

# Inter-Club Championships Records

## MEN

Event	Record	m/s	Name	Affiliation	Edition	Venue	Established
100 metres	10.58	-	Muhamad Hosni	Flash Athletic Club	34	-	1992
200 metres	21.50	HT	M Jegathesan Haron Mundir	Light Athletic Club Flash Athletic Club	4 25	- National Stadium	1962 1983
400 metres	47.90	HT	Haron Mundir	Flash Athletic Club	29	-	1987
800 metres	1:53.30	HT	James H Douglas	-	10	-	1968
1500 metres	3:55.70	HT	A Saravanan	Swift Athletes Association	36	Singapore Polytechnic	1994
5000 metres	14:51.70	-	Arumugam	-	36	Singapore Polytechnic	1994
10000 metres	33:19.06	-	Nimesh, Gurung	PSA	49	Home of Athletics	2017
3000m S/C	9:32.00	HT	Birch	-	36	Singapore Polytechnic	1994
110m Hurdles (1.067m)	14.45	1.2	Ang, Chen Xiang	National University of Singapore	48	Home of Athletics	2016
400m Hurdles (0.914m)	54.10	HT	Seah Soo Lye	Swift Athletes Association	25	National Stadium	1983
High Jump	2.08	-	Wong Yew Tong	-	37	Serangoon Stadium	1995
Long Jump	7.23	-	Yeo Kian Chye	Police	17	National Stadium	1975
Triple Jump	15.27	0.0	Lai, Yong Hui	Nanyang Technological University	47	Home of Athletics	2015
Pole Vault	4.75	-	Chong, Ming Xun	Flash Athletic Club	49	Home of Athletics	2017
Javelin (800 gm)	59.46	-	Akid, Chong	Flash Athletic Club	49	Home of Athletics	2017
Shot Put (7.26 kg)	16.38	-	Dong Enxin	Swift Athletes Association	44	-	2002
Discus (2 kg)	51.77	-	Dong Enxin	Swift Athletes Association	43	Singapore Polytechnic	2001
Hammer (7.26 kg)	51.50	-	James Wong	-	38	Serangoon Stadium	1996
3KM walk (T)	13:01.40	HT	Teh Kumar Rai	-	34	-	1992
5KM walk (T)	26:23.50	-	Sia, Junwei	Wings Athletic Club	48	Home of Athletics	2016
4 X 100m Relay	41.50	HT	Swift Athletes Association	-	20	National Stadium	1978
4 X 400m Relay	41.76	-	National University of Singapore	National University of Singapore	48	Home of Athletics	2016
4 X 400m Relay	3:19.40	HT	Flash Athletic Club	-	17	National Stadium	1975

## WOMEN

Event	Record	m/s	Name	Affiliation	Edition	Venue	Established
100 metres	12.20	HT	Prema Govindra	Flash Athletic Club	29	-	1987
200 metres	24.36	HT	Elizabeth Cheesewright Caroline Pereira	Republic Polytechnic Alexandra Grammar School Combined Schools	47 2 21	Home of Athletics Farrer Park National Stadium	2015 1960 1979
400 metres	56.10	HT	Chee Swee Lee	-	16	National Stadium	1974
800 metres	2:11.80	HT	Chee Swee Lee	-	17	National Stadium	1975
1500 metres	4:46.80	HT	K Jayamani	Swift Athletes Association	23	-	1981
3000 metres	10:17.40	HT	Cheong Tsui Ying	-	35	Singapore Polytechnic	1993
5000 metres	18:53.68	-	Patel, Indira	Swift Athletes Association	49	Home of Athletics	2017
10000 metres	43:17.97	-	Lok, Xin Ying	National University of Singapore	49	Home of Athletics	2017
3000m S/C	12:16.13	-	Chan, Cheryl	Wings Athletic Club	47	Home of Athletics	2015
100m Hurdles (0.838m)	14.86	0.7	Wong, Jannah	National University of Singapore	47	Home of Athletics	2015
400m Hurdles (0.762m)	65.30 65.65	HT	Sim Hwee Yan Goh, Chui Ling	- National University of Singapore	23 47	- Home of Athletics	1981 2015
High Jump	1.80	-	Michelle, Sng	Swift Athletes Association	47	Home of Athletics	2015
Long Jump	5.70	-	Yu Long Nyu	Swift Athletes Association	34	-	1992
Triple Jump	11.55	-2.0	Lim, Enxuan, Lynette	National University of Singapore	48	Home of Athletics	2016
Pole Vault	3.50	-	Yang, Rachel Isabel	Club Zoom	47	Home of Athletics	2015
Javelin (600 gm)	46.17	-	Zhang Guirong	Swift Athletes Association	44	-	2002
Shot Put (4 kg)	17.38	-	Zhang Guirong	Swift Athletes Association	43	Singapore Polytechnic	2001
Discus (1 kg)	44.48	-	Du Xianhui	Swift Athletes Association	43	Singapore Polytechnic	2001
Hammer Throw (4 kg)	58.49	-	Wang Dan	Swift Athletes Association	42	-	2000
1.6KM walk (T)	7:55.70	HT	Susan Ng	Swift Athletes Association	31	-	1989
5KM walk (T)	30:15.89	-	Shu Min, Tin	SMU	47	Home of Athletics	2015
4 X 100m Relay	48.26	-	Wings Athletic Club	Wings Athletic Club	49	Home of Athletics	2017
4 X 400m Relay	4:02.00	HT	Flash Athletic Club	-	16	National Stadium	1974

Compiled by SAA Statistician.

For any update, dispute or ratification, please contact records@singaporeathletics.org.sg with documentation.