



35TH MALAYSIAN INTERNATIONAL OPEN MASTERS ATHLETICS CHAMPIONSHIPS



OFFICIAL RESULTS

DATE

16 – 17 SEPTEMBER 2023

VENUE

**STADIUM UNIVERSITI MALAYA
KUALA LUMPUR, MALAYSIA**

ORGANISERS

**MALAYSIAN MASTERS ATHLETIC ASSOCIATION (MMAA)
WITH THE COOPERATION OF
MINISTRY OF YOUTH AND SPORTS MALAYSIA**

35th MIOMAC RESULTS (2023)

MEN

| NO | NAME | TEAM | Time/Dist/Height |
|-----------------|------------------------------|------------------|------------------|
| 100M (35 – 39) | | | |
| 1 | MOHD ZHAFRAN BIN MOHD ROSLI | PERAK MASTERS | 10.9S |
| 2 | ALFRED ALEX JIMMY | SAMAS | 11.6S |
| 3 | MOHD SOBRI B. RAMLI | PERAK MASTERS | 11.7S |
| 4 | MOHAN SHANKAR REDDY | INDIA | 11.8S |
| 5 | MOHAMAD HAFIZAM B. SALUHI | PDRM | 11.8S |
| 6 | MOHD ZULKEFLI BIN MOHAMAD | PERAK MASTERS | 12.3S |
| 7 | MOHD ZULFADZLI BIN RAMLI | MALACCA MASTERS | 12.5S |
| 100M (40 – 44) | | | |
| 1 | GOVINDARAJ SUBRAMANIAM | INDIA | 11.21S |
| 2 | ALDO KRIEL | HONG KONG | 11.26S |
| 3 | NASARUDIN BIN SUPIAN | PERAK MASTERS | 11.50S |
| 4 | CYRIL BIN MISONG | SAMAS | 11.70S |
| 5 | MOHD SYUHAIRY BIN MD SUID | HASIL MASTERS | 11.90S |
| 6 | CHIN YEW SEONG | PERAK MASTERS | 12.00S |
| 7 | ANDY GREGORY LIADU | SAMAS | 12.10S |
| 8 | SHAHRYMAN SHARIL B MD MANSOR | DBKL | 12.60S |
| 100M (45 – 49) | | | |
| 1 | CLARENCE TAMI | SAMAS | 11.80S |
| 2 | HAIRUL BIN ABU SHAH | MALACCA MASTERS | 11.97S |
| 3 | SUBRAMANIAM KARAPAYAH | PERAK MASTERS | 12.24S |
| 4 | M.F.M. THUBAIL | SRI LANKA | 12.25S |
| 5 | M.F.M. HUMAYOON | SRI LANKA | 12.38S |
| 6 | WONG TZE YONG | KAWAN ATHLETICS | 12.60S |
| 7 | LARRY ANDANG | SAMAS | 12.70S |
| 8 | STEVE @ NAPOL JAMES | SAMAS | 12.86S |
| 100M (50 – 54) | | | |
| 1 | MICK WONG | HONG KONG | 11.64S |
| 2 | CHIN KHEN THEEN | SMTFA | 12.16S |
| 3 | ROHAIZI B. RASTAM | SELANGOR | 13.78S |
| 4 | ZULKEFLI B. SUDIN | PDRM | 13.90S |
| 5 | THANABALASINGAM A. MANIAM | PENANG | 18.48S |
| 100M (55 – 59) | | | |
| 1 | MAULANI BIN DIMAN | SAMAS | 12.51S |
| 2 | ARTHUR CHOW WEE CHIN | SMA | 12.70S |
| 3 | ZULKIFLY BIN YEOP | PERAK MASTERS | 12.95S |
| 4 | RAMLI BIN LANI | DBKL | 13.16S |
| 5 | SUWITO BIN KARDO | LABUAN MASTERS | 13.36S |
| 6 | RAMDAS YADAV | INDIA | 14.41S |
| 7 | REDZUAN BIN JUMAT | LABUAN MASTERS | 14.66S |
| 8 | KUMAR SINATAMBI | SELANGOR MASTERS | 15.48S |
| 100M (60 – 64) | | | |
| 1 | ARIFFIN HARUN | PERAK MASTERS | 13.58S |
| 2 | SAHARI A. HAMID | SAMAS | 13.61S |
| 3 | SURJIT KUMAR | INDIA | 13.82S |
| 4 | AGUS DWI RAHARDJO | INDONESIA | 14.24S |
| 5 | DAIM GAYAM | SAMAS | 15.21S |
| 6 | IQBAL SINGH JASSAR | INDIA | 17.13S |
| 7 | DR XAVIER VINCENT PEREIRA | SELANGOR | 32.50S |

| 100M (65 – 69) | | | |
|-----------------|-----------------------------------|------------------|--------|
| 1 | CHARLIE LEE | SAMAS | 12.97S |
| 2 | JEET SINGH | INDIA | 13.37S |
| 3 | WONG KEE LAM | HONG KONG | 13.81S |
| 4 | SAMIL DRAMAN | BRUNEI | 14.28S |
| 5 | BALVINDER SINGH | INDIA | 14.85S |
| 6 | MOKHTARUDDIN TAJUDDIN | SELANGOR MASTERS | 14.96S |
| 7 | TAJUL ARIFFIN AWANG MOHD | SAMAS | 16.22S |
| 100M (70 – 74) | | | |
| 1 | UMAN @ YUMAN BIN SIKIN | SAMAS | 15.0S |
| 2 | DATUK ABDOL MULOK AWANG DAMIT | SAMAS | 15.2S |
| 3 | BALARAME GOWDA KTG | INDIA | 15.3S |
| 4 | HAJI SAFRI/TIANG B. HJ MUDIN | BRUNEI | 15.5S |
| 5 | PRALAY KUMAR BANERJEE | INDIA | 16.3S |
| 6 | PRINCE DURAIRAJ | INDIA | 16.4S |
| 7 | SUING @ SYLVESTER KUIL | SAMAS | 16.5S |
| 8 | MOHANAN A.K. RAMAN | SELANGOR | 17.9S |
| 100M (75 – 79) | | | |
| 1 | THANESVARAN MALAVARAYAR | KL MASTERS | 15.51S |
| 2 | MANICKAM THAMBIAH | PERAK MATERS | 18.06S |
| 3 | HAJI ABD RANI HAJI MATASAN | BRUNEI | 21.61S |
| 100M (80 – 84) | | | |
| 1 | KAPT(B) HJ OSMAN BIN HJ LAHAB | BRUNEI | 16.54S |
| 2 | SOH CHIN KOON | SMA | 17.19S |
| 3 | RATTAN SINGH SANDHU | INDIA | 17.64S |
| 100M (85 - 89) | | | |
| 1 | NG NGOH HENG | SMA | 36.89S |
| 100M (90 – 94) | | | |
| 1 | PUSPANATHAN LETCHUMANAN | PERAK MASTERS | 28.74S |
| 2 | KIRPAL SINGH | INDIA | 45.78S |
| 200M (35 – 39) | | | |
| 1 | MOHD ZHAFRAN B. MOHD ROSLI | PERAK MASTERS | 23.4S |
| 2 | ALFRED ALEX JIMMY | SAMAS | 24.4S |
| 3 | MOHD FALIQ FATHIKAMAL B. MD FAUZI | DBKL | 24.8S |
| 4 | GOH JING JING | PERAK MASTERS | 25.4S |
| 5 | MOHD ZULKEFLI B. MOHAMAD | PERAK MASTERS | 25.8S |
| 6 | MOHAMAD HAFIZAM B.SALUHI | PDRM | 26.5S |
| 7 | MOHD NOORDHAMIRI B. MD AMRAN | HASIL MASTERS | 27.1S |
| 8 | MOHD HILMI B. ABU BAKAR | DBKL | 27.2S |
| 200M (40 – 44) | | | |
| 1 | ALDO KRIEL | HONG KONG | 23.4S |
| 2 | GOVINDARAJ SUBRAMANIAM | INDIA | 25.3S |
| 3 | MURUGAN PERUMAL | DBKL | 25.3S |
| 4 | AMIRRUDIN BIN ISHAK | PERAK MASTERS | 25.3S |
| 5 | ANDY GREGORY LIADU | SAMAS | 24.4S |
| 6 | MOHD SYUHAIRY BIN MD SUID | HASIL MASTERS | 25.6S |
| 7 | CYRIL BIN MISONG | SAMAS | 25.9S |
| 8 | NASARUDIN BIN SUPIAN | PERAK MASTERS | 26.0S |
| 200M (45 – 49) | | | |
| 1 | CLARENCE TAMI | SAMAS | 24.5S |
| 2 | M.F.M. THUBAIL | SRI LANKA | 25.5S |
| 3 | AUGUSTINO CHINNAPAN | SMTFA | 25.7S |

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|-----------------|-------------------------------|------------------|-------|
| 4 | HAIRUL BIN ABU SHAH | MALACCA MASTERS | 26.2S |
| 5 | M.F.M. HUMAYOON | SRI LANKA | 26.3S |
| 6 | SUBRAMANIAM KARAPAYAH | PERAK MASTERS | 26.5S |
| 7 | STEVE@NAPOL JAMES | SAMAS | 26.7S |
| 8 | WONG TZE YUNG | KAWAN ATHLETICS | 27.0S |
| 200M (50 – 54) | | | |
| 1 | MICK WONG | HONG KONG | 24.1S |
| 2 | CHIN KHEN THEEN | SMTFA | 25.3S |
| 3 | THNARAJAN VERASALAM | SMTFA | 28.1S |
| 4 | ROHAIZI BIN RASTAM | SELANGOR | 30.3S |
| 200M (55 – 59) | | | |
| 1 | MAULANI BIN DIMAN | SAMAS | 26.8S |
| 2 | SHAMRY MOHD ALI | SAMAS | 27.2S |
| 3 | ARTHUR CHOW WEE CHIN | SMA | 27.4S |
| 4 | RAMLI BIN LANI | DBKL | 27.6S |
| 5 | SUWITO BIN KARDO | LABUAN MASTERS | 29.0S |
| 6 | JOSEPH CRUZ ANTHONY | INDIA | 33.3S |
| 7 | SUPPARAMANIYAM RAMASAMY | SELANGOR MASTERS | 34.3S |
| 200M (60 – 64) | | | |
| 1 | ARIFFIN BIN HARUN | PERAK MASTERS | 28.6S |
| 2 | SAHARI BIN ABDUL HAMID | SAMAS | 29.3S |
| 3 | MATUSIN BIN SUMPONG | BRUNEI | 30.8S |
| 4 | MAINSON PETER S. | INDIA | 31.9S |
| 5 | DAIM GAYAM | SAMAS | 32.6S |
| 6 | PADMANATHASIVAN KAILASAM | NS MASTERS | 37.4S |
| 200M (65 – 69) | | | |
| 1 | CHARLIE LEE | SAMAS | 26.6S |
| 2 | JEET SINGH | INDIA | 27.8S |
| 3 | WONG KEE LAM | HONG KONG | 29.9S |
| 4 | BALVINDER SINGH | INDIA | 32.4S |
| 5 | TAJUL ARIFFIN BIN AWANG MOHD | SAMAS | 35.5S |
| 6 | MANSOR BIN HARUN | PERAK | 39.8S |
| 7 | CATUR ALI PURNAMA | INDONESIA | 41.4S |
| 200M (70 – 74) | | | |
| 1 | UMAN @ YUMAN BIN SIKIN | SAMAS | 32.4S |
| 2 | HAJI SAFRI/TIANG BIN HJ MUDIN | BRUNEI | 32.9S |
| 3 | TARMIZI SANDHU @ TARA SINGH | SAMAS | 34.5S |
| 4 | SUING @ SYLVESTER KUIL | SAMAS | 36.0S |
| 5 | PRINCE DURAIRAJ | INDIA | 36.8S |
| 6 | RAMASAMY KARRUPAYA | NS MASTERS | 40.4S |
| 7 | KAMAVARAPU LAKSHMI K RAO | INDIA | 47.9S |
| 200M (75 – 79) | | | |
| 1 | MANICKAM THAMBIAH | PERAK MASTERS | 36.4S |
| 200M (80 – 84) | | | |
| 1 | VENKATESHAN ARUMUGAM | INDIA | 37.0S |
| 2 | KAPT(B) HJ OSMAN BIN HJ LAHAB | BRUNEI | 39.1S |
| 3 | FOO DUN HEEN | SMA | 59.5S |
| 200M (90 – 94) | | | |
| 1 | PUSPANATHAN LETCHUMANAN | PERAK MASTERS | 88.8S |
| 400M (35 – 39) | | | |
| 1 | SUNIL KUMAR | INDIA | 55.0S |

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|-----------------|-------------------------------|---------------------|--------|
| 2 | GOH JING JING | PERAK MASTERS | 55.9S |
| 3 | ALFRED ALEX JIMMY | SAMAS | 57.4S |
| 4 | ZUHAZIZI B. MUHAMMAD NOR | PDRM | 58.0S |
| 5 | BEJOY M.Y. | INDIA | 59.2S |
| 6 | MOHD NOORDHAMIRI B MD AMRAN | HASIL MASTERS | 63.4S |
| 7 | MUHAMAD NOR AZAM HAIROL ANUAR | DBKL | 84.0S |
| 400M (40 – 44) | | | |
| 1 | GOVINDARAJ SUBRAMANIAM | INDIA | 56.4S |
| 2 | AMIRRUDDIN B. ISHAK | PERAK MASTERS | 57.5S |
| 3 | RAGESWARAN MANIAM | SELANGOR MASTERS | 58.3S |
| 4 | MURUGAN PERUMAL | DBKL | 58.5S |
| 5 | SHAHRYMAN SHARIL B. MD MASOR | DBKL | 58.8S |
| 6 | ABD HALIM B. ASMUNI | HASIL MASTERS | 59.5S |
| 7 | NAGENDRA MULLUR RASAI AH | INDIA | 59.8S |
| 8 | CYRIL B. MISONG | SAMAS | 60.2S |
| 400M (45 – 49) | | | |
| 1 | TEO CHEN LUNG | SAMAS | 57.0S |
| 2 | AUGUSTINO CHINNAPAN | SMTFA | 62.0S |
| 3 | GRAHAM MEINEN | IRELAND | 63.3S |
| 4 | PREEMADESA PEYADESA | PENANG MASTERS | 71.9S |
| 5 | TAN JIN HAN | KAWAN ATHLETIC | 74.7S |
| 6 | LOH KWANG LEE | MALACCA MASTERS | 81.5S |
| 400M (50 – 54) | | | |
| 1 | MICK WONG | HONG KONG | 54.4S |
| 2 | DOMINIC K.T. WONG | HONG KONG | 60.0S |
| 3 | CHIN KHEN THEEN | SMTFA | 60.5S |
| 4 | THNARAJAN VERASALAM | SMTFA | 63.7S |
| 5 | SAVARIA XAVIER | ROTARY MY DIST 3300 | 65.2S |
| 6 | ZULKAFI SHAMSUDDIN | PAHANG MASTERS | 70.0S |
| 7 | CHOO JIN HIN | PENANG | 73.3S |
| 8 | YAZID BIN MAHADI | SAMAS | 77.9S |
| 400M (55 – 59) | | | |
| 1 | SHAMRY MOHD ALI | SAMAS | 63.4S |
| 2 | ARTHUR CHOW WEE CHIN | SMA | 64.4S |
| 3 | RAMLI BIN LANI | DBKL | 66.9S |
| 4 | KADARKARAI GANAPATHY | INDIA | 67.9S |
| 5 | SUWITO B. KARDO | LABUAN MASTERS | 68.3S |
| 6 | DR. THAMOTHARAN S. JEYARAMAN | PERAK MASTERS | 70.4S |
| 7 | SHANMUGANATHAN RATANAM | PERAK MASTERS | 70.4S |
| 8 | SUPPARAMANIYAM RAMASAMY | SELANGOR MASTERS | 70.5S |
| 400M (60 – 64) | | | |
| 1 | SELVAKUMAR NILAMEGAM | PDRM (R) | 67.2S |
| 2 | SAHARI BIN ABDUL HAMID | SAMAS | 74.4S |
| 3 | PADMANATHASIVAN KAILASAM | NS MASTERS | 76.3S |
| 4 | MATUSIN BIN SUMPONG | BRUNEI | 80.4S |
| 5 | DAIM GAYAM | SAMAS | 83.1S |
| 6 | MARZMURNEY BIN ABDULLAH | BRUNEI | 85.8S |
| 7 | NAGARAJAN THIRUGNANAM | INDIA | 87.4S |
| 400M (65 – 69) | | | |
| 1 | CATUR ALI PURNAMA | INDONESIA | 78.8S |
| 2 | ONG BENG CHOON | PERAK MASTERS | 81.8S |
| 3 | SUNDARARAJU SUPPAN | SELANGOR | 101.1S |
| 4 | ARUMUGAM M. ARUMUGAM | NS MASTERS | 137.6S |

| 400M (70 – 74) | | | |
|-----------------|---------------------------------|---------------------|---------|
| 1 | RAMA KRISHNAN MANIKAM | NS MASTERS | 74.9S |
| 2 | DUASIP @ JOSEPH BIN LATONG | SAMAS | 83.8S |
| 3 | KANAKASABHAPATHY VAT | INDIA | 91.3S |
| 4 | SUPPIAH VADIVELU | SMA | 96.7S |
| 400M (75 – 79) | | | |
| 1 | THANESVARAN MALAVARAYAR | KL MASTERS | 89.0S |
| 2 | ANTHONY GREGORY MS | INDIA | 92.0S |
| 3 | MUNIANDY SINNIAH | SELANGOR MASTERS | 104.3S |
| 400M (80 – 84) | | | |
| 1 | VENKATESHAN ARUMUGAM | INDIA | 95.7S |
| 2 | LOW KUAN SOW @LOKE KUAN SOW | PENANG MASTERS | 111.9S |
| 3 | HAJI ARIFFIN BIN ABDULLAH | BRUNEI | 205.8S |
| 800M (35 – 39) | | | |
| 1 | GOH JING JING | PERAK MASTERS | 2:14.6S |
| 2 | VISVENATHAN TANGAVELLO | PENANG MASTERS | 2:16.6S |
| 3 | NAZRUL ISLAM | SMA | 2:17.8S |
| 4 | ZUHAIZI B. MOHAMMAD NOR | PDRM | 2:37.8S |
| 5 | CHEONG SENG CHIEW | PENANG | 2:47.0S |
| 6 | BALJEET SINGH | INDIA | 3:04.3S |
| 800M (40 – 44) | | | |
| 1 | GOH SHU WEI | PACEMAKERS MY | 2:20.5S |
| 2 | RAGESWARAN MANIAM | SELANGOR MASTERS | 2:26.5S |
| 3 | JASNI KHAIRIL BIN JAMALUDDIN | DBKL | 2:30.7S |
| 4 | LIM QING BAO MATTHEW | SMA | 2:33.8S |
| 5 | KUMARRESAN GUNASEGRAN | DBKL | 2:43.4S |
| 800M (45 – 49) | | | |
| 1 | HALID BIN NURMIN | PDRM | 2:30.1S |
| 2 | RAGURAMA RAGANATHAN | PENANG MASTERS | 2:34.3S |
| 3 | PREEMADESA PEYADESA | PENANG MASTERS | 3:35.9S |
| 800M (50 – 54) | | | |
| 1 | SAVARIA XAVIER | ROTARY MY DIST 3300 | 2:32.9S |
| 2 | THNARAJAN VERASALAM | SMTFA | 2:43.1S |
| 3 | CHOO JIN HIN | PENANG | 2:51.3S |
| 4 | MAYARAM YADAV | INDIA | 2:56.0S |
| 800M (55 – 59) | | | |
| 1 | LEONG BEE VOON | PDRM | 2:37.9S |
| 2 | DR. J. THAMOTHARAN S. JEYARAMAN | PERAK MASTERS | 2:39.4S |
| 3 | RATHAKRISHNAN RAMAKRISHNAN | PENANG MASTERS | 2:40.5S |
| 4 | SHANMUGANATHAN RATANAM | PERAK MASTERS | 2:43.7S |
| 5 | CALVIN CHONG EE WOON | SMTFA | 2:46.3S |
| 6 | AHMAD DAUD BIN SALLEH HUDIN | NS MASTERS | 2:57.1S |
| 7 | LAURENCE SEBASTIAN | SELANGOR MASTERS | 3:00.4S |
| 8 | RANBIR SINGH | INDIA | 3:05.3S |
| 800M (60 – 64) | | | |
| 1 | ARUMUGAM SUBRAMANIAM | PERAK MASTERS | 2:54.3S |
| 2 | SUBRAMANIAM KRISHNAN | SELANGOR MASTERS | 2:56.1S |
| 3 | PADMANATHASIVAN KAILASAM | NS MASTERS | 2:57.6S |
| 4 | KHOR KIM EN | PERAK MASTERS | 2:88.6S |
| 5 | MARZNMURNEY BIN ABDULLAH | BRUNEI | 3:10.2S |
| 800M (65 – 69) | | | |

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| 1 | CATUR ALI PURNAMA | INDONESIA | 3:07.3S |
| 2 | ONG BENG CHOON | PERAK MASTERS | 3:10.4S |
| 3 | SURINDER SINGH | INDIA | 3:10.8S |
| 4 | AJIT SINGH | INDIA | 3:38.5S |
| 5 | STEVEN HUI YEW LAY | SMA | 3:44.2S |
| 6 | SUNDARARAJU SUPPAN | SELANGOR | 3:47.2S |
| 7 | TAN CHOON SEANG | KL MASTERS | 3:56.6S |
| 8 | RAJASEGARAN KANNEN | NS MASTERS | 4:17.8S |
| 800M (70 – 74) | | | |
| 1 | SAMUTHARAPANDIAN PERIASAMY | PERAK MASTERS | 3:24.4S |
| 2 | RAMA KRISHNAN MANIKAM | NS MASTERS | 3:36.0S |
| 3 | YUSOF KHAN | SMA | 3:44.6S |
| 4 | OM PRAKASH | INDIA | 3:46.8S |
| 800M (75 – 79) | | | |
| 1 | GERARD HUGH O' REILLY | IRELAND | 3:19.0S |
| 2 | ANTONY GREGORY MS | INDIA | 3:39.3S |
| 3 | MUNIANDY SINNIH | SELANGOR MASTERS | 3:43.6S |
| 4 | MURUGESU SINNATHEVAR | PERAK MASTERS | 4:07.7S |
| 800M (80 – 84) | | | |
| 1 | LOW KUAN SOW @ LOKE KUAN SOW | PENANG MASTERS | 4:19.8S |
| 2 | NALLIAH RAMASAMY | NS MASTERS | 7:29.7S |
| 1500M (35 – 39) | | | |
| 1 | SUNIL KUMAR | INDIA | 4:34.8S |
| 2 | GOH JING JING | PERAK MASTERS | 4:40.4S |
| 3 | VISVENATHAN TANGAVELLO | PENANG MASTERS | 5:04.6S |
| 4 | GANESHWARAN KARUNAKARAN | SELANGOR | 5:10.8S |
| 5 | CHEONG SENG CHIEW | PENANG | 5:29.5S |
| 1500M (40 – 44) | | | |
| 1 | SARAVANAN ELAGAMUROM | DBKL | 4:51.6S |
| 2 | KENNY WONG KOK WAI | PACEMAKERS MY | 5:08.3S |
| 3 | LIM QING BAO MATTHEW | SMA | 5:18.4S |
| 4 | JASNI KHAIRIL B. JAMALUDDIN | DBKL | 5:25.2S |
| 5 | SOORAJ BHASKARAN PILLAI | INDIA | 5:36.6S |
| 6 | KUMARRESAN GUNASEGARAN | DBKL | 5:44.0S |
| 7 | HAFIZI B. MANSOR | MALACCA MASTERS | 5:46.7S |
| 1500M (45 – 49) | | | |
| 1 | SANMUGANATHAN R.NAINASGAORAM | PENANG | 4:42.86S |
| 2 | HALID BIN NURMIN | PDRM | 5:05.38S |
| 3 | RAGURAMA RAGANATHAN | PENANG MASTERS | 5:08.15S |
| 4 | ABDUL AZIZ B. MAHAMOUD | KL MASTERS | 5:26.33S |
| 1500M (50 – 54) | | | |
| 1 | ANG KHIAN BENG | PENANG | 5:24.4S |
| 2 | SAVARIA XAVIER | ROTARY MY DIST 3300 | 5:32.8S |
| 3 | THNARAJAN VERASALAM | SMTFA | 5:37.3S |
| 4 | MUNINTARAN SUNDRAM | SELANGOR MASTERS | 5:39.1S |
| 5 | MAYARAM YADAV | INDIA | 5:49.3S |
| 6 | RAMESH MUNSAMY | PENANG MASTERS | 6:02.1S |
| 7 | CHOO JIN HIN | PENANG | 6:37.1S |
| 1500M (55 – 59) | | | |
| 1 | YUSOF B. TUNGKOB | SAMAS | 5:06.3S |
| 2 | LEONG BEE VOON | PDRM | 5:26.3S |
| 3 | RATHAKRISHNAN RAMAKRISHNAN | PENANG MASTERS | 5:28.7S |

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| 4 | MICHAEL YEOH KOK LAM | SMA | 5:35.9S |
| 5 | SHANMUGANATHAN RATANAM | PERAK MASTERS | 5:41.9S |
| 6 | SUPPARAMANIYAM RAMASAMY | SELANGOR MASTERS | 6:33.8S |
| 1500M (60 – 64) | | | |
| 1 | SUBRAMANIAM KRISHNAN | SELANGOR MASTERS | 5:54.4S |
| 2 | ARUMUGAM SUBRAMANIAM | PERAK MASTERS | 5:57.7S |
| 3 | KHOR KIM EN | PERAK MASTERS | 6:11.6S |
| 4 | MARZANIMURNEY BIN ABDULLAH | BRUNEI | 6:35.8S |
| 1500M (65 – 69) | | | |
| 1 | KANAPATHY SUPRAMANIAM | PERAK MASTERS | 5:58.5S |
| 2 | SURINDER SINGH | INDIA | 6:35.5S |
| 3 | AJIT SINGH | INDIA | 7:18.4S |
| 4 | SUNDARARAJU SUPPAN | SELANGOR | 7:36.3S |
| 5 | STEVEN HUI YEW LAY | SELANGOR | 7:49.8S |
| 6 | RAJASEGARAN KANNEN | NS MASTERS | 8:26.6S |
| 7 | ARUMUGAM SUPRAMANIAM | NS MASTERS | 9:02.6S |
| 1500M (70 – 74) | | | |
| 1 | SMUTHARAPANDIAN S. PERIASAMY | PERAK MASTERS | 6:50.1S |
| 2 | OM PRAKASH | INDIA | 7:14.9S |
| 3 | ANNATHAKRISHNAN MARIAPPEN | PENANG MASTERS | 7:22.8S |
| 4 | YUSOFF KHAN | SMA | 7:57.7S |
| 5 | VENKATACHALAM KALIYAPPA C. | INDIA | 8:16.1S |
| 6 | ABDUL HAMID B. ARIS | PAHANG MASTERS | 10:00.1S |
| 7 | KAMAVARAPU LAKSHMI K.RAO | INDIA | 11:29.8S |
| 1500M (75 – 79) | | | |
| 1 | GERARD HUGH O'REILLY | IRELAND | 6:44.0S |
| 2 | MUNIANDY SINNIH | SELANGOR MASTERS | 7:55.2S |
| 3 | PHILLIP LIM | KL MASTERS | 8:31.6S |
| 4 | VASU VELUTHEDATHU PARAMBU | INDIA | 8:32.8S |
| 5 | MURUGESU SINNATHEVAR | PERAK MASTERS | 10:12.6S |
| 6 | SELVARAJAH CHELIAH | KL | 10:40.0S |
| 1500M (80 – 84) | | | |
| 1 | LOW KUAN SOW @ LOKE KUAN SOW | PENANG MASTERS | 8:27.0S |
| 3000M (35 – 39) | | | |
| 1 | SUNIL KUMAR | INDIA | 9:56.9S |
| 2 | NAZRUL ISLAM | SMA | 10:43.7S |
| 3 | VISVENATHAN TANGAVELLO | PENANG MASTERS | 11:20.1S |
| 4 | CHEONG SENG CHIEW | PENANG | 12:20.9S |
| 3000M (40 – 44) | | | |
| 1 | ANDRI DAUNI | KL | 10:41.2S |
| 2 | KENNY WONG KOK WAI | PACEMAKERS MY | 11:37.0S |
| 3 | HAFIZI BIN MANSOR | MALACCA MASTERS | 13:20.6S |
| 4 | SHASHITHARAN SUKUMARAN | SELANGOR | 13:28.5S |
| 3000M (45 – 49) | | | |
| 1 | SANMUGANATHAN R. NAINASGAORAM | PENANG | 10:10.2S |
| 2 | RAGURAMA RAGANATHAN | PENANG MASTERS | 11:05.9S |
| 3 | HALID BIN NURMIN | PDRM | 11:18.5S |
| 4 | PUSPARAJAN VILLAIAN | SELANGOR | 15:25.8S |
| 3000M (50 – 54) | | | |
| 1 | ANG KHIAN BENG | PENANG | 11:45.5S |
| 2 | ANPALAGAN SITHAMBARAN | PERAK MASTERS | 12:14.5S |

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| 3 | MAYARAM YADAV | INDIA | 13:08.5S |
| 4 | RAJENDRAN CHAPPANIMUTHU | PERAK MASTERS | 14:37.1S |
| 5 | CHOO JIN HIN | PENANG | 15:10.1S |
| 3000M (55 – 59) | | | |
| 1 | YUSOP BIN TUNGKOB | SAMAS | 11:03.7S |
| 2 | VADIVEELU ARUMUGAM | DBKL | 11:30.2S |
| 3 | RATHAKRISHNAN RAMAKRISHNAN | PENANG MASTERS | 12:20.6S |
| 4 | MICHAEL YEOH KOK LAM | SMA | 12:31.6S |
| 5 | SHANMUGANATHAN RATANAM | PERAK MASTERS | 12:49.5S |
| 6 | AHMAD DAUD BIN SALLEH HUDIN | NS MASTERS | 13:30.2S |
| 7 | CALVIN CHONG EE WOON | SMTFA | 13:40.6S |
| 8 | KRISHN DEV N. TRIPATHI | INDIA | 13:43.7S |
| 3000M (60 – 64) | | | |
| 1 | SUBRAMANIAM KRISHNAN | SELANGOR MASTERS | 12:39.1S |
| 2 | ARUMUGAM SUBRAMANIAN | PERAK MASTERS | 13:02.3S |
| 3 | KHOR KIM EN | PERAK MASTERS | 13:22.4S |
| 4 | TAY SOON HOW | SMA | 14:46.2S |
| 5 | NAGARAJAN THIRUGNANAM | INDIA | 15:02.7S |
| 6 | WONG WENG SENG | KL MASTERS | 15:06.6S |
| 3000M (65 – 69) | | | |
| 1 | KANAPATHY SUPRAMANIAM | PERAK MASTERS | 13:16.4S |
| 2 | SURINDER SINGH | INDIA | 14:56.3S |
| 3 | AJIT SINGH | INDIA | 15:55.6S |
| 4 | RAJASEGARAN KANNEN | NS MASTERS | 19:03.8S |
| 3000M (70 – 74) | | | |
| 1 | SAMUTHARAPANDIAN PERIASAMY | PERAK MASTERS | 14:52.7S |
| 2 | WONG YEW THO | NS MASTERS | 15:29.6S |
| 3 | CHO CHENG LIANG | PENANG | 15:29.7S |
| 4 | OM PRAKASH | INDIA | 15:32.1S |
| 5 | MOHAMED ARIFF B. TAR MOHAMED | KL MASTERS | 17:54.1S |
| 6 | VENKATACHALAM KALIYAPPA C. | INDIA | 19:03.6S |
| 3000M (75 – 79) | | | |
| 1 | MUNIANDY SINNIH | SELANGOR MASTERS | 18:31.3S |
| 2 | MURUGESU SINNATHEVAR | PERAK MASTERS | 18:40.8S |
| 3 | PHILLIP LIM | KL MASTERS | 18:41.0S |
| 3000M (80 – 84) | | | |
| 1 | LOW KUAN SOW @ LOKE KUAN SOW | PENANG MASTERS | 18:29.2S |
| 3000M WALK (35 – 39) | | | |
| 1 | CHEONG SENG CHIEW | PENANG | 23:16.0S |
| 2 | MURALI SUBRAMANIAM | SELANGOR MASTERS | 26:23.4S |
| 3000M WALK (40 – 44) | | | |
| 1 | MAHAGEDARA WITHANALAGE P. | SRI LANKA | 15:26.9S |
| 2 | SOORAJ BHASKARAN PILLAI | INDIA | 18:24.5S |
| 3 | ROSLEE BIN SHARON | PDRM | 18:31.1S |
| 4 | MOHD AZMEER B. AMARULLAH | SELANGOR MASTERS | 19:58.7S |
| 3000M WALK (45 – 49) | | | |
| 1 | HALID BIN NURMIN | PDRM | 23:16.4S |
| 2 | RAMASAMY SUBRAMANIAM | INDIA | 27:14.7S |
| 3000M WALK (50 – 54) | | | |
| 1 | G. SURESH KUMAR | K MASTERS | 18:04.80S |

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| 2 | ZULKERNAIN B. MOHAMED ZAWAWI | PDRM | 20:19.09S |
| 3 | RAMESH MUNSAM Y | PENANG MASTERS | 20:89.04S |
| 3000M WALK (55 – 59) | | | |
| 1 | AYAPPAN MADASAMY | INDIA | 18:09.1S |
| 2 | KRISHN DEV N. TRIPATHI | INDIA | 18:21.8S |
| 3 | CALVIN CHONG EE WOON | SMTFA | 20:38.7S |
| 4 | RANBIR SINGH | INDIA | 21:03.8S |
| 5 | RAMPAL SINGH | INDIA | 22:31.1S |
| 6 | AIMAN CHEAH TIONG CHAP | SELANGOR MASTERS | 23:32.9S |
| 7 | NAGARAJAH RAMASAMY | PERAK MASTERS | 24:59.0S |
| 3000M WALK (60 – 64) | | | |
| 1 | EFFY WIDJONO PUTRO | INDONESIA | 19:03.4S |
| 2 | NAGARAJAN THIRUGNANAM | INDIA | 19:54.8S |
| 3 | VALAITHAM VEDANAYAGAM | PERAK MASTERS | 20:25.2S |
| 4 | NAGARAJA D. MARIA SAVARI | PAHANG MASTERS | 23:37.6S |
| 5 | TANG CHOON CHEANG | PENANG | 24:06.9S |
| 6 | WONG WENG SENG | KL MASTERS | 24:10.5S |
| 7 | KERUNANITHI CHOCKALINGAM | SELANGOR MASTERS | 26:37.9S |
| 8 | ANSARI BIN ABDUL RAHMAN | PERAK MASTERS | 27:18.2S |
| 3000M WALK (65 – 69) | | | |
| 1 | K. MAHALINGAM KUPPUSAMY | PENANG MASTERS | 18:04.80S |
| 2 | GOVI A. RAMOO | PENANG MASTERS | 20:42.47S |
| 3 | APLAIDOO RAMA NAYADOO | KL MASTERS | 21:12.34s |
| 4 | MICHAEL SELVANAYAGAM | SELANGOR MASTERS | 22:56.99S |
| 5 | JAYANTHA RATNAYAKE | SRI LANKA | 23:40.97S |
| 6 | T. JAYARAMAN | SMA | 23:52.87S |
| 7 | VENKATARAMANI APPADURAI | SELANGOR MASTERS | 23:55.04S |
| 8 | KALAI CHALVAN A. SUBRAMANIAM | SELANGOR MASTERS | 24:27.13S |
| 3000M WALK (70 – 74) | | | |
| 1 | WONG YEW THO | NS MASTERS | 20:08.35S |
| 2 | KANAKASABHAPHATHY VAT | INDIA | 20:13.80S |
| 3 | MAHAVIR SINGH TALIYAN | INDIA | 21:25.01S |
| 4 | FREDDIE LOW HAN CHUNG | SMTFA | 21:29.04S |
| 5 | MOHAMED ARIFF B. TAR MOHAMED | KL MASTERS | 21:47.76S |
| 6 | VENKATACHALAM KALIYAPPA CHETTIAR | INDIA | 22:19.31S |
| 7 | DUASIP @ JOSEPH B. LATONG | SAMAS | 23:11.61S |
| 8 | KAMAVARAPU LAKSHMI K. RAO | INDIA | 24:39.09S |
| 3000M WALK (75 – 79) | | | |
| 1 | THOMAS KOK | PERAK MASTERS | 20:48.94S |
| 2 | VASU VELUTHEDATHU PARAMBU | INDIA | 21:33.11S |
| 3 | MANICKAM THAMBIAH | PERAK MASTERS | 22:07.32S |
| 4 | ANTHONY GREGORY MS | INDIA | 22:15.67S |
| 5 | OMAR BIN KAHAR | BRUNEI | 23:01.46S |
| 6 | BILL PURVES | HONG KONG | 23:41.50S |
| 7 | AFANDI BUANG | SMA | 24:12.88S |
| 8 | KANNAN ARUMUGAM | SMA | 24:32.60S |
| 3000M WALK (80 – 84) | | | |
| 1 | KAPT(B) HJ OSMAN BIN HJ LAHAB | BRUNEI | 25:45.97S |
| 2 | KESHAB KUMAR CHHETRI | SELANGOR MASTERS | 26:11.17S |
| 3 | FOO DUN HEEN | SMA | 26:38.42S |
| 3000M WALK (85 – 89) | | | |
| 1 | NG NGOH HENG | SMA | 27:38.46S |
| 2 | SN SINGAM | SMA | 29:11.12S |

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| 110M H (35 – 39) | | | |
| 1 | MOHD SOBRI BIN RAMLI | PERAK MASTERS | 18.0S |
| 110M H (40 – 44) | | | |
| 1 | AZMAN BIN NORDIN | DBKL | 23.1S |
| 110M H (45 – 49) | | | |
| 1 | STEVE @ NAPOL JAMES | SAMAS | 20.8S |
| 2 | MUHAMMAD ASRI B MOHAMED AROF | HASIL MASTERS | 21.3S |
| 100M H (50 – 54) | | | |
| 1 | DOMINIC K.T. WONG | HONG KONG | 16.7S |
| 2 | DAUD BIN MOHD JENI | JOHOR MASTERS | 21.1S |
| 3 | YOGESHKUMAR B. MAHER | INDIA | 23.6S |
| 100M H (55 – 59) | | | |
| 1 | WONG MUN KONG | SMTFA | 16.3S |
| 2 | SHAMRY MOHD ALI | SAMAS | 16.5S |
| 3 | KUNASEGARAN MANIVELOO | SELANGOR MASTERS | 21.9S |
| 4 | ABD HARA @ AWANG BIN ASARA | LABUAN MASTERS | 22.0S |
| 100M H (60 – 64) | | | |
| 1 | ARIFFIN BIN HARUN | PERAK MASTERS | 19.2S |
| 2 | AGUS DWI RAHARDJO | INDONESIA | 19.5S |
| 3 | MOHAMAD FAUZI B. AHMAD SAFRI | PDRM (R) | 19.8S |
| 4 | CHUNG YUN KIONG | SAMAS | 20.1S |
| 100M H (65 – 69) | | | |
| 1 | CHARLIE LEE | SAMAS | 19.0S |
| 2 | CHOO WAI KIN | KL MASTERS | 31.8S |
| LONG JUMP (35 – 39) | | | |
| 1 | MOHD ZHAFRAN BIN MOHD ROSLI | PERAK MASTERS | 5.96M |
| 2 | MOHAN SHANKAR REDDY | INDIA | 5.54M |
| 3 | MOHD AZMI BIN MOHAMED YATIM | PERAK MASTERS | 4.67M |
| 4 | AZLAN SHAH BIN AB HAMID | MALACCA MASTERS | 4.53M |
| LONG JUMP (40 – 44) | | | |
| 1 | ADI WIRA BIN MOHD ZIN | PERAK MASTERS | 5.48M |
| 2 | NASARUDIN BIN SUPIAN | PERAK MASTERS | 5.37M |
| 3 | SAIDI KAILU | SAMAS | 5.35M |
| 4 | AHMAD FAIZAL BIN SALIM | MALACCA MASTERS | 5.27M |
| 5 | SHAHRYMAN SHARIL B MOHD MANSOR | DBKL | 4.96M |
| 6 | AHMAD EZMAN B PUDIL @FADZIL | PERAK MASTERS | 4.76M |
| 7 | MOHD HAFEEZ HASREK B A RAZAK | MALACCA MASTERS | 4.76M |
| 8 | THOMAS M.A. | INDIAN | 4.58M |
| LONG JUMP (45 – 49) | | | |
| 1 | CLARENCE TAMI | SAMAS | 5.67M |
| 2 | AMNAT AL PERAKT | SELANGOR | 5.64M |
| 3 | LARRY ANDANG | SAMAS | 5.13M |
| 4 | SHIVANANJA SHETTY C | INDIA | 4.76M |
| 5 | HARDEEP SINGH | INDIA | 4.72M |
| 6 | STEVE @ NAPOL JAMES | SAMAS | 4.61M |
| LONG JUMP (50 – 54) | | | |
| 1 | SIDNEY TAY CHZE WAY | SMTFA | 4.33M |
| 2 | ADAM LEONARDO MECHUM BANJAR | PDRM | 4.27M |
| 3 | YOGESHKUMAR B. MAHER | INDIA | 4.24M |
| 4 | SABIDOL KELO @ S. WELLY | SAMAS | 4.06M |

| LONG JUMP (55 – 59) | | | |
|-----------------------|-------------------------------|------------------|-------|
| 1 | WONG MUN KONG | SMTFA | 5.19M |
| 2 | MAULANI BIN DIMAN | SAMAS | 5.03M |
| 3 | ZULKIFLY BIN YEOP | PERAK MASTERS | 4.94M |
| 4 | SUHAILI BIN SANEH | SAMAS | 4.81M |
| 5 | RAMLI BIN LANI | DBKL | 4.65M |
| 6 | REDZUAN BIN JUMAT | LABUAN MASTERS | 4.34M |
| 7 | SUWITO BIN KARDO | LABUAN MASTERS | 4.22M |
| 8 | AMRAN BIN BANGGALA | PDRM | 3.86M |
| LONG JUMP (60 – 64) | | | |
| 1 | SURJIT KUMAR | INDIA | 4.54M |
| 2 | CHUNG YUN KIONG | SAMAS | 4.33S |
| 3 | VELUSAMY MARUTHACHALAM | INDIA | 4.13M |
| 4 | RAMJIT NAIRULAL | SAMAS | 3.89M |
| 5 | JAYARAMAN RAJAMANICKAM | PERAK MASTERS | 2.30M |
| LONG JUMP (65 – 69) | | | |
| 1 | PUZI BIN ABD MANAN | PDRM | 3.90M |
| 2 | CHARLES LINGAM | SAMAS | 3.86M |
| 3 | BUDIN ANAK MERINGGAI | BRUNEI | 3.59M |
| 4 | TAJUL ARIFFIN BIN AWANG MOHD | SAMAS | 2.94M |
| LONG JUMP (70 – 74) | | | |
| 1 | DATUK ABDOL MULOK AWANG DAMIT | SAMAS | 3.64M |
| 2 | HAJI SAFRI/TIANG BIN HJ MUDIN | BRUNEI | 3.41M |
| 3 | PRALAY KUMAR BANERJEE | INDIA | 3.14M |
| 4 | DUASIP @ JOSEPH BIN LATONG | SAMAS | 3.12M |
| 5 | MOHD RADIR BIN KASBI | NS MASTERS | 2.32M |
| LONG JUMP (75 – 79) | | | |
| 1 | THANESVARAN MALAVARAYAR | KL MASTERS | 3.44M |
| 2 | HJ ABD RANI BIN HJ MATASAN | BRUNEI | 3.40M |
| 3 | VITALIS HERMAN | SAMAS | 3.35M |
| 4 | MOHAMED BIN MD IDRUS | PAHANG MASTERS | 2.32M |
| LONG JUMP (80 – 84) | | | |
| 1 | KAPT(B) HJ OSMAN BIN HJ LAHAB | BRUNEI | 3.21M |
| 2 | VENKATESHAN ARUMUGAM | INDIA | 3.07M |
| 3 | SOH CHIN KOON | SMA | 2.66M |
| HIGH JUMP (35 – 39) | | | |
| 1 | JARED AMADIS ABDUL RAHMAN | SAMAS | 1.65M |
| 2 | MOHD AZMI BIN MOHAMED YATIM | PERAK MASTERS | 1.45M |
| 3 | NORZAIDI BIN SHARIF | QATAR | 1.20M |
| HIGH JUMP (40 – 44) | | | |
| 1 | SAIDI KAILU | SAMAS | 1.60M |
| 2 | EDDEY KALAI | PDRM | 1.50M |
| 3 | MUAMAR GHADAFI BIN ZAINI | PDRM | 1.45M |
| 4 | ANDY GREGORY LIADU | SAMAS | 1.30M |
| 5 | MOHD AZMEER B. AMARULLAH | SELANGOR MASTERS | 1.20M |
| HIGH JUMP (45 - 49) | | | |
| 1 | M.F.M. HUMAYOON | SRI LANKA | 1.55M |
| 2 | SIEW HANN WEN | SELANGOR MASTERS | 1.20M |
| 3 | TENG CHONG HOR | MALACCA MASTERS | 1.20M |

| HIGH JUMP (50 – 54) | | | |
|------------------------|------------------------------|------------------|--------|
| 1 | ASNI BIN TAHIR | PERAK MASTERS | 1.40M |
| 2 | AUSTIN RUFUS NELSON | INDIA | 1.40M |
| 3 | LIAW FUN MIN | MALACCA MASTERS | 1.10M |
| HIGH JUMP (55 – 59) | | | |
| 1 | T.M. THANGAVEL | INDIA | 1.50M |
| 2 | IBRAHIM BIN AB WAHAB | MALACCA MASTERS | 1.35M |
| 3 | NOBLE STANLEY | INDIA | 1.20M |
| 4 | LAWRENCE SEBASTIAN | SELANGOR MASTERS | 1.10M |
| HIGH JUMP (60 – 64) | | | |
| 1 | RAMJIT BIN NAIRULAL | SAMAS | 1.35M |
| 2 | AGUS DWI RAHARDJO | INDONESIA | 1.30M |
| 3 | VELUSAMY MARUTHACHALAM | INDIA | 1.20M |
| 4 | MAINSON PETER S | INDIA | 1.15M |
| 4 | BASKARAN FRANCIS | PERAK MASTERS | 1.15M |
| 6 | MOHD MANSHAHAR B ABD JALIL | SELANGOR MASTERS | 1.15M |
| 7 | JAYARAMAN RAJAMANIKAM | PERAK MASTERS | 1.00M |
| HIGH JUMP (65 – 69) | | | |
| 1 | CHOO WAI KIN | KL MASTERS | 1.10M |
| 2 | BALAN THIRUVENKATAM | INDIA | 0.83M |
| HIGH JUMP (70 – 74) | | | |
| 1 | NEELWIN APPADURAI NADAR | INDIA | 1.05M |
| 2 | PRALAY KUMAR BANERJEE | INDIA | 1.05M |
| 3 | HAJI ZAINAL HAJI NAMIT | BRUNEI | 1.00M |
| 4 | RAMASWAMY KUPPANNA GOUNDER | INDIA | 0.90M |
| HIGH JUMP (75 – 79) | | | |
| 1 | HAJI ABD RAIS BIN HJ MATASAN | BRUNEI | 1.05M |
| TRIPLE JUMP (35 – 39) | | | |
| 1 | MOHAN SHANKAR REDDY | INDIA | 11.18M |
| 2 | MOHD ZHAFRAN BIN MOHD ROSLI | PERAK MASTERS | 10.97M |
| 3 | AZLAN SHAH BIN AB. HAMID | MALACCA MASTERS | 9.44M |
| 4 | MOHD AZMI BIN MOHAMED YATIM | PERAK MASTERS | 9.14M |
| TRIPLE JUMP (40 – 44) | | | |
| 1 | MUAMMAR GHADAFI BIN ZAINI | PDRM | 10.34M |
| 2 | AHMAD EZMAN B PUDIN @ FADZIL | PERAK MASTERS | 9.48M |
| 3 | ADI WIRA BIN MOHD ZIN | PERAK MASTERS | 9.14M |
| 4 | MOHD AZMEER B AMARULLAH | SELANGOR MASTERS | 8.11M |
| TRIPLE JUMP (45 – 49) | | | |
| 1 | LARRY ANDANG | SAMAS | 10.13M |
| 2 | WONG JIM CHIN | MALACCA MASTERS | 4.36M |
| TRIPLE JUMP (50 – 54) | | | |
| 1 | SYDNEY TAY CHZE WAY | SMTFA | 7.06M |
| TRIPLE JUMP (55 – 59) | | | |
| 1 | WONG MUN KONG | SMTFA | 10.80M |
| 2 | NOBLE STANLEY | INDIA | 9.87M |
| 3 | ARTHUR CHOW WEE CHIN | SMA | 9.56M |
| 4 | ZULKIFLY BIN YEOP | PERAK MASTERS | 9.50M |
| 5 | SUHAILI BIN SANEH | SAMAS | 9.28M |
| 6 | BAHARIN OSMAN | SARAWAK | 9.10M |
| 7 | JAMALUDDIN LANI | SAMAS | 8.78M |
| 8 | REDZUAN BIN JUMAT | LABUAN MASTERS | 8.57M |

| TRIPLE JUMP (60 – 64) | | | |
|------------------------|----------------------------------|------------------|--------|
| 1 | VELUSAMY MARUTHACALAM | INDIA | 9.16M |
| 2 | SURJIT KUMAR | INDIA | 8.80M |
| 3 | CHUNG YUN KIONG | SAMAS | 8.75M |
| 4 | MUSTAFA BIN IBRAHIM | SMTFA | 5.80M |
| 5 | JAYARAMAN RAJAMANICKAM | PERAK MASTERS | 5.67M |
| 6 | JUNTIN BIN ALLAP | SAMAS | 5.50M |
| TRIPLE JUMP (65 – 69) | | | |
| 1 | CHARLES LINGAM | SAMAS | 8.57M |
| 2 | CHOO WAI KIN | KL MASTERS | 6.98M |
| 3 | BALAN THIRUVENKATAM | INDIA | 6.12M |
| 4 | BUDIN ANAK MERINGGAI | BRUNEI | 6.01M |
| 5 | TAJUL ARIFFIN B AWANG MOHD | SAMAS | 5.80M |
| TRIPLE JUMP (70 – 74) | | | |
| 1 | DATUK ABDOL MULOK AWANG DAMIT | SAMAS | 7.66M |
| 2 | PRINCE DURAIRAJ | INDIA | 6.51M |
| 3 | MAHAVIR SINGH TALIAN | INDIA | 6.39M |
| 4 | RAMASWAMY KUPPANNA GOUNDER | INDIA | 6.21M |
| 5 | DUASIP @ JOSEPH B LATONG | SAMAS | 5.50M |
| 6 | HAJI SAFRI/TIANG BIN HJ MUDIN | BRUNEI | 5.21M |
| 7 | MOHD RADIR BIN KASBI | NS MASTERS | 5.18M |
| TRIPLE JUMP (75 – 79) | | | |
| 1 | HJ ABD RANI HJ MATASAN | BRUNEI | 7.15M |
| 2 | VITALIS HERMAN | SAMAS | 6.74M |
| 3 | MOHAMED BIN MD IDRUS | PAHANG MASTERS | 5.07M |
| TRIPLE JUMP (80 – 84) | | | |
| 1 | SOH CHIN KOON | SMA | 6.10M |
| SHOT PUT (35 – 39) | | | |
| 1 | GNANESHWARA SEETHARAM | INDIA | 11.28M |
| 2 | TAN DAN NY | SELANGOR MASTERS | 8.78M |
| 3 | MOHD SHUKOR BIN BEE | PERAK MASTERS | 6.88M |
| SHOT PUT (40 – 44) | | | |
| 1 | PERCIVAL NAVEEN HOWIE | INDIA | 10.49M |
| 2 | MUVIN BIN ABD WAHAB | MALACCA MASTERS | 10.38M |
| 3 | NAVIN MOHAN RAJES | SELANGOR | 10.30M |
| 4 | MOHAMAD ANIZAM ADHA B AMRAN | PDRM | 8.72M |
| 5 | SALLEH BIN ATANG | PDRM | 8.40M |
| 6 | NASARUDIN BIN SUPIAN | PERAK MASTERS | 7.98M |
| 7 | KANG SENG YIAK | PENANG MASTERS | 7.66M |
| 8 | MOHD SHAHRULNIZAM B ADAN | PDRM | 6.84M |
| SHOT PUT (45 – 49) | | | |
| 1 | S. SRIKANTH | INDIA | 10.78M |
| 2 | SIEW HANN WEN | SELANGOR MASTERS | 8.15M |
| 3 | SARAVANA KUMAR NALLASAMY | INDIA | 7.68M |
| 4 | GILBERT S. MANSON | SAMAS | 6.64M |
| SHOT PUT (50 – 54) | | | |
| 1 | LIM BAN DANG | DBKL | 10.15M |
| 2 | PG AZIZUL AKBAR PG HJ BADARUDDIN | BRUNEI | 9.54M |

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| 3 | ZULKEFLI BIN SUDIN | PDRM | 9.44M |
| 4 | GUMPANAT BORIBOON | THAILAND | 9.16M |
| 5 | AUSTIN RUFUS NELSON | INDIA | 8.44M |
| 6 | ASNI BIN TAHIR | PERAK MASTERS | 8.10M |
| 7 | RAMESH MUNSAMY | PENANG MASTERS | 4.96M |
| SHOT PUT (55 – 59) | | | |
| 1 | GUNASAEGARAN NARASAPAN | SELANGOR MASTERS | 10.09M |
| 2 | SALMAN SIGAR | BRUNEI | 9.54M |
| 3 | ABD RAHIM BIN ABDUL HAMID | PERAK MASTERS | 9.20M |
| 4 | DIONYSIUS FRED ANAK | SAMAS | 8.95M |
| 5 | LEONARD WILLON | SAMAS | 8.19M |
| 6 | REZA FOTOHI ARDEKANI | SMTFA | 7.53M |
| 7 | FREDDY YAM | PERAK MASTERS | 5.58M |
| SHOT PUT (60 – 64) | | | |
| 1 | MOHD ROSLEY ABDULLAH | SAMAS | 9.73M |
| 2 | KRISHNASAMY KARUPPIAH | SELANGOR MASTERS | 8.65M |
| 3 | RAMJIT BIN NAIRULAL | SAMAS | 8.14M |
| 4 | MOHD RAHIM BIN LUWI | MALACCA MASTERS | 8.01M |
| 5 | JAYARAMAN NAGAMUTHU | SELANGOR MASTERS | 7.88M |
| 6 | ROGER JAMES | SAMAS | 6.85M |
| 7 | RANASINGHAGE NIMALASENA | SRI LANKA | 6.53M |
| 8 | AUGUSTINE JOSE M. | INDIA | 5.87M |
| SHOT PUT (65 – 69) | | | |
| 1 | YAW DOLY BIN YAW LOKONG | SAMAS | 9.39M |
| 2 | RANJIT SINGH | INDIA | 9.39M |
| 3 | JUAN VILLA JR | PHILIPPINES | 9.21M |
| 4 | SUBRAMANIAM THIRAVIA NADAR | INDIA | 8.59M |
| 5 | JAYANTHA RATNAYAKE | SRI LANKA | 4.72M |
| SHOT PUT (70 – 74) | | | |
| 1 | DOUGLAS JOHN SCHORR | SOUTH AFRICA | 11.00M |
| 2 | TARMIZI SANDHU @ TARA SINGH | SAMAS | 10.61M |
| 3 | VARUGHESE DE CRUZ | INDIA | 9.92M |
| 4 | EDWIN E. GOH | SAMAS | 8.98M |
| 5 | HAJI ZAINAL HJ ABD NAMIT | BRUNEI | 8.90M |
| 6 | P. NADARAJAH PERIAYAH | SELANGOR MASTERS | 8.81M |
| 7 | SUING @ SYLVESTER KUIL | SAMAS | 7.97M |
| 8 | DATO' REVD SAMUEL D. JOHN | NS MASTERS | 7.74M |
| SHOT PUT (75 – 79) | | | |
| 1 | DR. PURUSHOTHAMAN ANANTHAM | KL | 7.37M |
| 2 | SELVARAJ CRUZ ANTONY | INDIA | 7.03M |
| 3 | JIKUT @ JULIUS BIN KOMUNING | SAMAS | 6.54M |
| 4 | VIMALASINGAM V. SARANAMUTHU | SELANGOR MASTERS | 5.58M |
| SHOT PUT (80 – 84) | | | |
| 1 | SWARAN SINGH | INDIA | 8.87M |
| 2 | RATTAN SINGH SANDHU | INDIA | 8.46M |
| 3 | EDUEH TOTIMOH @ BONAVENTURE | SAMAS | 6.83M |
| DISCUS (35 – 39) | | | |
| 1 | TAN DAN NY | SELANGOR MASTERS | 28.35M |
| 2 | GNANESHWARA SEETHARAM | INDIA | 27.46M |
| 3 | MOHD SHUKOR BIN BEE | PERAK MASTERS | 21.98M |

| DISCUS (40 – 44) | | | |
|-------------------|----------------------------------|------------------|--------|
| 1 | PERCIVAL NAVEEN HOWIE | INDIA | 30.47M |
| 2 | MUVIN BIN ABD WAHAB | MALACCA MASTERS | 27.67M |
| 3 | NAVIN MOHAN RAJES | SELANGOR | 26.66M |
| 4 | MOHD SHAHRUL NIZAM B. ADIN | PDRM | 24.49M |
| 5 | SALLEH BIN ATANG | PDRM | 17.57M |
| DISCUS (45 – 49) | | | |
| 1 | SARAVANA KUMAR NALLASAMY | INDIA | 24.83M |
| 2 | S. SRIKANTH | INDIA | 23.77M |
| 3 | SIEW HANN WEN | SELANGOR MASTERS | 19.15M |
| 4 | GILBERT S. MANSON | SAMAS | 18.85M |
| DISCUS (50 – 54) | | | |
| 1 | PG AZIZUL AKBAR PG HJ BADARUDDIN | BRUNEI | 30.54M |
| 2 | LIM BAN DANG | DBKL | 29.97M |
| 3 | GUMPANAT BORIBOON | THAILAND | 28.68M |
| 4 | LIAW FUN MIN | MALACCA MASTERS | 26.70M |
| 5 | ABDUL GHANI BIN YAHAYA | PDRM | 24.90M |
| 6 | ROBERT BIN SILATI | SAMAS | 22.74M |
| 7 | DEVENDR KUMAR DOGRA | INDIA | 22.23M |
| 8 | ASNI BIN TAHIR | PERAK MASTERS | 21.98M |
| DISCUS (55 – 59) | | | |
| 1 | SALMAN SIGAR | BRUNEI | 30.30M |
| 2 | REZA FOTOHI ARDEKANI | SMTFA | 27.75M |
| 3 | IBRAHIM BIN AB WAHAB | MALACCA MASTERS | 26.24M |
| 4 | ABD RAHIM BIN ABDUL HAMID | PERAK MASTERS | 25.30M |
| 5 | DIONYSIUS FRED ANAK | SAMAS | 24.52M |
| 6 | REVI RAMAKRISHNAN | INDIA | 21.68M |
| 7 | LEONARD WILLON | SAMAS | 20.93M |
| 8 | AIMAN CHEAH TIONG CHAP | SELANGOR MASTERS | 14.61M |
| DISCUS (60 – 64) | | | |
| 1 | KRISHNASAMY KARUPPIAH | SELANGOR MASTERS | 28.64M |
| 2 | MOHD ROSLEY ABDULLAH | SAMAS | 27.39M |
| 3 | MOHD MANSHAHAR B. ABD JALIL | SELANGOR MASTERS | 27.23M |
| 4 | AUGUSTINE JOSE M.M | INDIA | 26.88M |
| 5 | PRASETYOADI | INDONESIA | 26.56M |
| 6 | BASKARAN FRANCIS | PERAK MASTERS | 24.60M |
| 7 | RANASINGHAGE NIMALASENA | SRI LANKA | 21.92M |
| 8 | LOKMAN BIN ABU BAKAR | PDRM | 20.66M |
| DISCUS (65 – 69) | | | |
| 1 | SUBRAMANIAM THIRAVIA NADAR | INDIA | 34.76M |
| 2 | JUAN VILLA JR | PHILIPPINES | 34.39M |
| 3 | RANJIT SINGH | INDIA | 29.01M |
| 4 | YAW DOLY BIN YAW LOKONG | SAMAS | 28.03M |
| 5 | DENNIS CLEMEN D.S | INDIA | 23.65M |
| 6 | JAYANTHA RATNAYAKE | SRI LANKA | 13.70M |
| DISCUS (70 – 74) | | | |
| 1 | VARUGHESE DECRUZ | INDIA | 33.05M |
| 2 | TARMIZI SANDHU @ TARA SINGH | SAMAS | 31.59M |
| 3 | P. NADARAJAH PERIAYAH | SELANGOR MASTERS | 28.11M |
| 4 | DOUGLAS JOHN SCHORR | SOUTH AFRICA | 27.35M |
| 5 | EDWIN E. GOH | SAMAS | 24.95M |
| 6 | RAMASWAMY KUPPANNA GOUNDER | INDIA | 22.29M |
| 7 | DATO' REVD SAMUEL D. JOHN | NS MASTERS | 21.20M |
| 8 | PILAH @ ONDOG BIN KISANG | SAMAS | 17.76M |

| DISCUS (75 – 79) | | | |
|--------------------|------------------------------|------------------|--------|
| 1 | SELVARAJ CRUZ ANTONY | INDIA | 19.99M |
| 2 | DR. PURUSHOTHAMAN ANANTHAM | KL | 18.41M |
| 3 | JIKUT @JULIUS BIN KOMUNING | SAMAS | 18.32M |
| 4 | VIMALASINGAM V. SARANAMUTHU | SELANGOR MASTERS | 14.66M |
| DISCUS (80 – 84) | | | |
| 1 | SWARAN SINGH | INDIA | 19.80M |
| 2 | EDUEH TOTIMOH @ BONAVENTURE | SAMAS | 18.59M |
| 3 | NALLIAH RAMASAMY | NS MASTERS | 10.59M |
| JAVELIN (35 – 39) | | | |
| 1 | SUNIL KUMAR | INDIA | 44.12M |
| 2 | RAYN NELSON JAMAIDI | PDRM | 37.06M |
| 3 | GNANESHWARA SEETHARAM | INDIA | 35.66M |
| 4 | MOHD SOBRI BIN RAMLI | PERAK MASTERS | 32.33M |
| 5 | TAN DAN NY | SELANGOR MASTERS | 23.04M |
| JAVELIN (40 - 44) | | | |
| 1 | MOHD ANIZAM ADHA B. AMRAN | PDRM | 38.76M |
| 2 | PERCIVAL NAVEEN HOWEI | INDIA | 37.73M |
| 3 | MUVIN BIN AB WAHAB | MALACCA MASTERS | 35.67M |
| 4 | EDDEY KALAI | PDRM | 35.42M |
| 5 | GOVINDARAJ SUBRAMANIAM | INDIA | 34.53M |
| 6 | MOHD SHAHRUL NIZAM B. ADAN | PDRM | 30.25M |
| 7 | NAVIN MOHAN RAJES | SELANGOR | 20.66M |
| JAVELIN (45 - 49) | | | |
| 1 | SIEW HANN WEN | SELANGOR MASTERS | 34.70M |
| 2 | MUHAMMAD ASRI B MOHAMED AROF | HASIL MASTERS | 31.90M |
| 3 | SHIVANANJA SHETTY C | INDIA | 28.56M |
| JAVELIN (50 - 54) | | | |
| 1 | ABDUL GHANI BIN YAHAYA | PDRM | 33.51M |
| 2 | LIM BAN DANG | DBKL | 31.40M |
| 3 | ROBERT BIN SILATI | SAMAS | 29.66M |
| 4 | LIAW FUN MIN | MALACCA MASTERS | 28.13M |
| 5 | ADAM LEONARDO MECHUM BANJAR | PDRM | 23.66M |
| JAVELIN (55 - 59) | | | |
| 1 | GUNASAEGARAN NARASAPAN | SELANGOR MASTERS | 31.82M |
| 2 | REZA FOTOHI ARDEKANI | SMTFA | 29.80M |
| 3 | JARNAIL SINGH | INDIA | 26.31M |
| 4 | DIONYSIUS FRED ANAK | SAMAS | 23.87M |
| 5 | ANDREW BANGGUAN | SAMAS | 21.64M |
| 6 | DANIEL GONA | INDIA | 7.15M |
| JAVELIN (60 - 64) | | | |
| 1 | MOHD ROSLEY ABDULLAH | SAMAS | 36.34M |
| 2 | KRISHNASAMY KARUPPIAH | SELANGOR MASTERS | 35.61M |
| 3 | PRASETYOADI | INDONESIA | 34.10M |
| 4 | MOHD MANSHAHAR B. ABD JALIL | SELANGOR MASTERS | 30.63M |
| 5 | THOMAS LEE | SMA | 27.09M |
| 6 | DR. VASU APPU | PDRM | 27.02M |
| 7 | MAINSON PETER S | INDIA | 26.28M |
| 8 | BASKARAN FRANCIS | PERAK MASTERS | 21.44M |
| JAVELIN (65 - 69) | | | |
| 1 | YAW DOLY BIN YAW LOKONG | SAMAS | 34.38M |

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| 2 | SUBRAMANIAM THIRAVIA NADAR | INDIA | 27.49M |
| 3 | WONG KEE LAM | HONG KONG | 25.65M |
| 4 | DENNIS CLEMENT DS | INDIA | 24.57M |
| 5 | JAYANTHA RATNAYAKE | SRI LANKA | 21.31M |
| JAVELIN (70 - 74) | | | |
| 1 | HAJI ZAINAL HAJI NAMIT | BRUNEI | 43.61M |
| 2 | TARMIZI SANDHU @ TARA SINGH | SAMAS | 35.27M |
| 3 | EDWIN E. GOH | SAMAS | 24.96M |
| 4 | P. NADARAJAH PERIAYAH | SELANGOR MASTERS | 23.86M |
| 5 | SUING @ SYLVESTER KUIL | SAMAS | 20.91M |
| 6 | RAMASWAMY KUPPANNA GOUNDER | INDIA | 20.66M |
| 7 | DATO' REVD SAMUEL D. JOHN | NS MASTERS | 20.15M |
| 8 | NARAYANAN NAIR SUNGONI NAIR | NS MASTERS | 18.78M |
| JAVELIN (75 - 79) | | | |
| 1 | SELVARAJ CRUZ ANTONY | INDIA | 23.08M |
| 2 | JIKUT @ JULIUS BIN KOMUNING | SAMAS | 19.71M |
| 3 | DR PURUSHOTHAMAN ANANTHAM | KL | 18.87M |
| 4 | MOHAMED BIN MD IDRUS | PAHANG MASTERS | 17.20M |
| 5 | VIMALASINGAM V. SARANAMUTHU | SELANGOR MASTERS | 12.93M |
| JAVELIN (80 - 84) | | | |
| 1 | SWARAN SINGH | INDIA | 21.85M |
| 2 | EDUEH TOTIMOH @ BONAVENTURE | SAMAS | 13.93M |
| MEDLEY RELAY MEN (OPEN) | | | |
| 1 | DBKL | | 4:15.5S |
| 2 | PERAK MASTERS | | 4:16.7S |
| 3 | INDIAN MASTERS ATHLETICS | | 4:19.4S |
| 4 | PENANG MASTERS | | 4:33.9S |
| 4 X 100M MEN (OPEN) | | | |
| 1 | PERAK MASTERS A | | 47.1S |
| 2 | SAMAS A | | 48.0S |
| 3 | DBKL | | 48.8S |
| 4 | SINGAPORE TEAM | | 50.0S |
| 5 | PERAK MASTERS B | | 50.0S |
| 6 | MALACCA MASTERS | | 52.4S |
| 7 | SAMAS B | | 52.7S |
| 4 X 400M MEN (OPEN) | | | |
| 1 | PERAK MASTERS | | 3:48.3S |
| 2 | INDIA MASTERS ATHLETICS | | 3:53.1S |
| 3 | SAMAS | | 3:59.8S |
| 4 | PENANG MASTERS | | 4:21.8S |
| 5 | SELANGOR MASTERS | | 5:20.6S |

35th MIOMAC RESULTS (2023)

WOMEN

| NO | NAME | TEAM | Time/Dist/Height |
|------------------|---------------------------|---------------|------------------|
| 100M (35 – 39) | | | |
| 1 | SITI FATIMAH BT MOHAMAD | HASIL MASTERS | 12.6S |
| 2 | SITI FAIRUZ BT JAMALUDDIN | PDRM | 13.9S |
| 3 | UMI ILYANA BT KAMALUDIN | JOHOR MASTERS | 14.4S |
| 4 | CAROL AUGUSTINE | SAMAS | 15.1S |
| 100M (40 – 44) | | | |
| 1 | ALISON CHEW SUK LING | SAMAS | 13.1S |

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| 2 | BB NURUL IZZAH BT ABD KADER | HASIL MASTERS | 15.6S |
| 3 | DR LORRAINE LIM WUI WUI | SARAWAK MASTERS | 16.0S |
| 4 | FATHIMATH IFFATH MOHAMED | KAWAN ATHLETICS | 16.2S |
| 5 | JELINI MOTIBI | LABUAN MASTERS | 16.5S |
| 6 | NALINA DEVI APPLANAIDU | PERAK MASTERS | 17.1S |
| 7 | TEOH TIENG TIENG | FITNESS DISTRICT | 17.5S |
| 8 | MANGALA DAMODAR BAGUL | INDIA | 18.2S |
| 100M (45 – 49) | | | |
| 1 | ALMAWATI BT KASSIM | PERAK MASTERS | 14.9S |
| 2 | SHIRLEY WONG | HONG KONG | 15.1S |
| 3 | PARIDA BT USMAN | SAMAS | 15.2S |
| 4 | SANCHITA SAHA | INDIA | 15.4S |
| 5 | MARTA BASA BT LOKMAN | LABUAN MASTERS | 15.6S |
| 6 | LAURA BT DOSUI | SAMAS | 16.0S |
| 7 | SREELEKHA PALANISAMY | INDIA | 16.2S |
| 8 | TAMILSLVE PERIASAMY | NS MASTERS | 16.9S |
| 100M (50 – 54) | | | |
| 1 | NOKALMAH SANASEE | PERAK MASTERS | 15.7S |
| 2 | N JAYANTHY R. NARAYANAN | PERAK MASTERS | 17.3S |
| 3 | ELIZABETH MURRAY GARRIGAN | THAILAND | 19.2S |
| 4 | PADMAVATHI BUDHARAJU | INDIA | 22.9S |
| 100M (55 – 59) | | | |
| 1 | ERINE SINUEL | SAMAS | 14.3S |
| 2 | RAINEH @ TAMBİ BINTI SAWAN | SAMAS | 16.1S |
| 3 | KUAN SIGAR | BRUNEI MASTERS | 17.0S |
| 4 | ROSELINA BAKAR | SELANGOR MASTERS | 17.7S |
| 5 | JOMYTA BINTI ELON | SAMAS | 19.4S |
| 6 | THILAGESWARY M. RAMASAMY | SELANGOR MASTERS | 24.0S |
| 7 | RAMANUJAMMA TAMATAN | INDIA | 41.6S |
| 100M (60 – 64) | | | |
| 1 | JULIANA GUMPIL | SAMAS | 14.6S |
| 2 | MORDIANA ABDULLAH | SAMAS | 15.4S |
| 3 | BELINDA TING YEW KING | SELANGOR MASTERS | 18.4S |
| 100M (65 – 69) | | | |
| 1 | MYTHILI NATARAJAN | INDIA | 19.9S |
| 2 | SAMSI AH BR MOHD YASSIN | SAMAS | 21.2S |
| 100M (70 – 74) | | | |
| 1 | CHRISTINA LABANJING @ JENTUNIS | SAMAS | 22.4S |
| 2 | JASMINE ADAMLEBBE | SRI LANKA | 23.3S |
| 100M (75 – 79) | | | |
| 1 | PETCHAY KANDASAMY | MAS | 26.1S |
| 2 | AISHAH BINTI N. ABU BAKAR | MALACCA MASTERS | 27.0S |
| 3 | LEE NGIT YUNG | SAMAS | 27.3S |
| 100M (80 – 84) | | | |
| 1 | LEM SEE TIAM | SMA | 33.1S |
| 200M (35 – 39) | | | |
| 1 | CAROL AUGUSTINE | SAMAS | 33.73S |
| 200M (40 – 44) | | | |
| 1 | ALISON CHEW SUK LING | SAMAS | 27.7S |

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|-------------------|----------------------------|------------------|--------|
| 2 | AW YUIN YING | SMTFA | 33.5S |
| 3 | DR. LORRAINE LIM WUI WUI | SARAWAK MASTERS | 34.8S |
| 4 | NALINA DEVI APPLANAIDU | PERAK MASTERS | 35.4S |
| 5 | JELINI MOTIBI | LABUAN MASTERS | 35.9S |
| 6 | JUDITH TAMI RICHARD | SAMAS | 36.5S |
| 7 | FATHIMATH IFFATH MOHAMED | KAWAN ATHLETICS | 36.6S |
| 8 | MANGALA DAMODAR BAGUL | INDIA | 40.2S |
| 200M (45 – 49) | | | |
| 1 | PARIDA BINTI USMAN | SAMAS | 32.4S |
| 2 | SHIRLEY WONG | HONG KONG | 32.8S |
| 3 | SANCHITA SAHA | INDIA | 33.4S |
| 4 | MARTA BASA BINTI LOKMAN | LABUAN MASTERS | 34.2S |
| 5 | SREELEKHA PALANISAMY | INDIA | 35.3S |
| 6 | CHUA YUIK JEAN | MALACCA MASTERS | 36.1S |
| 7 | TAMILSLVE PERIASAMY | NS MASTERS | 37.7S |
| 8 | MANGALA B.G | INDIA | 43.9S |
| 200M (50 – 54) | | | |
| 1 | NOKALMAH SANASEE | PERAK MASTERS | 34.5S |
| 2 | MARGARET PETRUS | SAMAS | 36.4S |
| 3 | BHAGEERATHI K P | INDIA | 37.4 |
| 4 | N. JAYANTHY R. NARAYANAN | PERAK MASTERS | 39.3S |
| 200M (55 – 59) | | | |
| 1 | ERINE SINUEL | SAMAS | 30.3S |
| 2 | ROSELINA BAKAR | SELANGOR MASTERS | 40.1S |
| 3 | RAMANUJAMMA TAMATAN | INDIA | 113.4S |
| 200M (60 – 64) | | | |
| 1 | MORDIANA ABDULLAH | SAMAS | 35.2S |
| 2 | THERESLINE ASIRVATHAM | SELANGOR MASTERS | 42.6S |
| 3 | SINNAMAH GOLLA-BANGARU | SELANGOR MASTERS | 50.2S |
| 200M (65 – 69) | | | |
| 1 | MYTHILI NATARAJAN | INDIA | 43.4S |
| 2 | SAMSI AH BR MOHD YASSIN | SAMAS | 47.9S |
| 200M (70 – 74) | | | |
| 1 | TAN TECK SEE | SELANGOR MASTERS | 90.6S |
| 200M (75 – 79) | | | |
| 1 | PETCHAY KANDASAMY | MAS | 63.5S |
| 2 | BHAVANI VITTAL RAO | INDIA | 91.5S |
| 200M (105 – 109) | | | |
| 1 | RAMBAI | INDIA | 182.9S |
| 400M (35 – 39) | | | |
| 1 | MICHELE TAN BEE KIANG | SELANGOR MASTERS | 73.0S |
| 2 | CAROL AUGUSTINE | SAMAS | 84.5S |
| 3 | NURUL AINI BT ABDUL RAHMAN | PERAK MASTERS | 87.7S |
| 400M (40 – 44) | | | |
| 1 | ALISON CHEW SUK LING | SAMAS | 62.9S |
| 2 | AW YUIN YING | SMTFA | 82.7S |
| 3 | JUDITH TAMI RICHARD | SAMAS | 86.6S |
| 4 | PATRICIA DOSUI | SAMAS | 128.9S |

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| 400M (45 – 49) | | | |
| 1 | EMILIA BINTI JAMIL | PDRM | 80.0S |
| 2 | ADA LIU | SMTFA | 80.6S |
| 3 | PARIDA BINTI USMAN | SAMAS | 81.5S |
| 4 | TAMILSLVE PERIASAMY | NS MASTERS | 85.8S |
| 400M (50 – 54) | | | |
| 1 | NOKALMAH SANASEE | PERAK MASTERS | 82.8S |
| 2 | MARGARET PETRUS | SAMAS | 113.7S |
| 400M (55 – 59) | | | |
| 1 | ERINE SINUEL | SAMAS | 75.7S |
| 2 | THERESA BINTI SIDAU | SAMAS | 89.9S |
| 3 | ROSELINA BAKAR | SELANGOR MASTERS | 98.4S |
| 4 | DELWIR KAUR NATHI SINGH | PERAK MASTERS | 110.3S |
| 5 | JOMYTA BINTI ELON | SAMAS | 135.2S |
| 400M (60 – 64) | | | |
| 1 | ADENAH B. LOJUHUN | SAMAS | 89.0S |
| 2 | SINNAMAH GOLLA-BANGARU | SELANGOR MASTERS | 126.2S |
| 3 | VIJAYAKUMARI ARUMUGAM | INDIA | 218.1S |
| 400M (70 - 74) | | | |
| 1 | KIMIH @ FLORENCE MONJITOL | SAMAS | 127.8S |
| 800M (35 – 39) | | | |
| 1 | MICHELE TAN BEE KIANG | SELANGOR MASTERS | 2:55.41S |
| 2 | VALLY MICHAEL | FI RECREATION | 3:01.48S |
| 800M (40 – 44) | | | |
| 1 | MAZLINA SHAFURA BT ABDUL MANAP | DBKL | 3:21.40S |
| 2 | AMUTHA ARUMUGAM | DBKL | 3:29.56S |
| 3 | JUDITH JAMI RICHARD | SAMAS | 3:42.47S |
| 4 | YONG CHAU YANN | MALACCA MASTERS | 3:48.73S |
| 5 | MANGALA DAMODAR BAGUL | INDIA | 4:11.99S |
| 800M (45 – 49) | | | |
| 1 | CHOO MEI HUNG | PDRM | 3:21.6S |
| 2 | ADA LIU | SMTFA | 3:27.7S |
| 3 | TAMILSLVE PERIASAMY | NS MASTERS | 3:31.2S |
| 4 | EMILIA BINTI JAMIL | PDRM | 3:32.0S |
| 5 | LEE MENG FONG | MALACCA MASTERS | 4:02.1S |
| 6 | KOH CHOW TEE | MALACCA MASTERS | 5:30.7S |
| 800M (50 – 54) | | | |
| 1 | CHUAH GUAT NA | PENANG MASTERS | 3:19.7S |
| 2 | ZUHARLINA BT ABU BAHARIN | DBKL | 3:25.3S |
| 3 | LETCHUMY RAJU | NS MASTERS | 3:35.9S |
| 800M (55 – 59) | | | |
| 1 | HUSNA BINTI ABDULLAH | BRUNEI | 3:33.7S |
| 2 | THERESA BINTI SIDAU | SAMAS | 3:36.5S |
| 3 | CHAN YEN CHING | PDRM | 3:40.8S |
| 4 | ROSELINA BAKAR | SELANGOR MASTERS | 4:49.4S |
| 800M (60 – 64) | | | |
| 1 | ADENAH B. LOJUHUN | SAMAS | 3:39.89S |

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| 2 | SINNAMAH GOLLA-BANGARU | SELANGOR MASTERS | 4:46.43S |
| 3 | SALVARANI KRISHNAN | PENANG MASTERS | 5:09.34S |
| 800M (65 – 69) | | | |
| 1 | JOUTI @ VORONICA BINTI ELAU | SAMAS | 3:47.87S |
| 2 | SOO YUET PING (WENDY) | KL | 4:53.92S |
| 800M (70 – 74) | | | |
| 1 | KIMIH @ FLORENCE MONJITOL | SAMAS | 4:44.12S |
| 2 | BAGAVATHI PERUMAL KAN | INDIA | 6:17.83S |
| 800M (75 – 79) | | | |
| 1 | SAROJEET KAUR @ SARJEET KAUR | PENANG MASTERS | 5:38.84S |
| 1500M (35 – 39) | | | |
| 1 | MICHELE TAN BEE KIANG | SELANGOR MASTERS | 5:59.3S |
| 2 | NURUL AINI BT ABDUL RAHMAN | PERAK MASTERS | 6:44.6S |
| 3 | JELVINA BINTI JELON | PDRM | 7:14.2S |
| 1500M (40 – 44) | | | |
| 1 | MAZLINA SHAFURA BT ABDUL MANAP | DBKL | 6:51.5S |
| 2 | SHARMILA | INDIA | 10:49.2S |
| 1500M (45 – 49) | | | |
| 1 | CHOO MEI HUNG | PDRM | 6:50.8S |
| 2 | NORULAKMAR BINTI ABD RANI | PDRM | 6:55.7S |
| 3 | SAMANTHA JANE RICHARDS | SELANGOR MASTERS | 7:46.7S |
| 4 | ANLINE NIRMALA VIJAYAKUMAR | INDIA | 7:58.1S |
| 5 | NURUL AZWA BINTI AHMAD | PERAK MASTERS | 9:02.6S |
| 6 | RAZLIZA HANIZA BINTI RAZAK | PERLIS | 9:03.6S |
| 7 | LINAH BT IKUN | SAMAS | 9:13.4S |
| 8 | MANGALA B.G | INDIA | 9:26.3S |
| 1500M (50 – 54) | | | |
| 1 | CHUAH GUAT NA | PENANG | 6:51.9S |
| 2 | ZUHARLINA BT ABU BAHARIN | DBKL | 7:21.3S |
| 3 | ELIZABETH MURRAY GARRIGAN | THAILAND | 8:14.6S |
| 4 | NIRMALA PATIL BOUDH | INDIA | 9:08.2S |
| 5 | KWOK YUK LING | MALACCA MASTERS | 9:59.8S |
| 6 | VIJI VASUDEVAN | INDIA | 10:40.9S |
| 1500M (55 – 59) | | | |
| 1 | HUSNA BT ABDULLAH | BRUNEI | 7:11.5S |
| 2 | ROSE SIDAU | SAMAS | 10:17.5S |
| 1500M (60 – 64) | | | |
| 1 | ADENAH B. LOJUHUN | SAMAS | 7:22.1S |
| 2 | VIJAYA VELATHINGALA | INDIA | 9:22.5S |
| 3 | BELINDA TING YEW KING | SELANGOR MASTERS | 10:12.0S |
| 4 | SALVARANI KRISHNAN | PENANG MASTERS | 10:34.0S |
| 1500M (65 – 69) | | | |
| 1 | JOUTI @ VIRONICA BINTI ELAU | SAMAS | 7:51.7S |
| 2 | SOO YUET PING (WENDY) | KL | 10:08.7S |
| 1500M (75 – 79) | | | |
| 1 | SAROJEET KAUR @ SARJEET KAUR | PENANG MASTERS | 11:13.01S |
| 2 | BHAVANI VITTAL RAO | INDIA | 15:11.00S |
| 2000M (35 – 39) | | | |

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| 1 | JELVINA BINTI JELON | PDRM | 10:17.9S |
| 2000M (40 – 44) | | | |
| 1 | MAZLINA SHAFURA BT ABDUL MANAP | DBKL | 9:48.6S |
| 2 | SHARMILA | INDIA | 16:40.8S |
| 2000M (45 – 49) | | | |
| 1 | NORULAKMAR BINTI ABD RANI | PDRM | 10:21.6S |
| 2 | ANNNLINE NIRMALA VIJAYAKUMAR | INDIA | 11:19.1S |
| 3 | LINAH BT IKUN | SAMAS | 12:38.9S |
| 4 | RAZLIZA HANIZA BINTI RAZAK | PERLIS | 12:47.5S |
| 5 | PHOEBE KRIEL | HONG KONG | 14:01.4S |
| 6 | NORBIGAM BINTI UMAR KHITAB | SAMAS | 15:58.1S |
| 2000M (50 – 54) | | | |
| 1 | CHUAH GUAT NA | PENANG | 9:24.4S |
| 2 | ZUHARLINA BT ABU BAHARIN | DBKL | 9:28.6S |
| 3 | CHEW PHAIK HUA | PERAK MASTERS | 10:37.7S |
| 4 | NIRMALA PATIL BOUDH | INDIA | 12:08.6S |
| 2000M (55 – 59) | | | |
| 1 | HUSNA BINTI ABDULLAH | BRUNEI | 9:46.8S |
| 2 | THERESA BINTI SIDAU | SAMAS | 10:30.7S |
| 3 | KUAN YUEN PEN | PERAK MASTERS | 11:39.1S |
| 4 | TAN TECK BEE | SELANGOR MASTERS | 14:13.8S |
| 2000M (60 – 64) | | | |
| 1 | ADENAH B. LOJUHUN | SAMAS | 10:26.7S |
| 2 | WONG MEE KENG | SMA | 10:52.4S |
| 3 | TAN LOON SIM | PERAK MASTERS | 12:15.4S |
| 4 | SALVARANI KRISHNAN | PENANG MASTERS | 14:19.8S |
| 2000M (65 – 69) | | | |
| 1 | JOUTI @ VIRONICA BT ELAU | SAMAS | 10:24.2S |
| 2000M (70 – 74) | | | |
| 1 | LEE YAU HONG | NS MASTERS | 11:54.3S |
| 2 | KIMIH @ FLORENCE MONJITOL | SAMAS | 12:39.0S |
| 3 | KATHERINE CHOO MUI KHENG | SMA | 15:21.1S |
| 2000M (75 – 79) | | | |
| 1 | SAROJEET KAUR @SARJEET KAUR | PENANG MASTERS | 17:11.1S |
| 2000M WALK (35 – 39) | | | |
| 1 | AZEERA BT ABDULLAH | HASIL MASTERS | 13:17.93S |
| 2 | SUZANIRIHWATI BT ABD GHANI | SAMAS | 19:08.74S |
| 2000M WALK (40 – 44) | | | |
| 1 | KALIAMAH MANIAN | PERAK MASTERS | 13:05.17S |
| 2 | TEOH TIENG TIENG | PENANG | 14:24.05S |
| 3 | OOI LI CHING | PENANG | 15:05.82S |
| 4 | KALPANA DAMODAR BAGUL | INDIA | 19:20.92S |
| 2000M WALK (45 – 49) | | | |
| 1 | TIFFANY SOH BENG CHU | SELANGOR MASTERS | 13:26.42S |
| 2 | LEE MENG FONG | MALACCA MASTERS | 14:26.87S |
| 3 | NURUL AZWA BINTI AHMAD | PERAK MASTERS | 15:07.54S |

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| 4 | NORBIGAM BINTI UMAR KHITAB | SAMAS | 15:28.47S |
| 2000M WALK (50 – 54) | | | |
| 1 | CHUAH GUAT NA | PENANG | 15:56.85S |
| 2 | VIJI VASUDEVAN | INDIA | 17:40.00S |
| 3 | VASUKI V. RAJAGOPAL | SELANGOR MASTERS | 17:55.77S |
| 4 | LATHIKA JYOTHIS | INDIA | 19:01.68S |
| 2000M WALK (55 – 59) | | | |
| 1 | SERENE SEAH | SMA | 13:01.46S |
| 2 | CHAN YEN CHING | PDRM | 13:14.03S |
| 3 | GOH KIM HONG MAGGIE | SELANGOR MASTERS | 14:02.72S |
| 4 | YOGESWARI S. KATHIRVELOO | JETS | 14:10.04S |
| 5 | TAN GOEK HONG | PENANG | 14:58.59S |
| 6 | KOWSULA KAUR | SMA | 15:13.30S |
| 7 | RAINEH @ TAMBI BINTI SAWAN | SAMAS | 15:20.22S |
| 8 | HUSNA BINTI ABDULLAH | BRUNEI | 16:06.33S |
| 2000M WALK (60 – 64) | | | |
| 1 | KOMATHI JAYARAMAN | SMA | 13:38.03S |
| 2 | SALVARANI KRISHNAN | PENANG MASTERS | 15:11.06S |
| 3 | BELINDA TING YEW KING | SELANGOR MASTERS | 15:50.83S |
| 4 | POONITHAVATHY SINNADURAI | SELANGOR MASTERS | 16:30.89S |
| 5 | NG PHAIK HOON | PENANG | 16:31.37S |
| 6 | ZAINAH BT JAAFAR | PERAK MASTERS | 17:40.13S |
| 7 | VIJAYA VELATHINGALA | INDIA | 18:13.98S |
| 8 | VIJAYAKUMARI ARUMUGAM | INDIA | 20:55.00S |
| 2000M WALK (65 – 69) | | | |
| 1 | JOUTI @ VIRONICA BINTI ELAU | SAMAS | 14:21.12S |
| 2 | SOO YUET PING (WENDY) | KL | 16:39.74S |
| 3 | LISSA CHANG OI LIN | SMTFA | 18:36.44S |
| 4 | BANUMATHY SUNDARAM | SELANGOR MASTERS | 19:59.40S |
| 2000M WALK (70 – 74) | | | |
| 1 | IRENE YEOW | SMA | 13:15.10S |
| 2 | LEE YAU HONG | NS MASTERS | 14:57.23S |
| 3 | KIMIH @ FLORENCE MONJITOL | SAMAS | 15:21.61S |
| 4 | KATHERINE CHOO MUI KHENG | SMA | 15:26.04S |
| 5 | SOUNTHARI M A RAJAGOPAL | SELANGOR MASTERS | 17:11.16S |
| 2000M WALK (75 – 79) | | | |
| 1 | SAROJEET KAUR @ SAEJEET KAUR | PENANG MASTERS | 19:32.05S |
| 2 | PETCHAY KANDASAMY | MAS | 20:09.97S |
| 2000M WALK (80 – 84) | | | |
| 1 | LEE SEE TIAM | SMA | 20:33.21S |
| 100M H (35 – 39) | | | |
| 1 | UMI ILYANA BT KAMALUDIN | JOHOR MASTERS | 19.9S |
| 2 | MOUNIKA MEDA | INDIA | 35.4S |
| LONG JUMP (35 – 39) | | | |
| 1 | CAROL AUGUSTINE | SAMAS | 3.98M |
| LONG JUMP (40 – 44) | | | |
| 1 | LIEW MEI PING @ JESSY | SAMAS | 3.64M |
| 2 | JELINIH MOTIBI | LABUAN MASTERS | 3.31M |
| 3 | PATRICIA DOSUI | SAMAS | 3.16M |

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| 4 | SHITAL RAMBHAI PATEL | INDIA | 2.96M |
| LONG JUMP (45 – 49) | | | |
| 1 | ALMAWATI BINTI KASSIM | PERAK MASTERS | 4.05M |
| 2 | MARTA BASA BINTI LOKMAN | LABUAN MASTERS | 3.68M |
| 3 | LAURA BINTI DOSUI | SAMAS | 3.60M |
| 4 | FAUZANA MARIAM BT MOHD FAUZI | PDRM | 3.47M |
| 5 | SREELEKHA PALANISAMY | INDIA | 3.46M |
| 6 | SANCHITA SAHA | INDIA | 3.26M |
| LONG JUMP (50 – 54) | | | |
| 1 | MARGARET PETRUS | SAMAS | 3.14M |
| 2 | LATHIKA JYOTHIS | INDIA | 2.63M |
| LONG JUMP (55 – 59) | | | |
| 1 | MARIANI BINTI MANAN | SAMAS | 3.34M |
| 2 | ROSECY LEE ONONG | SAMAS | 3.17M |
| 3 | DR WONG NGAN LING | SELANGOR MASTERS | 3.08M |
| 4 | SUZYLA BINTI JAFFAR | PERAK MASTERS | 2.88M |
| LONG JUMP (60 – 64) | | | |
| 1 | JULIANA GUMPIL | SAMAS | 4.39M |
| 2 | HAMIDAH BINTI ZAINON | PDRM | 3.12M |
| LONG JUMP (65 – 69) | | | |
| 1 | MYTHILI NATARAJAN | INDIA | 2.39M |
| 2 | VIJAYA RAMESH | INDIA | 2.35M |
| LONG JUMP (70 – 74) | | | |
| 1 | CHRISTINA LABANJING @ JENTUNIS | SAMAS | 1.88M |
| HIGH JUMP (35 – 39) | | | |
| 1 | MICHELLE SNG | SMTFA | 1.70M |
| 2 | UMI ILYANA BT KAMALUDIN | JOHOR MASTERS | 1.29M |
| 3 | JOYCE LIM CHUEN SHIN | MALACCA MASTERS | 1.26M |
| HIGH JUMP (40 – 44) | | | |
| 1 | JIANG ZILIN | SMTFA | 1.40M |
| 2 | LIEW MEI PING @ JESSY | SAMAS | 1.23M |
| 3 | ANGELINE JUMPO | SARAWAK | 1.17M |
| 4 | PATRICIA DOSUI | SAMAS | 1.14M |
| 5 | JUDITH TAMI RICHARD | SAMAS | 1.08M |
| HIGH JUMP (45 - 49) | | | |
| 1 | ALINAWATI HAJI ALI AKBAR | BRUNEI | 1.05M |
| HIGH JUMP (55 – 59) | | | |
| 1 | ROSECY LEE ONONG | SAMAS | 1.11M |
| 2 | MARIANI BINTI MANAN | SAMAS | 1.11M |
| HIGH JUMP (60 – 64) | | | |
| 1 | JULIANA GUMPIL | SAMAS | 1.17M |
| 2 | BELINDA TING YEW KING | SELANGOR MASTERS | 0.85M |
| HIGH JUMP (70 – 74) | | | |
| 1 | CHRISTINA LABANJING @ JENTUNIS | SAMAS | 0.85M |
| TRIPLE JUMP (40 – 44) | | | |

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| 1 | LIEW MEI PING @ JESSY | SAMAS | 8.13M |
| TRIPLE JUMP (45 – 49) | | | |
| 1 | ALMAWATI BINTI KASSIM | PERAK MASTERS | 8.54M |
| 2 | LAURA BINTI DOSUI | SAMAS | 7.57M |
| 3 | SREELEKHA PALANISAMY | INDIA | 7.15M |
| 4 | SANCHITA SAHA | INDIA | 6.62M |
| TRIPLE JUMP (50 – 54) | | | |
| 1 | LATHIKA JYOTHIS | INDIA | 5.79M |
| TRIPLE JUMP (55 – 59) | | | |
| 1 | MARIANI BINTI MANAN | SAMAS | 6.82M |
| 2 | THERESA BINTI SIDAU | SAMAS | 6.40M |
| 3 | DR WONG NGAN LING | SELANGOR MASTERS | 6.28M |
| TRIPLE JUMP (60 – 64) | | | |
| 1 | JULIANA GUMPIL | SAMAS | 8.47M |
| TRIPLE JUMP (65 – 69) | | | |
| 1 | MYTHILI NATARAJAN | INDIA | 5.28M |
| 2 | G.I.D. EMAL SRIYANI | SRI LANKA | 4.90M |
| TRIPLE JUMP (70 – 74) | | | |
| 1 | JASMINE ADAMLEBBE | SRI LANKA | 4.69M |
| 2 | CHRISTINA LABANJING @ JENTUNIS | SAMAS | 4.40M |
| SHOT PUT (35 – 39) | | | |
| 1 | FIROZINA BINTI ILIN | LABUAN MASTERS | 6.18M |
| 2 | PRIYADHARSINI PERUMAL GOUNDER | INDIA | 5.93M |
| 3 | MAGDALINI ANAK HILLARY PANGGAU | SAMAS | 5.45M |
| 4 | SUZANIRIHWATI BT ABD GHANI | SAMAS | 5.39M |
| 5 | IMELDA ATIQA BINTI UNTOL | LABUAN MASTERS | 5.18M |
| 6 | LIANA BINTI RAMLI | SELANGOR MASTERS | 5.02M |
| 7 | YUNESRI MUNIANDY | PDRM | 4.62M |
| SHOT PUT (40 – 44) | | | |
| 1 | NANCY BINTI F. MICHAEL | SAMAS | 8.80M |
| 2 | CHUA SWEE MEI | MALACCA MASTERS | 7.24M |
| 3 | ALISON CHEW SUK LING | SAMAS | 7.05M |
| 4 | NALINA DEVI APPLANAIDU | PERAK MASTERS | 5.21M |
| 5 | SHARMILA | INDIA | 4.89M |
| 6 | LANNY SHARRONECA JULIUS JIKUT | SAMAS | 4.85M |
| SHOT PUT (45 – 49) | | | |
| 1 | ALINAWATI HAJI ALIAKBAR | BRUNEI | 8.79M |
| 2 | TIFFANY SOH BENG CHU | SELANGOR MASTERS | 6.80M |
| 3 | LINAH BT IKUN | SAMAS | 6.08M |
| 4 | FAUZANA MARIAM BT MOHD FAUZI | PDRM | 5.39M |
| 5 | NURUL AZWA BINTI AHMAD | PERAK MASTERS | 5.13M |
| 6 | NOR AZIAH BINTI KASSIM | MALACCA MASTERS | 4.81M |
| SHOT PUT (50 – 54) | | | |
| 1 | CHAN NYET FUI | MALACCA MASTERS | 8.40M |
| 2 | LALY KALATHOOR MELETHIL PAPPY | INDIA | 8.07M |
| 3 | NORAL AZAN BINTI ZAINAL | PERAK MASTERS | 8.06M |
| 4 | RINAWATI BINTI KHAIRUDDIN | PDRM | 7.25M |
| 5 | VASKEE R. VASUTHEVAN | KL MASTERS | 6.85M |
| 6 | CHUA CHEONG LIAN | MALACCA MASTERS | 6.35M |
| 7 | SWEETY MODIMAREDDY | INDIA | 5.86M |

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| 8 | ANDREA MARY WALSH | THAILAND | 5.70M |
| SHOT PUT (55 – 59) | | | |
| 1 | ERINE SINUEL | SAMAS | 7.65M |
| 2 | LUDEMMA JENNPOGU | INDIA | 7.42M |
| 3 | JESSEE TSEN CHEW MOI | LABUAN MASTERS | 6.90M |
| 4 | SUZYLA BINTI JAFFAR | PERAK MASTERS | 6.31M |
| 5 | SARAH ALIAH BT ABDULLAH | PDRM | 6.06M |
| 6 | JESSIE MANJIN | SAMAS | 5.83M |
| 7 | BHAGYALAXMI PALANISAMY | INDIA | 5.79M |
| 8 | SITI DIAH BT JANI | BRUNEI | 5.73M |
| SHOT PUT (60 – 64) | | | |
| 1 | DORATHEA BINTI ANTHONY | SAMAS | 6.50M |
| 2 | THERESLINE ASIRVATHAM | SELANGOR MASTERS | 6.30M |
| 3 | LETCHUMIPRABAH RAMACHANDRAN | SELANGOR MASTERS | 5.80M |
| 4 | MERRY HUI BEE NGOK | SMA | 5.24M |
| 5 | MARYEM JOINOL | SAMAS | 5.11M |
| 6 | JAYALAKSHIMI RANGANATHAN | INDIA | 3.87M |
| 7 | VIJAYA VELATHINGALA | INDIA | 3.16M |
| SHOT PUT (65 – 69) | | | |
| 1 | DR PUSHFA RAMASAMY | KL MASTERS | 5.90M |
| 2 | G.I.D. EMAL SRIYAMI | SRI LANKA | 5.66M |
| 3 | HAJAH MARIAH BT HJ METUSSIN | BRUNEI | 4.27M |
| SHOT PUT (70 – 74) | | | |
| 1 | HELENA MAJALANG | SAMAS | 6.16M |
| 2 | K. NALINI DEVI | SMA | 4.82M |
| 3 | BAGAVATHI PERUMAL KAN | INDIA | 4.49M |
| SHOT PUT (75 – 79) | | | |
| 1 | KAM AH BOAY @ KAM YUEH ENG | MALACCA MASTERS | 6.24M |
| 2 | LEE NGIT YUNG | SAMAS | 6.15M |
| 3 | PETCHAY KANDASAMY | MAS | 4.64M |
| 4 | BHAVANI VITTAL RAO | INDIA | 3.86M |
| SHOT PUT (105 – 109) | | | |
| 1 | RAMBAI | INDIA | 3.45M |
| DISCUS (35 – 39) | | | |
| 1 | YAP JENG TZAN | NS MASTERS | 39.12M |
| 2 | FIROZINA BINTI ILIN | LABUAN MASTERS | 17.55M |
| 3 | SUZANIRIHWATI BT ABD GHANI | SAMAS | 9.40M |
| DISCUS (40 – 44) | | | |
| 1 | CHUA SWEE MEI | MALACCA MASTERS | 28.02M |
| 2 | NANCY BINTI F. MICHAEL | SAMAS | 27.26M |
| 3 | ANGELINE JUMPO | SARAWAK MASTERS | 21.50M |
| 4 | YONG CHAN YANN | MALACCA MASTERS | 20.59M |
| 5 | SHITAL RAMBAI PATEL | INDIA | 14.39M |
| 6 | KALPANA DAMODAR BAGUL | INDIA | 13.56M |
| DISCUS (45 – 49) | | | |
| 1 | TIFFANY SOH BENG CHU | SELANGOR MASTERS | 22.62M |
| 2 | MARTA BASA BINTI LOKMAN | LABUAN MASTERS | 18.02M |
| 3 | FAUZANA MARIAM BT MOHD FAUZI | PDRM | 14.67M |
| 4 | LINAH BT IKUN | SAMAS | 12.44M |
| 5 | BHAGYALAKSHMI MANICKAM | INDIA | 11.49M |
| 6 | AILY BINTI DUSUP | SAMAS | 11.21M |

| DISCUS (50 – 54) | | | |
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| 1 | CHAN NYET FUI | MALACCA MASTERS | 24.34M |
| 2 | NORAL AZIAN BINTI ZAINAL | PERAK MASTERS | 21.65M |
| 3 | CHUA CHEONG LIAN | MALACCA MASTERS | 19.59M |
| 4 | LALY KALATHOOR MELETHIL PAPPY | INDIA | 18.65M |
| 5 | SWEETY MODIMAREDDY | INDIA | 15.16M |
| 6 | PADMAVATHI BUDHARAJU | INDIA | 14.48M |
| 7 | VIJI VASUDEVAN | INDIA | 14.18M |
| 8 | ANDREA MARY WALSH | THAILAND | 13.69M |
| DISCUS (55 – 59) | | | |
| 1 | MARIANI BINTI MANAN | SAMAS | 19.00M |
| 2 | JESSIE MANJIN | SAMAS | 18.09M |
| 3 | JESSEE TSEN CHEW MOI | LABUAN MASTERS | 18.08M |
| 4 | ANJAMMA UBBORU | INDIA | 17.19M |
| 5 | LUDEMMA JENNEPOGU | INDIA | 16.65M |
| 6 | SUZYLA BINTI JAFFAR | PERAK MASTERS | 15.62M |
| 7 | BHAGYALAXMI PALANISAMY | INDIA | 13.97M |
| 8 | AMALIA MARQUEZ BARCOMA | SELANGOR MASTERS | 10.50M |
| DISCUS (60 – 64) | | | |
| 1 | THERESLINE ASIRVATHAM | SELANGOR MASTERS | 17.12M |
| 2 | DORATHEA BINTI ANTHONY | SAMAS | 14.86M |
| 3 | LETCHUMIPRABAH RAMACHANDRAN | SELANGOR MASTERS | 13.50M |
| 4 | HAMIDAH BINTI ZAINON | PDRM | 12.95M |
| 5 | MERRY HUI BEE NGOK | SMA | 12.67M |
| 6 | JAYALAKSHMI RANGANATHAN | INDIA | 10.71M |
| 7 | VIJAYA VELATHINGALA | INDIA | 8.02M |
| DISCUS (65 – 69) | | | |
| 1 | DR PUSHFA RAMASAMY | KL MASTERS | 14.78M |
| 2 | HAJAH MARIAH HJ METUSSIN | BRUNEI | 11.61M |
| 3 | VIJAYA RAMESH | INDIA | 11.39M |
| DISCUS (70 – 74) | | | |
| 1 | HELENA MAJALANG | SAMAS | 12.52M |
| 2 | K. NALINI DEVI | SMA | 10.20M |
| 3 | JASMINE ADAMLEBBE | SRI LANKA | 9.92M |
| 4 | CHEONG LENG NEO | MALACCA MASTERS | 7.36M |
| DISCUS (75 – 79) | | | |
| 1 | KAM AH BOAY @ KAM YUEH ENG | MALACCA MASTERS | 15.66M |
| 2 | LEE NGIT YUNG | SAMAS | 11.91M |
| DISCUS (105 – 109) | | | |
| 1 | RAMBAI | INDIA | 5.77M |
| JAVELIN (35 – 39) | | | |
| 1 | ROHASMIDA BINTI DAUD | HASIL MASTERS | 30.00M |
| 2 | MAGDALINI ANAK HILLARY PANGGAU | SAMAS | 22.41M |
| 3 | PRIYADHARSINI PERUMAL GOUNDER | INDIA | 18.10M |
| 4 | SUZANIRIHWATI BT ABD GHANI | SAMAS | 14.86M |
| 5 | FIROZINA BINTI ILIN | LABUAN MASTERS | 13.93M |
| 6 | LIANA BINTI RAMLI | SELANGOR MASTERS | 12.87M |
| 7 | IMELDA ATIQA BINTI UNTOL | LABUAN MASTERS | 10.71M |
| JAVELIN (40 - 44) | | | |
| 1 | ANGELINE JUMPO | SARAWAK MASTERS | 29.33M |
| 2 | CHUA SWEE MEI | MALACCA MASTERS | 27.94M |
| 3 | NANCY BINTI F. MICHAEL | SAMAS | 23.20M |

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| 4 | SHITAL RAMBHAI PATEL | INDIA | 18.92M |
| 5 | KALPANA DAMODAR BAGUL | INDIA | 17.99M |
| 6 | TAN MEI SHIA | MALACCA MASTERS | 11.72M |
| JAVELIN (45 - 49) | | | |
| 1 | ALINAWATI HAJI ALIAKBAR | BRUNEI | 26.94M |
| 2 | TIFFANY SOH BENG CHU | SELANGOR MASTERS | 20.21M |
| JAVELIN (50 - 54) | | | |
| 1 | CHAN NYET FUI | MALACCA MASTERS | 21.25M |
| 2 | NORAL AZIAN BINTI ZAINAL | PERAK MASTERS | 17.48M |
| 3 | LALY KALATHOOR MELETHIL PAPPY | INDIA | 16.58M |
| 4 | RINAWATI BINTI KHAIRUDDIN | PDRM | 16.15M |
| 5 | SWEETY MODIMAREDDY | INDIA | 14.22M |
| 6 | CHUA CHEONG LIAN | MALACCA MASTERS | 13.42M |
| 7 | PADMAVATHI BHDHARAJU | INDIA | 13.10M |
| JAVELIN (55 - 59) | | | |
| 1 | SARAH ALIAH BT ABDULLAH | PDRM | 18.89M |
| 2 | SITI DIAH BT JANI | BRUNEI | 16.82M |
| 3 | DR WONG NGAN LING | SELANGOR MASTERS | 15.64M |
| 4 | LUDEMMA JENNEPOGU | INDIA | 14.13M |
| 5 | JESSIE MANJIN | SAMAS | 13.43M |
| 6 | JESSEE TSEN CHEW MOI | LABUAN MASTERS | 12.25M |
| 7 | ANJAMMA UBBORU | INDIA | 11.38M |
| 8 | AMALIA AMRQUEZ BARCOMA | SELANGOR MASTERS | 9.53M |
| JAVELIN (60 - 64) | | | |
| 1 | MORDIANA ABDULLAH | SAMAS | 15.49M |
| 2 | MARYEM JOINOL | SAMAS | 14.44M |
| 3 | JAYALAKSHMI RANGANATHAN | INDIA | 6.48M |
| JAVELIN (65 - 69) | | | |
| 1 | DR PUSHFA RAMASAMY | KL MASTERS | 14.35M |
| 2 | G.I.D. EMAL SRIYANI | SRI LANKA | 10.30M |
| 3 | VIJAYA RAMESH | INDIA | 9.34M |
| 4 | E.N.L. JAYANTHI | SRI LANKA | 8.74M |
| 5 | HAJAH MARIAH HJ METUSSIN | BRUNEI | 8.62M |
| 6 | SOO YUET PING (WENDY) | KL | 8.49M |
| JAVELIN (70 - 74) | | | |
| 1 | HELENA MAJALANG | SAMAS | 14.59M |
| 2 | JASMINE ADAMLEBBE | SRI LANKA | 5.00M |
| JAVELIN (75 - 79) | | | |
| 1 | LEE NGIT YUNG | SAMAS | 12.28M |
| 2 | KAM AH BOAY @ KAM YUEH ENG | MALACCA MASTERS | 11.28M |
| 3 | BHAVANI VITTAL RAO | INDIA | 6.91M |
| MEDLEY RELAY WOMEN (OPEN) | | | |
| 1 | SELANGOR MASTERS | | 5:42.5S |
| 2 | FITNESS DISTRICT | | 6:17.9S |
| 3 | INDIA | | 8:18.9S |
| 4 X 100M WOMEN (OPEN) | | | |
| 1 | SAMAS A | | 56.3S |
| 2 | WOMEN NS | | 63.9S |

| | | | |
|-----------------------|------------------|--|---------|
| 3 | SAMAS B | | 64.1S |
| 4 | PERAK MASTERS | | 64.5S |
| 5 | SELANGOR MASTERS | | 71.9S |
| 6 | KAWAN ATHLETICS | | 72.1S |
| 7 | INDIA | | 72.9S |
| 4 X 400M WOMEN (OPEN) | | | |
| 1 | SAMAS A | | 5:05.1S |
| 2 | DBKL | | 5:40.6S |
| 3 | SAMAS B | | 5:57.5S |
| 4 | TEAM BAKAT | | 6:50.7S |
| 5 | INDIA | | 6.58.1S |
| | | | |

S. SIVAPRAGASAM
PRESIDENT MMAA
24TH SEPTEMBER 2023

**35TH MALAYSIAN INTERNATIONAL OPEN MASTERS ATHLETICS CHAMPIONSHIPS
16 – 17 SEPTEMBER 2023, KUALA LUMPUR
MEDAL TALLY**

| NO | COUNTRY/STATE/CLUB | GOLD | SILVER | BRONZE |
|-----------|---------------------------|-------------|---------------|---------------|
| 1 | SABAH | 70 | 47 | 29 |
| 2 | INDIA | 33 | 46 | 35 |
| 3 | PERAK | 29 | 20 | 20 |
| 4 | SELANGOR | 17 | 19 | 24 |
| 5 | PENANG | 17 | 7 | 13 |
| 6 | SINGAPORE | 16 | 19 | 16 |
| 7 | PDRM | 14 | 10 | 8 |
| 8 | BRUNEI | 14 | 8 | 6 |
| 9 | KUALA LUMPUR | 9 | 7 | 4 |
| 10 | DBKL | 7 | 8 | 5 |
| 11 | MALACCA | 6 | 10 | 8 |
| 12 | HONG KONG | 5 | 4 | 3 |
| 13 | NEGERI SEMBILAN | 4 | 5 | 5 |
| 14 | SRI LANKA | 3 | 5 | 2 |
| 15 | INDONESIA | 3 | 2 | 1 |
| 16 | HASIL MEMBERS | 3 | 2 | - |
| 17 | JOHOR | 2 | 4 | 1 |
| 18 | IRELAND | 2 | - | 1 |
| 19 | LABUAN | 1 | 4 | 2 |
| 20 | PACEMAKERS MY | 1 | 2 | - |
| 21 | ROTARY MY 3300 | 1 | 1 | - |
| 22 | SARAWAK | 1 | - | 4 |
| 23 | SOUTH AFRICA | 1 | - | - |
| 24 | FI RECREATION | - | 2 | - |
| 25 | FITNESS DIST | - | 2 | - |
| 26 | PHILIPPINES | - | 1 | 1 |
| 27 | THAILAND | - | - | 3 |
| 28 | QATAR | - | - | 1 |
| 28 | PAHANG | - | - | 1 |

**S. SIVAPRAGASAM, AMW
PRESIDENT MMAA
02 OCTOBER 2023**

