTYI	INDIA	3:44.6
800M ( M65 – 69 )			
1	SURIYA WINGPRAWAT	THAILAND	2:39.1
2	VADIVELU SUPPIAH	SINGAPORE	3:07.5
3	CHENG HUA JU	SINGAPORE	3:11.9
800M ( M70 – 74 )			
1	GERARD O'REILLY	IRELAND	2:57.7
2	THANESVARAN MALAVARAYAR	KL MASTERS	3:22.6
3	MUNIANDY SINNIH	SELANGOR MASTERS	3:25.1
800M ( M75 – 79 )			
1	SIDIN BIN WASIM	SABAH MASTERS	3:22.1
2	HJ ARIFFIN ABDULLAH	BRUNEI	3:40.9
3	HAN SIEW KWONG	LABUAN	5:39.1
800M ( M80 – 84 )			
1	CHAAMNONG KHAMENKETGAN	THAILAND	3:53.7
2	MADA KUNNAYA	INDIA	4:25.4
800M ( M85 – 89 )			
1	KOR HONG FATT	SINGAPORE	5:20.6
1500M ( M35 – 39 )			
1	SARAVANAN ELAGAMUROM	PERAK MASTERS	4:33.9
2	SASIKUMAR KATHAMUTHU	PERAK MASTERS	4:59.8
3	MUHAMMAD FADHIL ABDULLAH	KV TAIPING	5:07.5
4	SUPPAWUI SRIRAWI	THAILAND	5:19.8
5	MEYYAPPA MANICKAM	SELANGOR MASTERS	6:02.7
1500M ( M40 – 44 )			
1	MOHAMMAD BAIDIEIGOLMAKANI	IRAN	4:20.9
2	SANMUGANATHAN N	PENANG	4:39.0
3	USRI BIN WAHI	KV TAIPING	5:03.2
4	CHARAN PAENCHATRI	THAILAND	5:06.7
5	YAP YIK YEE	SELANGOR MASTERS	6:10.6
1500M ( M45 – 49 )			
1	THANA RAJAN VERASALAM	SINGAPORE	5:17.8
2	VENKATESH MAQDDER T	INDIA	5:18.3
3	REDZUAN ABDUL RAHMAN	KV TAIPING	5:45.2

1500M ( M50 – 54 )			
1	THANARAJ KRISHNAN	PERAK MASTERS	5:10.2
2	SANTHERAN VELOO	PERAK	5:13.4
3	LEONG BEE VOON	PDRM	5:17.7
4	SHANMUGANATHAN R	PERAK MASTERS	5:22.2
5	ZULKIFLY BIN MAN	KV TAIPING	5:32.7
6	B.M. SRINIVASA	INDIA	5:38.4
7	MUNIRATNAIAH	INDIA	5:55.5
8	SURESH B.H.	INDIA	6:23.0
9	PRADEEP LAMBA	INDIA	6:46.1
10	GURUVINDER SINGH	INDIA	7:06.3
1500M ( M55 – 59 )			
1	MARZNI MURNEY ABDULLAH	BRUNEI	5:54.7
2	MOHAN SINGH ARYA	INDIA	6:19.5
3	HUSIN FATEH DIN	SELANGOR MASTERS	6:45.4
4	SHATRUGHAN D. THORAT	INDIA	10:53.0
1500M ( M60 – 64 )			
1	DATUK SERI (DR) V. PULAINTHIRAN	SELANGOR	5:33.3
2	KASEM WONGSOMBOON	THAILAND	5:38.5
3	CATUR ALI PURNAMA	INDONESIA	6:07.7
4	SIDDALINGESH M.SADASHIVA	INDIA	6:22.3
5	LAKSHMAN RAO SALAKI	INDIA	6:34.0
6	GOH KIEN LOONG	PAHANG MASTERS	6:52.9
7	DODDAIAH SIDDASHETTYI	INDIA	7:59.9
1500M ( M65 – 69 )			
1	SURIYA WINGPRAWAT	THAILAND	5:42.0
2	SAMUTHARAPANDIAN P	PERAK MASTERS	7:04.9
3	YUSOFF KHAN	SINGAPORE	7:18.4
4	SOMASUNDARAM	INDIA	8:14.3
1500M ( M70 – 74 )			
1	GERARD O'REILLY	IRELAND	6:07.3
2	MUNIANDY SINNIH	SELANGOR MASTERS	7:23.1
3	MURUGESU SINNATHEVAR	PERAK MASTERS	8:04.0
1500M ( M75 – 79 )			
1	SIDIN BIN WASIM	SABAH MASTERS	7:03.1
2	HAN SIEW KWONG	LABUAN	11:53.3
1500M ( M80 – 84 )			
1	MADA KUNNAYYA	INDIA	9:36.6
1500M ( M85 – 89 )			
1	KOR HONG FATT	SINGAPORE	11:17.3
5000M ( M35 – 39 )			
1	SARAVANAN ELAGAMUROM	PERAK MASTERS	18:54.1
2	SASIKUMAR KATHAMUTHU	PERAK MASTERS	19:10.2
3	SUPPAWUI SRIRAWI	THAILAND	20:20.9



4	MUHAMMAD FADHIL ABDULLAH	KV TAIPING	20:58.9
5	MEYYAPPA MANICKAM	SELANGOR MASTERS	23:29.9
5000M ( M40 – 44 )			
1	MUHAMMAD BADIEIGOLMAKANI	IRAN	16:44.2
2	SANMUGANATHAN N	PENANG	17:39.2
3	USRI BIN WAHI	KV TAIPING	19:27.8
4	YAP YIK YEE	SELANGOR MASTERS	25:07.0
5	JEONG WAN JUN	S. KOREA	32:20.2
5000M ( M45 – 49 )			
1	VENKATESH MAQDDER	INDIA	20:14.3
2	ANPALAGAN SITHAMBARAN	PERAK MASTERS	22:28.3
5000M ( M50 – 54 )			
1	LEONG BEE VOON	PDRM	20:34.8
2	SANTHERAN VELOO	PERAK	20:44.2
3	SHANMUGANATHAN R	PERAK MASTERS	21:19.2
4	ZULKIFLY BIN MAN	KV TAIPING	22:06.5
5	TAN SENG HEE	MALACCA	22:43.5
6	LOONG WENG ONN	KL	23:13.7
7	B. M. SRINIVASA	INDIA	24:09.02
8	SJN MOHD ZAINI HARUN	PDRM	25:49.0
9	PRADEEP LAMBA	INDIA	26:57.0
10	GURVINDER SINGH	INDIA	28:42.6
5000M ( M55 – 59 )			
1	KANESEN SUNNAMUTHU	PERAK MASTERS	24:11.0
2	MOHAN SINGH ARYA	INDIA	25:06.5
3	K. RAJENDIAN	SINGAPORE	27:42.6
5000M ( 60 – 64 )			
1	DATUK SERI (DR) V. PULAINTHIRAN	SELANGOR	23:19.6
2	SIDDALINGESH M. SADASHIVA M	INDIA	24:26.2
3	LAKSHMAN RAO SALAKI	INDIA	24:31.3
4	TAN CHOON SEANG	KL MASTERS	26:51.6
5	THARMALINGAM KODDAIAN	PERAK MASTERS	31:05.2
5000M ( M65 – 69 )			
1	SAMUTHARAPANDIAN P	PERAK MASTERS	25:25.7
2	YUSOFF KHAN	SINGAPORE	26:51.9
5000M ( M70 – 74 )			
1	FOO CHEE JIN	SINGAPORE	25:56.5
2	JIKUT JULIUS KOMUNING	SABAH MASTERS	27:56.7
3	MURUGESU SINNATHEVAR	PERAK MASTERS	29:36.8
5000M ( M75 – 79 )			
1	SIDIN BIN WASIM	SABAH MASTERS	27:34.1
2	HAN SIEW KWONG	LABUAN	40:34.4
5000M ( M85 – 89 )			
1	KOR HONG FATT	SINGAPORE	44:22.1
110M H ( M35 – 39 )			

1	KOSIN KAEWJAN	THAILAND	22.2S
2	MOHD AZMEER AMARULLAH	SELANGOR	35.5S
110M H ( M40 – 44 )			
1	KPEETASAAK RODRAT	THAILAND	19.4S
2	SANTOSH KUMAR PADHAN	INDIA	20.7S
3	AIRUL SYAFIE DOLAIZ	JOHOR MASTERS	30.38S
110M H ( M45 – 49 )			
1	ASNI BIN TAHIR	KV TAIPING	20.9S
2	DEBENDRA KUMAR BEHURA	INDIA	24.40S
3	DSP HARIPAN AHMAT	PDRM	28.3S
100M H ( M50 – 54 )			
1	SHAMRY MOHD ALI	SABAH MASTERS	16.3S
2	MOHD HASNI HUSSIN	MALACCA MASTERS	18.8S
100M H ( M55 – 59 )			
1	AGUS DWI RAHARDJO	INDONESIA	19.7S
2	MUSTAFA BIN IBRAHIM	SINGAPORE	21.1S
3	MAHADEV PRAJAPATI	INDIA	21.2S
4	MOHAMAD FAUZI AHMAD	PDRM	23.0S
100M H ( M60 – 64 )			
1	ALIUDIN JUMAAT	SABAH MASTERS	17.5
2	AB MALEK BIN TAIB	NS MASTERS	20.7
3	CHOO WAI KIN	KL MASTERS	30.1
5000M WALK ( M35 – 39 )			
1	MOHD AZMEER AMARULLAH	SELANGOR	37:42.6
5000M WALK ( M40 – 44 )			
1	TAN CHEE LEONG	PENANG	25:43.5
2	NILESH GANPAT MHASKAR	INDIA	35:52.9
5000M WALK ( M45 – 49 )			
1	G. SURESH KUMAR	KL MASTERS	30:07.5
2	KPL ZULKERNAIN MD ZAWAWI	PDRM	34:56.4
3	SUPAP BOURPOON	THAILAND	36:34.4
4	SUKHRAJ SINGH DHILLON	PENANG	36:48.9
5	RAJA MADALIAH	INDIA	42:06.7
6	DAUD MOHD JENI	JOHOR MASTERS	42:31.8
7	SURESH M. CHANDRA G	INDIA	46:48.5
5000M WALK ( M50 – 54 )			
1	GHLAMREZA ZAERI	IRAN	29:17.7
2	SJN MOHD ZAINI HARUN	PDRM	31:30.8
3	SJN JAYAPAL KUPPUSAMY	PDRM	33:18.5
4	MUNIRATNAIAH	INDIA	33:23.2
5	AIMAN CHEAH TIONG CHAP	SELANGOR MASTERS	35:47.6
6	GURVINDER SINGH	INDIA	39:13.4
5000M WALK ( M55 – 59 )			
1	LUIS ABADIAS	SPAIN	27:46.7

2	K. RAJENDIAN	SINGAPORE	32:44.0
3	NAGABHUSHANA D	INDIA	33:22.0
4	KANESEN SUNNAMUTHU	PERAK MASTERS	33:55.5
5	SJN AZMI HAMAT	PDRM	34:27.5
6	GURUSAMY SUBRAMANIAM	PERAK MASTERS	35:57.8
7	SARAMAN SINGH NOCK SINGH	PERAK MASTERS	35:58.4
5000M WALK ( M60 – 64 )			
1	APLAIDOO PAMA NAYADOO	KL MASTERS	34:18.0
2	ELANGO VAN SITHIRAM S.	KL MASTERS	34:42.2
3	TAN CLACE SEBASTIAN	PDRM	34:52.9
4	RAIEI BIN MAHIDIN	SELANGOR MASTERS	36:30.4
5	THARMALINGAM KODDAIAN	PERAK MASTERS	36:57.5
6	LAKSHMAN RAO SALAKI	INDIA	37:23.1
7	A. VENKATARAMAN	SELANGOR MASTERS	40:44.6
8	KALAI CHALVAN	SELANGOR MASTERS	43:28.1
5000M WALK ( M65 – 69 )			
1	S. SATHIYANESAN	SINGAPORE	35:05.5
2	M. MURUGAN	SELANGOR MASTERS	35:46.7
3	MOHAMED ARIFF TAR MOHD	KL MASTERS	37:49.7
4	DR. BHIM SAIN JHORAR	INDIA	38:36.9
5	KRISHNAN PICHEYMUTHU	NS MASTERS	43:14.6
6	R. SANGARAN KUTTY	SELANGOR MASTERS	47:14.8
5000M WALK ( M70 – 74 )			
1	THOMAS KOK	PERAK MASTERS	33:06.3
2	FOO CHEE JIN	SINGAPORE	33:07.1
3	YEO CHONG LAY	SINGAPORE	34:40.5
4	MANICKAM THAMBIAH	SELANGOR	39:26.9
5	KANNAN ARUMUGAM	SINGAPORE	39:41.9
6	S. VIMALASINGAM	SELANGOR MASTERS	39:42.8
5000M WALK ( M75 – 79 )			
1	S. SANTHIRA RAJAH	SELANGOR MASTERS	46:02.0
5000M WALK ( M80 – 84 )			
1	MADA KUNNAYYA	INDIA	39:43.6
2	JESMAIL SINGH	SELANGOR MASTERS	46:07.4
SHOT PUT ( M35 – 39 )			
1	KPL MOHAMMAD ANIZAM ADHA	PDRM	9.54M
2	MANIKANDAN M.	INDIA	9.08M
3	ARVIND LALWANI	SINGAPORE	7.62M
4	SORAPONG SUCHADA	THAILAND	6.09M
SHOT PUT ( M40 - 44 )			
1	LEE KIAN FEI	PERAK MASTERS	9.10M
2	ARUN K.R.	INDIA	8.88M
3	DSP RAJA FARUL IZWAN	PDRM	8.84M
4	WONG HOCK LOONG	SABAH MASTERS	8.60M
5	SIEW HANN WEN	SELANGOR MASTERS	7.80M
6	JEONG WAN JUN	S. KOREA	6.07M
7	JEONG WAI KI	S. KOREA	5.32M

SHOT PUT ( M45 – 49 )			
1	PG AZIZUL AKBAR HJ BADARUDDIN	BRUNEI	9.20M
2	GUMPANAT BORIBOON	THAILAND	8.96M
3	DR. RAMESHAPPA G	INDIA	8.39M
4	LIAW FUN MIN	MALACCA MASTERS	7.70M
5	RAYMOND CHAI NYAP LOONG	SABAH MASTERS	7.24M
SHOT PUT ( M50 – 54 )			
1	SJN ABD RAHIM ABD HAMID	PDRM	11.43M
2	DR. NARENDER SINGH	INDIA	10.22M
3	REZA FOTOHI ARDEKANI	SINGAPORE	07.53M
SHOT PUT ( M55 – 59 )			
1	CHUNG YUN KIONG	SABAH MASTERS	9.40M
2	N. JAYARAMAN	SELANGOR MASTERS	9.05M
3	BALKRISHNA SITARAM GURAV	INDIA	9.05M
4	AMPUAN KHFLI AMPUAN HJ DAMIT	BRUNEI	8.35M
5	RAMAWI BIN PALIL	SABAH MASTERS	8.33M
6	K. KRISHNASAMY	SELANGOR MASTERS	8.29M
7	B. BHASKER RAO	INDIA	7.47M
8	MOHAMAD ISA BIN JANTAN	SELANGOR MASTERS	7.07M
9	BASKARAN FRANCIS	PERAK MASTERS	6.27M
SHOT PUT ( M60 – 64 )			
1	CHARANJIT SINGH	INDIA	11.14M
2	WILLIAM NORMAN WHEATLEY	SABAH MASTERS	8.47M
3	SANIBAN BIN AMPILAH	SABAH MASTERS	8.42M
SHOT PUT ( M65 – 69 )			
1	RAJINDER SINGH	INDIA	9.25M
2	P. NADARAJAH	SELANGOR MASTERS	8.86M
3	HJ ZAINAL HJ NAMIT	BRUNEI	8.66M
4	NARAYAN NAIR SUNGONI NAIR	NS MASTERS	8.30M
5	RAMALINGAM V	SELANGOR MASTERS	8.20M
6	PILAH @ ONDOG KISANG	SABAH MASTERS	7.12M
SHOT PUT ( M70 – 74 )			
1	FARID GADELSHIN	UZBEKISTAN	8.85M
2	BALLA VENKATA RAMANAJANEYULU	INDIA	8.34M
3	SATYANARAYANA RAO G.	INDIA	8.28M
4	PIJANG BIN NYAWA	BRUNEI	7.66M
5	RAMADAS RAKATLA	INDIA	7.60M
6	GILBERT DIVANCY DALADIN	SABAH MASTERS	7.20M
7	GURUSHATHAPPA K	INDIA	5.65M
SHOT PUT ( M75 – 79 )			
1	MANOON KAOWWISET	THAILAND	7.04M
SHOT PUT ( M80 – 84 )			
1	LELLA VENKAT RAMA RAO	INDIA	7.01M
2	E. BALASINGAM	KL MASTERS	6.96M

3	KUKOOL CHAOWANA	THAILAND	5.55M
SHOT PUT ( M90 – 94 )			
1	PAN PHUTTASEN	THAILAND	8.09M
SHOT PUT ( M95 – 99 )			
1	SAWANG JANPRAM	THAILAND	4.74M
JAVELIN ( M35 – 39 )			
1	KPL MOHAMMAD ANIZAM ADHA	PDRM	40.32M
2	SARAPONG SUCHADA	THAILAND	23.07M
JAVELIN ( M40 – 44 )			
1	HAMID ASIABI	IRAN	39.37M
2	JOHN KONSOH SANGAU	SELANGOR	37.82M
3	LEE KIEN FEI	PERAK MASTERS	36.50M
4	BALU GANPAT CHAVAN	INDIA	35.82M
5	ERROL ODDIE BISAUN	SABAH MASTERS	35.59M
6	WONG HOCK LOONG	SABAH MASTERS	33.17M
7	SIEW HANN WEN	SELANGOR MASTERS	30.30M
8	JEONG WAN JUN	S. KOREA	15.16M
JAVELIN ( M45 – 49 )			
1	DR. RAMESHAPPA G	INDIA	33.23M
2	DSP HARIPAN AHMAD	PDRM	31.60M
3	DAUD MOHD JENI	JOHOR MASTERS	30.96M
4	LIEW FUN MIN	MALACCA MASTERS	29.63M
5	NIEZAM AB RAHMAN	MALACCA MASTERS	25.59M
JAVELIN ( M50 – 54 )			
1	ASP ZAINAL ARIFFIN	PDRM	34.36M
2	N. GUNA SAEGARAN	SELANGOR MASTERS	31.92M
3	REZA FOTOHI ARDEKANI	SINGAPORE	27.75M
JAVELIN ( M55 – 54 )			
1	MAHADEV PRAJAPATI	INDIA	38.45M
2	BALKRISHNA SITARAN GURAV	INDIA	34.80M
3	K. KRISHNASAMY	SELANGOR MASTERS	34.26M
4	PRASETYOADI	INDONESIA	33.98M
5	ASP ZAHAR RAHMAN	SELANGOR MASTERS	29.89M
6	DSP DR. VASU APPU	PDRM	25.00M
7	CHANDRAN THANGAYAH	SELANGOR MASTERS	19.99M
8	BASKARAN FRANCIS	PERAK MASTERS	17.68M
JAVELIN ( M60 – 64 )			
1	SANIBAN AMPILAH	SABAH MASTERS	33.54M
2	CHARANJIT SINGH	INDIA	25.43M
JAVELIN ( M65 – 69 )			
1	HJ ZAINAL HJ NAMIT	BRUNEI	43.30M
2	NAGARAJA RAO N.S.	INDIA	28.05M
3	PILAH @ ONDOG BIN KISANG	SABAH MASTERS	26.12M

4	P. NADARAJAH	SELANGOR MASTERS	25.69M
5	NARAYANAN NAIR SUNGONI NAIR	NS MASTERS	19.55M
JAVELIN ( M70 – 74 )			
1	MOHAMMAD MD IDRUS	PAHANG MASTERS	29.81M
2	BALLA VENAKATA RAMANAJANEYULU	INDIA	25.36M
3	FARID GADELSHIN	UZBEKISTAN	23.55M
4	RAMADAS RAKATLA	INDIA	21.89M
5	SATYANARAYANA RAO G.	INDIA	19.03M
6	PIJANG BIN NYAWA	BRUNEI	16.57M
JAVELIN ( M75 – 79 )			
1	SAMSRUAY SOONTHORVIPAT	THAILAND	31.83M
2	HJ HUSIN BIN SAFAR	SELANGOR MASTERS	6.51M
JAVELIN ( M80 – 84 )			
1	LELLA VENKAT RAMA RAO	INDIA	21.31M
2	JESMAIL SINGH	SELANGOR MASTERS	14.37M
3	BADIA ARITONANG	INDONESIA	12.57M
JAVELIN ( M90 – 94 )			
1	PAN PHUTTASEN	THAILAND	17.90M
JAVELIN ( M95 – 99 )			
1	SAWANG JANPRAM	THAILAND	13.59M
DISCUS ( M35 – 39 )			
1	MANIKANDAN M.	INDIA	29.46M
2	KPL MOHAMMAD ANIZAM ADHA	PDRM	27.59M
3	SORAPONG SUCHADA	THAILAND	16.22M
DISCUS ( M40 – 44 )			
1	ALOK PRADEEP KUMAR	INDIA	36.99M
2	ERROL ODDIE BISAUN	SABAH MASTERS	30.42M
3	LEE KIAN FEI	PERAK MASTERS	25.72M
4	SIEW HANN WEN	SELANGOR MASTERS	21.91M
5	BALU GANPAT CHAVAN	INDIA	20.61M
DISCUS ( M45 – 49 )			
1	LIAW FUN MIN	MALACCA MASTERS	24.54M
2	PG AZIZUL AKBAR	BRUNEI	23.47M
3	WONG SIU HOU	SABAH MASTERS	20.95M
4	GUMPANAT BORIBOON	THAILAND	20.84M
5	DR. RAMESHAPPA G.	INDIA	20.34M
DISCUS ( M50 – 54 )			
1	SJN ABD RAHIM ABD HAMID	PDRM	28.70M
2	REZA FOTOHI ARDEKANI	SINGAPORE	26.97M
3	IBRAHIM AB WAHAB	MALACCA MASTERS	26.52M
4	SHANTHARAN D. DHANALE	INDIA	25.61M
5	ARUN SINGH	INDIA	21.91M
6	BANDELA AJAY KUMAR	INDIA	14.27M

DISCUS ( 55 – 59 )			
1	AMPUAN KHFLI HJ DAMIT	BRUNEI	31.54M
2	BALKRISHNA SITARAM GURAV	INDIA	27.14M
3	ASP ZAHAR RAHMAN	SELANGOR MASTERS	26.93M
4	TAMIL CHELVAM	PERAK MASTERS	25.71M
5	K. KRISHNASAMY	SELANGOR MASTERS	25.53M
6	RAMAWI BIN PALIL	SABAH MASTERS	23.94M
7	DAVID WILLIAM	SABAH MASTERS	23.65M
8	N. JAYARAMAN	SELANGOR MASTERS	23.23M
9	PRASETYOADI	INDONESIA	21.03M
10	B. BHASKER RAO	INDIA	20.14M
11	SJN LOKMAN ABU BAKAR	PDRM	20.00M
12	SHATRUGHAN D. THORAT	INDIA	13.91M
DISCUS ( M60 – 64 )			
1	CHANRANJIT SINGH	INDIA	30.81M
2	SANIBAN BIN AMPILAH	SABAH MASTERS	23.26M
DISCUS ( M65 – 69 )			
1	P. NADARAJAH	SELANGOR MASTERS	32.43M
2	RAMALINGAM V	SELANGOR MASTERS	27.37M
3	NARAYAN NAIR SUNGONI NAIR	NS MASTERS	26.18M
4	RAJINDER SINGH	INDIA	25.73M
5	PILAH @ ONDOG BIN KISANG	SABAH MASTERS	24.08M
6	G.A. BANDARA	SRI LANKA	10.14M
DISCUS ( M70 – 74 )			
1	FARID GADELSHIN	UZBEKISTAN	33.11M
2	JIKUT JULIUS KOMUNING	SABAH MASTERS	27.30M
3	SATYANARAYANA RAO G.	INDIA	25.16M
4	BALLA VENAKATA RAMANAJANEYULU	INDIA	23.25M
5	PIJANG BIN NYAWA	BRUNEI	20.58M
6	SHEIKH KAMARUDDIN	SELANGOR MASTERS	18.90M
DISCUS ( M75 – 79 )			
1	SAMRUAY SOONTHORNVIPAT	THAILAND	25.49M
2	MANOON KAOWWISET	THAILAND	15.44M
3	SEBASTIAN SAM	SELANGOR MASTERS	12.44M
4	HJ HUSIN BIN SAFAR	SELANGOR MASTERS	7.08M
DISCUS ( M80 – 84 )			
1	LELLA VENKAT RAMA RAO	INDIA	18.50M
2	E. BALASINGAM	KL MASTERS	18.22M
3	JESMAIL SINGH	SELANGOR MASTERS	14.07M
4	BADIA ARITONANG	INDONESIA	13.28M
LONG JUMP ( M35 – 39 )			
1	PRAHALAD KAIWART	INDIA	5.35M
2	KOSIN KAEWJAN	THAILAND	5.05M
3	GANESH MANOHAR PRABHUKHOT	INDIA	4.52M

LONG JUMP ( M40 – 44 )			
1	NUTTAPONG MUKDASANIT	THAILAND	5.94M
2	MOHD RADZI PANJANG OMAR	JAB. PENJARA	5.59M
3	RAMIS K.D. RADA	KL	5.47M
4	SANTOSH KUMAR PADHAN	INDIA	5.47M
5	LARRY ANDANG	SABAH MASTERS	5.46M
6	CHARUDATTA WAMAN S.	INDIA	5.38M
7	PACHARAPONG WAENPHET	THAILAND	4.80M
8	AIRUL SYAFIE DOLAIZ	JOHOR MASTERS	4.79M
9	JEONG WAN JUN	S. KOREA	3.30M
10	JEONG WASI KI	S. KOREA	2.26M
LONG JUMP ( M45 – 49 )			
1	AUNNOP PROMHEET	THAILAND	5.37M
2	AZIZAN BIN ZAMHARI	KV TAIPING	5.30M
3	DEBENDRA KUMAR BEHURA	INDIA	5.00M
4	AMNAT SAKDADUANG	THAILAND	4.97M
5	INSP ZULKANAIN JOHARI	PDRM	4.46M
LONG JUMP ( M50 – 54 )			
1	JAFAR TIMBANG	JAB PENJARA	5.31M
2	PRAKASH KUMAR GARNAIK	INDIA	5.08M
3	LATIP BIN ANTONG	JAB PENJARA	5.05M
4	KITTI JITVRAT	THAILAND	4.85M
5	MOHD HASNI HUSSIN	MALACCA MASTERS	4.79M
LONG JUMP ( M55 – 59 )			
1	MOHAMMED FAUZ	INDIA	5.05M
2	MAHADEV PRAJAPATI	INDIA	4.43M
3	CHUN YUN KIONG	SABAH MASTERS	4.28M
LONG JUMP ( M60 – 64 )			
1	CHARLES LINGAM @ LINGGANG	SABAH MASTERS	4.54M
2	AB MALEK BIN TAIB	NS MASTERS	4.23M
3	CHOO WAI KIN	KL MASTERS	3.53M
4	TAJUL ARIFFIN AWANG MOHD	SABAH MASTERS	3.41M
5	CHARLIE LEE @ LEE E.W.	SABAH MASTERS	3.39M
6	DODDAIAH SIDDASHETTYI	INDIA	3.35M
7	RAIEI BIN MAHIDIN	SELANGOR MASTERS	3.03M
LONG JUMP ( M65 – 69 )			
1	BDOL MULOK AWG DAMIT	LABUAN	4.23M
2	HJ MOHD SAFRI HJ MUDIN	BRUNEI	4.14M
3	NAGARAJA RAO N.S	INDIA	3.78M
4	HJ ZAINAL HJ NAMIT	BRUNEI	3.76M
5	DORESWAMYCHARI G.	INDIA	3.52M
6	SOMASUNDARAM	INDIA	3.28M
LONG JUMP ( M70 – 74 )			
1	VITALIS HERMAN	SABAH MASTERS	3.89M
2	HJ ABD RANI HJ MATASAN	BRUNEI	3.79M
3	MOHAMED MD IDRUS	PAHANG MASTERS	3.39M
4	GURUSHATHAPPA K	INDIA	2.94M



5	RAMADAS RAKATLA	INDIA	2.63M
6	AFANDI BUANG	SINGAPORE	2.63M
LONG JUMP ( M75 – 79 )			
1	SOH CHIN KOON	SINGAPORE	2.98M
2	S. SANTHIRA RAJAH	SELANGOR MASTERS	2.41M
HIGH JUMP ( M35 – 39 )			
1	MOHD AZMEER AMARULLAH	SELANGOR	1.30M
HIGH JUMP ( M40 – 44 )			
1	CHARUDATTA WAMAN S	INDIA	1.55M
2	SANTOSH KUMAR PADHAN	INDIA	1.50M
3	HAMID ASIABI	IRAN	1.45M
HIGH JUMP ( M45 – 49 )			
1	AUNNOP PROMHEET	THAILAND	1.73M
2	LIAW YIN VON	SABAH MASTERS	1.45M
3	DSP HARIPAN AHMAD	PDRM	1.40M
4	LIAW FUN MIN	MALACCA MASTERS	1.20M
HIGH JUMP ( M50 – 54 )			
1	THANGAVEL T.M.	INDIA	1.60M
2	LATIP BIN ANTONG	JAB PENJARA	1.55M
3	IBRAHIM AB WAHAB	MALACCA MASTERS	1.45M
HIGH JUMP ( M55 – 59 )			
1	HOO YOON WAH	KL MASTERS	1.45M
2	AGUS DWI RAHARDJO	INDONESIA	1.35M
3	MUSTAFA IBRAHIM	SINGAPORE	1.30M
4	CHUNG YUN KIONG	SABAH MASTERS	1.20M
HIGH JUMP ( M60 – 64 )			
1	ALIUDIN JUMAAT	SABAH MASTERS	1.25M
2	CHOO WAI KIN	KL MASTERS	1.20M
3	AB MALEK BIN TAIB	NS MASTERS	1.20M
HIGH JUMP ( M65 – 69 )			
1	NAGARAJA RAO N.S.	INDIA	1.15M
2	SOMASUNDRAM	INDIA	1.15M
HIGH JUMP ( M70 – 74 )			
1	HJ ABD RANI HJ MATASAN	BRUNEI	1.10M
2	SATYANARAYANA RAO G	INDIA	0.75M
TRIPLE JUMP ( M35 – 99 )			
1	KOSIN KAEWJAN	THAILAND	10.31M
2	WASSIM RAFIAHMAD MULLA	INDIA	10.18M
3	GANESH MANOHAR PRABHUKHOT	INDIA	9.46M

TRIPLE JUMP ( M40 – 44 )			
1	NUTTAPONG MUKDASANIT	THAILAND	11.68M
2	SANTOSH KUMAR PADHAN	INDIA	11.62M
3	CHARUDATTA WAMAN S.	INDIA	11.43M
4	LARRY ANDANG	SABAH MASTERS	11.18M
5	AIRUL SYAFIE DOLAIZ	JOHOR MASTERS	10.40M
TRIPLE JUMP ( M45 – 49 )			
1	AZIZAN ZAMHARI	KV TAIPING	10.53M
2	DEBENDARA KUMAR BEHURA	INDIA	10.43M
3	AMNAT SAKDADUANG	THAILAND	10.15M
4	DR. RAMESHAPPA G	INDIA	08.64M
TRIPLE JUMP ( M50 – 54 )			
1	THANGAVEL T.M.	INDIA	10.96M
2	LATIF BIN ANTONG	JAB PENJARA	10.93M
3	KITTI JITVRAT	THAILAND	9.35M
TRIPLE JUMP ( M55 – 59 )			
1	MOHAMMAD FAUZ	INDIA	9.94M
2	MAHADEV PRAJAPATI	INDIA	8.93M
3	ABD MANAP IBRAHIM	MALACCA MASTERS	8.26M
4	SIRRAJUDDIN GHANI	PDRM	6.16M
TRIPLE JUMP ( M60 – 64 )			
1	CHARLES LINGGAN @ LINGGANG	SABAH MASTERS	9.45M
2	CHOO WAI KIN	KL MASTERS	7.04M
TRIPLE JUMP ( M65 – 69 )			
1	ABDOL MULO K AWG DAMIT	LABUAN	8.45M
2	DORESWAMYCHARI G.	INDIA	7.24M
3	SOMASUNDRAM	INDIA	6.70M
4	NAGARAJA RAO N.S.	INDIA	6.18M
TRIPLE JUMP ( M70 – 74 )			
1	HJ ABD RANI HJ MATASAN	BRUNEI	7.63M
2	VITALIS HERMAN	SABAH MASTERS	7.05M
3	MOHAMED MD IDRUS	PAHANG MASTERS	6.94M
4	GURUSHATHAPPA K	INDIA	6.33M
5	RAMADAS RAKATLA	INDIA	6.08M
TRIPLE JUMP ( M75 – 79 )			
1	HJ ARIFFIN ABDULLAH	BRUNEI	6.95M
4 X 100M OPEN (MEN)			
1	THAILAND "B"		48.45S
2	VOCATIONAL COLLEGE TAIPING		49.88S
3	JABATAN PENJARA MALAYSIA		49.88S
4	PDRM		51.77S
5	INDIA "D"		52.68S
6	INDIA "C"		55.28S
7	THAILAND "A"		56.61S

8	INDIA "A"		64.04S
9	INDIA "B"		73.27S
4 X 400M OPEN (MEN)			
1	THAILAND "B"		3:50.9
2	COLLEGE VOCATIONAL TAIPING		3:58.3S
3	THAILAND "A"		4:03.0S
4	SABAH		4:19.6s
5	INDIA "A"		4:54.9S

### WOMEN

100M ( W35 – 39 )			
1	KPL ROSJULIANEE MD YUSOFF	PDRM	14.1S
2	SHRUTIKA SACHIN MAHADIK	INDIA	15.8S
3	AFSHA JABEE	INDIA	16.0S
4	SUNITA BABRUWAN DIGULE	INDIA	16.1S
100M ( W40 – 44 )			
1	BERNICE LAU KAM MUN	SABAH MASTERS	14.5S
2	SHAHNAZ GODARZI	IRAN	14.9S
3	SHIRLEY WONG NIM SZE	HONG KONG	15.0S
4	NOR FAZILAH SOWTALI	SINGAPORE	15.1S
5	NUTTIYA SASANAPAP	THAILAND	15.4S
6	MARTA BASA LOKMAN	LABUAN	15.9S
7	PARIDA USMAN	LHDNM	16.4S
8	NURUL BARIYANA ARIFFIN	MALACCA MASTERS	19.4S
100M ( W45 – 49 )			
1	NUR ATIQA LILIA ABDULLAH	PDRM	15.4S
2	HEMALATA P. WAGH	INDIA	17.0S
3	TILAGAWATHY SUPRAMANIAM	PERAK MASTERS	21.2S
100M ( W50 – 54 )			
1	ERINE SINUEL	SABAH MASTERS	15.0S
2	SACHIE TOMONO	SELANGOR	16.1S
3	MONA SIGAR	INDONESIA	20.5S
4	USHARANI BALASINGAM	SELANGOR	21,9S
100M ( W55 – 59 )			
1	JULIANA GUMPIL	SABAH MASTERS	14.5S
2	MORDIANA ABDULLAH	SABAH MASTERS	15.5S
3	NORA SRI HAPSARI	INDONESIA	19.2S
4	JAYA TANTRY	INDIA	24.5S
100M ( W60 – 64 )			
1	SOMSANGA BOONNOK	THAILAND	15.5S
2	LUCY YONG	SABAH MASTERS	15.9S
3	NONGPHAENG SAEKAEW	THAILAND	20.6S
4	ZABIDAH ZAKARIA	JOHOR MASTERS	20.9S
100M ( W65 – 69 )			
1	SUMOL NUALCHANCHY	THAILAND	17.9S
2	CHRISTINA LABANJING	SABAH MASTERS	18.2S
3	LADDA MEEROSLUM	THAILAND	18.9S

4	SELAMAH BT ABAS	SELANGOR MASTERS	27.5
100M ( W70 – 74 )			
1	MARGARETHA ARITONANG	INDONESIA	26.6S
2	PITCHAY KANDASAMY	SINGAPORE	27.1S
3	AISHAH N. ABU BAKAR	MALACCA MASTERS	28.0S
100M ( W75 – 79 )			
1	ROSNI ABDULLAH	INDONESIA	22.7S
100M ( W85 – 89 )			
1	MARIETJE ELIZABETH ROREK	INDONESIA	20.0S
200M ( W35 – 39 )			
1	KPL ROSJULIANEE M. YUSOFF	PDRM	30.3S
2	WONG HUI YUEN	SINGAPORE	31.4S
3	NURUL IZZAH ABD KADER	LHDNM	33.7S
4	SUNITA BABRUWAN DIGULE	INDIA	40.7S
200M ( W40 – 44 )			
1	SHAHNAZ GODARZI	INDIA	30.5S
2	BERNICE LAU KAM MUN	SABAH MASTERS	31.4S
3	SHIRLEY WONG NIM SZE	HONG KONG	31.9S
4	PARIDA USMAN	LHDNM	33.9S
5	MARTA BASA LOKMAN	LABUAN	34.0S
6	SHALEY ROSEMARY	PERAK MASTERS	39.0S
200M ( W45 – 49 )			
1	NUR ATIQA LILIA ABDULLAH	PDRM	34.1S
2	HEMALATA P. WAGH	INDIA	36.3S
3	TILAGAWATHY S.	PERAK MASTERS	42.5S
200M ( W50 – 54 )			
1	ERINE SINUEL	SABAH MASTERS	32.0S
2	SACHIE TOMONO	SELANGOR	33.7S
3	MONA SIGAR	INDONESIA	48.1S
200M ( W55 – 59 )			
1	MORDIANA ABDULLAH	SABAH MASTERS	34.7S
2	A. THERESLINE	SELANGOR MASTERS	40.4S
3	VENKATALAKSHMI C	INDIA	49.4S
200M ( W60 – 64 )			
1	LUCY YONG	SABAH MASTERS	34.4S
200M ( W65 – 69 )			
1	SUMOL NUALCHANCHY	THAILAND	39.6S
2	LADDA MEEROSLUM	THAILAND	43.4S
3	SELAMAH BT ABAS	SELANGOR MASTERS	52.2S
200M ( W70 -74 )			
1	MARGARETHA ARITONANG	INDONESIA	46.8S
2	PITCHAY KANDASAMY	SINGAPORE	51.8S

400M ( W35 – 39 )			
1	AFSHA JABEE	INDIA	85.3S
2	VEENA DEEPAK SHEKDAR	INDIA	99.5S
400M ( W40 – 44 )			
1	ANUCHAREE RUANGGLOD	THAILAND	73.5S
2	TAMILSLVE PERIASAMY	NS MASTERS	78.2S
3	INSP EMILIA JAMIL	PDRM	84.9S
4	MANISHA SHIVAJI THITE	INDIA	97.6S
400M ( W45 – 49 )			
1	MARGARET PETRUS	SABAH MASTERS	85.0S
400M ( W50 – 54 )			
1	ERINE SINUEL	SABAH MASTERS	77.5S
2	VIJAYAKUMARI KORPATE	INDIA	104.0S
400M ( W55 – 59 )			
1	ADENAH LOJUHUN	SABAH MASTERS	86.3S
2	JOANNE FOO	PERAK MASTERS	94.5S
3	MARYEM JOINOL	SABAH MASTERS	100.7S
4	VENKATALAKSHMI C	INDIA	123.6S
400M ( W60 – 64 )			
1	SAMSI AH BT MOHD YASSIN	SABAH MASTERS	103.8S
400M ( W65 – 69 )			
1	SUMOL NUALCHANCHY	THAILAND	93.0S
2	TAN TECK SOON	SELANGOR MASTERS	144.6S
800M ( W35 – 39 )			
1	VEENA DEEPAK SHEKDAR	INDIA	3:42.5S
800M ( W40 – 44 )			
1	ANUCHAREE RUANGGLOD	THAILAND	2:54.2S
2	AUDREY REUTENS	PERAK MASTERS	2:59.5S
3	INSP EMILIA JAMIL	PDRM	3:06.1S
4	TAMILSLVE PERIASAMY	NS MASTERS	3:09.2S
5	RAZLIZA HANIZA RAZAK	PERLIS	3:55.5S
800M ( W45 – 49 )			
1	CECILIA MAKSIMON	SABAH MASTERS	3:04.8S
2	HEMALATA P.WAGH	INDIA	3:36.5S
800M ( W50 – 54 )			
1	URMILA RANA	INDIA	3:10.7S
2	HUSNA ABDULLAH	BRUNEI	3:37.1S
3	SESLY ASIRVATHAM	SELANGOR MASTERS	3:39.5S

4	MARIA BT GASAM	SABAH MASTERS	6:27.1S
800M ( W55 – 59 )			
1	ADENAH LOJUHUN	SABAH MASTERS	3:30.0S
2	JOANNE FOO	PERAK MASTERS	3:40.2S
3	JENNIFER NEAL	PAHANG MASTERS	3:47.7S
4	ANIK SUKARNI	INDONESIA	4:02.5S
5	SITI FATIMAH	INDONESIA	4:41.9S
800M ( W60 – 64 )			
1	WILAIWAN CHAISAENGSUKKUL	THAILAND	3:25.8S
2	VERONICA JOUTI ELAU	SABAH MASTERS	3:38.6S
3	MARIA KRISTYANTI	INDONESIA	4:00.6S
4	SAMSI AH MOHD YASSIN	SABAH MASTERS	4:16.1S
800M ( W65 – 69 )			
1	SUMOL NUALCHANCHY	THAILAND	4:02.9S
2	SUSANNA HIEW NYUK KYAU	SABAH MASTERS	4:20.7S
3	TAN TECK SEE	SELANGOR MASTERS	6:45.8
800M ( W70 – 74 )			
1	GAIL YEAP LAY TONG	KL MASTERS	5:39.1S
800M ( W75 – 79 )			
1	IRAN RAOUFI	IRAN	5:19.8S
1500M ( W35 – 39 )			
1	FATEMAH AZIZI GHOUCHAN	IRAN	5:22.8S
2	SJN SARAH JUVITA ABD RAHMAN	PDRM	7:16.1S
1500M ( W40 – 44 )			
1	AUDREY REUTENS	PERAK MASTERS	6:48.1S
2	SJN CHOO MEI HUNG	PDRM	7:51.8S
3	RAZLIZA HANIZA RAZAK	PERLIS	8:23.7S
1500M ( W45 – 49 )			
1	CECILIA MAKSIMON	SABAH MASTERS	6:23.7S
1500M ( W50 – 54 )			
1	HUSNA ABDULLAH	BRUNEI	7:28.5S
2	TAN TECK BEE	SELANGOR MASTERS	8:18.6S
3	TAN HUI CHING	SELANGOR	8:30.6S
1500M ( W55 – 59 )			
1	JOANNE FOO	PERAK MASTERS	7:54.1S
2	JENNIFER NEAL	PAHANG MASTERS	8:01.9S
3	SITI FATIMAH	INDONESIA	8:33.1S
4	ANIK SUKARNI	INDONESIA	8:34.4S
1500M ( W60 – 64 )			
1	WILAIWAN CHAISAENGSUKKUL	THAILAND	7:10.36S
2	VERONICA JOUTI ELAU	SABAH MASTERS	7:29.3S

3	MARIA KRISTİYANTI	INDONESIA	7:35.7S
4	SAMSI AH MOHD YASSIN	SABAH MASTERS	8:17.5S
1500M ( W65 – 69 )			
1	SUSANNA HIEW NYUK KYAU	SABAH MASTERS	8:45.3S
2	TAN TECK SEE	SELANGOR MASTERS	13:11.36S
1500M ( W70 – 74 )			
1	GAIL YEAP LAY TONG	KL MASTERS	13:08.4S
1500M ( W75 – 79 )			
1	IRAN RAOUFI	IRAN	11:21.7S
3000M ( W35 – 39 )			
1	FATEMAH AZIZI GHOUCHAN	IRAN	12:34.9S
3000M ( W40 – 44 )			
1	TIFFANY SOH BENG CHU	SELANGOR MASTERS	16:01.9S
3000M ( W45 – 49 )			
1	CECILIA MAKSIMON	SABAH MASTERS	13:55.9S
3000M ( W50 – 54 )			
1	HUSNA BT ABDULLAH	BRUNEI	15:51.8S
2	TAN HUI CHING	SELANGOR	19:16.2S
3	RODIAH BT JAAFAR	KV TAIPING	21:27.8S
3000M ( W55 – 59 )			
1	ADENAH LOJUHUN	SABAH MASTERS	17:02.8S
2	SINNAMAH G. BANGARU	SELANGOR MASTERS	17:59.1S
3	SITI FATIMAH	INDONESIA	19:08.7S
3000M ( W60 – 64 )			
1	VERONICA JOUTI ELAU	SABAH MASTERS	15:23.5S
2	MARIA KRISTİYANTI	INDONESIA	16:24.2S
3	PHANTHONG HANDEE	THAILAND	25:50.9S
3000M ( W65 – 69 )			
1	SUSANNA HIEW NYUK KYAU	SABAH MASTERS	18:32.7S
3000M WALK ( W35 – 39 )			
1	SUNITA BABRUWAN DIGULE	INDIA	24:41.3
2	MEENAKSHI N	INDIA	25:10.4
3000M WALK ( W40 – 44 )			
1	TIFFANY SOH BENG CHU	SELANGOR MASTERS	20:08.7
3000M WALK ( W45 – 49 )			
1	VASUKI V. RAJAGOPAL	SELANGOR MASTERS	25:19.9
3000M WALK ( W50 – 54 )			
1	URMILA RANA	INDIA	21:29.3

2	CHAN YEN CHING	PDRM	21:53.9
3	SESLY ASIRVATHAM	SELANGOR MASTERS	21:56.9
4	YUGESWARI SHAMUGAM	PERAK MASTERS	23:30.3
5	TAN HUI CHING	SELANGOR	24:46.0
6	AMALIA MARQUZ BARCOMA	SELANGOR MASTERS	29:14.2
3000M WALK ( W55 – 59 )			
1	CARMEN GARCIA FRONTONS	SPAIN	17:56.5
2	TANGESTANI	IRAN	19:26.8
3	WASSANA JUINUM	THAILAND	20:08.6
4	TAN TECK HO	SELANGOR MASTERS	21:47.7
5	ANIK SUKARNI	INDONESIA	22:47.6
6	JOANNE FOO	PERAK MASTERS	22:28.1
7	SHATHA BAI	INDIA	-
3000M WALK ( W60 – 64 )			
1	VERONICA JOUTI ELAU	SABAH MASTERS	20:19.6
2	LEE SHEW KENG	KL MASTERS	21:13.8
3	NUR AISHAH ABDULLAH	SELANGOR MASTERS	23:34.3
4	NONGPHAENG SAEKAEW	THAILAND	24:46.3
3000M WALK ( W65 – 69 )			
1	USAPRAPHAWAT WIHOK	THAILAND	21:52.1
2	KIMIH FLORENCE MONJITOL	SABAH MASTERS	23:40.2
3	SUSANNA HIEW NYUK KYAU	SABAH MASTERS	24:42.8
4	SELAMAH BT ABAS	SELANGOR MASTERS	26:53.2
3000M WALK ( W70 – 74 )			
1	GAIL YEAP LAY TONG	KL MASTERS	25:33.4
2	AO PSNPNUM	THAILAND	27:27.2
3	AISHAH N. ABU BAKAR	MALACCA MASTERS	28:40.3
3000M WALK ( W75 – 79 )			
1	ROSNI ABDULLAH	INDONESIA	27:32.2
100M HURDLES ( W35 – 39 )			
1	KATHRINE MAJUDIL	SABAH MASTERS	25.7S
2	MEENAKSHI N	INDIA	32.1S
100M HURDLES ( W40 – 44 )			
1	NUTTIYA SASANAPAP	THAILAND	22.8S
SHOT PUT ( W35 – 39 )			
1	NOR ZAIHA HANIPAH	JOHOR MASTERS	7.70M
2	CHUA SWEE MEI	MALACCA MASTERS	7.66M
3	SHAHEEN NAAZ	INDIA	7.50M
4	NAZIRA AB RAHIM	MALACCA MASTERS	7.03M
5	MEENAKSHI N	INDIA	5.70M
SHOT PUT ( W40 – 44 )			
1	SUPT LIONG SAU LAI	PDRM	9.20M
2	TIFFANY SOH BENG CHU	SELANGOR MASTERS	7.24M
3	KUGANESWARI PALANIAPPAN	KL MASTERS	6.46M



4	NOR FAZILAH SOWTALI	SINGAPORE	5.41M
5	ANNE VIKNESWARY	SELANGOR MASTERS	4.68M
SHOT PUT ( W45 – 49 )			
1	LIEW SZE KIU K LIANA	SARAWAK	7.92M
2	CHAN NYET FUJ	MALACCA MASTERS	7.21M
3	NORAL AZIAN ZAINAL	PERAK MASTERS	7.20M
4	VANITHA PALANIAPPAN	SELANGOR MASTERS	6.53M
5	VASKEE VASUTHEVAN	KL MASTERS	6.14M
6	BHARATHI VENKATARAMANA S	INDIA	5.63M
SHOT PUT ( W50 – 54 )			
1	ERINE SINUEL	SABAH MASTERS	7.49M
2	JAYANTHI T	KL MASTERS	6.54M
3	JESSIE MANJIN	SABAH MASTERS	6.49M
4	SITI DIAH BT JANI	BRUNEI	5.85M
5	ZURAI DAH RASHID	MALACCA MASTERS	5.60M
SHOT PUT ( W55 – 59 )			
1	LOO CHENG SIEW	PERAK MASTERS	8.03M
2	PIRIN BT BERANGIN	SABAH MASTERS	6.90M
3	JAMILAH CONNY FRANSISKA	INDONESIA	6.72M
4	DORATHEA ANTHONY AMURU	SABAH MASTERS	6.63M
5	ADENAH LOJUHUN	SABAH MASTERS	6.49M
6	A. THERESLINE	SELANGOR MASTERS	6.15M
7	JAYA TANTRY	INDIA	6.15M
8	LETCHUMIPRABAH R	PENANG	6.05M
SHOT PUT ( W60 – 64 )			
1	NUNTUJPORN SRIJAD	THAILAND	8.13M
2	NUR AISHAH BT ABDULLAH	SELANGOR MASTERS	7.76M
3	PUSHFA RAMASAMY	KL MASTERS	7.18M
4	FARIDAH AHMAD	JOHOR MASTERS	6.99M
5	HJH MARIAH HJ METUSSIN	BRUNEI	5.81M
SHOT PUT ( W65 – 69 )			
1	SIRIPAN JANPRAM	THAILAND	8.16M
2	DARUNI KOETMANI	THAILAND	7.50M
3	NAGARATHNAMMA N	INDIA	7.23M
4	JULIA JACOB	INDONESIA	6.48M
5	AUDON KAEOKUN	THAILAND	6.24M
6	KIMIH FLORENCE MONJITOL	SABAH MASTERS	5.65M
SHOT PUT ( W70 – 74 )			
1	CHALEOSRI CHIMWONG	THAILAND	7.76M
2	NINIEK KOESNI RAHARDJENG	INDONESIA	5.98M
SHOT PUT ( W75 – 79 )			
1	JENNY HAN	LABUAN	4.59M
SHOT PUT ( W80 – 84 )			
1	HARTINI JOKO	INDONESIA	4.14M
SHOT PUT ( W85 – 89 )			
1	MARIETJE ELIZABETH ROREK	INDONESIA	4.30M

DISCUS ( W35 – 39 )			
1	NOR ZAIHA HANIPAH	JOHOR MASTERS	24.65M
2	CHUA SWEE MEI	MALACCA MASTERS	24.45M
3	NAZIRA AB RAHIM	MALACCA MASTERS	19.37M
4	SHAHEEN NAAZ	INDIA	15.15M
DISCUS ( W40 – 44 )			
1	SUPT LIONG SAU LAI	PDRM	26.94M
2	NATALIE DAWN SIPULA	SABAH MASTERS	16.77M
3	MARTA BASA LOKMAN	LABUAN	16.25M
DISCUS ( W45 – 49 )			
1	LIEW SZE KIU K LIANA	SARAWAK	24.40M
2	CHAN NYET FUJ	MALACCA MASTERS	23.21M
3	NORAL AZIAN ZAINAL	PERAK MASTERS	21.98M
4	SUSHMA PRASHANTI BJ	INDIA	20.74M
5	VANITHA PALANIAPAN	SELANGOR MASTERS	17.76M
6	BHARATHI VENKATARAMANA	INDIA	15.17M
DISCUS ( W50 – 54 )			
1	MANJULAVATHI VENKATAPPA	INDIA	17.27M
2	JESSIE BT MANJIN	SABAH MASTERS	14.86M
3	ZURAIDAH RASHID	MALACCA MASTERS	14.58M
4	SESLY ASIRVATHAM	SELANGOR MASTERS	14.20M
5	MARIA BT GASAM	SABAH MASTERS	10.43M
DISCUS ( W55 – 59 )			
1	LOO CHENG SIEW	PERAK MASTERS	17.58M
2	SHANTHA BAI	INDIA	16.92M
3	A. THERESLINE	SELANGOR MASTERS	16.66M
4	LETCHUMIPRABAH R.	PENANG	16.27M
5	PIRIN BT BERANGIN	SABAH MASTERS	15.44M
6	JAYA TANTRY	INDIA	14.37M
7	DORATHEA ANTHONY AMURU	SABAH MASTERS	14.08M
8	NORA SRI HAPSARI	INDONESIA	12.66M
9	TANGESTANI	IRAN	11.92M
DISCUS ( W60 – 64 )			
1	PUSHFA RAMASAMY	KL MASTERS	17.94M
2	NUR AISHA BT ABDULLAH	SELANGOR MASTERS	16.58M
3	NUNTUJPORN SRIJAD	THAILAND	14.94M
4	CHUJIT BOONPANG	THAILAND	12.85M
5	HJH MARIAH HJ METUSSIN	BRUNEI	12.63M
DISCUS ( W65 – 69 )			
1	PREMPREE FUNKAEO	THAILAND	15.11M
2	SIRIPAN JANPRAM	THAILAND	14.61M
3	JULIA JACOB	INDONESIA	13.02M
DISCUS ( W70 – 74 )			
1	NINIEK KOESNI RAHADJENG	INDONESIA	12.47M
2	AO PANPHUM	THAILAND	10.54M

3	AISHAH N. ABU BAKAR	MALACCA MASTERS	9.19M
4	SUJITRA PORNMANUCHATIP	LABUAN	7.92M
DISCUS ( W75 – 79 )			
1	JENNY HAN	LABUAN	12.00M
DISCUS ( W80 – 84 )			
1	THONGWAN SURAKUP	THAILAND	14.95M
2	HARTINI JOKO	INDONESIA	10.51M
DISCUS ( W85 – 89 )			
2	MARIETJE ELIZABETH ROREK	INDONESIA	7.85M
JAVELIN ( W35 – 39 )			
1	CHUA SWEE MEI	MALACCA MASTERS	25.55M
2	JUSLIZA ILLAHHI	PDRM	12.03M
JAVELIN ( W40 – 44 )			
1	SUPT LIONG SAU LAI	PDRM	27.97M
2	NATALIE DAWN SIPULA	SABAH MASTERS	16.75M
JAVELIN ( W45 – 49 )			
1	CHAN NYET FUJ	MALACCA MASTERS	25.71M
2	NORAL AZIAN ZAINAL	PERAK MASTERS	18.77M
3	VANITHA PALANIAPPAN	SELANGOR MASTERS	16.92M
4	BHARATHI VENKATARAMANA	INDIA	11.53M
JAVELIN ( W50 – 54 )			
1	DR. WONG NGAN LING	SELANGOR MASTERS	17.85M
2	HUSNA ABDULLAH	BRUNEI	17.37M
3	MANJULAVATHI VENKATAPPA	INDIA	16.74M
4	SITI DIAH BT JANI	BRUNEI	14.73M
5	MARIA BT GASAM	SABAH MASTERS	10.92M
JAVELIN ( W55 – 59 )			
1	LOO CHENG SIEW	PERAK MASTERS	25.03M
2	JAMILAH CONNY FRANSISKA	INDONESIA	17.15M
3	MORDIANA ABDULLAH	SABAH MASTERS	16.57M
4	PIRIN BT BERANGIN	SABAH MASTERS	15.70M
5	JAYA TANTRY	INDIA	10.93M
6	SHANTHA BAI	INDIA	09.88M
JAVELIN ( W60 – 64 )			
1	PUSHFA RAASAMY	KL MASTERS	17.21M
2	NUR AISHAH ABDULLAH	SELANGOR MASTERS	14.05M
JAVELIN ( W65 – 69 )			
1	PREMPREE FUNKAEO	THAILAND	19.44M
2	SIRIPAN JANPRAM	THAILAND	14.27M
3	JULIA JACOB	INDONESIA	14.07M
4	AUDON KAEOKUN	THAILAND	10.37M
5	PRAPHAPHON LAOTANANSIT	THAILAND	08.90M
6	NAGARATHNAMMA N	INDIA	08.76M

JAVELIN ( W70 – 74 )			
1	AISHAH N. ABU BAKAR	MALACCA MASTERS	9.35M
2	NINIEK KOESNI RAHADJENG	INDONESIA	9.02M
3	SUJITRA PORNMANUCHATIP	LABUAN	6.86M
JAVELIN ( W75 – 79 )			
1	JENNY HAN	LABUAN	10.39M
JAVELIN ( W80 – 84 )			
1	THONGWAN SURAKUP	THAILAND	13.68M
2	HARTINI JOKO	INDONESIA	07.04M
JAVELIN ( W85 – 89 )			
1	MARIETJE ELIZABETH ROREK	INDONESIA	8.11M
LONG JUMP ( W35 – 39 )			
1	WONG HUI YUEN	SINGAPORE	4.31M
2	LIEW MEI PING @ JESSY	SABAH MASTERS	3.96M
3	KPL ROSJULIANEE MD YUSOFF	PDRM	3.91M
4	AFSHA JABEE	INDIA	3.27M
LONG JUMP ( W40 – 44 )			
1	BERNICE LAU KAM MUN	SABAH MASTERS	4.39M
2	MARTA BASA LOKMAN	LABUAN	3.76M
3	SHANTA KUMARI G	INDIA	2.92M
LONG JUMP ( W45 – 49 )			
1	LIEW SZE KIU K LIANA	SARAWAK	4.32M
2	NUR ATIQA LILIA ABDULLAH	PDRM	4.29M
3	MARGARET PETRUS	SABAH MASTERS	3.68M
4	CECILIA MAKSIMON	SABAH MASTERS	3.22M
5	BHARATHI VENKATARAMANA	INDIA	2.85M
LONG JUMP ( W50 – 54 )			
1	DR. WONG NGAN LING	SELANGOR MASTERS	3.68M
2	VIJAYAKUMARI KORPATE	INDIA	3.09M
3	MONA SIGAR	INDONESIA	2.70M
4	TAN HUI CHING	SELANGOR	2.67M
LONG JUMP ( W55 – 59 )			
1	JULIANA GUMPIL	SABAH MASTERS	4.53M
2	MORDIANA ABDULLAH	SABAH MASTERS	3.58M
3	NORA SRI HAPSARI	INDONESIA	2.71M
4	A. THERESLINE	SELANGOR MASTERS	2.66M
LONG JUMP ( W60 – 64 )			
1	SOMSANGA BOONNOK	THAILAND	4.08M
2	LUCY YONG	SABAH MASTERS	3.59M
3	SAMSAH MOHD YASSIN	SABAH MASTERS	2.18M
4	PUSHFA RAMASAMY	KL MASTERS	1.68M
LONG JUMP ( W65 – 69 )			
1	CHRISTINA LABANJING	SABAH MASTERS	2.43M

LONG JUMP ( W70 – 74 )			
1	MARGARETHA ARITONANG	INDONESIA	2.46M
2	NINIEK KOESNI RAHADJENG	INDONESIA	1.19M
HIGH JUMP ( W35 – 39 )			
1	SHRUTIKA SACHIN MAHADIK	INDIA	1.05M
HIGH JUMP ( W40 – 44 )			
1	SHATA KUMARI G	INDIA	1.15M
HIGH JUMP ( W45 – 49 )			
1	LIEW SZE KIU K LIANA	SARAWAK	1.23M
2	VASKEE VASUTHEVAN	KL MASTERS	1.20M
HIGH JUMP ( W50 – 54 )			
1	VIJAYAKUMARI KORPATE	INDIA	1.00M
2	SESLY ASIRVATHAM	SELANGOR MASTERS	1.00M
HIGH JUMP ( W55 – 59 )			
1	JULIANA GUMPIL	SABAH MASTERS	1.10M
2	MARYEM JOINOL	SABAH MASTERS	0.95M
HIGH JUMP ( W60 – 64 )			
1	SOMSANGA BOONNOK	THAILAND	1.15M
2	NUNTUJPORN SRIJAD	THAILAND	1.00M
HIGH JUMP ( W65 – 69 )			
1	CHRISTINA LABANJING	SABAH MASTERS	0.90M
TRIPLE JUMP ( W35 – 39 )			
1	WAN NORAINI W. ABDULLAH	PAHANG MASTERS	9.56M
2	LIEW MEI PING @ JESSY	SABAH MASTERS	8.26M
3	SHRUTIKA SACHIN MAHADIK	INDIA	6.58M
TRIPLE JUMP ( W40 – 44 )			
1	SHANTA KUMARI G	INDIA	7.48M
2	ANUCHARÉE RUANGLÓD	THAILAND	7.42M
TRIPLE JUMP ( W45 – 49 )			
1	RITA THONG	PERAK MASTERS	5.67M
TRIPLE JUMP ( W50 – 54 )			
1	VIJAYAKUMARI KORPATE	INDIA	6.58M
TRIPLE JUMP ( W55 – 59 )			
1	JULIANA GUMPIL	SABAH MASTERS	7.53M
2	NORA SRI HAPSARI	INDONESIA	5.55M
3	TANGESTANI	IRAN	4.58M

TRIPLE JUMP ( W60 – 64 )			
1	SOMSANGA BOONNOK	THAILAND	8.25M
2	LUCY YONG	SABAH MASTERS	6.72M
TRIPLE JUMP ( W65 – 69 )			
1	CHRISTINA LABANJING	SABAH MASTERS	5.03M
TRIPLE JUMP ( W70 – 74 )			
1	MARGARETHA ARITONANG	INDONESIA	4.84M
4 X 100M OPEN (WOMEN)			
1	SABAH		58.4S
2	PDRM		62.6S
3	LHDNM		65.3S
4	THAILAND "B"		68.2S
5	INDIA		69.5S
6	THAILAND "A"		69.8S
4 X 400M OPEN (WOMEN)			
1	LHDNM		5:26.0S
2	SABAH		5:32.7S
3	INDIA		6:27.9S

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KUALA LUMPUR, MALAYSIA

**MEDAL TALLY**

NO.	TEAM	GOLD	SILVER	BRONZE
1	THAILAND	48	20	18
2	SABAH	44	32	13
3	INDIA	34	40	29
4	PERAK	16	14	12
5	PDRM	16	13	09
6	INDONESIA	15	09	14
7	SELANGOR	13	26	17
8	SINGAPORE	12	11	13
9	KUALA LUMPUR	11	09	06
10	BRUNEI DARUSSALAM	11	08	02
11	IRAN	10	02	02
12	LABUAN	05	03	03
13	MALACCA	04	06	09
14	HONG KONG	04	01	02
15	SARAWAK	04	-	01
16	KOLEJ VOKASIONAL TAIPING	03	07	06
17	JABATAN PENJARA MALAYSIA	02	05	02
18	PAHANG	02	01	04
19	JOHOR	02	-	02
20	UZBEKISTAN	02	-	01
21	IRELAND	02	-	-
22	SPAIN	02	-	-
23	PENANG	01	02	-
24	LHDNM	01	-	02
25	NEGERI SEMBILAN	-	03	02
26	POLAND	-	-	01
27	PERLIS	-	-	01
28	SOUTH KOREA	-	-	-
29	SRI LANKA	-	-	-

**S. SIVAPRAGASAM, A.M.W.**

PRESIDENT  
 MALAYSIAN MASTERS ATHLETIC ASSOCIATION (MMAA)  
 ORGANISING CHAIRMAN  
 32<sup>ND</sup> MALAYSIAN INTERNATIONAL OPEN MASTERS  
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19 OCTOBER 2018