

# Singapore Masters Athletics Championship

## 2013 Results

### Shot Put Throw Women

40-44

1 Mrs Yupin Yeesun	Thai
	7.90m
2 W.M.Tikiri Kumari	Sri Lanka
	7.76m
3 Nantaka Taluengchit	Thai
	7.49m

45-49

1 Lynda Vasantha	SAF
	5.81m

50-54

1 Amy	Indonesia
	6.93m
2 Ms.A.H.T Hiyarapitiya	Sri Lanka
	6.46m
3 Theoseline Asirvatham	KL
	6.45m

55-59

1 Faridah Ahmad Jarkasi	M'sia
	7.05m
2 Sopit Kaemeeboon	Thai
	7.04m
3.Ms Therry Wong Mei ying	Hong Kong
	6.99m

60-64

1 Evelyn Tan	Sin
	7.36m
1.Ms Linda Rachman	Indonesia
	6.55m
2.Mrs S Anthonyyammal	India
	4.78m

65-65

1 Soetopo	Indonesia
	6.26m

2 Niniek Rahajeng	Indonesia
	5.25m
3 Sujitra Pornmanuchatip	M'sia
	3.78m
70-74	
1 Lamai Ketsuwan	Thai
	5.20m
2 Janny Han	M'sia
	5.08m
3 Lien Amalia	Indonesia
	3.78m
75-79	
1 Hartini Joko	Indonesia
	3.76m
80-84	
1 Marie Rorek	Indonesia
	3.91m

## **Javelin throw Men**

35-39	
1 Dominic Teo	SAF
	35.82m
2 D.C.Bandara	Sri Lanka
	35.08m
3 Liew Kok Keong	SAF
	32.68m
40-44	
1 A.A.D.C.p. Amarasinghe	Sri Lanka
	46.64m
2 Liu Dong Fa	M'sia
	29.37m
3 Irwan Purnawirawan Rachmat	Indonesia
	27.28m
45-49	
1 Eddie Tan	SAF
	31.62m
2 Maron	Singapore
	29.29m
3 Simon Wong	Singapore
25.36m	

**50-54**

<b>1 Rahman Ibrahim</b>	<b>Singapore</b>
	<b>35.53m</b>
<b>2 Thomas Lee</b>	<b>Singapore</b>
	<b>35.32m</b>
<b>3 Krishnansamy</b>	<b>M'sia</b>
	<b>33.93m</b>

**55-59**

<b>1 Prasetyoadi</b>	<b>Indonesia</b>
	<b>38.56m</b>
<b>2 C.ASumith Dalpathado</b>	<b>Sri Lanka</b>
	<b>33.58m</b>
<b>3 Liu Chi Kueng</b>	<b>Hong Kong</b>
	<b>29.53m</b>

**60-64**

<b>1 P.Nadarajah</b>	<b>M'sia</b>
	<b>29.63m</b>
<b>2 Narayanan Nair</b>	<b>M'sia</b>
<b>27.07m</b>	
<b>3 Peter Cockcraft</b>	<b>SP</b>
<b>25.60m</b>	

**65-69**

<b>1.M Thanapalan</b>	<b>M'sia</b>
	<b>12.32m</b>

**70-74**

<b>1 N.C.G.E.Mendis</b>	<b>Sri Lanka</b>
	<b>27.78m</b>
<b>2 James Jayabalan</b>	<b>M'sia</b>
	<b>21.60m</b>

**75-79**

<b>1 Razak</b>	<b>Brunei</b>
	<b>17.91m</b>
<b>2 Jimmy Tan</b>	<b>M'sia</b>
	<b>15.85m</b>
<b>3 Jasmeil Singh</b>	<b>M'sia</b>
	<b>15.65m</b>

**High Jump Women****35-39**

1 C.P Hewage	Sri Lanka
	1.25m
2 Soh Choon Ngan	M'sia
	1.25m
40-44	
1 M.D.P.M.Sriyalatha	Sri Lanka
	1.10m
45-49	
1 Dr Anne Tan Kendrick	Singapore
	1.20m
2 Sesly A/P Asirvatham	M'sia
	1.10m
50-54	
1.Ms A.H.T.Hiyarapitya	Sri Lanka

## High Jump Men

35-39	
1 Lim Wee Lee	Singapore
	1.40m
45-49	
1.Tanu Riady	Indonesia
	1.20m
50-54	
1 Agus Dwi Rahardjo	Indonesia
	1.40m
2 P Mohan	Johor
1.10m	
55-59	
1.Porselvan	India
	1.40m
2 David W Murrie	Wales UK
1.30m	
65-69	
1 M.V.A. Jayaratna	Sri Lanka
	1.20m

## **Shot Put Throw Men**

**35-39**

<b>1 P.T Premakeerti</b>	<b>Sri Lanka</b> <b>11.76m</b>
<b>2 Wong Heng Bin</b>	<b>SAF</b> <b>10.07m</b>
<b>3 Dominic Teo</b>	<b>SAF</b> <b>8.75m</b>

**40-44**

<b>1 Irwan Purnawirawan Rachmat</b>	<b>Indonesia</b> <b>10.06m</b>
<b>2 Abdul Rahim</b>	<b>M'sia</b> <b>10.01m</b>
<b>3 Amarasinghe</b>	<b>Sri Lank</b> <b>9.38m</b>

**45-49**

<b>1 G.G.A.S.S. Chandrakumara</b>	<b>Sri Lanka</b> <b>9.38m</b>
<b>2 Sabastian Lee Vui Hiang</b>	<b>M'sia</b> <b>8.49m</b>
<b>3 Ruengrit Khonthokaew</b>	<b>Thai</b> <b>7.86m</b>

**50-54**

<b>1 Jayaraman</b>	<b>M'sia</b> <b>10.73m</b>
<b>2 Rahman Ibrahim</b>	<b>Singapore</b> <b>9.80m</b>
<b>3 Kirisnasamy</b>	<b>M'sia</b> <b>9.51m</b>

**55-59**

<b>1 Liu Chi Keung</b>	<b>Hong Kong</b> <b>9.84m</b>
<b>2 Sawal B Hj Shaari</b>	<b>M'sia</b> <b>9.25m</b>
<b>3 Prasetyoadi</b>	<b>Indonesia</b> <b>8.93m</b>

**60-64**

<b>1 P.Nadarajan</b>	<b>M'sia</b> <b>9.67m</b>
<b>2 Narayanan Nair</b>	<b>M'sia</b> <b>8.79m</b>

3 Lawrence Loh		Brunei
		7.68m
65-69		
1 S.Anbananthan		India
		7.80m
70-74		
1 N.C.G.E. Mendis		Sri Lanka
	9.75m	
2 James Jayabala		M'sia
	8.56m	
3 Jesmail Singh		M'sia
		5.91m
80-84		
1 Sukendar Unjoto		Indonesia
		3.92m
<b>200m Women</b>		
35-39		
1 M.G.Y.Manori		Sri Lanka
		30.08 sec
2 W.A.S.D.Malkanathi		Sri Lanka
		31.06 sec
3 P.V.Rukumanthi		Sri Lanka
		37.01 sec
40-44		
1 Jermaine Quek		Singapore
		28.95 sec
2 Nithima Jongkrajuk		Thai
		30.93 sec
3 M.D.P.M.Sriyalatha		Sri Lanka
		36.63 sec
45-49		
1 Christina Tay		Singapore
		32.05 sec
2 Jintana Songupakan		Thai
		35.37 sec
50-54		
1 Margaret Oh		SMA
		32.65 sec

2 H.A.N. Hapuarachchi		Sri Lanka
		41.12 sec
3 Kanokwan Kaeopraphan		Thai
		41.23 sec
55-59		
1 Linda Oh		Singapore
		32.88 sec
2 Withyawathy		M'sia
		38.57 sec
3 G.L.C.Mangalika		Sri Lanka
		42.20 sec
60-64		
1 Malee Kaewsuksri		Thai
		39.80 sec
2 Selmah Binti Abas		M'sia
		46.12 sec
65-69		
1 Pitchay Kandasamy		Singapore
	46.79 sec	
70-74		
1 Yenny Prayogo		Indonesia
		52.35 sec

## 200m Men

35-39		
1 Augustino Chinnapan		Singapore
		24.97 sec
2 Wong Chee Wai		Singapore
		25.28 sec
3 Syed Ad'ha Aljunied		Singapore
		25.58 sec
40-44		
1 Namphol Chueachai		Thai
		24.82 sec
2 Ronald Iskandar		Singapore
		25.39 sec
3 Faris Abdullah		Singapore
		25.91 sec
45-49		

1 W.D.P Soysa	Sri Lanka
	24.99 sec
3 Pretheraj	Singapore
	25.40 sec
2 Kevin Tan	Singapore
	28.30 sec
50-54	
1 Tan Kim Seng	SAF
	26.10 sec
2 Paiboon Amornvorraphan	Thai
	26.54 sec
3 N.D Ranaweera	Sri Lanka
	26.78 sec
55-59	
1 Sombat Kamjornrit	Thai
	27.41 sec
2 Thawin Onkhaowong	Thai
	27.85 sec
3 Jirayuth Muangmee	Thai
	28.07 sec
60-64	
1 Sasaki Fumio	Japan
	28.53sec
2 Peter Teo Yong Meng	SAF
	29.40 sec
3 Datuk Kenneth Luis	M'sia
	29.88 sec
65-69	
1.M.V.A.Jeyaratna	Sri Lanka
	31.33 sec
2 M Thanabalan	M'sia
	33.80 sec
3 Nadaison Pookays	Red Hawk
	35.73 sec
70-74	
1 Foo Dun Heen	SMA
	39.58 sec
75-79	
1 Hj Adenan	Brunei
	35.72 sec



2 Soetiyo Hentrata	Indonesia
	37.64 sec
80-84	
1 Chan Meng Hui	Singapore
	55.12 sec
2 Sukendar Unjoto	Indonesia
	61.20 sec
<b>800m Women</b>	
1 S.A.Ramani Subasinghe	Sri Lanka
	2min 49.19 sec
2 Amelia Jamil	M'sia
	2min 50.66 sec
40-44	
1 Jermaine Quek	Singapore
	2min 45.56 sec
2 Aisara Phibun	Thai
	3min 20.25 sec
45-49	
1 Nenny	Indonesia
	3min 36.23 sec
2 Cheung Mei Yi	Hong Kong
	4min 09.91 sec
50-54	
1 Phayao Panjan	Thai
	3min 12.01 sec
2 Aree Ratyotha	Thai
	3min 21.92 sec
2 W.C Premaratne	Sri Lanka
	3min 29.79 sec
55-59	
1 R.B.M.M. Ramanayaka	Sri Lanka
	3min 12.32 sec
2 S Banumathi	M'sia
	4min 44.55 sec
60-64	
1 A.Sri Seyananthapavan	Sri Lanka
	4min 17.61 sec
70-74	

1 Yenny Prayogo

Indonesia  
6min 07.58sec

**800m Men**

35-39

1 R.CHettirachchi

Sri Lanka  
2min 13.38 sec

2 Heidizayat Tapsir

Singapore  
2min 19.95 sec

3 P.Ramesh

Singapore  
2min 22.68 sec

40-44

1 Prabakaran

M'sia  
2min 50.95 sec

45-49

1 T.G.Jayarathna

Sri Lanka  
2min 23.22 sec

2 Jason Wong

Singapore  
2min 24.71 sec

3 Gerry Beauregard

Singapore  
2min 26.93 sec

50-54

1 Kumar R Muthu

SAF  
2min 22.91 sec

2 Shahar Asmuni

M'sia  
2min 31.34 sec

55-59

1 Catur Ali Purnama

Indonesia  
2min 37.63 sec

2 Ariyadasa

Sri Lanka  
2min 39.85 sec

3 Alan Chin Ah Fatt

M'sia  
2min 44.16 sec

60-64

1 SV Suppiah

SMA  
2min 58.82 sec

2 Yusoff Khan

SMA  
3min 17.89 sec

3 MG Gunadesa

Red Hawk  
3min 08.79 sec

65-69

1 Anthony Kwek	Red Hawk
	3min 03.16 sec
2 Tan Wee Kiang	M'sia
	3min 12.55 sec
3 Loganathan	Red Hawk
	3min 25.28 sec
70-74	
1 Han Siew Kwong	M'sia
	4min 13.96 sec
80-84	
Neo Chin Huat	M'sia
	4min 16.96 sec

### **Long Jump Men**

35-39	
1 Liew Kok Keong	SAF
	5.87m
2 L.S.D.De Silva	Sri Lanka
	5.87m
40-44	
1.Vishwantha Welikala	Sri Lanka
	5.19m
2 Vincent Lim	Singapore
	4.38m
3 Wilson Wong Soon Wang	M'sia
	4.26m
45-49	
1 Derek Aw	HK
	5.10m
Jason Wong	Singapore
	4.75m
50-54	
1 Matthew Liew	Singapore
	4.84m
2 Agus Dwi Raherdjo	Indonesia
	4.84m
3 Mohd Fauzi B Ahmad Safri	M'sia
	4.63m
55-59	

1 Mohd Fauzi Bin Manan	PDRM
	4.65m
2 Y Premarathne	Sri Lanka
	4.63m
3.Porselvan	India
	4.10m
60-64	
1 Abdul Salam	Singapore
	3.99m
2 Lawrence Loh	Brunei
	3.76m
65-69	
1 Afandi B Buang	Red Hawk
	3.59m
70-74	
1 Haji Osman	Brunei
	3.46m
2 Somasiri De Silva	Sri Lanka
	2.74m
75-79	
1 Hj Adenan	Brunei
	2.39m

### **Discus Throw Women**

40-44	
1 Yupin Yeesun	Thai
	26.93m
2 W.M Tikiri Kumari	Sri Lanka
	25.51m
3 Nantaka Taluengchit	M'sia
	18.63m
45-49	
1 Ms Risa Rorek	Indonesia
	17.19m
2 Lynda Vasanta	SAF
	14.77m
3 Sesly Asirvatham	M'sia
	13.84m
50-54	

1	Teresline		M'sia r
			16.08m
2	Hiyarapitiya		Sri Lanka
			14.39m
3	Jamila Conny Fransiska		Indonesia
			14.21m
55-59			
1	Sopit Kaewmeeboon		Thai
			16.61m
60-64			
1	Linda Rachman		Indonesia
		15.38m	
2	Serene		Singapore
		12.45m	
3	Seyananthapavan		Sri Lanka
		12.05m	
65-69			
1	Juminah		Indonesia
			14.33m
2	Neniek Rahajeng		Indonesia
			13.50m
3	Sukarmini		Indonesia
			11.00m
70-74			
1	Janny Han Kim Hui		M'sia
			12.29m
2	Lamai Katuwan		Thai
			11.25m
75-79			
1	Hartini Joko		Indonesia
			9.67m
80-84			
1	Maria Rorek		Indonesia
			8.93m
<b>400m Men</b>			
35-39			
1	Augustino Chinnapan		Singapore
			53.18 sec

2 Heidizayat Tapsir	Singapore	
	58.81 sec	
40-44		
1 Pakon Narong	Thai	
	53.18 sec	
2 Udon Meekaew	Thai	
	57.94 sec	
3 Abdul Malik bin Abd Rani	M'sia	
	58.12 sec	
45-49		
1 W.D.P.Soyso	Sri Lanka	
	56.34 sec	
2 Prapas Tongsamut	Thai	
	57.19 sec	
3 T.G Jayaratna	Sri Lanka	
	58.89 sec	
50-54		
1.Tan Kim Seng	SAF	
	1min 0.36 sec	
2 Chandra	SAF	
	1min 12.30 sec	
3 Rajendran Krishnasamy	Singapore	
	1 min 24.61 sec	
55-59		
1 Thawin Onkhaowong	Thai	
	1 min 02.95 sec	
2 Stanley Wee	SMA	
	1 min 03.73 sec	
3 Sombat Kamjornrit	Thai	
	1 min 06.13 sec	
60-64		
1 Sasaki Fumio	Japan	
	1 min 04.18 sec	
2 Kenneth Luis	M<'sia	1
min 07.22 sec		
3 Wipak Sopanich	Thai	
	1 min 08.23 sec	
65-69		
1.Pookeys	Red Hawk	
	1 min 27.12 sec	
75-79		

1.Ng Ngoh Heng SMA  
1 min 49.78 sec

### 400m Women

35-39

1 S.A.Ramani Subasinghe Sri Lanka  
1 min 09.13 sec

2 W.A.S.D Malkanthi Sri Lank  
1 min 14.76 sec

3 P.V.Rukumanthi Sri Lanka  
1 min 33.13 sec

40-44

1 Jermaine Quek Singapore  
1 min 08.33 sec

2 Nittiya Sasanapap Thai  
1 min 18.52 sec

45-49

1 Christina Tay Mui Leng SMA  
1 min 14.51 sec

2 Puangphet Chamtong Thai  
1 min 17.95 sec

50-54

1 Wanjanpong Berntschoth Thai  
1 min 17.10 sec

55-59

1 Linda Oh Singapore  
1 min 20.06 sec

2 R.B M.M. Ramanayaka Sri Lanka  
1 min 22.06 sec

3 Withyawathy Selangor  
1 min 38.44 sec

60-64

1 Malee Keawsuksri Thai  
1 min 33.47 sec

70-74

1 Yenny Prayogo Indonesia  
2 min 28.60 sec

### 1500m Men

<b>35-39</b>		
1 R.C.Hettiarachchi	Sri Lanka	5min 07.41
2 G.N Karunathilake	Sri Lanka	5min 08.10
3 Ryo Tham Seng Loong	Singapore	5min 23.22
<b>40-44</b>		
1 Neo Teck Eng	M'sia	6min 19.10
2 Chandran	M'sia	6min 26.40
<b>45-49</b>		
1 Poo Ah Peng	M'sia	5min 12.37
2 Gan Seng Tiong	Singapore	5min 12.91
3 Apen Supadi	Indonesia	5min 22.32
<b>50-54</b>		
1 Kumar R Muthu	SAF	5min 17.06
2 Choon Yeuan Tak	Singapore	5min 12.91
3 Fung Wang Tak	Hong Kong	5min 26.20
<b>55-59</b>		
1 Ali Purnam	Indonesia	5min 40.95
1 Zakaria Abd Rahim	M'sia	5min 43.08
3 Alan Chin Ah Fatt	M'sia	5min 54.60
<b>60-64</b>		
1 Amunuayporn Tinprapa	Thai	5min 24.83
2 Yusoff Khan	SMA	6min 16.29
3 SV Suppiah	SMA	6min 59.88
<b>65-69</b>		
1 Tan Wee Khiang	M'sia	6min 49.33
2 Philip Lim	M'sia	7min 02.96
3 Subrama Saidin	SMA	7min 33.96
<b>70-74</b>		
1 Lim Kuan Yong	Red Hawk	7min 06.06
2 Osman Lahab	Brunei	7min 11.44
3 Han Swee Kwong	M'sia	9min 09.02
<b>80-84</b>		
1 Kor Hong Fatt	Singapore	8min 29.18
2 Neo Chin Huat	M'sia	8min 35.78

## **Long Jump Women**

**35-39**

1 C.P.Hewage	Sri Lanka	3.97m
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2 Bernice Lau Kam Mun		M'sia	3.92m
3 W A s D Malkanthi		Sri Lanka	3.91m
40-44			
1 Yupin Yeesun		Thai	3.59m
2 M.D.P.M. Sriyalatha		Sri Lanka	3.45m
45-49			
1 Anne Tan Kendrick		Singapore	3.80m
2 G Rani		Sri Lanka	3.50m
3 Karen Tan Kah Eng		Singapore	3.42m
50-54			
1 Cecilia Tse Wah Sin		Hong Kong	4.00m
2 Hemali H		Sri Lanka	2.90m
3 Teoseline Asirvatham		M'sia	2.89m
55-59			
1 Zabidah Zakaria		M'sia	3.05m
2 Farida Ahmad Jarkasi		M'sia	2.93m
60-64			
1 Selamah Abas		M'sia	
	2.40m		
70-74			
1 Glory Barnabas		SMA	3.25m
<b>Discus Throw Men</b>			
35-39			
1 3584		Sri Lanka	32.87m
2 Wong Heng Beng		SAF	25.73m

3 Dominic Teo	SAF
	24.18m
40-44	
1 A.A.D.C.P.Amarasinghe	Sri Lanka
	27.87m
2 Irwan Purnawirawan Rachmat	Indonesia
	26.35m
3 Abdul Rahim Bin Abdul Hamid	M'sia
	25.18m
45-49	
1 G.G.A.S.S.Chandra Kumara	Sri Lanka
	22.42m
2 Sebastian Lee Vui Hiung	M'sia
	21.81m
3.Ruengrit Khonthokaew	Thai
	16.64m
50-54	
1 Jayabalan 5014	M'sia
	26.55m
2. Kanadsamy	M'sia
	24.97m
3 Dhanabalan	SAF
	24.46m
55-59	
1 Liu Chi Keung	Hong Kong
	27.94m
2 5541	M'sia
	24.08m
60-64	
1 Nadarajan	M'sia
	35.57m
2 Lawrence Loh	Brunei
	33.52m
3 Nayanan Nair	M'sia
	27.64m
65-69	
1 Anbanathan	India
	32.07m
2 Thanabalan	Msia
	17.72m
70-74	

1 C.Somasiri de Silva	Sri Lanka
	24.75m
2 James Jayabalan	M'sia
	24.70m
3 N.C.G.E Mendis	Sri Lanka
	12.98m
75-79	
1 Haji Razk	Brunei
	19.89m
2 James Tan	M'sia
	15.57m
2.Jesmail Singh	M'sia
	14.45m
<b>3000m Walk Women</b>	
35-39	
1 Amelia Jamil	M'sia
	21min 20.34 sec
40-44	
1 Hasiati Lawole	Indonesia
	18min 06.25 sec
2 Areeya Bunamoon	Thai
	18min 40.07 sec
45-49	
1 Kawsula Kaur	Swift AA
	21min 22.16 sec
2 Emily Cheung Mei Yi	Hong Kong
	23min 25.12 sec
3 Risa Rorek	Indonesia
50-54	
1 Kamala Devi	M'sia
	19min 11.89 sec
2 Komathi Jayaraman	Swift AA
	20min 02.58 sec
3 W.Chandra Premarathana	Sri Lanka
	21min 03.84 sec
55-59	
1 E.N.L.Jayanthi	Sri Lanka
	21min 21.65 sec

2 Decem Chow Oi Ha	Hong Kong
	21min 49.03 sec
3 Tay Chor Eng	Red Hawk
	25min 53.33 sec
60-64	
1 Irene Yeow	Red Hawk
	20min 06.42 sec
2 Sri Seyananthapavan	Sri Lanka
	24min 34.03 sec
3 Rosinta Meianna	Indonsia
	31min 50.31 sec
70-74	
1 Lem See Tiam	SMA
	28min 29.31 sec
2 Ester Mary Lientje	Indonesia

### **Javelin Throw Women**

40-44	
1 Alice	HK
	20.73m
45-49	
1 Lynda Vasantha	SAF
	15.49m
2 Sesly Asirvatham	M'sia
	12.80m
50-54	
1 Jamila Conny Fransiska	Indonesia
	18.01m
60-64	
1 Erelyn Tan	Singapore
	18069m
2 Nor Imy	Indonesia
	15.20m
3 Lynda	Indonesia
	12.83m
65-69	

1 Juminah		Indonesia
		13.63m
2 Neinek Kosani Rahajeng		Indonesia
		10.15m
3 Sujitra		Labuan
		8.13m
70-74		
1 Janny Han		Labuan
		11.13m
75-79		
1 Hartini Joko		Indonesia
		9.68m
80-84		
1 Maria Rorek		Indonesia
		8.41m

## Men 3000m Walk

35-39		
1 R.C.Hettiarachchi	3588	Sri Lanka
		16.30.54
40-44		
1.Suresh Kumar	4009	M'sia
		16.19.42
45-49		
1 Peter James Back	4591	MR 25
		15.55.40
2 Sjn Zaini Harun	4525	M'sia
		17.30.52
3 Jayabal	4549	Singapore
		19.17.44
50-54		
1Sam Liu Hak Ming	5034	Hong Kong
		17.45.30
2 Chukiat Aksornsri	5031	Thai
		18.41.10
3 K Rajendran	5023	Red Hawk
		18.52.51
55-59		

1 Sathiyanesan 5558	Swift 18.44.13
2 S/M Tani Clace Sebaton 55432	M'sia 20.22.54
3 Chantherakumar 5560	Singapore 22.08.41
60-64	
1 S.Manikam 6062	M'sia 20.55.59
2 Murugan Maniam 6061	M'sia 21.35.31
3 Eapm Porn Amuyong6067	Thai 21.45.28
65-69	
1 Bill Purves 6522	Hong Kong 17.50.27
2 Foo Chee Jin 6520	Red Hawk 18.53.37
3 Loganathan 6515	Red Hawk 19.20.20
70-74	
1 Lim Kuan Yong 7014	Red Hawk 20.44.36
2 Ng Song Piak 7002	Red Hawk 21.37.90
3 Hj Osman Hj Lahab 7013	Brunei 23.44.92
75-79	
1 Sn Singam 7529	SMA 22.15.21
2 Ng Ngoh Heng 7537	SMA 23.40.40
3 Lee Wan Fang 7527	Red Hawk 24.08.69
80-84	
1Sukendar Unjoto 8005	Indonesia 34.38.90

## **100m Men**

### **35-39**

<b>1 UK Shyam</b>	<b>Singapore</b>
	<b>11.22 sec</b>
<b>2 Syed Ad'ha Aljunied</b>	<b>Singapore</b>
	<b>12.09 sec</b>
<b>3 Lee Han Hwa</b>	<b>Singapore</b>
	<b>12.52 sec</b>

### **40-44**

<b>1 Suriya Singthong</b>	<b>Thai</b>
	<b>11.69 sec</b>
<b>2 Passkron Sakunku</b>	<b>Thai</b>
	<b>11.89 sec</b>
<b>3 Ronald Iskandar</b>	<b>Singapore</b>
	<b>12.23 sec</b>

### **45-49**

<b>1 Tawachai Chujit</b>	<b>Thai</b>
	<b>11.95 sec</b>
<b>2 WDP Saysa</b>	<b>Sri Lanka</b>
	<b>12.19 sec</b>
<b>3 Kevin Tan KL</b>	<b>Singapore</b>
	<b>12.32 sec</b>

### **/50-54**

<b>1 SupasTiprot</b>	<b>Thai</b>
	<b>11.86 sec</b>
<b>2 Paul Su</b>	<b>Singapore</b>
	<b>12.58 sec</b>
<b>3 N.D. Ranaweera</b>	<b>Sri Lanka</b>
	<b>12.86 sec</b>

### **55-59**

<b>1 Somcahi Laksanaphaeng</b>	<b>Thai</b>
	<b>12.30 sec</b>
<b>9 Jirayuth Muangmee</b>	<b>Thai</b>
	<b>12.96 sec</b>
<b>3 Alan Koh</b>	<b>Singapore</b>
	<b>13.18 sec</b>

### **60-64**

<b>1 Sasaki Fumio</b>	<b>Japan</b>
	<b>13.41 sec</b>

2 Peter Teo Yong Meng	SAF
	13.86 sec
3 Wipak Sopanich	Thai
	14.22 sec
65-69	
1 M.V.A.Jayaratna	Sri Lanka
	14.77 sec
2 Thanapalan	Johor
	16.17 sec
3 Chia Kim Sing	Red Hawk
	19.44 sec
70-74	
1 Somasiri de Silva	Sri Lanka
	16.58 sec
2 Foo Dun Heen	SMA
	18.80 sec
75-79	
1 Haji Adenan	Brunei
	16.02 sec
2 Soetiyo	Indonesia
	16.84 sec
80-84	
1.Chan Meng Hui	Singapore
	24.25 sec

### 100m Women

35-39	
1 Yew Pei Lee	Singapore
	14.52 sec
2 Bernice Lau Kam Mun	Sabah
	14.70 sec
3 Soh Choon Ngan	M'sia
	15.52 sec
40-45	
1 Jeremine Quek	Singapore
	14.12 sec
2 Nithina Jongkrajuk	Thai
	14.83 sec
3 Nuthiia Sasanapap	Thai
	DNC



<b>45-49</b>		
<b>1 Christina Tay</b>	<b>SMA</b>	<b>15.20 sec</b>
<b>2 Jintana Songupakan</b>	<b>Thai</b>	<b>15.66 sec</b>
<b>3 D.Rani</b>	<b>Sri Lanka</b>	<b>16.54 sec</b>
<b>50-54</b>		
<b>1 Cecilia Tse</b>	<b>Hong Kong</b>	<b>14.22 sec</b>
<b>2 Hapurachchi</b>	<b>Sri Lanka</b>	<b>18.81 sec</b>
<b>3 Kanokawan Kaeopraphan</b>	<b>Thai</b>	<b>16.91 sec</b>
<b>55-59</b>		
<b>1 Linda Oh</b>	<b>Singapore</b>	<b>15.50 sec</b>
<b>2 Sujitra Muan Mueang</b>	<b>Thai</b>	<b>16.68 sec</b>
<b>3 Therry Wong</b>	<b>Hong Kong</b>	<b>17.21 sec</b>
<b>60-64</b>		
<b>1 Malee Kaewsuksri</b>	<b>Thai</b>	<b>18.71 sec</b>
<b>2 Titikan Maneesong</b>	<b>Thai</b>	<b>19.40 sec</b>
<b>3 Selamah Binti Abas</b>	<b>M'sia</b>	<b>20.80 sec</b>
<b>65-69</b>		
<b>1 Pitchay Kandasamy</b>	<b>Singapore</b>	<b>21.51 sec</b>
<b>2 Niniek Rahaseng</b>	<b>Indonesia</b>	<b>22.78 sec</b>
<b>70-74</b>		
<b>1 Yenny Prayogo</b>	<b>Indonesia</b>	<b>22.12 sec</b>
<b>2 Lem See Tiam</b>	<b>SMA</b>	<b>26.06 sec</b>
<b>75-75</b>		
<b>Yenny Praggo</b>	<b>Indonesia</b>	<b>25.12 sec</b>

80-84

1. Marie Rorek

Indonesia

25.44 sec

**3000m Men Run**

35-39

1 R.C.Hettiarachchi

Sri Lanka

10min 05.90 sec

2 Kelvin Yap

Singapore

11min 37.51 sec

3 Tay Siew Teck

M'sia

12min 13.46 sec

40-44

1 Denduang Makpeng

Thai

11min 18.75 sec

2 Chandran

M'sia

13min 35.47 sec

3 Perkes

M'sia

15min 04.70 sec

45-49

1 Gan Seng Tiong

Singapore

11min 38.06 sec

2 Apen Supendi

Indonesia

11min 45.31 sec

3 Poo Ah Peng

M'sia

12min 57.38 sec

50-54

1 Fung Wang Tak

Hong Kong

11min 53.0

sec

2 Monfred Yap

Red Hawk

12min 18.48 sec

3 Sjn Mohd Nazri Bin Kassim

M'sia

12min 24.40 sec

55-59

1 Catur Ali Purnamam 5517

Indonesia

12min 14.8

sec

2 Zakaria Abd Rahim 5545

M'sia

12min52.95 sec

3 Ariyadasa 5521

Sri Lanka

13min 14.6

sec

60-64

1 Amunaypon Tinprapa 6068	Thai 11min 49.0 sec
2 Yusoff Khan 6027	SMA 15min15.45sec
3 S. Manikam 6062	M'sia 19min 20.47 sec
65-69	
1 Anthony Kwek 6517	Red Hawk 15min 38.15 sec
2 Phillip Lim 6588	M'sia 15min 49.16 sec
3 Subramah Saiidin 6521	SMA 18min 51,43 sec
70-74	
1 Han Siew Kwong 7005	M'sia 19min 53.38 sec
75-79	
1 Lim Yoke Fooi 7533	M'sia 19min 56.28 sec
<b>3000m Women</b>	
35-39	
1 Amutha Kali	Msia 15 min 38.15 sec
40-44	
1 Wanphen Pattanaphong	Thai 13 min 27.45 sec
45.49	
1 Cheung Mei Yi	Hong Kong 17min 06.02 sec
50-55	
1 Chandra Premaratne	Sri Lanka 15min 38.15 sec
2 Sinnamalar	M'sia 19min 26.23 sec

**Chin Fah Mong**

**M'sia**

**19min 51.71 sec**