

**Men 10000m**

Event No:	<b>101</b>	Event:	<b>10 000 meter</b>	Time:	7.30am
Category:	<b>MEN</b>	Stage:	<b>FINAL</b>		
National:		Championship:		All Comers	
		29:54.30s		28:10.00s	
Pos	Name	Bib No.	Team	T/D/H	Remarks
1	NDABILI BASHNGILI	BOT 564	BOTSWANA	30:58.42s	
2	HO CHIN PING	TPE 519	CHINESE TAIPEI	31:28.69s	
3	WANG CHIN CHUN	S18	CHINESE TAIPEI	32:25.93s	
4	R.VENUGOPAL	W 459	W KUALA LUMPUR	32:32.59s	
5	RUBEN KUMAR	K 247	KEDAH	33:18.52s	
6	S.SIVAMANOGARAN	K 243	KEDAH	34:23.46s	
7	AFFENDY NOORDIN	303	KOAM	34:23.62s	
8	NARENDRAN	M283	MELACCA	34:31.55s	
9	AMINUL SHAHWAN	P368	PENANG	37:34.00s	

**Women 5000m**

Event No:	<b>102</b>	Event:	<b>5 000 Meter</b>	Time:	8.30am
Category:	<b>WOMEN</b>	Stage:	<b>Final</b>		

National:	Championship:	All Comers			
16:18.12s		15:52.74s			
Pos	Name	Bib No.	Team	T/D/H	Remarks
1	A.AMUTHA	W 472	W KUALA LUMPUR	19:37.85s	
2	KHADIJAH DAHLAN	312	KOAM	20:41.07s	
3	ALAKU SUNDRY	N 339	NEGERI SEMBILAN	20:59.23s	

### Women Triple Jump

Event No:	103	Event:	Triple Jump	Time:	9.00am
Category:	Women	Stage:	Final		
National:	Championship:	All Comers			
13.74m	13.74m	14.32m			
Pos	Name	Bib No.	Team	T/D/H	Remarks
1	NG GHA YEE	N 331	NEGERI SEMBILAN	11.77m	
2	NURUL FATIMATUL ZAHARAH	T 493	TERENGGANU	11.47m	
3	HO YEN KWAN	B 50	SELANGOR	11.26m	
4	NORQIZIE BT MOHD DAHALAN	N 340	NEGERI SEMBILAN	9.63m	

### Men Discus

Event No: **104** Event: **Discus** Time: 9.00am

**Men**

Category: Stage: **Final**

National: Championship: All Comers

47.33m 57.78m 62.20m

Pos	Name	Bib No.	Team	T/D/H	Remarks
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1	WANSAWANG SAWASDEE	THA 531	THAILAND	51.71m	
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2	KVANCHAI NUMSOMBOON	THA 532	THAILAND	46.50m	
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3	ALIFUDDIN HUSSIN	T 484	TERENGGANU	40.24m	
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4	MUHAMMAD HASROLNIZAM YAAKOB	B 46	SELANGOR	40.12m	
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5	ZAINON ABIDIN	B 61	SELANGOR	39.23m	
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6	AHMAD ARIFF UMAR	B 48	SELANGOR	37.08m	
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7	ZAMSAIRON MAT DAN	K 244	KEDAH	33.94m	
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8	TOH WEI DE	SIN 612	SINGAPORE	33.09m	
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**Women Shot Putt**

Event No: **105** Event: **Shot Putt** Time: 9.00am

**Women**

Category: Stage: **Final**

National: Championship: All Comers

14.41m	16.35m	18.83m			
Pos	Name	Bib No.	Team	T/D/H	Remarks
1	SITI NURUL AIN	N 332	NEGERI SEMBILAN	12.32m	
2	ASRENNY ASIK	S 182	SABAH	12.30m	
3	NOR SYAIDAH	B 54	SELANGOR	11.84m	
4	CHAN POH LENG	J 222	JOHORE	11.55m	

### Women 100m Hurdles Hepta

Event No:	107	Event:	100 m Hurdles (Hepta)	Time:	9.15am
Category:	Women	Stage:	Final		
National:		Championship:		All Comers	
5 175s		6 216pts			
Pos	Name	Bib No.	Team	T/D/H	Points
1	SHANIZ MOBARAK	B 53	SELANGOR	15.82s	736
2	SITI RAHAYU NASIR	N 333	NEGERI SEMBILAN	18.02s	487
3	SITI AISHAH BT IBRAHIM	T 499	TERENGGANU	19.90s	311

### Women 800m

Event No:	108	Event:	800 meter	Time:	9.30am
Category:	Women	Stage:	Final		

National:	Championship:	All Comers			
2:07.44s	2:06.50s	1:57.60s			
Pos	Name	Bib No.	Team	T/D/H	Remarks
1	NOR SYAHIRA BT ABU BAKAR	N 341	NEGERI SEMBILAN		
2	K.GANTHIMATHI	C 84	PAHANG		
3	NIK ZULAILEE	311	KOAM		

### Men 800m Semifinal 1

Event No:	109	Event:	800 meter	Time:	9.45am
Category:	Men	Stage:	Semi Final 1		
National:	Championship:	All Comers			
1.47.37s	1:48.81s	1:43.82s			
Pos	Name	Bib No.	Team	T/D/H	Remarks
1	MOHD JERONI REDUAN	E 432	SARAWAK	2:01.39s	
2	LIAO PING WEI	TPE 517	CHINESE TAIPEI	2:01.42s	
3	N.HAFIZ N MOHAMAD	D 123	KELANTAN	2:01.49s	
4	A.ELAIYARAJ	A 12	PERAK	2:01.56s	
5	MUHD AUF AFI BUKHARI	S 175	SABAH	2:02.50s	
6	ANAND	SIN 609	SINGAPORE	2:02.99s	
	HAMID				

7 BANDONG K 250 KEDAH 2:03.10s

### Men 800m Semifinal 2

Event No:	109	Event:	800 meter	Time:	9.45am
Category:	<b>Men</b>	Stage:	<b>Semi Final 2</b>		
National:		Championship:		All Comers	
	1.47.37s		1:48.81s		1:43.82s
Pos	Name	Bib No.	Team	T/D/H	Remarks
1	CHEN FU PIN	TPE 516	CHINESE TAIPEI	2:02.72s	
2	S.PARAMESWARAN	M 282	MALACCA	2:02.81s	
3	FEROZ	SIN 610	SINGAPORE	2:04.47s	
4	D. JAYAKUMAR	W 457	W KUALA LUMPUR	2:05.91s	

### Women 100m Semifinal 1

Event No:	110	Event:	100 meter	Time:	10.00am
Category:	<b>Women</b>	Stage:	<b>Semi Final 1</b>		
National:		Championship:		All Comers	
	11.50s		11.60s		11.06s
Pos	Name	Bib No.	Team	T/D/H	Remarks
1	SITI NURHAYATI	W 469	WIL. KUALA LUMPUR	12.68s	

2	NIK SHUHAIBAH JUMAH JUSOH	T 492	TERENGGANU	12.68s
3	ANN SIAO MEI	SIN 594	SINGAPORE	12.69s
4	WONG ZE TENG	SIN 591	SINGAPORE	12.72s

### Women 100m Semifinal 2

Event No:	110	Event:	100 meter	Time:	10.00am
<b>Women</b>					
Category:	Stage: <b>Semi Final 2</b>				
National:	Championship:	All Comers			
11.50s	11.60s	11.06s			
Pos	Name	Bib No.	Team	T/D/H	Remarks
1	SITI FATIMAH MOHAMAD	J 228	JOHORE	12.13s	
2	AMANDA CHOO	592	SINGAPORE	12.21s	
3	BALPREET KAUR PURBA	SIN 593	SINGAPORE	12.36s	
4	NURUL SARA KADIR	289	MELACCA	12.80s	
5	SHAZWANA BT MARZUKI	K 249	KEDAH	13.06s	

### Men 100m Semifinal 1

Event No:	111	Event:	100 meter	Time:	10.15am
<b>Men</b>					
Category:	Stage: <b>Semi Final 1</b>				

National:	Championship:	All Comers			
10.30s	10.30s	9.88s			
Pos	Name	Bib No.	Team	T/D/H	Remarks
1	ZABIDI GHAZALI MOHD	T 482	TERENGGANU	10.81s	
2	AMIRUDDIN JAMAL	SIN 618	SINGAPORE	10.93s	
3	MOHD FAIZAL AHAD	BRU 501	BRUNEI	11.13s	
4	ARIFF NAIM JEFRY	D 122	KELANTAN	11.14s	
5	SYED ALLIFF B SYED NOH	W 453	W KUALA LUMPUR	11.24s	
6	MOHD IKWAN	C 309	PAHANG	11.25s	
7	SOUKSAVANH	LAO 555	LAOS	11.64s	
8	MOHD HELMI	S 163	SABAH	13.28s	

### Men 100m Semifinal 2

Event No:	111	Event:	100 meter	Time:	10.15am
<b>Men</b>					
Category:	Stage: <b>Semi Final 2</b>				
National:	Championship:	All Comers			
10.30s	10.30s	9.88s			
Pos	Name	Bib No.	Team	T/D/H	Remarks
1	NAZMIZAN MOHAMAD	T 481	TERENGGANU	11.05s	



2	M.NUR SYARIFUDDIN	J 218	JOHORE	11.12s
3	LEE CHENG WEI	SIN 615	SINGAPORE	11.12s
4	MOHD HAZIQ	BRU 502	BRUNEI	11.16s
5	EDDIE EDWARD JR	S 171	SABAH	11.28s
6	JAD ADRIAN WARSHIF	S 172	SABAH	11.40s
7	MOHD YUZUL	W 452	W KUALA LUMPUR	11.94s

### Men 100m Semifinal 3

Event No:	111	Event:	100 meter	Time:	10.15am
Category:	Men	Stage:	Semi Final 3		
National:		Championship:		All Comers	
10.30s		10.30s		9.88s	
Pos	Name	Bib No.	Team	T/D/H	Remarks
1	POH SENG SONG	SIN 605	SINGAPORE	10.90s	
2	FARYL NASRI NASIR	S 162	SABAH	10.99s	
3	S.KANNAN	A 02	PERAK	11.03s	
4	FOXLIN TUAH	304	KOAM	11.27s	
5	MOHD HASNI HASSAN	W 451	W KUALA LUMPUR	11.69s	
6	MOHD HISHAM	B47	SELANGOR	12.03s	

## Women High Jump Hepta

Event No:	<b>113</b>	Event:	<b>High Jump (Hepta)</b>	Time:	10.30am
<b>Women</b>					
Category:	Stage: <b>Final</b>				
National:	Championship:		All Comers		
5 175s	6 216pts				
Pos	Name	Bib No.	Team	T/D/H	Points
1	SITI AISHAH BT IBRAHIM	T 499	TERENGGANU	1.51m	632 (943)
2	SITI RAHAYU NASIR	N 333	NEGERI SEMBILAN	1.42m	534 (1021)
3	SHANIZ MOBARAK	B 53	SELANGOR	1.42m	534 (1270)

## Men 400m Semifinal 1

Event No:	<b>115</b>	Event:	<b>400 meter</b>	Time:	11.00am
<b>Men</b>					
Category:	Stage: <b>Semi Final 1</b>				
National:	Championship:		All Comers		
46.41s	46.20s		44.52s		
Pos	Name	Bib No.	Team	T/D/H	Remarks
1	LOH GOG PEI	SIN 604	SINGAPORE	49.84s	
2	S.MATHIALAGAN	J 220	JOHORE	50.16s	
3	SHAHFEZEE	306	KOAM	52.91s	

## Men 400m Semifinal 2

Event No: <b>115</b>	Event: <b>400 meter</b>	Time: 11.00am			
<b>Men</b>	Category:	Stage: <b>Semi Final 2</b>			
National:	Championship:	All Comers			
46.41s	46.20s	44.52s			
Pos	Name	Bib No.	Team	T/D/H	Remarks
1	OBAKENG NGWIGWA	BOT 563	BOTSWANA	47.93s	
2	MOHD IDRIS ZAKARIA	T 487	TERENGGANU	49.40s	
3	PANG TSUN KHO	S 183	SABAH	50.66s	
4	ISWADI	305	KOAM	51.02s	
5	MOHD IDHZHAM JAMALUDDIN	W 465	W KUALA LUMPUR	51.35s	

## Men 400m Semifinal 3

Event No: <b>115</b>	Event: <b>400 meter</b>	Time: 11.00am			
<b>Men</b>	Category:	Stage: <b>Semi Final 3</b>			
National:	Championship:	All Comers			
46.41s	46.20s	44.52s			
Pos	Name	Bib No.	Team	T/D/H	Remarks
1	FANUEL KENOSI	BOT 561	BOTSWANA	49.48s	
2	MOHD AMIR ZAKRI	D 126	KELANTAN	50.77s	

3 MOHD  
KHAIRULAIL J 216 JOHORE 51.44s

### Women Shot Putt Hepta 3

Event No: 118 Event: Shot Putt (Hepta) 3 Time: 3.15 pm

#### Women

Category: Stage: Final

National: Championship: All Comers

5 175s 6 216pts

Pos	Name	Bib No.	Team	T/D/H	Points
1	SHANIZ MOBARAK	B 53	SELANGOR	8.12m	407(1677)
2	SITI AISHAH BT IBRAHIM	T 499	TERENGGANU	7.48m	366(1309)
3	SITI RAHAYU NASIR	N 333	NEGERI SEMBILAN	6.62m	311(1332)

### Men Long Jump

Event No: 119 Event: Long Jump Time: 3.15 pm

#### Men

Category: Stage: Final

National: Champhionship: All Comers

7.88m 7.86m 8.22m

Pos	Name	Bib No.	Team	T/D/H	Remarks
1	KEERATIKORN JANMANEE	THA 535	THAILAND	7.70m	
2	HENRY	PHI 541	PHILIPPINES	7.55m	

DAGMIL				
3	TSAI AH TQ	TPE 512	CHINESE TAIPEI	7.42m
4	JOSBERT TINUS M SHAHRUL	S 173	SABAH	7.37m
5	AMRI M SUHAIMI	K 241	KEDAH	7.13m
6	AHMAD FIRDAUS	K242	KEDAH	7.05m
7	JAN CHAN GOH	B 44	SELANGOR	6.83m
8	SYALIL RAMLI	S 176	SABAH	6.74m

### Men Pole Vault

Event No: 120		Event: Pole Vault		Time: 3.15 pm	
<b>Men</b>					
Category:		Stage: Final			
National:		Championship:		All Comers	
5.00 m		5.30m		5.60m	
Pos	Name	Bib No.	Team	T/D/H	Remarks
1	SOMPONG SAOM BAN KUAY	THA 533	THAILAND	4.70m	
2	MUHAMAD H SAHADAN	C 82	PAHANG	4.60m	
3	RAFIUDDIN CHE OMAR	J 217	JOHORE	4.50m	
4	KREETA SINTA WACHEEWA	THA 534	THAILAND	4.40m	
5	KHAIRUL IKHASAN SHAH	A 11	PERAK	4.40m	
6	MOHD AIYUHA SULAIMAN	N 324	NEGERI SEMBILAN	4.20m	

## Women 400m Hurdles

Event No: 121      Event: 400 meter Hurdles      Time: 3.30 pm

Category: **Women**      Stage: **Final**

National:      Champhionship:      All Comers

56.02s      56.91s      53.91s

Pos	Name	Bib No.	Team	T/D/H	Remarks
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1	KHOO WOAN C	J 224	JOHORE	62.03s	
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2	DIPNA PRASSA	SIN 596	SINGAPORE	65.16s	
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3	ASMAH HANIM	SIN 617	SINGAPORE	66.03s	
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## Men 400 Hurdles

Event No: 122      Event: 400 meter Hurdles      Time: 3.45 pm

Category: **Men**      Stage: **Final**

National:      Champhionship:      All Comers

51.83s      50.30m      42.28m

Pos	Name	Bib No.	Team	T/D/H	Remarks
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1	MOHD ZAFRIL MOHD ZUSLAINI	C 81	PAHANG	53.34s	
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2	FIRDAUS MUSTAFA	307	KOAM	55.01s	
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3	MOHD AFFIZUDDIN BIN ISMAIL	D 133	KELANTAN	56.90s	
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4	INDRA YAMAN	302	KOAM	59.02s	
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## Women 100m

Event No:	123	Event:	100 meter	Time: 4.00 pm
<b>Women</b>				
Category:	Stage: <b>Final</b>			
National:	Championship:	All Comers		
11.50s	11.60s	11.06s		
Pos	Name	Bib No.	Team	T/D/HRemarks
1	SITI FATIMAH MOHAMAD	J 228	JOHORE	11.80s
2	AMANDA CHOO	592	SINGAPORE	12.18s
3	BALPREET KAUR PURBA	SIN 593	SINGAPORE	12.23s
4	ANN SIAO MEI	SIN 594	SINGAPORE	12.52s
5	WONG ZE TENG	SIN 591	SINGAPORE	12.53s
6	NIK SHUHAIBAH JUMAH JUSOH	T 492	TERENGGANU	12.57s
7	SITI NURHAYATI	W 469	W. KUALA LUMPUR	12.72s
9	NURUL SARA KADIR	289	MELACCA	12.79s

## Men 100m

Event No:	124	Event:	100 meter	Time: 4.15 pm
<b>Men</b>				
Category:	Stage: <b>Final</b>			
National:	Championship:	All Comers		

10.30s	10.30s	9.88s			
Pos	Name	Bib No.	Team	T/D/H	Remarks
1	ZABIDI GHAZALI	T 482	TERENGGANU	10.65s	
2	POH SENG SONG MOHD	SIN 605	SINGAPORE	10.70s	
3	AMIRUDDIN JAMAL	SIN 618	SINGAPORE	10.76s	
4	FARUL NASRI NASIR	S 162	SABAH	10.89s	
5	NAZMIZAN MOHAMAD	T 481	TERENGGANU	10.92s	
6	S.KANNAN	A 02	PERAK	10.99s	
7	M.NUR SYARIFUDDIN	J 218	JOHORE	11.06s	
8	LEE CHENG WEI	SIN 615	SINGAPORE	11.21s	

### Men Hammer Throw

Event No: 125	Event:	Hammer Throw	Time: 4.30 pm		
<b>Men</b>	Category:	Stage: <b>Final</b>			
National:	Championship:	All Comers			
58.52m	72.21m	74.71m			
Pos	Name	Bib No.	Team	T/D/H	Remarks
1	AZMAN MOHAMAD ABDUL	B 63	SELANGOR	46.32m	
2	HALIM YATIM	B 41	SELANGOR	43.65m	
3	JACKEY WONG	E 433	SARAWAK	39.37m	



4	SOON JIE ZHANG	N 328	NEGERI SEMBILAN	29.81m
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### Men Javelin

Event No: 126	Event: Javelin	Time: 4.30 pm
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<b>Men</b>		
Category:	Stage: Final	
National:	Championship:	All Comers
73.34m	75.42m	88.75m

Pos	Name	Bib No.	Team	T/D/H	Remarks
1	PETER AGAN	E 431	SARAWAK	64.27m	
2	JASMON JUSTIN	B 60	SELANGOR	55.94m	
3	LINUS NICHOLAS	S 169	SABAH	55.30m	
4	TAY JIU LIN	SIN 611	SINGAPORE	50.80m	
5	NOKIKHWAN	B 58	SELANGOR	49.39m	
6	KHAIRUL ANNUAR	W 466	W KUALA LUMPUR	40.11m	

### Women High Jump

Event No: 127	Event: High Jump	Time: 4.30 pm
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<b>Women</b>		
Category:	Stage: Final	
National:	Championship:	All Comers
1.78m	1.91m	1.91m

Pos	Name	Bib No.	Team	T/D/H	Remarks
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1	WONG BOO SYIAN	J 230	JOHORE	1.70m
2	WAN SUTIKA WAN SHUKRI	D 127	KELANTAN	1.55m

### Women Discus

Event No:	128	Event:	Discus	Time:	4.30 pm
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Category: **Women**

Stage: **Final**

National:                      Champhionship:                      All Comers

46.66m                              60.61m                              65.92m

Pos	Name	Bib No.	Team	T/D/H	Remarks
1	YAP JENG TZAN	N 345	NEGERI SEMBILAN	43.45m	
2	SITI SHAHIDAH ABDULLAH	C 87	PAHANG	38.96m	
3	ASRENNY ASIK	S 182	SABAH	36.14m	
4	TAN SONG HUA	C 85	PAHANG	23.47m	

### Women 800m

Event No:	129	Event:	800 meter	Time:	4.30 pm
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Category: **Women**

Stage: **Final**

National:                      Champhionship:                      All Comers

2:07.44s                              2:06.50s                              1:57.60s

Pos	Name	Bib No.	Team	T/D/H	Remarks
1	K.GANTHIMATHI	C 84	PAHANG	2:18.69s	
2	NOR SYAHIRA BT ABU BAKAR	N 341	NEGERI SEMBILAN	2:23.11s	
3	NIK ZULAILEE	311	KOAM	2:28.14s	

### Men 800m

Event No:	<b>130</b>	Event:	<b>800 meter</b>	Time:	4.45 pm
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Category:	<b>Men</b>	Stage:	<b>Final</b>
National:		Championship:	
	1:47.37s		1:48.81s
			All Comers
			1:43.82s

Pos	Name	Bib No.	Team	T/D/H	Remarks
1	CHEN FU PIN	TPE 516	CHINESE TAIPEI	1:53.45s	
2	LIAO PING WEI	TPE 517	CHINESE TAIPEI	1:53.83s	
3	MOHD JERONI REDUAN	E 432	SARAWAK	1:54.21s	
4	A.ELAIYARAJ	A 12	PERAK	1:58.62s	
5	N.HAFIZ N MOHAMAD	D 123	KELANTAN	2:00.05s	
6	FEROZ	SIN 610	SINGAPORE	2:00.55s	
7	MUHD AUF AFI BUKHARI	S 175	SABAH	2:01.40s	
8	S.PARAMESWARAN	M 282	MALACCA	2:04.80s	

## Women 200m Hepta 4

Event No:	132	Event:	200 meter (Hepta) 4	Time:	5.15 pm
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### Women

Category: Stage: **Final**

National:	Championship:	All Comers
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5 175s	6 216pts
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Pos	Name	Bib No.	Team	T/D/H	Points
1	SHANIZ MOBARAK	B 53	SELANGOR	28.03s	628 (2305)
2	SITI AISHAH BT IBRAHIM	T 499	TERENGGANU	28.72	575(1884)
3	SITI RAHAYU NASIR	N 333	NEGERI SEMBILAN	29.10	547(1879)

## Women 4×100m

Event No:	133	Event:	4 x 100 meter	Time:	5.30 pm
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### Women

Category: Stage: **Final**

National:	Championship:	All Comers
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45.37s	45.49s	43.39s
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Pos	Name	Bib No.	Team	T/D/H	Remarks
1	SINGAPORE	SIN		46.81s	
2	TRENGGANU	T		51.17s	

## Men 4×100m



Event No: 134      Event: 4 x 100 meter      Time: 5.45 pm

**Men**

Category:      Stage: **Final**

National:      Champhionship:      All Comers

39.83s      39.65s      38.20s

Pos	Name	Bib No.	Team	T/D/H	Remarks
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1	TERENGGANU	T		41.31s	
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2	SABAH	S		42.23s	
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3	WILAYAH PER. KUALA LUMPUR	W		43.12s	
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Day 2 - 5th July 2008

### Men 20 km Walk

Event No:	201	Event:	20 km Walk	Time:	7.00am
Category:	Men	Stage:	Final		
National:		Championship:		All Comers	
	1:24:50s	1:28:16s		1:24:59s	
Pos	Name	Bib No.	Team	T/D/H	Remarks
1	TEOH BOON LIM	W 460	W KUALA LUMPUR	1:38:36s	
2	LOH CHOON SENG	W 463	W KUALA LUMPUR	1:42:43s	
3	M.JAYASEELAN	P 362	PENANG	1:49:50s	
4	R.THEVENDRAN	A 19	PERAK	1:50:58s	
5	L.MATHIVANAN	K 245	KEDAH	1:54:44s	
6	DHIBAN RAJ	N 327	NEGERI SEMBILAN		
7	MOHD SHAHRULHAIZY	W 462	WIL KUALA LUMPUR		

### Women 10 km Walk

Event No:	202	Event:	10 km Walk	Time:	7.15am
Category:	Women	Stage:	Final		
National:		Championship:		All Comers	
	45:27.00s	46:19.22s		43:57.00s	
Pos	Name	Bib No.	Team	T/D/H	Remarks
1	NORLIANA ROSNI	D 131	KELANTAN	1:04:11s	
2	SITI HANISAH SHAHRUDDIN	N 336	NEGERI SEMBILAN	1:04:21s	
3	LEE MEI THIN	N 330	NEGERI SEMBILAN	1:11:15s	

### Men 5000 meter

Event No:	203	Event:	5 000 meter	Time:	8.00am
Category:	Men	Stage:	Final		
National:		Championship:		All Comers	
	14:06.84s	14:21.75s		13:22.57s	
Pos	Name	Bib No.	Team	T/D/H	Remarks
1	NDABILI BASHINGILI	BOT 564	BOTSWANA	14:59.26s	
2	HO CHIN PING	TPE	CHINESE	15:10.99s	

		519	TAIPEI	
3	R.VENUGOPAL	W 459	W KUALA LUMPUR	15:43.66s
4	KARTHIK JAYARAM	M 281	MALACCA	15:48.46s
5	PRABUDAS KRISHNAN	N 321	NEGERI SEMBILAN	16:04.34s
6	RUBEN KUMAR	K 247	KEDAH	16:05.25s
7	T.NARENDRAN	M 283	MALACCA	16:16.20s
8	AHMAD LUTIN HAMIZAN	N 326	NEGERI SEMBILAN	17:02.74s
9	S.SIVAMANOGARAN	K 243	KEDAH	17:40.75s
	WANG CHIU CH	TPE 518	CHINESE TAIPEI	DNF
	M.BALU	B 45	SELANGOR	DNF

### Women Javelin

Event No:	205	Event:	Javelin	Time:	9.00am
Category:	Women	Stage:	Final		
National:		Championship:		All Comers	
	47.50m		51.40m		66.96m
Pos	Name	Bib No.	Team	T/D/H	Remarks
1	CHEN HSING YI	TPE 521	CHINESE TAIPEI		49.41m
2	ROHASHMIDAH DAUD	D 132	KELANTAN		40.94m
3	NURUL HIDAYU ALI	M 288	MALACCA		39.61m
4	NAZIRAH CHE MAT	K 252	KEDAH		37.53m

### Men 200m Semifinal 1

Event No:	208	Event:	200 meter	Time:	9.45am
Category:	Men	Stage:	Semi Final 1		
National:		Championship:		All Comers	
	20.92s		20.90s		20.18s
Pos	Name	Bib No.	Team	T/D/H	Remarks
1	FANUAL KEMSOI	BOT 561	BOTSWANA		21.49s
2	MOHD FAISAL AHAD	BRU 501	BRUNEI		22.30s
3	NAZMIZAN MOHD	T 481	TERENGGANU		22.41s
4	MOHD IKWAN	309	PAHANG		22.45s
5	DANIEL AZUAN	R	PERLIS		22.50s

**Men 200m Semifinal 2**

Event No:	208	Event:	200 meter	Time:	9.45am
Category:Men		Stage:	Semi Final 2		
National:		Championship:		All Comers	
	20.92s		20.90s		20.18s
Pos	Name	Bib No.	Team	T/D/H	Remarks
1	KENNETH KHOO	SIN 608	SINGAPORE	22.61s	
2	S.KANAN	A 02	PERAK	23.10s	
3	ISWANDI SALUHI	305	KOAM	23.57s	
4	MOHD HASNI	W 451	W KUALA LUMPUR	23.65s	
5	FIRDAUS FADIL	K 251	KEDAH	25.04s	

**Men 200m Semifinal 3**

Event No:	208	Event:	200 meter	Time:	9.45am
Category:Men		Stage:	Semi Final 3		
National:		Championship:		All Comers	
	20.92s		20.90s		20.18s
Pos	Name	Bib No.	Team	T/D/H	Remarks
1	ZABIDI BIN GHAZALI	T 432	TRENGGANU	22.95s	
2	SYED ALLIEF B SYED NOH	W 453	W KUALA LUMPUR	23.00s	
3	AZMIZE ABD RAHIM	BRU 502	BRUNEI	23.42s	
4	HARMIZI AROBI	K 255	KEDAH	23.47s	
5	EDDIE EDWARD JR	S 171	SABAH	26.85s	

**Women Long Jump Hepta 5**

Event No:	213	Event:	Long Jump (Hepta) 5	Time:	8.30am
Category:Women		Stage:	Final		
National:		Championship:		All Comers	
	5 175s		6 216pts		
Pos	Name	Bib No.	Team	T/D/H	Remarks
1	SHANIZ MOBARAK	B 53	SELANGOR	4.91m	535 (2840)
2	SITI AISHAH	T 499	TERENGGANU	4.89m	530



	BT IBRAHIM				(2414)
3	SITI RAHAYU NASIR	N 333	NEGERI SEMBILAN	4.48m	423 (2302)

### Women 200m

Event No:	215	Event:	200 meter	Time:	11.00am
Category:	Women	Stage:	Final		
National:		Championship:		All Comers	
	23.37s		23.37s		22.77s
Pos	Name	Bib No.	Team	T/D/H	Remarks
1	VALERIE SEEMA	SIN 595	SINGAPORE	25.23s	
2	NIK SUHAIBAH JUWIAH JUSOH	T 492	TRENGGANU	26.23s	
3	SHAZWANA MARZUKI	K 249	KEDAH	26.59s	
4	SITI NURHAYATI	W 469	W KUALA LUMPUR	26.76s	

### Men 200m

Event No:	216	Event:	200 meter	Time:	11.15 am
Category:	Men	Stage:	Final		
National:		Championship:		All Comers	
	20.92s		20.90s		20.18s
Pos	Name	Bib No.	Team	T/D/H	Remarks
1	FANUAL KEMSOI	BOT 561	BOTSWANA	21.20s	
2	ZABIDI BIN GHAZALI	T 482	TRENGGANU	21.92s	
3	MOHD FAISAL AHAD	BRU 501	BRUNEI	22.11s	
4	NAZMIZAN MOHD	T 481	TERENGGANU	22.45s	
5	S.KANAN	A 02	PERAK	22.48s	
6	MOHD IKWAN	309	PAHANG	22.81s	
7	SYED ALLIEF B SYED NOH	W 453	W KUALA LUMPUR	23.96s	

### Women Javelin Hepta 6

Event No:	218	Event:	Javelin (Hepta) 6	Time:	2.30 pmam
Category:	Women	Stage:	Final		
National:		Championship:		All Comers	
	5 175s		6 216pts		
Pos	Name	Bib	Team	T/D/H	Remarks

		No.			
1	SITI RAHAYU NASIR	N 333	NEGERI SEMBILAN	24.94m	381 (2683)
2	SHANIZ MOBARAK	B 53	SELANGOR	19.74m	284 (3124)
3	SITI AISHAH BT IBRAHIM	T 499	TERENGGANU	19.22m	274 (2688)

### Women Hammer Throw

Event No:	219	Event:	Hammer Throw	Time:	2.30 pm
Category: Women National:	55.67m	Stage: Champhionship:	Final	All Comers	
				66.56m	
Pos	Name	Bib No.	Team	T/D/H	Remarks
1	TAN SONG HWA	C 85	PAHANG	52.63m	
2	SITI SHAIDA ABDULLAH	C 87	PAHANG	48.63m	
3	PATRIA PANG MEI CHIN	C 86	PAHANG	45.37m	
4	SITI NURUL AIN	N 332	NEGERI SEMBILAN	43.06m	
5	GANGGA MUTHUSAMY	B 62	SELANGOR	37.10m	

### Men High Jump

Event No:	220	Event:	High Jump	Time:	2.30 pm
Category: Men National:	2.27m	Stage: Champhionship:	Final	All Comers	
				2.31m	
Pos	Name	Bib No.	Team	T/D/H	Remarks
1	RONNIE CHAI	SIN 613	SINGAPORE	2.00m	
2	LOW KAH LOON	314	KOAM	1.95m	
3	MUHAMAD ASALAN	W 464	W KUALA LUMPUR	1.95m	
4	ABDUL HAKIM YAHAYA	BRU 503	BRUNEI	1.90m	
5	MOHD FIRDAUS MAT ANUAR	R 401	PERLIS	1.90m	
6	KAVEE ALAGAN ANPALAGAN	N 322	NEGERI SEMBILAN	1.90m	
7	AHMAD SYAZWAN AHMAD ZAKI	M 292	MALACCA	1.85m	

### Men 110 Hurdles

Event No:	221	Event:	110 Hurdles	Time:	3.00 pm
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No:					
Category: Men		Stage:	Final		
National:		Championship:	All Comers		
13.73s		14.00s	13.32s		
Pos	Name	Bib No.	Team	T/D/H	Remarks
1	MOHD ROBANI HASSAN	W 458	W KUALA LUMPUR	13.85s	NCR
2	KRISHNA MOHAN	IND 581	INDIA	14.02s	
3	MOHD FAIZ	N 329	NEGERI SEMBILAN	14.33s	
4	M.ROHAIZAD JAMIL	J 214	JOHORE	15.11s	
5	ZAFRAN BIN MOKHTAR	M 291	MALACCA	15.46s	
6	RIDZUAN WAN	SIN 619	SINGAPORE	16.55s	
	RAYSHAM SHAH W SOFIAN	S 161	SABAH	DQ	
	MOHD MUSLIM SIDEK	T 488	TERENGGANU	DNS	

### Women 100 Hurdles

Event No: 222					
Event:		100 Hurdles		Time: 3.15pm	
Category: Women		Stage:	Final		
National:		Championship:	All Comers		
13.27s		13.36s	12.70s		
Pos	Name	Bib No.	Team	T/D/H	Remarks
1	AZIZAH IBRAHIM	T 491	TRENGGANU	14.40s	
2	KOO WOAN CHOON	J 225	JOHORE	15.14s	
3	NORHAYATI JALI	B 55	SELANGOR	15.55s	
4	DIPNA PRASAAD LIM	SIN 596	SINGAPORE	15.84s	

### Women 400m

Event No: 223					
Event:		400 meter		Time: 3.45 pm.	
Category: Women		Stage:	Final		
National:		Championship:	All Comers		
52.56s		53.23s	50.17s		
Pos	Name	Bib No.	Team	T/D/H	Remarks
1	NOROHIDA BAD	E 438	SARAWAK	59.67s	
2	NURUL FAIZAH	T 494	TERENGGANU	61.31s	

3	SUHANIYA	P PULAU 371 PINANG	63.10s
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### Men 400m

Event No:	224	Event:	400 meter	Time: 4.00 pm
Category:	Men	Stage:	Final	
National:		Championship:		All Comers
	46.41s		46.20s	44.52s
Pos	Name	Bib No.	Team	T/D/H Remarks
1	OBAKENG NGWIGWA	BOT 563	BOTSWANA	47.51s
2	FANUEL KENOSI	BOT 561	BOTSWANA	48.68s
3	S.MATHIALAGAN	J 220	JOHORE	48.75s
4	MOHD IDRIS ZAKARIA	T 487	TERENGGANU	49.18s
5	ISWADI	305	KOAM	50.23s
6	PANG TSUN KHO	S 183	SABAH	50.42s
7	MOHD AMIR ZAKRI	D 126	KELANTAN	50.46s
8	LOH GOG PEI	SIN 604	SINGAPORE	DQ

### Women Long Jump

Event No:	226	Event:	Long Jump	Time: 4.15 pm.
Category:	Women	Stage:	Final	
National:		Championship:		All Comers
	6.27m		6.32m	6.79m
Pos	Name	Bib No.	Team	T/D/H Remarks
1	CHEN CHIA HUA	TPE 520	CHINESE TAIPEI	5.85m
2	NG KHAI LEE	P 367	PENANG	5.57m
3	WONG KIT FEI	SIN 616	SINGAPORE	5.51m
4	NOOR AMIRA MD NAFIAH	A 17	PERAK	5.45m
5	SITI NORAZIMAH	S 181	SABAH	5.33m
6	NG GHA YEE	N 331	NEGERI SEMBILAN	5.26m
7	NURUL FATIMATUL ZAHARA	T 493	TRENGGANU	5.04m
8	HO YEN KWAN	B 50	SELANGOR	4.98m

### Men Triple Jump



Event No:	226A	Event:	Triple Jump	Time:	4.15 pm
Category:	Men	Stage:	Final		
National:		Championship:		All Comers	
	16.29m	16.32m		17.22m	
Pos	Name	Bib No.	Team	T/D/H	Remarks
1	AMARJEET SINGH	IND 582	INDIA	16.64m	NCR
2	MOHD AMAN FITRI	K 248	KEDAH	15.28m	
3	CHENG CHIN WANG	TPE 514	CHINESE TAIPEI	15.15m	
4	LIN CHUNG HAN	TPE 513	CHINESE TAIPEI	14.77m	
5	JUHARI MOHD SAJALI	J 231	JOHORE	14.76m	
6	AMIN NIKMAN ABD RAZAK	P 361	PENANG	14.40m	
7	SYALIL RAMLI	S 176	SABAH	13.99m	
8	FAZLI B MUSTAFA	K 254	KEDAH	13.88m	

### Men Shot Putt

Event No:	226B	Event:	Shot Putt	Time:	4.15pm
Category:	Men	Stage:	Final		
National:		Championship:		All Comers	
	16.67m	18.44m		20.01m	
Pos	Name	Bib No.	Team	T/D/H	Remarks
1	SATYENDER SINGH	IND 584	INDIA	17.74m	
2	OM PRAKASH SINGH	IND 583	INDIA	17.34m	
3	CHENG YUNG HSIN	TPE 515	CHINESE TAIPEI	16.22m	
4	ADI ALIFUDDIN T HUSSIN	484	TRENGGANU	15.82m	
5	MOHD HAFIZ HASHIM	C 83	PAHANG	14.30m	
6	MOHD HASROL NIZAM YAAKOB	B 46	SELANGOR	13.92m	
7	LINUS NICHALAS	S 169	SABAH	13.18m	
8	AHMAD ARIFF UMAR	B 48	SELANGOR	12.20m	

### Women 1500m

Event	227	Event:	1 500 meter	Time:	4.15 pm
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No:					
Category: Women		Stage:	Final		
National:		Championship:	All Comers		
4:23.49s		4:19.29s	4:05.27s		
Pos	Name	Bib No.	Team	T/D/H	Remarks
1	FARIZA ABD HAMID	J 223	JOHORE	5:24.39s	
2	NIK ZULAILI NIK WIL	311	KOAM	5:26.76s	
3	ALAKU SUNDRY	N 339	NEGERI SEMBILAN	5:36.73s	

### Men 1500m

Event No:	228	Event:	1 500 meter	Time:	4.30 pm
Category: Men		Stage:	Final		
National:		Championship:	All Comers		
3:45.70s		3:47.96s	3:39.49s		
Pos	Name	Bib No.	Team	T/D/H	Remarks
1	M.VADIVELAN	A 04	PERAK	3:53.95s	
2	CHEN FU PIN	TPE 516	CHINESE TAIPEI	3:58.27s	
3	AUNG THIHA	SIN 614	SINGAPORE	3:59.76s	
4	LIAO PING WEI	TPE 517	CHINESE TAIPEI	4:11.54s	
5	S.PARAMESWARAN	M 282	MALACCA	4:15.21s	
6	HAMID BIN BAN	K 250	KEDAH	4:18.37s	

### Women 800m Hepta 7

Event No:	229	Event:	800 m (Hepta) 7	Time:	4.45 pm
Category: Women		Stage:	Final		
National:		Championship:	All Comers		
5 175s		6 216pts			
Pos	Name	Bib No.	Team	T/D/H	Remarks
1	SITI RAHAYU NASIR	N 333	NEGERI SEMBILAN	2:48.94s	475 (3158)
2	SHANIZ MOBARAK	B 53	SELANGOR	2:53.48s	428 (3552)
3	SITI AISHAH BT IBRAHIM	T 499	TERENGGANU	2:58.93s	375 (3063)

### Women Heptathlon

Event No:	Event:	HEPTATHLON	Time:

Category: Women	Stage:	Overall		
National:	Championship:		All Comers	
5 175s	6 216pts			
Pos	Name	Bib No.	Team	T/D/H Remarks
1	SHANIZ MOBARAK	B 53	SELANGOR	3552
2	SITI RAHAYU NASIR	N 333	NEGERI SEMBILAN	3158
3	SITI AISHAH BT IBRAHIM	T 499	TERENGGANU	3063

### Women 3000m Steeplechase

Event No: 231	Event:	3 000m Steeplechase	Time: 5.25pm		
Category: Women	Stage:	Final			
National:	Championship:		All Comers		
11:43.79s	12:02.40s		12:02.40s		
Pos	Name	Bib No.	Team	T/D/H	Remarks
1	A.AMUTHA	W 472	W KUALA LUMPUR	12:30.65s	
2	ANGELA KUNDANG	313	KOAM	13:38.26s	

### Men 3000m Steeplechase

Event No: 232	Event:	3 000m Steeplechase	Time: 5.40pm		
Category: Men	Stage:	Final			
National:	Championship:		All Comers		
8:59.10s	8:56.02s		8:15.34s		
Pos	Name	Bib No.	Team	T/D/H	Remarks
1	WANG CHIU CHAN	TPE 518	CHINESE TAIPEI	9:34.95s	
2	KARTHIK JEYARAMAN	M 281	MALACCA	9:50.56s	
3	FAIZAL MOHAIDEEN	301	KOAM	9:53.48s	
4	K. PRABUDAS	N 321	NEGERI SEMBILAN	10:08.17s	
5	M.RAVINTERAN	K 246	KEDAH	10:17.59s	

### Men 4x400m

Event No: 234	Event:	4 x 400 meter	Time: 6.00 pm		
Category: Men	Stage:	Final			
National:	Championship:		All Comers		
3:06.69s	3:06.69s		2:59.03s		
Pos	Name	Bib	Team	T/D/H	Remarks

		No.	
1	SINGAPORE	SIN	3:18.45s
2	SABAH	S	3:24.87s
3	W KUALA LUMPUR W		3:27.02s
4	KEDAH	K	3:29.90s