



**KUALA LUMPUR INTERNATIONAL
MASTERS
ATHLETICS CHAMPIONSHIPS 2022**

OFFICIAL RESULTS

**3 – 4 DECEMBER 2022
UNIVERSITY MALAYA
KUALA LUMPUR
MALAYSIA**

MEN

POSITION	NAME	COUNTRY/STATE	TIME / DIST / HEIGHT
100M (M35 – 39)			
1	MOHD ZHAFRAN BIN MOHD ROSLI	PERAK MASTERS	11.35S
2	ALFRED ALEX JIMMY	SAMAS	11.67S
3	MOHD ZULKEFLI BIN MOHAMAD	PERAK MASTERS	12.33S
4	SHUNMUGAVEL NAGIAH SARAVANAN	MA SINGAPORE	12.94S
5	MOHD IZZAT	SELANGOR	13.22S
6	AZLAN SHAH ABDUL HAMID	MALACCA	13.31S
7	IBRAHIM ALI SHAIKH	INDIA MASTERS	13.73S
8	KUMAR MURUGAN	FITMA AC	14.00S
100M (M40 – 44)			
1	LOVELINO Jr ARBOLEDA	PHILIPPINES	11.85S
2	NASARUDIN BIN SUPIAN	PERAK MASTERS	12.08S
3	MURUGAN PERUMAL	DBKL	12.26S
4	SHAHRYMAN SHAHRIL	DKBKL	12.61S
5	HOI KWOK KEONG	SELANGOR	13.48S
6	GOH SHU WEI	PACEMAKERS C MY	13.52S
7	HAZAIRI BASHA B. MOHAMAD JAMEL B	SELANGOR	14.33
8	FAIRUZ BIN AMIR PUAD	JOHOR MASTERS	14.47S
100M (M45 – 49)			
1	SUBRAMANIAM KARAPAYAH	PERAK MASTERS	12.55S
2	RAMIS A/L K.D. RADA	MAKSWIP	13.55S
100M (M50 – 54)			
1	PETER BIN ANDIN	SAMAS	12.93S
2	RONALD DOMINIC GALLYOT	PERAK MASTERS	13.10S
3	JIPRIN BIN JUSDI	SAMAS	13.49S
4	PG AMIR ISA BIN PG SABTU	BRUNEI	14.08S
5	KT JESTIN KT MENDIS	KL	14.68S
100M (M55 – 59)			
1	MAULANI BIN DIMAN	SAMAS	12.16S
2	NOHO LUHULIMA	INDONESIA	12.65S
3	RAMLI BIN LANI	MAKSWIP	13.01S
4	ZULKIFLY BIN YEOP	PERAK MASTERS	13.17S
5	SHAMRY MOHD ALI	SAMAS	13.39S
6	SUWITA BIN KARDO	LABUAN	13.86S
7	ALI MUSTAFFA	JOHOR MASTERS	14.03S
8	KUNASEGARAN MANIVELOO	SELANGOR MASTERS	14.63S
100M (M60 – 64)			
1	SAHARI BIN ABDUL HAMID	SAMAS	13.90S
2	CHUNG YUN KIONG	SAMAS	14.77S
3	THAM SIEW YEN	SELANGOR MASTERS	15.29S
4	TAJUL ARIFFIN BIN AWANG MOHD	SAMAS	16.13S
5	APLAIDOO RAMA NAYADOO	FITMA AC	16.16S
6	KALLEM MAHDENDER REDDY	INDIA MASTERS	17.40S
7	BASKARAN FRANCIS	PERAK MASTERS	17.54S
100M (M65 – 69)			
1	CHARLIE LEE	SAMAS	13.10S
2	ANG WEE TECK	SMTFA	14.03S
3	WONG KEE LAM	SAMAS	14.79S
4	BUDIN ANAK MERINGGAI	BRUNEI	14.95S

5	CHUA SOON HUAT	SINGAPORE MASTERS	15.52S
6	HAJI SAFRI /TIANG BIN HJ MUDIN	BRUNEI	16.50S
7	T. BALAN	INDIA	17.28S
8	AMLAN BIN AKIN	MALACCA MASTERS	17.33S
100M (M70 – 74)			
1	THANESVARAN MALAVARAYAR	KL MASTERS	15.52S
2	UMAN @ YUMAN BIN SIKIN	SAMAS	15.56S
3	SUING @ SYLVESTER KUIL	SAMAS	16.26S
4	RAMASAMY KARRUPAYA	NS MASTERS	16.84S
5	CHEW PHAK HENG	SINGAPORE MASTERS	18.08S
6	MOHANAN A K RAMAN	SELANGOR	18.83S
7	CHOO CHOW HENG	KL	21.24S
8	HAJI MUHAMMAD SALIM BIN ABDUL	SELANGOR MASTERS	30.86S
100M (M75 – 79)			
1	KWEK MOH SENG	SMTFA	15.95S
2	JOHN CHUA LIAT KHING	SMTFA	16.68S
3	MANICKAM THAMBIAH	FITMA AC	17.10S
4	IDRIS BIN HJ ASMAD / ASMAT	BRUNEI	19.98S
5	JACK CHEAH SWEE HWA	PENANG	20.35S
100M (M80 – 84)			
1	SOETIKNO HENDRATA	INDONESIA	17.33S
2	PENJARLA RAMASWAMY	INDIA MASTERS	25.58S
3	NG NGOH HENG	SINGAPORE MASTERS	33.55S
100M (M90 – 94)			
1	L. PUSHPANATHAN	PERAK MASTERS	27.76S
200M (M35 – 39)			
1	MOHD ZHAFRAN BIN MOHD ROSLI	PERAK MASTERS	24.1S
2	MOHD ZULKEFLI BIN MOHAMAD	PERAK MASTERS	25.2S
3	GOH JING JING	PACEMAKERS C MY	25.4S
4	SHUMUGAVEL NAGIAH SARAVANAN	MA SINGAPORE	27.0S
5	SARIFFULNIZAN BIN NAZAN	PERAK MASTERS	28.2S
6	AZLAN SHAH ABDUL HAMID	MALACCA	28.9S
7	VINOD KUMAR	MAFI	29.7S
200M (M40 – 44)			
1	LOVELINO Jr ARBOLEDA	PHILIPPINES	25.0S
2	D.N.S. MAYADUNNE	SRI LANKA	25.4S
3	MURUGAN PERUMAL	DBKL	25.5S
4	AMIRRUDDIN BIN ISHAK	PERAK MASTERS	26.0S
5	SHAHRYMAN SHAHRIL	DBKL	26.1S
200M (M45 – 49)			
1	SUBRAMANIAM KARAPAYAH	PERAK MASTERS	26.3S
2	STEVE @ NAPOL JAMES	SAMAS	27.1S
3	DAVID ISMAIL	INDONESIA	27.3S
4	LEONG YENG KONG	KL	27.9S
5	ROHAIZI BIN RASTAM	SELANGOR	29.1S
200M (M50 – 54)			
1	SRIVEN NAIDU	SINGAPORE MASTERS	26.9S
2	SUPPARAMANIYAM RAMASAMY	SELANGOR MASTERS	32.8S
3	TERENCE ONG CHENG SOON	FITMA AC	33.9S
4	THANABALAMURUGAN ARUMUGAM	FITMA AC	38.3S

200M (M55 – 59)			
1	MAULANI BIN DIMAN	SAMAS	26.8S
2	ZULKIFLY BIN YEOP	PERAK MASTERS	27.3S
3	RAMLI BIN LANI	MAKSWIP	27.8S
4	SUWITO BIN KARDO	LABUAN	29.0S
5	JAMES WONG THIEN YIN	SAMAS	29.1S
6	KUNASEGARAN MANIVELOO	SELANGOR MASTERS	30.3S
7	AMRAN BIN HJ BANGGALA	PDRM	31.0S
8	JAMES BIN PATRICK	SAMAS	33.6S
200M (M60 – 64)			
1	SAHARI IN ABDUL HAMID	SAMAS	30.4S
2	KALLEM MAHDENDER REDDY	INDIA MASTERS	36.5S
3	DWARIKA THAKUR	MAFI	37.3S
200M (M65 – 69)			
1	CHARLIE LEE	SAMAS	27.6S
2	SATISH CHAND CHAUHAN	INDIA MASTERS	29.4S
3	RAMAKRISHNAN MANIKAM	NS MASTERS	30.6S
4	WONG KEE LAM	HONG KONG	32.3S
5	BUDIN ANAK MERINGGAI	BRUNEI	32.5S
6	HAJI SAFRI / TIANG BIN HJ MUDIN	BRUNEI	39.8S
200M (M70 – 74)			
1	THANESVARAN MALAVARAYAR	KL MASTERS	33.7S
2	UMAN @ YUMAN BIN SIKIN	SAMAS	34.5S
3	SUING @ SYLVESTER KUIL	SAMAS	37.6S
4	RAMASAMY KARRUPAYA	NS MASTERS	37.9S
5	CHEW PHAK HENG	SINGAPORE MASTERS	38.9S
6	BALACHANDER R	MAFI	45.9S
200M (M75 – 79)			
1	KWEK MOH SENG	SMTFA	33.4S
2	MANICKAM THAMBIAH	FITMA AC	36.2S
3	HAJI ARIFFIN BIN ABDULLAH	BRUNEI	36.9S
4	JOHN CHUA LIAT KHIANG	SMTFA	38.4S
5	CHEAH SWEE HWA JACK	PENANG MASTERS	42.6S
6	IDRIS BIN HAJI ASMAD/ASMAT	BRUNEI	42.8S
200M (M80 – 84)			
1	SOETIKNO HENDRATA	INDONESIA	40.8S
200M (M 90 – 94)			
1	L. PUSHPANATHAN	PERAK MASTERS	76.3S
400M (M35 – 39)			
1	MOHD ZHAFRAN BIN MOHD ROSLI	PERAK MASTERS	56.3S
2	DESJAN SIALLAGAN	INDONESIA	56.8S
3	GOH JING JING	PACEMAKERS C MY	59.1S
4	VINOD KUMAR	MAFI	70.8S
5	AHMAD BUQARI BIN YUNOS	PDRM	71.5S
6	THANGARAJ GOPI	PERAK MASTERS	79.2S
400M (M40 – 44)			
1	LOVELINO Jr ARBOLEDA	PHILIPPINES	57.1S
2	D.N.S. MAYADUNNE	SRI LANKA	57.6S
3	AMIRRUDDIN BIN ISHAK	PERAK MASTERS	59.1S
4	BABAN GORAI	INDIA MASTERS	59.4S

5	SHAHRYMAN SHAHRIL BIN MOHAMED MANSOR	DBKL	61.0S
6	GOH SHU WEI	PACEMAKERS C MY	61.3S
7	DHORIAN PRAKASH	KL	64.5S
8	SIVARHUBEN RENGGASAMY	SELANGOR	90.9S
400M (M45 – 49)			
1	DAVID ISMAIL	INDONESIA	63.7S
2	VICTOR SELVARAJAH SELVANAYAGAM	PERAK MASTERS	64.5S
3	THANABALAN SUBRAMANIAM	KL MASTERS	77.0S
400M (M50 – 54)			
1	JAMES TANGKA	INDONESIA	61.6S
2	TERENCE ONG CHENG SOON	FITMA AC	73.7S
3	SUPPARAMANIYAM RAMASAMY	SELANGOR MASTERS	74.3S
4	ZULKAFI SHAMSUDDIN	PAHANG MASTERS	77.6S
5	THANABALAMURUGAN ARUMUGAM	FITMA AC	79.6S
400M (M55 – 59)			
1	CHOW WEE CHIN ARTHUR	SINGAPORE MASTERS	67.0S
2	GUNASAEGARAN NARASAPAN	FITMA AC	67.6S
3	DR. J. THAMOTHARAN S. JEYARAMAN	PERAK MASTERS	68.6S
4	JAMES WONG THIEN YIN	SAMAS	68.8S
5	BAHARIN OSMAN	SARAWAK	69.4S
6	KUNASEGARAN MANIVELOO	SELANGOR MASTERS	73.3S
7	SHANMUGANATHAN RATANAM	PERAK MASTERS	76.0S
8	GULLA RAMESH	INDIA MASTERS	76.0S
400M (M60 – 64)			
1	PADMANATHASIVAM K.	NS MASTERS	71.2S
2	MARZNIMURNEY BIN ABDULLAH	BRUNEI	76.6S
3	DWARIKA THAKUR	MAFI	81.2S
4	KADIR BIN AHMAD	SAMAS	90.6S
5	APLAIDOO RAMA NAYADOO	FITMA AC	90.9S
400M (M65 – 69)			
1	SATISH CHANDCHAUHAN	INDIA	67.9S
2	CHARLIE LEE	SAMAS	68.9S
3	RAMA KRISHNAN MANIKAM	NS MASTERS	70.3S
4	CHENG HUA LU MARTIN	SINGAPORE MASTERS	83.5S
5	TANI CLACE SEBASTIAN	PDRM (R)	95.8S
6	SANTHANADASS AMERTHASAMY	PERAK MASTERS	97.7S
7	THONG KHOON	PERAK	98.0S
8	LUM CHEE MENG	SMTFA	124.7S
400M (M70 – 74)			
1	DENNIS M. SCOTT	PHILIPPINES	88.1S
2	THANESVARAN MALAVARAYAR	KL MASTERS	94.0S
3	AP NADAN	SINGAPORE MASTERS	104.1S
4	BALACHANDER R.	MAFI	115.4S
400M (M75 – 79)			
1	KWEK MOH SENG	SINGAPORE MASTERS	82.21S
2	HAJI ARIFFIN BIN ABDULLAH	BRUNEI	86.7S
3	MUNIANDY SINNIAM	SELANGOR MASTERS	93.0S
4	BRIGILLO BALABA	PHILIPPINES	99.1S
5	VENGTRAMAN RAJU	NS MASTERS	131.6S

800M (M35 – 39)			
1	MARCUS ONG	SINGAPORE MASTERS	2:05.7S
2	DESJAN SIALLAGAN	INDONESIA	2:22.0S
3	MUHAMAD HAZWAN BIN MAT TAR	PDRM	2:54.5S
800M (M40 – 44)			
1	BABAN GORAI	INDIA MASTERS	2:28.2S
2	KUMARESAN GUNASEGARAN	PEMADAM	2:39.7S
3	DASON BIN ONGUSI	PDRM	2:48.2S
800M (M45 – 49)			
1	HALID BIN NURMIN	PDRM	2:27.4S
2	VICTOR SELVARAJAH	PERAK MASTERS	2:33.8S
3	SOMASUNTHARAM @ LEONG	SELANGOR MASTERS	2:40.2S
4	JUHASLI HAIRI BIN JUPERI	NS	2:41.4S
5	RAJ KUMAR RANA	MAFI	3:12.0S
6	THANABALAN SUBRAMANIAM	KL MASTERS	3:16.8S
800M (M50 – 54)			
1	JAMES TANGKA	INDONESIA	2:27.1S
2	SANTHERAN VELOO	PERAK MASTERS	2:40.8S
3	MUNINTHARAN SUNDRAM	SELANGOR MASTERS	2:47.0S
4	CHOO JIN HIN	PENANG	2:58.8S
5	ANANDHAN LETCHUMANAN	PAHANG	3:01.3S
6	ZULKAFI SHAMSUDDIN	PAHANG MASTERS	3:25.1S
800M (M55 – 59)			
1	THANARAJ KRISHNAN PERUMAL	PERAK MASTERS	2:41.7S
2	Dr. J. THAMOTHARAN S. JEYARAMAN	PERAK MASTERS	2:44.8S
3	SHANMUGANATHAN RATANAM	PERAK MASTERS	2:45.0S
4	BAHARIN OSMAN	SARAWAK	3:00.8S
5	RANBIR SINGH	INDIA MASTERS	3:05.0S
6	HONIH ASUNG @ BENJOHN SIMBAKU	SAMAS	3:16.3S
800M (M60 – 64)			
1	NAEK SAGALA	INDONESIA	2:42.7S
2	PADMANATHASIVAN KAILASAM	NS MASTERS	2:51.8S
3	MARZMURNEY BIN ABDULLAH	BRUNEI	2:52.4S
4	ARUMUGAM SUBRAMANIAM	PEMADAM	2:54.4S
800M (M65 – 69)			
1	RAMAKRISHNAN MANIKAM	NS MASTERS	2:50.9S
2	CHENG HUA JU MARTIN	SINGAPORE MASTERS	3:14.9S
3	SURINDER SINGH	MAFI	3:16.1S
4	ARUMUGAM M. ARUMUGAM	NS MASTERS	3:25.9S
800M (M70 – 74)			
1	SAMUTHARAPANDIAN S. PERIASAMY	PERAK MASTERS	3:25.3S
2	DENNIS M. SCOTT	PHILIPPINES	3:50.2S
3	ABDUL HAMID HARIS	PAHANG MASTERS	4:56.8S
800M (M75 – 79)			
1	GERARD O' REILLY	IRELAND	3:17.1S
2	MUNIANDY SINNIH	SELANGOR MASTERS	3:42.6S
3	CHEAH SWEE HWA, JACK	PENANG MASTERS	3:44.5S
4	BRIGILIO BALABA	PHILIPPINES	3:46.8S
5	VIMALASINGAM SARANAMUTHU	FITMA AC	4:17.9S

800M (M80 – 84)			
1	LOW KUAN SOW @ LOKE KUAN SOW	PENANG MASTERS	4:14.0S
2	P.C.S. RAO	INDIA MASTERS	7:09.1S
1500M (M35 – 39)			
1	DESJAN SIALLAGAN	INDONESIA	5:19.7S
2	K.A.L.L. SANJAYA	SRI LANKA	5:24.0S
1500M (M40 – 44)			
1	SARAVANAN ELAGUMURAM	MAKSWIP	4:40.9S
2	LIM QING BAO MATTHEW	SINGAPORE MASTERS	5:24.0S
3	KUMARESAN GUNASEGARAN	PEMADAM	5:51.0S
4	RAVAIN KUMAR SUPRAMANIAM	FITMA AC	6:17.7S
5	TEOH TEIK SHIANG	PENANG	6:31.6S
6	SHASHITHARAN SUKUMARAN	FITMA AC	6:50.8S
7	YONG KOK WEI	SELANGOR	7:07.5S
1500M (M45 – 49)			
1	S. DIVAGARAN SUBRAMANIAM	KL MASTERS	5:28.02S
2	HALID BIN NURMIN	PDRM	5:38.0S
3	RAJ KUMAR RANA	MAFI	5:57.0S
4	ABDUL MAJID BIN SIDI	PDRM	7:12.8S
1500M (M50 – 54)			
1	JAMES TANGKA	INDONESIA	5:31.0S
2	SANTHERAN VELOO	PERAK MASTERS	5:50.9S
3	MUNINTARAN SUNDRAM	SELANGOR MASTERS	5:52.5S
4	TERENCE ONG CHENG SOON	FITMA AC	5:52.7S
5	CHANDRAN M. PERIASAMY	JOHOR MASTERS	6:02.4S
6	WINSON SHANMUGAM	SELANGOR MASTERS	6:33.6S
7	CHOO JIN HIN	PENANG	6:45.0S
8	ANANDHAN LETCHUMANAN	PAHANG	6:56.6S
1500M (M55 – 59)			
1	THANARAJ KRISHNAN PERUMAL	PERAK MASTERS	6:41.00S
2	SHANMUGANATHAN RATANAM	PERAK MASTERS	6:54.58S
3	RAMLI BIN LANI	MAKSWIP	8:06.28S
4	BAHRIN OSMAN	SARAWAK	8:27.82S
5	TEH LIAN HUAT	FITMA AC	9:56.34S
1500M (M60 – 64)			
1	NAEK SAGALA	INDONESIA	6:52.61S
2	MARZNUMURNEY BIN ABDULLAH	BRUNEI	8:14.53S
3	ARUMUGAM SUBRAMANIAM	PEMADAM	8:27.78S
4	SUBRAMANIAM KRISHNAN	SELANGOR MASTERS	8:47.01S
1500M (M65 – 69)			
1	KANAPATHY SUPRAMANIAM	PERAK MASTERS	8:06.34S
2	RAMAKRISHNAN MANIKAM	NS MASTERS	8:14.89S
3	SURINDER SINGH	MAFI	8:47.61S
4	SUNDARARAJU SUPPAN	FITMA AC	9:56.36S
5	CHENG HUA JU MARTIN	SINGAPORE MASTERS	10:49.10S
6	SELVARAJU V. KRISHNAN	FITMA AC	12:13.54S
7	ARUMUGAM M. ARUMUGAM	NS MASTERS	12:35.99S
1500M (M70 – 74)			
1	DENNIS M. SCOTT	PHILIPPINES	6:52.7S

2	SAMUTHARAPANDIAN S. PERIASAMY	PERAK MASTERS	6:54.6S
3	HAJI MUHAMMAD SALIM BIN ABDUL	SELANGOR MASTERS	8:14.9S
4	YUSOFF KHAN	SINGAPORE MASTERS	8:27.9S
5	ABDUL HAMID HARIS	PAHANG MASTERS	9:56.4S
1500M (M75 – 79)			
1	GERARD O'REILLY	IRELAND	6:41.0S
2	BRIGILIO BALABA	PHILIPPINES	8:06.3S
3	MUNIANDY SINNIH	SELANGOR MASTERS	8:14.6S
4	PHILLIP LIM	KL MASTERS	8:47.8S
5	SELVARAJAH CHELLIAH	FITMA AC	10:49.1S
6	SUPRAMANIAM PALANISAMY	NS MASTERS	12:13.6S
1500M (M80 – 84)			
1	LOW KUAN SOW @ LOKE KUAN SOW	PENANG MASTERS	8:47.1S
2	FOO DUN HEEN	SINGAPORE MASTERS	12:36.0S
3000M (M35 – 39)			
1	MARCUS ONG	SINGAPORE MASTERS	9:26.8S
2	ANDRI DAUNI	KL	10:39.4S
3	MOHAMED RAFIQ BIN HUSSEIN	PDRM	12:24.9S
4	VINOD KUMAR	MAFI	13:13.5S
5	AHMAD BUQARI BIN YUNOS	PDRM	13:22.7S
6	TUAN ABDUL MUTALIB B. TUAN ISMAIL	PDRM	14:30.0S
3000M (M40 – 44)			
1	WINDIRI BIN MADINCHIN	SAMAS	13:54.3S
3000M (M45 – 49)			
1	S. DIVAGARAN SUBRAMANIAM	KL MASTERS	11:08.5S
2	MICHEAL SAMUEL	PERAK MASTERS	13:26.0S
3	RAJ KUMAR RANA	MAFI	14:37.1S
4	JEONG WAN KI	SOUTH KOREA	21:16.4S
5	JEONG WAN JUN	SOUTH KOREA	24:16.4S
3000M (M50 – 54)			
1	SANTHERAN VELOO	PERAK MASTERS	13:03.9S
2	WINSON SHANMUGAM	SELANGOR MASTERS	13:45.6S
3	CHOO JIN HIN	PENANG	14:27.6S
4	RAJENDRAN CHAPPANIMUTHU	PERAK MASTERS	14:43.5S
3000M (M55 – 59)			
1	SHANMUGANATHAN RATANAM	PERAK MASTERS	12:44.8S
2	RANBIR SINGH	INDIA MASTERS	14:43.5S
3000M (M60 – 64)			
1	MARZNMURNEY BIN ABDULLAH	BRUNEI	13:03.9S
2	ARUMUGAM SUBRAMANIAM	PEMADAM	13:06.7S
3	DWARIKA THAKUR	MAFI	13:34.4S
4	SUBRAMANIAM KRISHNAN	SELANGOR MASTERS	14:10.8S
5	PADMANATHASIVAN KAILASAM	NS MASTERS	14:58.8S
3000M (M65 – 69)			
1	KANAPATHY SUPRAMANIAM	PERAK MASTERS	13:04.7S
2	SURINDER SINGH	MAFI	15:24.7S
3	ARUMUGAM M. ARUMUGAM	NS MASTERS	15:32.8S
4	SUNDARAJU SUPPAN	FITMA AC	15:38.9S
5	MOHAMAED ARIFF BIN TAR MOHAMAD	KL MASTERS	17:27.3S

3000M (M70 – 74)			
1	SAMUTHARAPANDIAN S. PERIASAMY	PERAK MASTERS	14:48.6S
2	DENNIS M SCOTT	PHILIPPINES	15:54.0S
3	YUSOFF KHAN	SINGAPORE MASTERS	18:01.1S
4	VENBATARAMAN RAMALOO	FITMA AC	25:43.6S
3000M (M75 – 79)			
1	PHILLIP LIM	KL MASTERS	18:39.1S
2	JULIUS JIKUT KOMUNING	SAMAS	19:14.0S
3	SELVARAJAH CHELLIAH	FITMA AC	21:50.9S
3000M (80 – 84)			
1	LOW KUAN SOW @ LOKE KUAN SOW	PENANG MASTERS	19:37.7S
2	FOO DUN HEEN	SINGAPORE MASTERS	26:47.8S
110M H (M35 – 39)			
1	MOHD SOBRI BIN RAMLI	PERAK MASTERS	17.0S
2	NURKI BIN PIRITUS @JAHUDIN	SAMAS	17.6S
3	MOHD FARISH BIN AZIZ SULAIMAN	SAMAS	18.4S
110M H (40 – 44)			
1	RAZI BIN NAYAN	PDRM	20.2S
2	EDDEY KALAI	PDRM	21.6S
3	BABAN GORAI	INDIA MASTERS	22.5S
4	AZMAN BIN NORDIN	DBKL	23.1S
110M H (M45 – 49)			
1	DEEPAK SINGH NEGI	INDIA MASTERS	19.8S
2	STEVE @ NAPOL JAMES	SAMAS	20.7S
100M H (M50 – 54)			
1	ASNI BIN TAHIR	PERAK MASTERS	19.5S
2	PETER BIN ANDIN	SAMAS	19.9S
100M H (M55 – 59)			
1	SHAMRY MOHD ALI	SAMAS	18.3S
2	AGUS DWI RAHARDJO	INDONESIA	20.5S
3	HJ MOHD HASNI BIN HUSSIEN	MALACCA MASTERS	20.5S
4	D.C.P. JAYATHILAKA	SRI LANKA	21.0S
100M H (M60 – 64)			
1	CHUNG YUN KIONG	SAMAS	19.4S
2	MOHAMAD FAUZI BIN AHMAD SAFRI	PDRM	20.2S
3	MUSTAFA BIN IBRAHIM	SMTFA	23.0S
100M H (M65 – 69)			
1	ANG WEE TECK	SMTFA	19.7S
2	ALIUDIN JUMAAT	SAMAS	22.2S
3	SATISH CHAND CHAUHAN	INDIA MASTERS	23.0S
3000M WALK (M35 – 39)			
1	K.A.L.L. SANJAYA	SRI LANKA	21:01.8S
2	MOHD AZMEER BIN AMARULLAH	SELANGOR MASTERS	21:05.5S
3	MURALI SUBRAMANIAM	SELANGOR MASTERS	25:55.1S
3000M WALK (M40 – 44)			
1	MAULIE BIN MANGUN	PDRM	18:46.9S

2	TEOH TEIK SHIANG	PENANG	25:31.0S
3	THIAGARAJAN ANANTHARAJOO	SELANGOR	31:01.2S
3000M WALK (M45 – 49)			
1	CHOY TUCK WEI	PERAK MASTERS	20:23.4S
2	ZULKERNAIN BIN MOHAMAD ZAWAWI	PDRM	20:23.6S
3	HALID BIN NURMIN	PDRM	20:30.8S
4	S. APPA RAO	SELANGOR MASTERS	25:45.2S
5	JEONG WAN JUN	SOUTH KOREA	27:31.7S
6	JEONG WAN KI	SOUTH KOREA	28:47.4S
3000M WALK (M50 – 54)			
1	G. SURESH KUMAR	FITMA AC	17:44.7S
2	KT JESTIN KT MENDIS	KL	20:21.1S
3	TALLAPELLE RAMESH	INDIA MASTERS	22:31.8S
4	CHANDRAN M. PERIASAMY	JOHOR MASTERS	25:01.2S
3000M WALK (M55 – 59)			
1	MOHD ZAINI BIN HARUN	PERAK MASTERS	18:40.6S
2	R. SUBRAMANIAM	MA SINGAPORE	19:17.3S
3	HONIH ASUNG @ BENJOHN SIMBAKU	SAMAS	19:45.1S
4	AIMAN CHEAH TIONG CHAP	SELANGOR MASTERS	20:36.1S
5	JAYAPAL KUPPUSAMY	PDRM (R)	20:44.8S
6	RANBIR SINGH	INDIA MASTERS	21:17.3S
7	LOW HOCK SENG STEVEN	SINGAPORE MASTERS	23:30.8S
3000M WALK (M60 – 64)			
1	APLAIDOO RAMA NAYADOO	FITMA AC	20:22.9S
2	VALAITHAM A/L VEDANAYAGAM	PERAK MASTERS	20:29.8S
3	AZMI BIN HAMAT	PERAK MASTERS	20:43.5S
4	KANESAN SUNNAMUTHU	PERAK MASTERS	21:26.3S
5	ANSARI BIN ABDUL RAHMAN	PERAK MASTERS	23:40.0S
6	MICHEAL SELVANAYAGAM	SELANGOR MASTERS	24:09.9S
3000M WALK (M65 – 69)			
1	K. MAHALINGAM R. KUPPUSAMY	PENANG MASTERS	19:10.1S
2	ELANGOVAN SITHIRAM SUPPIAH	FITMA AC	19:39.0S
3	GOVI A. RAMOO	PENANG MASTERS	20:05.5S
4	MOHAMED ARIFF BIN TAR MOHAMAD	KL MASTERS	21:19.1S
5	KALAI CHALVAN A. SUBRAMANIAM	SELANGOR MASTERS	22:15.2S
6	TANI CLACE SEBASTIAN	PDRM (R)	22:21.6S
7	RAGHAVAN MOHANADAS	MA SINGAPORE	22:57.6S
8	MANIAN APPALASAMY	PERAK MASTERS	23:01.4S
3000M WALK (M70 – 74)			
1	YEO CHONG LAY	SINGAPORE MASTERS	20:36.0S
2	FOO CHEE JIN	SINGAPORE MASTERS	21:04.0S
3	ABDUL SAMAD	SINGAPORE MASTERS	21:25.0S
4	LOH HON CHUNG	SMTFA	21:46.1S
5	SUING @ SYLVESTER KUIL	SAMAS	22:17.5S
6	MURUGAN MANIAM	FITMA AC	22:24.3S
7	VENBATARAMAN A/L RAMALOO	FITMA AC	26:45.2S
8	CHONG LOON PHAR	KL MASTERS	28:37.6S
3000M WALK (M75 – 79)			
1	THOMAS KOK	PERAK MASTERS	19:35.9S
2	LOGANATHAN RAMASAMY	SINGAPORE MASTERS	21:38.2S
3	MANICKAM THAMBIAH	FITMA AC	22:30.7S
4	SUPRAMANIAM PALANISAMY	NS MASTERS	22:33.1S
5	RICHARD LAI	SINGAPORE MASTERS	24:31.2S

6	RAMANAIDU PAIDIAH	KL MASTERS	25:33.8S
7	SUBHASH SADASHIV RAO PANDE	INDIA MASTERS	28:17.6S
3000M WALK (80 – 84)			
1	NG NGOH HENG	SINGAPORE MASTERS	27:57.4S
2	KESHAB KUMAR CHHETRI	SELANGOR MASTERS	29:08.4S
3	SANTHIRA RAJAH SARAVANAMUTHU	SELANGOR MASTERS	32:22.3S
SHOT PUT (M35 – 39)			
1	LINUS NICHOLAS	SAMAS	10.88M
2	MUVIN BIN ABD WAHAB	MALACCA	10.76M
3	TAN DAN NY	SELANGOR MASTERS	9.17M
4	IBRAHIM ALI SHAIKH	INDIA MASTERS	8.08M
5	KIEW SIENG EIK	MALACCA MASTERS	7.81M
6	MOHD ZULKEFLI B. MOHAMAD	PERAK MASTERS	7.73M
7	MOHD SHUKOR BIN BEE	PERAK MASTERS	7.47M
8	MOHD AZMEER BIN AMARULLAH	SELANGOR MASTERS	6.55M
SHOT PUT (M40 - 44)			
1	SUNIL CHAVAN	INDIA MASTERS	8.65M
2	ARVIND LALWANI	SMTFA	7.65M
3	AZMAN BIN NORDIN	DBKL	6.92M
4	PRAMJIT SINGH	PERAK MASTERS	5.13M
SHOT PUT (M45 – 49)			
1	S. SRIKANTH	INDIA	10.22M
2	SYED ABDULLAH BUHAR	MAFI	9.54M
3	WONG HOCK LOONG	SAMAS	8.71M
4	LEE KIAN FEI	PERAK MASTERS	8.37M
5	ZULKEFLI BIN SUDIN	PDRM	7.86M
6	SIEW HANN WEN	SELANGOR MASTERS	7.62M
7	JEONG WAN JUN	SOUTH KOREA	6.76M
8	NETHIANATHAN KRISHNA KUTTY	FITMA AC	6.70M
SHOT PUT (M50 – 54)			
1	LIM BAN DANG	PEMADAM	10.59M
2	ABD RAHIM B. ABD HAMID	PDRM	9.87M
3	MUHAMMAD AKRAM KHAN	PAKISTAN	9.86M
4	ASNI BIN TAHIR	PERAK MASTERS	9.40M
5	ARIES JOSE B.	INDONESIA	8.28M
SHOT PUT (M55 – 59)			
1	MAULANI BIN DIMAN	SAMAS	10.64M
2	GUNASAEGARAN NARASAPAN	FITMA AC	10.08M
3	LEONARD G. WILLON	SAMAS	8.46M
4	REZA FOTOHI ARDEKANI	SINGAPORE MASTERS	8.40M
5	AZHAR BIN HASHIM	PEMADAM	7.30M
6	SUWITO BIN KARDO	LABUAN	6.68M
SHOT PUT (M60 – 64)			
1	MOHD YUSDINI BIN MOHD YUSOFF	SELANGOR MASTERS	9.38M
2	ZAHAR BIN RAHMAN	SELANGOR MASTERS	9.16M
3	KRISHNASAMY KARUPPIAH	SELANGOR MASTERS	9.10M
4	JAYARAMAN NAGAMUTHU	FITMA AC	8.85M
5	MOHD ROSLEY ABDULLAH	SAMAS	8.81M
6	MOHD RAHIM BIN LUWI	MALACCA MASTERS	8.30M
7	KADIR BIN AHMAD	SAMAS	6.66M
8	BASKARAN KRISHNAN	PDRM (R)	5.03M

SHOT PUT (M65 – 69)			
1	YAW DOLY BIN YAW LOKONG	SAMAS	9.83M
2	BALDEV SINGH	INDIA MASTERS	9.54M
3	JUAN C VILLA	PHILIPPINES	9.33M
4	TARMIZI SANDHU @ TARA SINGH	SAMAS	8.82M
5	T. SUBRAMANIAM	INDIA	8.18M
6	LUM CHEE MENG	SMTFA	5.96M
7	RAJASEGARAN KANNEN	FITMA AC	4.92M
SHOT PUT (M70 – 74)			
1	WONG KAU FOU	MALACCA MASTERS	9.47M
2	P. NADARAJAH M. PERIAYAH	FITMA AC	9.03M
3	SUING @ SYLVESTER KUIL	SAMAS	8.15M
4	FARID GADELSHIN	UZBEKISTAN	7.74M
5	NARAYANAN NAIR SUNGONI NAIR	NS MASTERS	7.39M
6	PILAH @ ONDOG BIN KISANG	SAMAS	7.35M
7	DATO' REV SAMUEL D.JOHN	NS MASTERS	7.19M
SHOT PUT (M75 – 79)			
1	JULIUS JIKUT KOMUNING	SAMAS	6.89M
2	BAYYE SAMUEL	INDIA MASTERS	6.00M
3	VIMALASINGAM V. SARANAMUTHU	FITMA AC	5.47M
4	CHINTALA MALLA REDDY	INDIA MASTERS	5.42M
5	NALLURI KARUNAKAR RAO	INDIA MASTERS	4.58M
SHOT PUT (M80 – 84)			
1	PENJARLA RAMASWAMY	INDIA MASTERS	8.94M
2	CHAND SINGH AHLAWAT	INDIA MASTERS	8.90M
3	LOW KUAN SOW @ LOKE KUAN SOW	PENANG MASTERS	6.05M
SHOT PUT (85 – 89)			
1	PEDDI ANJA REDDY	INDIA MASTERS	5.66M
JAVELIN (M35 – 39)			
1	RAYN NELSON JAMAIDI	PDRM	44.86M
2	LINUS NICHOLAS	SAMAS	43.54M
3	S.W.P. SHANAKA MADUSHANKA	SRI LANKA	41.46M
4	NURKI BIN PIRITUS @ JAHUDIN	SAMAS	40.96M
5	KIEW SIENG EIK	MALACCA MASTERS	28.98M
6	SANMUGAM KULANTAVELOO	SELANGOR	21.16M
7	MURALI SUBRAMANIAM	SELANGOR MASTERS	10.62M
JAVELIN (M40 – 44)			
1	EDNASIUS JAMES GHANI	SAMAS	36.25m
2	GURDEEP SINGH	INDIA MASTERS	33.69M
3	MOHD SHAHRUL NIZAM N. ADAN	PDRM	32.55M
4	AHMAD EZMAN BIN PUDIL @ FADZIL	PERAK MASTERS	31.96M
5	AMNAT PERAT	SELANGOR	29.79M
JAVELIN (M45 – 49)			
1	LEE KIAN FEI	PERAK MASTERS	38.57M
2	SIEW HANN WEN	SELANGOR MASTERS	34.64M
3	WONG HOCK LOONG	SAMAS	34.05M
4	STEVE @ NOPAL JAMES	SAMAS	28.45M
JAVELIN (M50 – 54)			
1	PRASARANNA KUMARA ALUVIHAREL	SRI LANKA	47.05M
2	ABDUL GHANI BIN YAHAYA	PDRM	32.69M

3	ARIES JOSE B	INDONESIA	30.45M
4	LIM BAN DANG	PEMADAM	26.77M
5	PG AMIR ISA BIN PG SABTU	BRUNEI	26.60M
6	KT JESTIN KT MENDIS	KL	20.60M
JAVELIN (M55 – 59)			
1	ZAINAL ARIFFIN	PDRM	38.08M
2	GUNASAEGARAN NARASAPAN	FITMA AC	31.45M
3	REZA FOTOHI ARDEKANI	SINGAPORE MASTERS	27.09M
4	SUWITO BIN KARDO	LABUAN	22.94M
5	JAMES BIN PATRICK	SAMAS	20.71M
6	RAUL MAUNA	PHILIPPINES	14.76M
7	ACHUTHAN BALAKRISHNAN	FITMA AC	12.65M
JAVELIN (M60 – 64)			
1	PRASETYOADI	INDONESIA	36.80M
2	KRISHNASAMY KARUPPIAH	SELANGOR MASTERS	33.08M
3	MOHD ROSLEY ABDULLAH	SAMAS	32.58M
4	BASKARAN FRANCIS	PERAK MASTERS	31.32M
5	KADIR BIN AHMAD	SAMAS	22.82M
6	TAJUL ARIFFIN BIN AWANG MOHD	SAMAS	22.47M
7	DR. VASU APPU	PDRM (R)	19.03M
8	CHANDRAN THANGAYAH	SELANGOR MASTERS	18.49M
JAVELIN (M65 – 69)			
1	YAW DOLY BIN YAW LOKONG	SAMAS	36.64M
2	TARMIZI SANDHU @ TARA SINGH	SAMAS	34.34M
3	T. SUBRAMANIAM	INDIA	26.77M
4	PEAREDDY NARENDER REDDY	INDIA MASTERS	17.03M
5	LUM CHEE MENG	SMTFA	16.75M
6	RAJASEGARAN KANNEN	FITMA AC	8.95M
JAVELIN (M70 – 74)			
1	K. RAMASWAMY	INDIA	27.56M
2	VITALIS HERMAN	SAMAS	26.41M
3	WONG KOU FOU	MALACCA MASTERS	25.35M
4	GUZ ANTONY SELVARAJ	INDIA	22.63M
5	P. NADARAJAH M. PERIAYAH	FITMA AC	22.40M
6	PILAH @ ONDOG BIN KISANG	SAMAS	22.10M
7	FARID GADELSHIN	UZBEKISTAN	21.79M
8	MOHAMED BIN MD IDRUS	PAHANG MASTERS	20.19M
JAVELIN (M75 – 79)			
1	JULIUS JIKUT KOMUNING	SAMAS	25.19M
2	BAYYE SAMUEL	INDIA MASTERS	19.36M
3	VIMALASINGAM SARANAMUTHU	FITMA AC	13.42M
4	NALLURI KARUNAKAR RAO	INDIA MASTERS	12.85M
5	CHINTALA MALLA REDDY	INDIA MASTERS	9.24M
JAVELIN (M80 – 84)			
1	SOETIKNO HENDRATA	INDONESIA	21.65M
2	CHAND SINGH AHLAWAT	INDIA MASTERS	18.58M
3	PENJARLA RAMASWAMY	INDIA MASTERS	13.14M
JAVELIN (M85 – 89)			
1	PEDDI ANJA REDDY	INDIA MASTERS	8.92M

DISCUS (M35 – 39)			
1	TAN DAN NY	SELANGOR MASTERS	28.35M
2	MOHD SHUKOR BIN BEE	PERAK MASTERS	24.81M
3	W.D. ISHARA WARNAPURA	SRI LANKA	22.95M
4	KIEW SIENG EIK	MALACCA MASTERS	21.66M
5	IBRAHIM ALI SHAIKH	INDIA MASTERS	20.15M
6	AHMAD FAUZAN BIN A. HAMID	MAKSWIP	18.30M
DISCUS (M40 – 44)			
1	ARWIND LALWANI	SMTFA	19.72M
2	AHMAD EZWAN BIN PUDIL @ FADZIL	PERAK MASTERS	19.40M
3	SUNIL CHAVAN	INDIA MASTERS	18.40M
DISCUS (M45 – 49)			
1	LEE KIAN FEI	PERAK MASTERS	26.78M
2	SIEW HANN WEN	SELANGOR MASTERS	24.57M
3	S. SRIKANTH	INDIA	23.91M
4	SYED ABDULLAH BUHARI	MAFI	22.24M
5	WONG HOCK LOONG	SAMAS	21.78M
6	BOSCHU ASHOK	INDIA MASTERS	16.20M
DISCUS (M50 – 54)			
1	PRASARANNA KUMARA ALUVIHARE	SRI LANKA	32.27M
2	LIM BAN DANG	PEMADAM	28.85M
3	ASNI BIN TAHIR	PERAK MASTERS	26.54M
4	ABD RAHIM B. ABD HAMID	PDRM	23.50M
5	PRATIK MURWATNO SARDJONO	INDONESIA	23.16M
6	IBRAHIM BIN ABD WAHAB	MALACCA MASTERS	21.79M
7	MUHAMMAD AKRAM KHAN	PAKISTAN	20.78M
DISCUS (55 – 59)			
1	MAULANI BIN DIMAN	SAMAS	31.58M
2	REZA FOTOHI ARDEKANI	SMTFA	28.57M
3	LEONARD G. WILLON	SAMAS	21.78M
DISCUS (M60 – 64)			
1	KRISHNASAMY KARUPPIAH	SELANGOR MASTERS	30.63M
2	PRASETYOADI	INDONESIA	29.17M
3	MOHD ROSLEY ABDULLAH	SAMAS	28.09M
4	AMPUAN MD ABD KHIFLI A HJ DAMIT	BRUNEI	27.05M
5	ZAHAR BIN RAHMAN	SELANGOR MASTERS	25.19M
6	BASKARAN FRANCIS	PERAK MASTERS	24.66M
7	TAJUL ARIFFIN BIN AWANG MOHD	SAMAS	22.82M
8	JAYARAMAN NAGAMUTHU	FITMA AC	21.93M
DISCUS (M65 – 69)			
1	JUAN C VILLA	PHILIPPINES	33.78M
2	T. SUBRAMANIAM	INDIA	33.61M
3	TARMIZI SANDHU @ TARA SINGH	SAMAS	32.09M
4	BALDEV SINGH	INDIA MASTERS	28.03M
5	YAW DOLY BIN YAW LOKONG	SAMAS	27.06M
6	WILLIAM NORMAN WHEETLEY	SAMAS	23.91M
7	PEAREDDY NARENDER REDDY	INDIA MASTERS	22.51M
8	LUM CHEE MENG	SMTFA	16.15M
DISCUS (M70 – 74)			
1	P. NADARAJAH M. PERAYAH	FITMA AC	27.70M
2	FARID GADELSHIN	UZBEKISTAN	26.77M
3	WONG KOU FOU	MALACCA MASTERS	24.89M

4	PEDAMUTHANI BALAIAH	INDIA MASTERS	23.48M
5	K. RAMASWAMY	INDIA	23.40M
6	NARAYAN NAIR SUNGONI NAIR	NS MASTERS	19.69M
7	PILAH @ ONDOG BIN KISANG	SAMAS	19.49M
8	VITALIS HERMAN	SAMAS	19.12M
DISCUS (M75 – 79)			
1	JULIUS JIKUT KOMUNING	SAMAS	19.52M
2	CHINTALA MALLA REDDY	INDIA MASTERS	14.95M
3	VIMALSINGAM SARANAMUTHU	FITMA AC	12.89M
4	BAYYE SAMUEL	INDIA MASTERS	12.18M
5	NALLURI KARUNAKAR RAO	INDIA MASTERS	12.07M
DISCUS (M80 – 84)			
1	PENJARLA RAMASWAMY	INDIA MASTERS	21.01M
2	CHAND SINGH AHLAWAT	INDIA MASTERS	20.76M
DISCUS (M85 – 89)			
1	PEDDI ANJA REDDY	INDIA MASTERS	11.09M
LONG JUMP (M35 – 39)			
1	MOHD ZHAFRAN BIN MOHD ROSLI	PERAK MASTERS	5.74M
2	N.M.T.O. SARATHCHANDRA	SRI LANKA	5.13M
3	MOHD AZMI BIN MOHAMED YATIM	PERAK MASTERS	4.81M
4	AHMAD BUQARI BIN YUNOS	PDRM	4.15M
LONG JUMP (M40 – 44)			
1	AMNAT PERAT	SELANGOR	5.44M
2	SHAHRYMAN SHAHRIL BIN MOHD MAN	DBKL	5.16M
3	MAULIE BIN MANGUN	PDRM	5.04M
4	RAZI BIN NAYAN	PDRM	4.55M
5	ADI WIRA BIN MOHD ZIN	PERAK MASTERS	4.42M
LONG JUMP (M45 – 49)			
1	DEEPAK SINGH NEGI	INDIA MASTERS	5.55M
2	RAMIS K.D. RADA	MAKSWIP	5.29M
3	LAVETY SOMESWARA RAO	INDIA MASTERS	4.49M
4	SIEW HANN WEN	SELANGOR MASTERS	4.38M
LONG JUMP (M50 – 54)			
1	PRAKTIK MURWATNO SARDJONO	INDONESIA	5.07M
2	PG AMIR ISA BIN PG SABTU	BRUNEI	4.64M
3	PETER BIN ANDIN	SAMAS	4.56M
4	JIPRIN BIN JUSDI	SAMAS	4.33M
5	SIDNEY TAY CHZE WAY	SMTFA	3.80M
6	RAJAN SUPPIAH	JETS	2.37M
LONG JUMP (M55 – 59)			
1	ZULKIFLI BIN YEOP	PERAK MASTERS	4.79M
2	RAMLI BIN LANI	MAKSWIP	4.68M
3	SUHAILI SANEH	SAMAS	4.52M
4	ALI MUSTAFA	JOHOR MASTERS	4.34M
5	JAMALUDDIN LANI	SAMAS	4.10M
6	SUWITO BIN KARDO	LABUAN	3.97M
LONG JUMP (M60 – 64)			
1	CHUNG YUN KIONG	SAMAS	4.38M
2	MUSTAFA BIN IBRAHIM	SMTFA	4.16M
3	THAM SIEW YEN	SELANGOR MASTERS	3.99M

4	JAYARAMAN RAJAMANICKAM	PERAK MASTERS	2.57M
5	JUINTIN BIN ALLAP	SAMAS	2.47M
LONG JUMP (M65 – 69)			
1	ANG WEE TECK	SMTFA	4.38M
2	HAJI SAFRI / TIANG BIN HJ MAN	BRUNEI	3.67M
3	PUZI BIN ABD MANAN	PDRM (R)	3.58M
4	CHOO WAI KIN	KL MASTERS	3.56M
LONG JUMP (M70 – 74)			
1	VITALIS HERMAN	SAMAS	3.54M
2	CHOO CHOW HENG	KL	3.14M
3	UMAN @ YUMAN BIN SIKIN	SAMAS	3.06M
4	MOHAMED BIN MD IDRUS	PAHANG MASTERS	2.68M
5	NARAYANAN NAIR SUNGONI NAIR	NS MASTERS	1.58M
LONG JUMP (M75 – 79)			
1	HAJI ARIFFIN BIN ABDULLAH	BRUNEI	3.21M
2	SOH CHIN KOON	SINGAPORE MASTERS	2.06M
LONG JUMP (M80 – 84)			
1	P.C.S.RAO	INDIA MASTERS	1.42M
HIGH JUMP (M35 – 39)			
1	JARED AMADIS ABDUL RAHMAN	SAMAS	1.70M
2	NURKI BIN PIRITUS @ JAHUDIN	SAMAS	1.50M
3	KIEW SIENG EIK	MALACCA MASTERS	1.30M
4	MOHD AZMEER BIN AMARULLAH	SELANGOR MASTERS	1.25M
HIGH JUMP (M40 – 44)			
1	EDDEY KALAI	PDRM	1.50M
2	MAULIE BIN MANGUN	PDRM	1.35M
3	RAZI BIN NAYAN	PDRM	1.30M
HIGH JUMP (M45 – 49)			
1	LIAW YIN VON	SAMAS	1.50M
2	SIM CHEE HO	PERAK	1.45M
3	DEEPAK SINGH NEGI	INDIA MASTERS	1.30M
4	JEONG WAN JUN	SOUTH KOREA	0.90M
HIGH JUMP (M50 – 54)			
1	ASNI BIN TAHIR	PERAK MASTERS	1.50M
2	PRATIK MURWATNO SARDJONO	INDONESIA	1.45M
3	LIM BAN DANG	PEMADAM	1.35M
4	IBRAHIM BIN ABD WAHAB	MALACCA MASTERS	1.35M
HIGH JUMP (M55 – 59)			
1	AGUS DWI RAHARDJO	INDONESIA	1.35M
2	JAMALUDDIN LANI	SAMAS	1.30M
3	MOHAN PONNIAH	JOHOR MASTERS	0.90M
HIGH JUMP (M60 – 64)			
1	MUSTAFA BIN IBRAHIM	SMTFA	1.16M
2	BASKARAN FRANCIS	PERAK MASTERS	1.06M
3	MD NAZRI BIN KASIM	PDRM (R)	1.06M
HIGH JUMP (M65 – 69)			
1	ALIUDIN JUMAAT	SAMAS	1.35M
2	CHOO WAI KIN	KL MASTERS	1.13M

HIGH JUMP (M70 – 74)			
1	K. RAMASWAMY	INDIA	1.0M
TRIPLE JUMP (M35 – 39)			
1	NURKI BIN PIRITUS @ JAHUDIN	SAMAS	11.28M
2	ALFRED ALEK JIMMY	SAMAS	11.10M
3	MOHD FARISH BIN AZIZ SULAIMAN	SAMAS	10.90M
4	N.M.T.D. SARATHCHANDRA	SRI LANKA	10.48M
5	JELVY BIN JENERAL	SAMAS	8.67M
6	MOHD AZMEER BIN AMARULLAH	SELANGOR MASTERS	8.33M
TRIPLE JUMP (M40 – 44)			
1	MAULIE BIN MANGUN	PDRM	10.31M
2	EDDEY KALAI	PDRM	10.17M
3	AHMAD EZMAN BIN PUDIL @ FADZIL	PERAK MASTERS	9.34M
4	RAZI BIN NAYAN	PDRM	9.25M
5	ADI WIRA BIN MOHD ZIN	PERAK MASTERS	8.08M
TRIPLE JUMP (M45 – 49)			
1	DEEPAK SINGH NEGI	INDIA MASTERS	11.50M
2	SIM CHEE HO	PERAK	8.80M
3	LAVETY SOMESWARA RAO	INDIA MASTERS	8.78M
TRIPLE JUMP (M50 – 54)			
1	PRATIK MURWATNO SARDJONO	INDONESIA	7.93M
2	SIDNEY TAY CHZE WAY	SMTFA	7.34M
TRIPLE JUMP (M55 – 59)			
1	JAMALUDDIN LANI	SAMAS	8.86M
2	CHOW WEE CHIN ARTHUR	SINGAPORE MASTERS	8.68M
TRIPLE JUMP (M60 – 64)			
1	CHUNG YUN KIONG	SAMAS	8.68M
2	MUSTAFA BIN IBRAHIM	SMTFA	7.75M
3	JAYARAMAN RAJAMANICKAM	PERAK MASTERS	6.25M
4	TAJUL ARIFFIN BIN AWANG MOHD	SAMAS	5.89M
5	JUINTIN BIN ALLAP	SAMAS	5.77M
TRIPLE JUMP (M65 – 69)			
1	ANG WEE TECK	SMTFA	8.73M
2	T. BALAN	INDIA	5.96M
3	HAJI SAFRI / TIANG BIN HJ MUDIN	BRUNEI	5.81M
TRIPLE JUMP (M70 – 74)			
1	VITALIS HERMAN	SAMAS	6.92M
2	K. RAMASAMY	INDIA	6.21M
3	CHOO CHOW HENG	KL	5.95M
TRIPLE JUMP (M75 – 79)			
1	HAJI ARIFFIN BIN ABDULLAH	BRUNEI	6.47M
2	SOH CHIN KOON	SINGAPORE MASTERS	5.82M
TRIPLE JUMP (M80 – 84)			
1	P.C.S. RAO	INDIA MASTERS	4.11M

4 X 100M OPEN (MEN)			
1	PERAK MASTERS		47.5S
2	SAMAS (A)		51.2S
3	DBKL		51.3S
4	INDIA MASTERS		53.1S
5	SAMAS (B)		53.2S
6	SRI LANKA		54.3S
7	SINGAPORE		55.4S
8	DKI JAKARTA		61,7S
4 X 400M OPEN (MEN)			
1	PERAK MASTERS		4:01.4S
2	SRI LANKA		4:14.7S
3	PACEMAKERS CELSIUS MY		4:17.3S
4	DBKL		4:31.4S
5	FITMA AC		5:00.6S
MEDLEY RELAY (MEN)			
1	DBKL		4:24.0
2	DKI JAKARTA		4:26.0
3	SRI LANKA		4:26.6
4	PERAK MASTERS		4:30.6
5	INDIA MASTERS		4:39.2
6	FITMA AC		5:50.3

WOMEN

100M (W35 – 39)			
1	ALISON CHEW SUK LING	SAMAS	13.52S
2	SITI FAIRUZ BT JAMALUDDIN	PDRM	14.17S
3	CAROL AUGUSTINE	SAMAS	15.77S
4	TISHARAMADAN BT KUBA	PDRM	16.01S
5	JAIDAH BT JIKIR	SAMAS	16.79S
100M (W40 – 44)			
1	HILDA ILYA BT HILMI	MAKSWIP	15.84S
2	SAYANTANI SAHA	INDIA MASTERS	16.06S
3	PATRICIA DOSUI	SAMAS	17.26S
4	GOWRI SUPPIAH	SELANGOR	21.12S
100M (W45 – 49)			
1	MARTA BASA BT LOKMAN	LABUAN	15.47S
2	LINAH BT IKUN	SAMAS	16.65S
3	LEE OI KIT JACKIE	PERAK MASTERS	17.05S
4	BAIRI SWARAJYA LAXMI	INDIA MASTERS	17.85S
5	REKHA DAHIYA	MAFI	18.60S
100M (W50 – 54)			
1	LAVINIA HANSRAJ	INDIA	14.38S
2	N. JAYANTHY R. NARAYANAN	PERAK MASTERS	17.46S
3	MULYANI SUSANA	INDONESIA	20.75S
100M (W55 – 59)			
1	JULIANA GUMPIL	SAMAS	14.20S
2	SALVE BAYABAN	PHILIPPINES	16.15S
3	MARIANI BT MANAN	SAMAS	16.98S
4	JOMYTA BT ELON	SAMAS	19.78S
100M (W60 – 64)			
1	MORDIANA ABDULLAH	SAMAS	15.52S
2	LUCY YONG	SAMAS	15.94S
3	BELINDA TING YEW KING	SELANGOR MASTERS	19.70S
4	NOOR ANITA KAMARUDDIN	KL	23.74S
5	CHIN YEE CHING	PERAK	25.52S
100M (W65 – 69)			
1	ZABIDAH BT ZAKARIA	MALACCA MASTERS	22.78S
2	MAIMUNA J. NORDIN	SELANGOR MASTERS	24.33S
100M (W70 – 74)			
1	CHRISTINA LABANJING @ JENTUNIS	SAMAS	21.61S
2	AISHAH BT N ABU BAKAR	MALACCA MASTERS	27.69S
100M (W75 – 79)			
1	MARGARETHA ARITONANG	INDONESIA	25.01S
100M (W80 – 84)			
1	LEM SEE TIAM	SINGAPORE MASTERS	32.45S
2	MARGARET LIM WEE LIEN	SELANGOR MASTERS	37.50S
3	USHA SHARMA	INDIA MASTERS	39.23S
200M (W35 – 39)			
1	ALISON CHEW SUK LING	SAMAS	28.5S

2	SITI FAIRUZ BT JAMALUDIN	PDRM	30.5S
3	TISHARAMADAN BT KUBA	PDRM	34.8S
200M (W40 – 44)			
1	SAYANTANI SAHA	INDIA MASTERS	35.4S
200M (W45 – 49)			
1	MARTA BASA BT LOKMAN	LABUAN	33.2S
2	LINAH BT IKUN	SAMAS	36.9S
3	REKHA DAHIYA	MAFI	44.9S
200M (W50 – 54)			
1	LAVINIA HANSRAJ	INDIA	31.1S
2	NOKALMAH SANASEE	PERAK MASTERS	34.6S
3	N. JAYANTHY R. NARAYANAN	PERAK MASTERS	37.4S
4	MARGARET PETRUS	SAMAS	37.7S
200M (W55 – 59)			
1	SALVE BAYABAN	PHILIPPINES	34.4S
2	THERESA BT SIDAU	SAMAS	38.3S
3	JOMYTA BT ELON	SAMAS	44.2S
4	AMALIA MARQUEZ BARCOMA	FITMA AC	52.1S
200M (W60 – 64)			
1	LUCY YONG	SAMAS	35.2S
2	CHIN YEE CHING	PERAK	39.5S
3	BELINDA TING YEW KING	SELANGOR MASTERS	46.3S
200M (W65 – 69)			
1	MAIMUNA J NORDIN	SELANGOR MASTERS	59.2S
2	TAN TECK SEE	SELANGOR MASTERS	83.8S
200M (W75 – 79)			
1	MARGARETHA ARITONANG	INDONESIA	56.4S
200M (W80 – 84)			
1	MARGARET LIM WEE LIEN	SELANGOR MASTERS	93.6S
400M (W35 – 39)			
1	ALISON CHEW SUK LING	SAMAS	71.3S
2	MICHELE TAN BEE KIANG	SELANGOR MASTERS	76.1S
3	JAIDAH BT JIKIR	SAMAS	110.7S
400M (W40 – 44)			
1	AHADIJAH MAGDALINA JOSEPH GIDIK	SAMAS	92.2S
400M (W45 – 49)			
1	EMILIA JAMIL	PDRM	79.0S
2	BAIRI SWARAJYA LAXMI	INDIA MASTERS	84.8S
3	LINAH BT IKUN	SAMAS	86.9S
4	WONG CHOY LAN	FITMA AC	94.3S
400M (W50 – 54)			
1	LAVINIA HANSRAJ	INDIA	71.0S
2	NOKALMAH SANASEE	PERK MASTERS	82.3S
3	MARGARET PETRUS	SAMAS	94.9S
4	N. JAYANTHY R. NARAYANAN	PERAK MASTERS	100.3S

400M (W55 – 59)			
1	ADENAH BT LOJUHUN	SAMAS	87.1S
2	THERESA BT SIDAU	SAMAS	89.8S
3	SAUSAH @ BUAIRAH BT RAKIMIN	SAMAS	127.0S
400M (W60 – 64)			
1	CHIN YEE CHING	PERAK	88.3S
2	JOANNE FOO	PERAK MASTERS	104.2S
3	SINNAMAH GOLLA-BANGARU	SELANGOR MASTERS	134.5S
800M (W35 – 39)			
1	MICHELE TAN BEE KIANG	SELANGOR MASTERS	2:57.8
2	TANUSHREE LALA	INDIA MASTERS	3:10.0
3	SHAHIDA PARVEEN	INDIA MASTERS	4:24.4
800M (W40 – 44)			
1	MAZLINA SHAFURA BT ABDUL MANAP	MAKSWIP	3:26.6
800M (W45 – 49)			
1	EMILIA JAMIL	PDRM	3:26.9
2	BAIRI SWARAJYA LAXMI	INDIA MASTERS	3:51.3
800M (W50 – 54)			
1	ZUHARLINA BT ABU BAHARIN	MAKSWIP	3:25.9
2	DESY	INDONESIA	3:59.2
800M (W55 – 59)			
1	ADENAH BT LOJUHUN	SAMAS	3:39.2
2	SAUSAH @ BUAIRAH BT RAKIMIN	SAMAS	5:26.0
800M (W60 – 64)			
1	CHIN YEE CHING	PERAK	3:37.3
2	JOUTI @ VIRONICA BT ELAU	SAMAS	3:47.4
3	JOANNE FOO	PERAK MASTERS	3:59.2
4	NUR AISHAH ABDULLAH	SELANGOR MASTERS	5:34.4
800M (W70 – 74)			
1	TAN TECK SOON	SELANGOR MASTERS	6:09.9
1500M (W35 – 39)			
1	MICHELE TAN BEE KIANG	SELANGOR MASTERS	5:57.44
2	TANUSHREE LALA	INDIA MASTERS	6:30.81
3	NURUL AINI BT ABDUL RAHMAN	PERAK MASTERS	6:46.32
4	SHAHIDA PARVEEN	INDIA MASTERS	9:11.48
1500M (W40 – 44)			
1	MAZLINA SHAFURA BT ABDUL MANAP	MAKSWIP	6:57.73
2	NORULAKMAR BT ABD RANI	PDRM	7:16.46
3	AMUTHA ARUMUGAM	DBKL	7:56.18
1500M (W45 – 49)			
1	LINAH BT IKUN	SAMAS	8:45.40
2	SHARALA DEVI NARAYANASAMY	PERAK MASTERS	11:40.03
1500M (W50 – 54)			
1	ZUHARLINA BT ABU BAHARIN	MAKSWIP	7:07.15
2	CHUAH GUAT NA	PENANG	7:23.57
3	DESY	INDONESIA	7:37.14

1500M (W55 – 59)			
1	ADENAH BT LOJUHUN	SAMAS	7:33.20
2	PENG YONG XIA	SINGAPORE MASTERS	8:47.69
3	SAUSAH @ BUAIRAH BT RAKIMIN	SAMAS	11:02.55
1500M (W60 – 64)			
1	JOUTI @ VIRONICA BT ELAU	SAMAS	7:31.53
2	JOANNE FOO	PERAK MASTERS	8:44.11
3	SINNAMAH GOLLA-BANGARU	SELANGOR MASTERS	9:43.36
1500M (W65 – 69)			
1	BANUMATHY SUNDARAM	SELANGOR MASTERS	12:52.0
1500M (W70 – 74)			
1	KATHERINE CHOO MUI KHENG	SINGAPORE MASTERS	9:53.2
2000M (W35 – 39)			
1	MICHELE TAN BEE KIANG	SELANGOR MASTERS	8:32.7
2	NURUL AINI BT ABDUL RAHMAN	PERAK MASTERS	9:32.1
3	SHAHIDA PARVEEN	INDIA MASTERS	11:32.6
4	UMA MAHESWARI SARAVANAN	MA SINGAPORE	16:26.2
2000M (W40 – 44)			
1	MAZLINA SHAFURA BT ABDUL MANAP	MAKSWIP	9:41.8
2	NORULAKMAR BT ABD RANI	PDRM	10:02.4
2000M (W45 – 49)			
1	WONG CHOY LAN	FITMA AC	10:20.0
2	SAMANTHA JANE RICHARDS	SELANGOR MASTERS	10:32.5
3	TIFFANY SOH BENG CHU	SELANGOR MASTERS	10:39.1
2000M (W50 – 54)			
1	ZUHARLINA BT ABU BAHARIN	MAKSWIP	9:35.2
2	DESY	INDONESIA	10:07.0
3	CHUAH GUAT NA	PENANG	10:18.3
4	KANTI RAWAT	INDIA MASTERS	10:39.9
2000M (W55 – 59)			
1	THERESA BT SIDAU	SAMAS	10:46.7
2	MA CARMENCITA OBMINA-MUANA	PHILIPPINES	11:31.2
3	TAN TECK BEE	SELANGOR MASTERS	11:55.9
4	ROSELINA BAKAR	SELANGOR MASTERS	12:54.8
2000M (W60 – 64)			
1	JOUTI @ VIRONICA BT ELAU	SAMAS	10:21.6
2	SINNAMAH GOLLA-BANGARU	SELANGOR MASTERS	12:04.2
2000M (W70 – 74)			
1	KATHERINE CHOO MUI KHENG	SINGAPORE MASTERS	13:21.0
2000M WALK (W35 – 39)			
1	TANUSHREE LALA	INDIA MASTERS	12:55.02
2	SUZANIRIHWATI BT ABD GHANI	SAMAS	17:20.08
3	SUNITA PRASAD	INDIA MASTERS	18:54.03
2000M WALK (W40 – 44)			
1	KALIAMAH MANIAN	PERAK MASTERS	13:28.01
2	TEOH TIENG TIENG	PENANG	14:23.02

3	CHEW KHIAU HOON	PENANG	14:33.01
4	NORULAKMAR BT ABD RANI	PDRM	16:19.01
2000M WALK (W45 – 49)			
1	TIFFANY SOH BENG CHU	SELANGOR MASTERS	13:12.6
2	NORBIGAM UMAR KHITAB	SAMAS	15:55.1
3	HOR LI HOOI	PERAK MASTERS	16:18.5
4	SHARALA DEVI NARAYANASAMY	PERAK MASTERS	16:41.1
5	NURUL AZWA BT AHMAD	PERAK MASTERS	16:41.4
6	R.A. NALINIE	KL	17:01.5
2000M WALK (W50 – 54)			
1	DESY	INDONESIA	14:12.08
2	JAYALAKSHMI S	MAFI	14:38.09
3	KANTI RAWAT	INDIA MASTERS	14:47.06
4	CHUAH GUAT NA	PENANG	15:02.03
5	MOGANA KRISHNAN	DBKL	15:49.01
2000M WALK (W55 – 59)			
1	HASIATI LAWOLE	INDONESIA	13:04.01
2	THERESA BT SIDAU	SAMAS	14:38.88
3	PENG YANG XIA	SINGAPORE MASTERS	15:07.05
4	TAN GOEK HONG	PENANG	15.22.03
2000M WALK (W60 – 64)			
1	JOUTI @ VIRONICA BT ELAU	SAMAS	13:30.4
2	TAN TECK HO	SELANGOR MASTERS	14:38.5
3	SUDESH BASOTRA	INDIA MASTERS	14:41.6
4	JOANNE FOO	PERAK MASTERS	14:42.1
5	ZAINAH BT JAAFAR	PERAK MASTERS	15:59.4
6	WENDY SOO YUET PING	FITMA AC	17:12.3
7	BELINDA TING YEW KING	SELANGOR MASTERS	17:19.1
8	GAMASIN BT GUNTING	SAMAS	17:56.6
2000M WALK (W65 – 69)			
1	SUSANNA HIEW	SAMAS	17:34.1
2	BANUMATHY SUNDARAM	SELANGOR MASTERS	19:17.1
2000M WALK (W70 – 74)			
1	KATHERINE CHOO MUI KHENG	SINGAPORE MASTERS	14:55.07
2	SELAMAH BT ABAS	SELANGOR MASTERS	18:08.02
3	KAMARIAH BT YUNOS	MA SINGAPORE	18:12.03
2000M WALK (W80 – 84)			
1	LEM SEE TIAM	SINGAPORE MASTERS	20:23.08
100M HURDLES (W35 – 39)			
1	UMI ILYANA BT KAMALUDIN	KL	20.4S
2	CAROL AUGUSTINE	SAMAS	22.3S
SHOT PUT (W35 – 39)			
1	HENG SHU XIA	SAMAS	9.31M
2	ROSMALIAH KHALIT	PDRM	7.35M
3	SUNITA PRASAD	INDIA MASTERS	5.97M
4	LIANA BT RAMLI	SELANGOR	5.50M

SHOT PUT (W40 – 44)			
1	NORLEHA BT OMAR	DBKL	7.83M
2	ZAMZARINA BT MOHD	MAKSWIP	6.60M
3	NUR HILDA SYAFIQAH AGIAN ABDULLAH	SELANGOR	6.50M
4	SAYANTANI SAHA	INDIA MASTERS	6.34M
SHOT PUT (W45 – 49)			
1	ACP LIONG SAU LAI	PDRM	8.63M
2	TIFFANY SOH BENG CHU	SELANGOR MASTERS	6.79M
3	KUGANESWARI PALANIAPPAN	KL MASTERS	6.23M
4	ZURAIDAH BT JARMAN	SAMAS	6.02M
5	NOR AZIAH BT KASSIM	MALACCA MASTERS	5.50M
SHOT PUT (W50 – 54)			
1	ARCHANA BISHT	INDIA MASTERS	8.50M
2	CHAN NYET FUI	MALACCA MASTERS	8.01M
3	DROLLY P CLARAVALL	PHILIPPINES	7.86M
4	MARIA JUDITH STAPLES	PHILIPPINES	7.48M
5	VASKEE VASUTHEVAN	KL MASTERS	7.10M
6	MULYANI SUSANA	INDONESIA	6.36M
7	RENUKA SANTHIRA RAJAHS	SELANGOR	4.57M
SHOT PUT (W55 – 59)			
1	TSEN CHEW MOI @ JESSEE	LABUAN	6.75M
2	JESSIE MANJIN	SAMAS	6.60M
3	UTUKURI KALYANI	INDIA MASTERS	6.30M
4	JUBIDAH BT HAJI ZUNAI DI	BRUNEI	5.86M
5	SITI DIAH BT JANI	BRUNEI	5.83M
6	JAYANTHI THAMBYDURAI	KL MASTERS	5.76M
7	AMALIA MARQUEZ BARCOMA	FITMA AC	4.51M
SHOT PUT (W60 – 64)			
1	JAYA RATNA DEVI	INDIA MASTERS	6.22M
2	LETCHEMIPRABAH RAMACHANDRAN	SELANGOR MASTERS	5.62M
3	THERESLINE ASIRVATHAM	SELANGOR MASTERS	5.59M
4	NUR AISHAH ABDULLAH	SELANGOR MASTERS	5.56M
5	SUDESH BASOTRA	INDIA MASTERS	4.92M
6	GAMASIN BT GUNTING	SAMAS	4.79M
SHOT PUT (W65 – 69)			
1	PUSHFA RAMASAMY	KL MASTERS	5.85M
2	HAJAH MARIAH HJ METUSSIN	BRUNEI	5.22M
3	UMA KOTHARI	INDIA MASTERS	4.84M
4	SOO AH YING	PAHANG	3.71M
SHOT PUT (W70 – 74)			
1	TALLURU VIJAYA LAXMI	INDIA MASTERS	6.71M
2	ERLINDA B LAVANDIA	PHILIPPINES	6.71M
3	HELENA MAJALANG	SAMAS	5.74M
4	VARDHANAPU SAROJINI	INDIA MASTERS	3.85M
5	WONG KIM VA	PAHANG	3.82M
SHOT PUT (W75 – 79)			
1	KAM AH BOAY @ KAM YUEH ENG	MALACCA MASTERS	6.04M
2	LEW AH MOI @ LIEW KIM YIN	PAHANG	3:54M
SHOT PUT (W80 – 84)			
1	USHA SHARMA	INDIA MASTERS	3:57M

DISCUS (W35 – 39)			
1	YAP JENG TZAN	NS MASTERS	37.99M
2	HENG SHU XIA	SAMAS	31.13M
3	H.M.K. GANGA HERATH	SRI LANKA	17.85M
4	SUNITA PRASAD	INDIA MASTERS	15.16M
5	LIANA BT RAMLI	SELANGOR	11.51M
DISCUS (W40 – 44)			
1	NORLEHA BT OMAR	DBKL	18.76M
2	ZAMZARINA BT MOHAMAD	MAKSWIP	17.13M
3	NUR HILDA SYAFIQAH BT AGIAN ABDULLAH	SELANGOR	16.62M
DISCUS (W45 – 49)			
1	ACP LIONG SAU LAI	PDRM	23.22M
2	TIFFANY SOH BENG CHU	SELANGOR MASTERS	23.20M
3	MARTA BASA BT LOKMAN	LABUAN	19.45M
DISCUS (W50 – 54)			
1	CHAN NYET FUI	MALACCA MASTERS	25.12M
2	DROLLY P. CLARAVALL	PHILIPPINES	20.60M
3	MARIA JUDITH STAPLES	PHILIPPINES	19.50M
4	LOO SOO CHING	SELANGOR	18.11M
5	MULYANI SUSANA	INDONESIA	14.00M
6	JAYALAKSHMI S	MAFI	11.37M
DISCUS (W55 – 59)			
1	MARIANI BT MANAN	SAMAS	18.26M
2	TSEN CHEW MOI @ JESSEE	LABUAN	18.23M
3	UTUKURI KALYANI	INDIA MASTERS	16.41M
4	JESSIE MANJIN	SAMAS	15.71M
5	SUZYLEA BT JAFFAR	PERAK MASTERS	15.54M
6	SITI DIAH BT JANI	BRUNEI	12.50M
7	JUBIDAH BT HJ ZUNAI DI	BRUNEI	12.34M
8	AMALIA MARQUEZ BARCOMA	FIRMA AC	9.23M
DISCUS (W60 – 64)			
1	THERESLINE ASIRVATHAM	SELANGOR MASTERS	17.12M
2	JAYA RATNA DEVI	INDIA MASTERS	15.41M
3	NUR AISHAH ABDULLAH	SELANGOR MASTERS	13.90M
4	LETCHUMIPRABAH RAMACHANDRAN	SELANGOR MASTERS	13.41M
5	GAMASIN BT GUNTING	SAMAS	12.13M
DISCUS (W65 – 69)			
1	PUSHFA RAMASAMY	KL MASTERS	15.57M
2	HAJAH MARIAH HJ METUSSIN	BRUNEI	12.35M
3	UMA KOTHARI	INDIA MASTERS	10.65M
DISCUS (W70 – 74)			
1	ERLINDA B LAVANDIA	PHILIPPINES	16.80M
2	TALLURU VIJAYA LAXMI	INDIA MASTERS	14.67M
3	HELENA MAJALANG	SAMAS	12.97M
4	JULIA JACOB	INDONESIA	10.71M
DISCUS (W75 – 79)			
1	KAM AH BOAY @ KAM YUEH ENG	MALACCA MASTERS	15.27M
DISCUS (W80 – 84)			
1	UMA SHARMA	INDIA MASTERS	8.44M

JAVELIN (W35 – 39)			
1	HENG SHU XIA	SAMAS	21.18M
2	SUZANIRIHWATI BT ABD GHANI	SAMAS	17.16M
3	SUNITA PRASAD	INDIA MASTERS	13.98M
4	LIANA BT RAMLI	SELANGOR	13.38M
JAVELIN (W40 – 44)			
1	ZAMZARINA BT MOHAMAD	MAKSWIP	22.49M
2	EMILY CLARICE JOANNES	MAKSWIP	20.44M
3	NUR HILDA SYAFIQAH AGIAN ABDULLAH	SELANGOR	19.17M
4	LIEW MEI PING @ JESSY	SAMAS	18.26M
JAVELIN (W45 – 49)			
1	ACP LIONG SAU LAI	PDRM	28.84M
2	REKHA DAHIYA	MAFI	13.54M
JAVELIN (W50 – 54)			
1	CHAN NYET FUI	MALACCA MASTERS	23.31M
2	MARIA JUDITH STAPLES	PHILIPPINES	18.10M
3	DROLLY P CLARAVALL	PHILIPPINES	16.95M
4	MULYANI SUSANA	INDONESIA	10.73M
5	SRI MURNI HASYIM	INDONESIA	10.41M
JAVELIN (W55 – 59)			
1	SARAH ALIAH BT ABDULLAH	PDRM	19.25M
2	DR. WONG NGAN LING	MAKSWIP	17.98M
3	SITI DIAH BT JANI	BRUNEI	17.29M
4	JUBIDAH BT HAJI ZUNAIIDI	BRUNEI	15.38M
5	TSEN CHEW MOI @ JESSEE	LABUAN	14.94M
6	UTUKURI KALYANI	INDIA MASTERS	11.64M
7	SYZYLA BT JAFFAR	PERAK MASTERS	10.96M
JAVELIN (W60 – 64)			
1	MORDIANA ABDULLAH	SAMAS	19.10M
2	GAMASIN BT GUNTING	SAMAS	14.07M
3	NUR AISHAH ABDULLAH	SELANGOR MASTERS	12.23M
4	JAYA RATNA DEVI	INDIA MASTERS	12.20M
5	LETCHUMIPRABAH RAMACHANDRAN	SELANGOR MASTERS	7.28M
JAVELIN (W65 – 69)			
1	PUSHFA RAMASAMY	KL MASTERS	19.20M
2	VITHYAWATHY NAMADEVAN	FITMA AC	10.54M
3	HAJAH MARIAH HJ METUSSIN	BRUNEI	7.45M
JAVELIN (W70 – 74)			
1	ERLINDA B LAVANDIA	PHILIPPINES	19.81M
2	TALLURU VIJAYA LAXMI	INDIA MASTERS	14.28M
3	HELENA MAJALANG	SAMAS	13.72M
4	JULIA JACOB	INDONESIA	10.95M
5	AISHAH BT N. ABU BAKAR	MALACCA MASTERS	9.85M
LONG JUMP (W35 – 39)			
1	A.D. PREMATHILAKA	SRI LANKA	4.05M
2	JOYCE LIM	MALACCA MASTERS	3.73M
3	THISARAMADAN BT KUBA	PDRM	3.60M
4	TALARI MANJULA	INDIA MASTERS	3.48M
5	CAROL AUGUSTINE	SAMAS	3.46M

LONG JUMP (W40 – 44)			
1	TOR SOCK WEI	MAKSWIP	4.35M
2	HILDA ILYA BT HILMI	MAKSWIP	3.85M
3	PATRICIA DOSUI	SAMAS	3.33M
LONG JUMP (W45 – 49)			
1	ALMAWATI BT KASSIM	PERAK MASTERS	4.18M
2	MARTA BASA BT LOKMAN	LABUAN	3.85M
3	FAUZANA MARIAM BT HJ MOHD FAUZI	PDRM	3.60M
LONG JUMP (W50 – 54)			
1	LAVINIA HANSRAJ	INDIA	4.10M
2	RITA THONG @ NUR RITA QHALIESYA	PERAK MASTERS	3.77M
3	MARGARET PETRUS	SAMAS	3.27M
4	JAYALAKSHMI S	INDIA	2.31M
LONG JUMP (W55 – 59)			
1	JULIANA GUMPIL	SAMAS	4.42M
2	MARIANI BT MANAN	SAMAS	3.31M
3	DR. WONG NGAN LING	MAKSWIP	3.24M
4	SUZYLA BT JAFFAR	PERAK MASTERS	2.81M
5	JOMYTA BT ELON	SAMAS	2.65M
LONG JUMP (W60 – 64)			
1	LUCY YONG	SAMAS	3.52M
2	MORDIANA ABDULLAH	SAMAS	2.94M
LONG JUMP (W65 – 69)			
1	ZABIDAH BT ZAKARIA	MALACCA MASTERS	2.59M
2	MAIMUNA J. NORDIN	SELANGOR MASTERS	1.97M
LONG JUMP (W70 – 74)			
1	CHRISTINA LABANJING @ JENTUNIS	SAMAS	1.80M
2	VARDHANAPU SAROJINI	INDIA MASTERS	1.37M
LONG JUMP (W75 – 79)			
1	MARGARETHA ARITONANG	INDONESIA	1.98M
HIGH JUMP (W35 – 39)			
1	JOYCE LIM	MALACCA MASTERS	1.23M
2	TALARI MANJULA	INDIA MASTERS	1.10M
HIGH JUMP (W40 – 44)			
1	TOR SOCK WEI	MAKSWIP	1.31M
2	LIEW MEI PING @ JESSY	SAMAS	1.31M
3	AHADIJAH MAGDALINA JOSEPH GIDIK	SAMAS	1.05M
HIGH JUMP (W45 – 49)			
1	ACP LIONG SAU LAI	PDRM	1.27M
2	YASHODA KANDPAL	INDIA MASTERS	1.00 M
HIGH JUMP (W55 – 59)			
1	JULIANA GUMPIL	SAMAS	1.15M
2	SARAH ALIAH BT ABDULLAH	PDRM	1.00M
3	DR. WONG NGAN LING	MAKSWIP	0.95M
HIGH JUMP (W60 – 64)			
1	BELINDA TING YEW KING	SELANGOR MASTERS	0.80M

HIGH JUMP (W70 – 74)			
1	CHRISTINA LABANJING @ JENTUNIS	SAMAS	0.90M
TRIPLE JUMP (W35 – 39)			
1	A.D. PREMATHILAKA	SRI LANKA	9.21M
2	JOYCE LIM	MALACCA MASTERS	8.26M
3	CAROL AUGUSTINE	SAMAS	7.77M
4	TALARI MANJULA	INDIA MASTERS	7.13M
TRIPLE JUMP (W40 – 44)			
1	TOR SOCK WEI	MAKSWIP	8.98M
2	LIEW MEI PING @ JESSY	SAMAS	8.15M
TRIPLE JUMP (W45 – 49)			
1	ALMAWATI BT KASSIM	PERAK MASTERS	8.76M
2	YASHODA KANDPAL	INDIA MASTERS	8.16M
TRIPLE JUMP (W50 – 54)			
1	RITA THONG @ NUR RITA QHALIESYA	PERAK MASTERS	8.58M
TRIPLE JUMP (W55 – 59)			
1	JULIANA GUMPIL	SAMAS	8.48M
2	MARIANI BT MANAN	SAMAS	7.09M
TRIPLE JUMP (W60 – 64)			
1	LUCY YONG	SAMAS	7.32M
TRIPLE JUMP (W65 – 69)			
1	MAIMUNA J. NORDIN	SELANGOR MASTERS	4.41M
TRIPLE JUMP (W70 – 74)			
1	CHRISTINA LABANJING @ JENTUNIS	SAMAS	4.25M
2	VARDHANAPU SAROJINI	INDIA MASTERS	3.23M
TRIPLE JUMP (W75 – 79)			
1	MARGARETHA ARITONANG	INDONESIA	4.27M
4 X 100M OPEN (WOMEN)			
1	SAMAS (A)		58.5S
2	INDIA		64.3S
3	DBKL		65.1S
4	PERAK MASTERS		65.6S
5	SELANGOR MASTERS		86.2S
4 X 400M OPEN (WOMEN)			
1	SAMAS		5:22.6
2	DBKL		5:30.9
3	PDRM		5:34.0
4	SELANGOR MASTERS		8:04.4
MEDLEY RELAY (WOMEN)			
1	INDIA		5:50.7
2	PENANG FITNESS DISTRICT		6:29.9
3	DKI JAKARTA		7:13.3
4	PERAK MASTERS		7:44.7
5	SELANGOR MASTERS		8:02.6

MEDAL TALLY
KUALA LUMPUR INTERNATIONAL MASTERS ATHLETICS
CHAMPIONSHIPS 2022
(3 – 4 DECEMBER 2022)

NO	COUNTRY / STATE / CLUB	GOLD	SILVER	BRONZE
1	SABAH	59	38	34
2	PERAK	32	27	13
3	INDIA	28	34	30
4	INDONESIA	20	9	5
5	SINGAPORE	19	18	8
6	SELANGOR	14	23	26
7	PDRM	14	14	11
8	MAKSWIP	12	8	5
9	PHILIPPINES	9	8	4
10	KUALA LUMPUR	9	5	3
11	MALACCA	8	5	4
12	SRI LANKA	5	5	4
13	FITMA AC	4	8	7
14	PENANG	4	4	6
15	BRUNEI	3	7	5
16	DBKL	3	2	6
17	LABUAN	3	2	1
18	NEGERI SEMBILAN	3	2	3
19	IRELAND	2	-	-
20	PEMADAM	1	3	3
21	PAHANG	-	1	-
22	UZBEKISTAN	-	1	-
23	PACEMAKERS CELSIUS MY	-	-	3
24	PDRM (R)	-	-	1
25	PAKISTAN	-	-	1
26	JOHOR	-	-	1

S. SIVAPRAGASAM, AMW
ORGANISING CHAIRMAN
KL INTERNATIONAL MASTERS ATHLETICS CHAMPIONSHIPS
(10.12.2022)

34th MALAYSIAN OPEN MASTERS ATHLETICS CHAMPIONSHIPS
21ST – 22ND MAY 2022, STADIUM UM,
KUALA LUMPUR.

MEDAL TALLY

NO	STATES/TEAMS	GOLD	SILVER	BRONZE
1	SABAH	63	25	27
2	SELANGOR	25	26	20

3	PERAK	25	23	20
4	PDRM	23	20	17
5	KUALA LUMPUR	14	15	10
6	MALACCA	12	15	13
7	PENANG	12	10	3
8	JOHOR	11	6	2
9	FITMA AC	6	12	7
10	NEGERI SEMBILAN	6	4	5
11	SARAWAK	4	4	3
12	PDRM (R)	4	-	2
13	LABUAN	2	7	1
12	KEDAH	3	3	1
13	PAHANG	1	-	-
14	JETS SPORTS CLUB	1	-	-
15	TERENGGANU	-	1	1
16	PERLIS	-	1	-

S. SIVAPRAGASAM, AMW
ORGANISING CHAIRMAN
34TH MOMAC
27TH MAY 2022