

5th Allcomers Meet 2005 - 8/21/2005

Gombak Stadium

Results - Day 1

Women 400 Meter Hurdles

NR: 62.80 N 8/26/1984 Norshida Mohd Ali
AC: 56.48 A 9/10/2000 P.T Usha

Name	Team	Finals
Section 1		
1 New Fei, Ho	Wings Athletic Club	67.46
2 Siqi, Lin	Wings Athletic Club	69.23

Women 100 Meter Hurdles (1st Race)

NR: 14.20 N 11/23/1973 Gan Bee Wan
AC: 13.34 A 9/6/1993 Roberts Trecia

Name	Team	Finals
Section 1 Wind: -0.3		
1 Eileen, Chai	Wings Athletic Club	15.50

Women 100 Meter Dash Open

NR: 12.00 N 9/22/1989 Prema Govindan
AC: 11.40 A 7/23/1987 Lydia De Vegas

Name	Team	Finals
Section 1 Wind: NWI		
1 Asmah, Hanim	Wings Athletic Club	12.91
2 Liling, Cherilyn Chan	Nanyang Polytechnic	14.27
3 Nor Ashikin, Abdul Shukor	Unattached	15.20
4 Yi Phoon, Lauren Cheong	Nanyang Polytechnic	15.23

Men 100 Meter Dash Open

NR: 10.20 N 7/3/1994 Muhd Hosni
10.37 N 8/27/2001 UK Shyam
AC: 10.20 A 7/3/1994 Muhd Hosni
10.41 A 7/23/1987 Talal Mansoor

Name	Team	Finals
Section 1 Wind: NWI		
1 Shameer, Ayub	Swift Athletes Assn	10.74
2 Seng Song, Poh	Wings Athletic Club	10.94
3 Shyam, U K	Unattached	10.98
4 Jingze, Lin	Wings Athletic Club	11.06
5 Shafiq, K	Wings Athletic Club	11.13
6 Mohd Zaid, ,	Prison Sports n Recreatio	11.36
Section 2 Wind: NWI		
1 Muthukumaran, R	Nanyang Polytechnic	10.97
2 Kenneth, Khoo	Wings Athletic Club	11.17
3 Izwan, Hanif	Swift Athletes Assn	11.19
4 Aaron, Huang	Swift Athletes Assn	11.35
5 Alex, Teng	Wings Athletic Club	11.58
6 Wei Leong, Tan	Unattached	12.06
7 Akahodani, Takayuki	Swift Athletes Assn	12.31

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Section 3 Wind: NWI

1	Zekai, Tan	Nanyang Polytechnic	11.50
2	Mohamed Firdaus, -	Nanyang Polytechnic	11.63
3	Curtis, Liau	Unattached	11.69
4	Paul, Tan	Wings Athletic Club	12.38
5	Rayyan, Toh	Wings Athletic Club	12.56

Women Long Jump Open

NR: 5.88m N 9/5/1993 Yu Long Nyu
AC: 6.70m A 7/22/1987 Wang Zhihui

Name	Team	Finals
Flight 1		
1 Anastasia, Goh	Wings Athletic Club	5.65m

Men High Jump Open

NR: 2.22m N 12/14/1995 Wong Yew Tong
AC: 2.30m A 8/4/1990 Geoff Parsons

Name	Team	Finals
Flight 1		
1 Ronnie, Cai	Wings Athletic Club	1.95m
2 Fabian Lim, Zi Yao	Tampines Junior College	1.75m

Women 4x100 Meter Relay (1st Race)

NR: 47.00 N 11/23/1973 National Team
AC: 44.60 A 8/6/1998 Canada

Team	Relay	Finals
Section 1		
1 Pre-Selected Squad		48.68

Men 4x100 Meter Relay Open

NR: 40.32 N 4/28/1994 National Team
AC: 39.20 A 7/26/1987 Qatar

Team	Relay	Finals
Section 1		
1 Pre-Selected Squad		41.22
2 Pre-Selected Squad	B	42.06

Men Long Jump Open

NR: 7.34m N 8/28/1982 Ng Yee Ming
AC: 8.00m A 7/24/1987 Kim Won Jin

Name	Team	Finals
Flight 1		
1 Lawrence, Wee	Nat University of S'Pore	6.24m
2 En Yong, Cong	Unattached	5.45m

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Men Discus Throw Open (2kg)

NR: 59.87m N 5/8/1999 James Wong
AC: 57.47m A 6/17/2001 James Wong

Name	Team	Finals
Flight 1		
1 James, Wong	Unattached	55.09m
2 Hor Yee, Koh	Wings Athletic Club	44.46m
3 Weijie, Huang	Wings Athletic Club	36.78m

Women High Jump Open

NR: 1.74m N 6/15/1993 Yu Long Nyu
AC: 1.92m A 7/26/1987 Ni Xiuling

Name	Team	Finals
Flight 1		
1 Sng, Michelle	Swift Athletes Assn	1.75m

Men 800 Meter Dash Open

NR: 1:49.90 N 4/30/1983 S.Surenda
AC: 1:47.30 A 9/5/1998 Crispan Mutakanyi

Name	Team	Finals
Section 1		
1 Subaish, R	Safsa	1:57.67
2 Meng Keng, Goh	Unattached	1:58.13
3 Koon Kiat, Teu	Wings Athletic Club	2:01.35
4 Shah, Muhd	Wings Athletic Club	2:02.20
5 Mao Cheen, Foo	Unattached	2:05.78
6 Balamurali, ,	Wings Athletic Club	2:10.92
7 Chun Yang, Tan	Unattached	2:24.23

Men 200 Meter Dash Open

NR: 21.00 N 9/21/1968 C Kunalan
AC: 20.71 A 7/25/1987 Talal Mansoor

Name	Team	Finals
Section 1 Wind: NWI		
1 Shameer, Ayub	Swift Athletes Assn	21.81
2 Firdaus, Muhd	Unattached	21.85
3 Kenneth, Khoo	Wings Athletic Club	22.03
4 Shafiq, K	Wings Athletic Club	22.05
Section 2 Wind: NWI		
1 Alex, Teng	Wings Athletic Club	22.68
2 Lip Tuck, Gan	Nanyang Polytechnic	24.82
3 Muhd Alphian, Hashim	Prison Sports n Recreatio	25.40

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Men 1500 Meter Run Open

NR: 3:51.59 N 2/4/2002 Chamkar Dhaliwal
AC: 3:42.50 A 10/3/1999 Abu Bakar Kamal

Name	Team	Finals
Section 1		
1 Elangovan, ,	Swift Athletes Assn	4:03.62
2 Ahmad, Nabil	Wings Athletic Club	4:15.40
3 Jezreel, Mok	Wings Athletic Club	4:35.47
4 Soban, Raj	Unattached	5:01.56

Men Pole Vault Open (*conducted on 23 Aug '05*)

NR: 4.66m N 5/9/1993 Mok Hay Foo
AC: 5.40m A 8/16/1992 Toshuyuki Hashioka

Name	Team	Finals
Flight 1		
1 Soloman, Tan	Wings Athletic Club	4.40m
2 Edwin Chong, Ming Xun	Unattached	4.20m
3 Kean Mun, Ng	Unattached	3.80m
4 Steward, Lee	Raffles Institution	3.80m
5 Hongchuan, Lin	Unattached	3.60m
--- Dominic, Chan	Raffles Institution	DNS