MALAYSIAN INTERNATIONAL OPEN MASTERS ATHLETICS CHAMPIONSHIPS

RECORDS : UPDATED 2025

MEN

MEN 35 - 39

100m	10.9s	HAIRUL B. ABU SHAH	MAL	2016
	10.9s	MOHD ZHAFRAN BIN MOHD ROSLI	MAL	2023
200m	23.3s	GAMLATHGE INDIKA	SL	2013
400m	53.0s	MOHD ZHAFRAN MOHD ROSLI	MAL	2024
800m	2:10.1s	SARAVANAN ELAGAMUROM	MAL	2018
1500m	4:26.5s	H.R. CHAMINDA	SL	2014
5000m	16:18.0s	ZAHED DEHPAHLEVAMI	IRAN	2011
5000m Walk	27:21.4s	LAM SUI HENG	MAL	2019
110m H	17.3s	MOHD ZHAFRAN BIN MOHD ROSLI	MAL	2025
LONG JUMP	6.00m	HARBINDER SINGH	IND	2009
HIGH JUMP	1.70m	VIKRAM SINGH	IND	2009
TRIPLE JUMP	11.65m	VIKRAM SINGH	IND	2009
SHOT PUT	11.95m	ELIASIN BIN ETIM	MAL	2010
DISCUS	35.97m	MARLON NIRANGA PAUL	DUBAI	2024
JAVELIN	52.83m	KARAN SINGH YADAV	IND	2009
3000m	9:56.9s	SUNIL KUMAR	IND	2023
3000m Walk	19:23.2s	NITAS BIN CAMILLUS TAN SING BEE	MAL	2024

MEN 40 - 44

100m	11.12s	MOHD YUSOF BIN NINGAL	MAL	2002
200m	23.4s	ALDO KRIEL	HK	2023
400m	53.93s	M. RAMAKRISHNAN	MAL	1996
800m	2:03.38s	M. RAMAKRISHNAN	MAL	1996
1500m	4:20.9s	MOHAMMAD BADIEIGOLMAKANI	IRAN	2018
5000m	16:16.40s	M. RAMAKRISHNAN	MAL	1996
5000m Walk	23:48.48s	JAGJIT SINGH	MAL	1997
110m H	17.6s	DJL GAMNI WEERASINGHE	SL	1995
400m H	62.7s	SHAMSHER SINGH	IND	1995
LONG JUMP	6.09m	KAMARULZAMAN TAHIR	MAL	1999
HIGH JUMP	1.70m	ROHIMI ABDULLAH	MAL	2003
	1.70m	ANNOPPHROMHIT	THAI	2015
	1.70m	H.A. SHANTHA KUMARA	SL	2015
TRIPLE JUMP	12.69m	RANJIT MALINGA	SL	1997
SHOT PUT	14.09m	LOHERH MANDOU	IND	1997
DISCUS	40.38m	DANAPAL NAIDU	MAL	1984
JAVELIN	50.68m	NASHATAR SINGH	MAL	1984
HAMMER	28.94m	JESWANT SINGH	MAL	1997
POLE VAULT	3.10m	SULAIMAN ABU BAKAR	MAL	1996
5K WALK (ROAD)	22:38.8m	JAGJIT SINGH	MAL	2000
3000m	10:28.3s	ANDRI DAUNI	MAL	2024
3000m Walk	15:26.9s	MAHAGEDARA WITHANALAGE P.	SL	2023

MEN 45 - 49

100m	11.4s	ERNAWAN WITARSA	INDO	2010
200m	23.9s	ERNAWAN WITARSA	INDO	2010
400m	53.1s	MICK WONG	HK	2018
800m	2:04.9s	M. RAMAKRISHNAN	MAL	1998
1500m	4:17.3s	M. RAMAKRISHNAN	MAL	1998
5000m	17:55.3s	ZAHED TAHERI	IRAN	2011
5000m Walk	27:16.3s	THOMAS KOK	MAL	1995
110m H	17.0s	WEERASINGHE	SL	1999
400m H	67.4s	JOHARI BIN HJ BAKAR	BRU	1995
LONG JUMP	6.02m	ERNAWAN WITARSA	INDO	2010
HIGH JUMP	1.73m	AUNNOP PROMHEET	THAI	2018
TRIPLE JUMP	11.39m	HJ ABDUL RANI	BRU	1994
SHOT PUT	11.89m	MEHDI KAZEMI NOPASHIAN	IRAN	2025
DISCUS	34.59m	SOLOMON T. MOHANATH	IND	2003
JAVELIN	47.82m	R.J. MIRANDA	SL	1997
HAMMER	32.48m	GURLAL SINGH	IND	1997
POLE VAULT	2.40m	S. SINNATHAMBY	MAL	1997
5K WALK (ROAD)	26:02.42m	K. MAHALINGAM	MAL	2000
3000m	10:09.4s	SANMUGANATHAN R. NAINASAGORAM	MAL	2024
3000m Walk	16:43.69s	TAN CHEE LEONG	MAS	2024

MEN 50 - 54

100m	11.64s	MICK WONG	HK	2023
200m	24.1s	MICK WONG	HK	2023
400m	54.4s	MICK WONG	HK	2023
800m	2:04.9s	C.D. ATHUKORALA	SL	1998
1500m	4:40.4s	M. RAMAKRISHNAN	MAL	2006
5000m	17:18.0s	M. RAMAKRISHNAN	MAL	2003
5000m Walk	27:06.0s	PURVES WILLIAM FRANKLIN	HK	1995
100m H	16.3s	BANCHA RAMARATANG	THAI	1995
	16.3s	SHAMRY MOHD ALI	MAL	2018
400m H	66.9s	M. GUNASENA	SIN	1987
LONG JUMP	5.99m	CLARENCE TAMI	MAL	2024
HIGH JUMP	1.60m	THANGAVEL T.M.	IND	2018
TRIPLE JUMP	11.59m	JAAFAR B. TIMBANG	MAL	2016
SHOT PUT	12.29m	JAMES JAYABALAN	MAL	1996
DISCUS	39.72m	SOLOMON T. MOHANATH	IND	2009
JAVELIN	48.16m	NAGARMAL MOYAL	IND	2006
HAMMER	38.82m	LAL CHAND RAM	IND	1995
POLE VAULT	2.90m	YOS SOR NAKANART	THAI	1996
5K WALK (ROAD)	26:39.29s	MUSTAFFAR OTHMAN	MAL	2000
3000m	11:33.4s	S. DIVAGARAN SUBRAMANIAM	MAL	2024
3000m Walk	17:24.2s	G. SURESH KUMAR	MAL	2024

MEN 55 - 59

100m	12.2s	MOCHAMAD HARIANTO	INDO	2016
200m	26.7s	P. JOGALEKHAR	IND	2001
	26.7s	MANSOR BIN HARUN	MAL	2011
400m	59.2s	M. RAMAKRISHNAN	MAL	2008
800m	2:16.1s	S. SANTHIRARAJAH	MAL	1998
1500m	4:37.1s	M. RAMAKRISHNAN	MAL	2007
5000m	18:32.7s	SIROUS BAVAFA	IRAN	2013
5000m Walk	27:46.7s	LUIS ABADIAS	SPAIN	2018
100m H	16.3s	WONG MUN KONG	SIN	2023
LONG JUMP	5.19m	WONG MUN KONG	SIN	2023
HIGH JUMP	1.55m	PIUS KONDOKOR	MAL	2001
TRIPLE JUMP	11.08m	CHARLES LINGAM	MAL	2015
SHOT PUT	12.90m	JAMES JAYABALAN	MAL	1997
DISCUS	38.12m	SUBMINDER SINGH	IND	1997
JAVELIN	45.09m	YAW DOLY YAW LOKONG	MAL	2009
HAMMER	32.60m	LOW CHENG LEONG	MAL	1996
POLE VAULT	2.40m	CHANDRA SEKAR PRASAD	IND	1997
5K WALK (ROAD)	25:37.81s	BILL PURVES	HK	2000
400m H	77.15s	S. PADMAHAN	IND	1997
3000m	11:03.7s	YUSOP BIN TUNGKOB	MAL	2023
3000m Walk	18:09.1s	AYAPPAN MADASAMY	IND	2023

MEN 60 - 64

100m	12.7s	FUMIO SASAKI	SIN	2012
	12.7s	CHARLIE LEE	MAS	2019
200m	26.8s	FUMIO SASAKI	SIN	2012
400m	61.4s	TEDDY PANELEWEN	INDO	2024
800m	2:28.9s	M. RAMAKRISHNAN	MAL	2014
1500m	4:57.3s	SEYED HASSAN HOSSEINI	IRAN	2013
5000m	18:17.9s	SEYED HASSAN HOSSEINI	IRAN	2013
5000m Walk	28:02.4s	THOMAS KOK	MAL	2009
300m H	53.04s	YAAKOB SALLEH	MAL	1997
100m H	17.08s	ALIUDIN JUMAAT	MAL	2017
LONG JUMP	4.89m	CHARLES LINGAM	MAL	2016
HIGH JUMP	1.46m	HOO YOON WAH	MAL	2022
TRIPLE JUMP	10.92m	CHIN FOO FAH	MAL	1997
SHOT PUT	13.49m	JAMES JAYABALAN	MAL	2002
DISCUS	37.74m	P. NADARAJAH	MAL	2014
JAVELIN	42.65m	TIM NEWENHAM	SIN	2024
HAMMER	35.68m	GENDA SINGH	MAL	1987
POLE VAULT	1.70m	CELEMENT B. KINDAN	MAL	1997
5K WALK (ROAD)	26:45.6s	BILL PURVES	HK	2008
400m H	69.52s	S. RAMASAMY	MAL	1996
3000m	12:16.32s	BOOBATHY RAMASAMY	MAL	2025
3000m Walk	19:03.4s	EFFY WIDJONO PUTRO	INDO	2023

MEN 65 - 69

100m	12.97s	CHARLIE LEE	MAL	2023
200m	26.6s	CHARLIE LEE	MAL	2023
400m	64.62s	AUSTIN JAYATILAKE	SL	1997
800m	2:39.1s	SURIYA WINGPRAWAT	THAI	2018
1500m	5:27.74s	AUSTIN JAYATILAKE	SL	1997
5000m	20:31.3s	MUSTAN SINGH	MAL	2003
5000m Walk	29:42.0s	THOMAS KOK	MAL	2013
300m H	73.23s	T. DEVARAJAN	IND	1997
100m H	19.05s	CHARLIE LEE	MAL	2023
LONG JUMP	4.49m	ABDUL SALAM HJ HAMID	SIN	2014
HIGH JUMP	1.40m	HOO YOON WAH	MAL	2024
TRIPLE JUMP	9.54m	CHIN FOO FAH	MAL	2002
SHOT PUT	11.96m	DATUK A. SIBIDOL	MAL	1987
DISCUS	37.70m	DATUK A. SIBIDOL	MAL	1987
JAVELIN	43.30m	HJ ZAINAL HJ NAMIT	BRU	2018
HAMMER	13.64m	SURIAKANT SRVASTAYA	IND	1997
POLE VAULT	1.60m	HJ MUSTAPHA ABDULLAH	MAL	1997
5K WALK (ROAD)	31:02.8s	CPT(B) HJ OSMAN LAHAB	BRU	2008
110m H	19.32s	THOMAS KESSLER	MAL	1994
3000m	13:16.4s	KANAPATHY SUPRAMANIAM	MAL	2023
3000m Walk	18:04.8s	K. MAHALINGAM KUPPUSAMY	MAL	2023

MEN 70 - 74

100m	14.1s	ERCAN OZKAN	TURKEYE	2024
200m	30.2s	MOHD TAMIN MERICAN	MAL	2003
400m	72.3s	T. SELVARAJ	IND	1997
800m	2:57.7s	GERARD O'REILLY	UK	2018
1500m	6:06.8s	GERARD O'REILLY	UK	2019
5000m	24:18.52s	MUNIANDY SINNIAH	MAL	2016
5000m Walk	31:03.81s	THOMAS KOK	MAL	2016
LONG JUMP	4.00m	MOHD TAMIN MERICAN	MAL	2004
HIGH JUMP	1.18m	T. JOHN DEVASIRVATHAM	IND	1998
TRIPLE JUMP	8.42m	MOHD TAMIN MERICAN	MAL	2004
SHOT PUT	11.33m	SYLVESTER CHANG PIT FUI	MAL	2013
DISCUS	33.11m	FARID GADELSHIN	UZB	2018
JAVELIN	43.61m	HAJI ZAINAL HAJI NAMIT	BRU	2023
5K WALK (ROAD)	32:05.42s	HJ MD NOOR ARIFFIN	MAL	2000
3000m	14:52.7s	SAMUTHARAPANDIAN PERIASAMY	MAS	2023
3000m Walk	20:08.35s	WONG YEW THO	MAS	2023

MEN 75 - 79

100m	15.3s	ALFRED LAJAWA	MAL	2008
200m	33.3s	ALFRED LAJAWA	MAL	2008
400m	82.2s	ALFRED LAJAWA	MAL	2008
800m	3:19.0s	GERARD O'REILLY	UK	2023
1500m	6:44.0s	GERARD O'REILLY	UK	2023
5000m	27:34.1s	SIDIN BIN WASIM	MAL	2018
5000m Walk	35:38.6	THOMAS KOK	MAL	2022
LONG JUMP	3.77m	VITALIS HERMAN	MAL	2024
HIGH JUMP	1.25m	A.E. SOEWENDO	INDO	1999
TRIPLE JUMP	7.43m	J. SAMUEL	IND	2024
SHOT PUT	11.22m	DOUGLAS JOHN SCHORR	SA	2024
DISCUS	25.94m	GURJIWAN SINGH SIDHU	IND	2009
JAVELIN	31.83m	SAMRUAY SOONTHORNVIPAT	THAI	2018
HAMMER	8.96m	MD RAZALI UDA NONGKAH	MAL	1995
5K WALK (ROAD)	38:34.8s	M. RAMASAMY	MAL	2008
3000m	17:45.1s	MURUGESU SINNATHEVAR	MAL	2024
3000m Walk	20:48.94s	THOMAS KOK	MAL	2023

MEN 80 - 84

100m	16.2s	ALFRED LAJAWA	MAL	2016
200m	35.3s	CHAAMNONG KHAMENKETGAN	THAI	2018
400m	90.0s	CHAAMNONG KHAMENKETGAN	THAI	2018
800m	3:53.7s	CHAAMNONG KHAMENKETGAN	THAI	2018
1500m	8:27.0s	LOW KUAN SOW @ LOKE KUAN SOW	MAL	2023
5000m	37:11.7s	KOR HONG FATT	SIN	2013
LONG JUMP	3.21m	ALFRED LAJAWA	MAL	2017
	3.21m	KAPT(B) HJ OSMAN BIN HJ LAHAB	BRU	2023
HIGH JUMP	1.05m	T. JOHN DEVASIR	IND	2008
TRIPLE JUMP	6.23m	SOH CHIN KOON	SIN	2024
5000m Walk	37:45.2s	PANCHANATHAM KRISHNAMOORTHY	IND	2009
SHOT PUT	8.87m	SWARAN SINGH	IND	2023
DISCUS	20.04m	PURUSHOTHAMAN ANANTHAM	MAL	2025
JAVELIN	22.29m	SOETIKNO HENDRATA	INDO	2024
3000m	18:29.2s	LOW KUAN SOW @ LOKE KUAN SOW	MAL	2023
3000m Walk	23:06.5s	P. SURESH UMATHE	IND	2024

MEN 85 - 89

100m	18.0s	ALFRED LAJAWA	MAL	2019
200m	36.1s	ALFRED LAJAWA	MAL	2019
400m	131.8s	KOR HONG FATT	SIN	2018
800m	5:20.6s	KOR HONG FATT	SIN	2018
1500m	11:17.3s	KOR HONG FATT	SIN	2018
5000m	44:22.1s	KOR HONG FATT	SIN	2018
5000m Walk	50:44.8s	P. GOPALAKRISHNAN	IND	1999
SHOT PUTT	6.89m	PURUSHOTHAMAN NARAYANASWAMY	IND	2024
DISCUS	18.72m	PURUSHOTHAMAN NARAYANASWAMY	IND	2024
JAVELIN	17.55m	ALFRED LAJAWA	MAL	2019
3000m Walk	27:38.46s	NG NGOH HENG	SIN	2023

MEN 90 - 94

100m	20.6s	PAN PHUTTASEN	THAI	2018
200m	88.8s	PUSPANATHAN LETCHUMANAN	MAL	2023
SHOT PUT	8.09m	PAN PHUTTASEN	THAI	2018
JAVELIN	17.90m	PAN PHUTTASEN	THAI	2018

MEN 95 - 99

100m	24.5s	SAWANG JANPRAM	THAI	2018
SHOT PUT	4.74m	SAWANG JANPRAM	THAI	2018
JAVELIN	13.59m	SAWANG JANPRAM	THAI	2018
200m	66.3s	PUSHPANATHAN LETCHUMANAN	MAL	2022

MEN 100 - 104

200m	50.26s	DHARAM PAL GURJAR	IND	2014

WOMEN

WOMEN 35 - 39

100m	12.35s	DEDEH ERAWATI	INDO	2016
200m	25.8s	SOO CHONG PENG	MAL	2000
400m	58.49s	SOO CHONG PENG	MAL	2000
800m	2:27.78s	SAJI JOHN	IND	1997
1500m	5:21.16s	SAJI JOHN	IND	1997
5000m	20:14.9s	VIVIENE KARTSOUNIS	MAL	2001
3000m	12:33.8s	MICHELE TAN BEE KIANG	MAL	2022
3000m Walk	19:06.20s	KALIAMAH MANIAN	MAL	2016
5000m Walk	30:42.0s	YAP WAI MUN	MAL	2002
5K WALK (ROAD)	28:40.52s	WEI MUN	MAL	2000
100m H	14.8s	DEDEH ERAWATI	INDO	2016
400m H	68.95s	SARIKA P/ANDSE	IND	1996
LONG JUMP	5.39m	SOO CHONG PENG	MAL	2000
HIGH JUMP	1.70m	MICHELLE SNG	SIN	2023
TRIPLE JUMP	9.56m	WAN NORAINI WAN ABDULLAH	MAL	2018
SHOT PUT	10.71m	DSP LIONG SAU LAI	MAL	2015
DISCUS	42.19m	YAP JENG TZAN	MAL	2022
JAVELIN	38.08m	POON PUI FUN	SL	2003
3K WALK (ROAD)	24:54.6s	R. CHITRA	IND	2008
2000m	9:13.45s	NURUL AINI ABDUL RAHMAN	MAL	2024
2000m Walk	13:17.93s	AZEERA BT ABDULLAH	MAL	2023

WOMEN 40 - 44

100m	12.6s	ALISON CHEW SUK LING	MAL	2024
200m	27.4s	SOO CHONG PENG	MAL	2003
	27.4s	ALISON CHEW SUK LING	MAL	2024
400m	62.9s	ALISON CHEW SUK LING	MAL	2023
800m	2:44.2s	HAZEL CHEW KIM HUA	SIN	1995
1500m	5:38.20s	LINDA HO MENG LEE	SIN	1998
3000m	14:23.57s	PREETI DATTATREYA MASKE	IND	2017
5000M	21:36.50s	ESAH STEPHEN. K	SIN	1996
3000m Walk	19:40.0s	TAN SIOE CHEN	INDO	2006
5000m Walk	28:57.30s	MITCHELLE PATTISELANO	SIN	1997
5K WALK (ROAD)	32:18.2s	LOW MAY CING	SIN	2003
100m H	18.25s	HAZEL CHEW KIM HUA	SIN	1994
80m H	15.4s	UMI ILYANA BT KAMALUDIN	MAS	2025
LONG JUMP	5.25m	SUNANDA BARLINGE	IND	1996
HIGH JUMP	1.40m	CHAN SEE HUEY	SIN	2003
	1.40m	JIANG ZILIN	SIN	2023
TRIPLE JUMP	9.21m	RITA THONG HINN LIM	MAL	2016
SHOT PUT	9.33m	SUPT LIONG SAU LAI	MAL	2022
DISCUS	31.94m	INDU BALA	IND	2015
JAVELIN	32.79m	ZAITON OTHMAN	MAL	2001
10000m	49:21.56s	CAROL NG OOI YIN	MAL	1994
3K WALK (ROAD)	21:35.6s	RUBY VENKATACHALAM	IND	2008
2000m	8:13.32s	MICHELE TAN BEE KIANG	MAL	2024
2000m Walk	11:59.0s	XUE MIAO JUAN	PR CHINA	2024

WOMEN 45 - 49

100m	13.2s	JULIANA GUMPIL	MAL	2012
200m	29.4s	MITRA JAFARPOUR ZIDEH SARAEI	IRAN	2025
400m	65.7s	MITRA JAFARPOUR ZIDEH SARAEI	IRAN	2025
800m	2:48.9s	LEA ELIZABETH YEO	MAL	2007
1500m	5:42.6s	LEA ELIZABETH YEO	MAL	2007
3000m	13:29.1s	RITA BT GHANI	MAL	2022
5000m	22:26.0s	LAMMERS GISELA	GER	2002
3000m Walk	19:42.31s	TAN SIOE CHEN	INDO	2010
5000m Walk	29:54.3s	LIM CHIEW CHENG	MAL	1999
5K WALK (ROAD)	28:09.26s	LIM CHIEW CHENG	MAL	2000
LONG JUMP	4.88m	JULIANA GUMPIL	MAL	2012
HIGH JUMP	1.23m	LIEW SZE KIUK LIANA	MAL	2018
TRIPLE JUMP	9.59m	JULIANA GUMPIL	MAL	2012
SHOT PUT	9.53m	MANJU LATA	IND	2014
DISCUS	29.45m	NARINDER KAUR	MAL	2000
JAVELIN	30.64m	ANNA FIEL FIGUEIRA	IND	1997
80m H	16.0s	KIRTHANA KOLANDAIRAJ	IND	2014
400m H	2:13.3s	KATIKA LATHADEVI	IND	1995
100m H	37.3s	SATYASHI BJG	IND	2008
3K WALK (ROAD)	16:44.9s	CHEAH BEE TIN	MAL	2008
2000m	9:09.36s	PALLAVI M MOOG	IND	2024
2000m Walk	12:54.7s	KALIAMMAH MANIAN	MAL	2024

WOMEN 50 - 54

100m	13.6s	JULIANA GUMPIL	MAL	2016
200m	30.84s	JULIANA GUMPIL	MAL	2014
400m	76.1s	NOKALMAH SANASEE	MAS	2024
800m	2:43.9s	JOUTI @ VIRONICA ELAU	MAL	2011
1500m	6:06.7s	GISELA MARIA LAMMERS	GER	2004
3000m	14:02.32s	CHOO NGIK HUNG	MAL	2017
5000m	23:29.5s	KAMALA DEVI	MAL	2010
3000m Walk	18:50.0s	KAMALA DEVI	MAL	2012
5000m Walk	33:55.09s	WONG HA MOOI	MAL	1997
5K WALK (ROAD)	30:39.2s	LIM SIEW CHENG	MAL	2003
LONG JUMP	4.83m	JULIANA GUMPIL	MAL	2017
HIGH JUMP	1.23m	JULIANA GUMPIL	MAL	2017
TRIPLE JUMP	9.19m	JULIANA GUMPIL	MAL	2015
SHOT PUT	9.31m	LIEW LOI THAI	MAL	2002
DISCUS	25.44m	CHAN NYET FUI	MAL	2022
JAVELIN	25.20m	LIEW LOI THAI	MAL	2002
3K WALK (ROAD)	17:44.9s	RAJAM GOPI	IND	2008
2000m	9:24.4s	CHUAH GUAT NA	MAL	2023
2000m Walk	15:47.0s	RAJASHREE WANDREKER	IND	2024

WOMEN 55 - 59

100m	14.1s	ERINE SINUEL	MAL	2024
200m	29.8s	ERINE SINUEL	MAL	2025
400m	72.0s	ERINE SINUEL	MAL	2024
800m	3:13.3s	LINDA OH AH KIAW	SIN	2012
1500m	6:32.0s	KAMALA KOLANTHAI	MAL	2015
3000m	16:01.33s	JOUTI @ VIRONICA ELAU	MAL	2017
5000m	26:46.6s	MOLKI HOOSHYAR GHALATI	IRAN	2011
3000m Walk	17:56.5s	CARMEN GARCIA FRONTONS	SPAIN	2018
5000m Walk	36:11.3s	GOH NAN YANG	MAL	1999
5K WALK (ROAD)	33:29.25s	YEAP LAY THONG	MAL	2000
80m H	19.74s	JENNY PRATOGO	INDO	1997
LONG JUMP	4.53m	JULIANA GUMPIL	MAL	2018
HIGH JUMP	1.20m	JULIANA GUMPIL	MAL	2022
TRIPLE JUMP	8.42m	JULIANA GUMPIL	MAL	2022
SHOT PUT	9.36m	H.D.S. WEERASINGHE	SL	2015

DISCUS	25.36m	H.D.S. WEERASINGHE	SL	2015
JAVELIN	27.47m	LOO CHENG SIEW	MAL	2019
3K WALK (ROAD)	17:48.7s	LEE YAU HONG	MAL	2008
2000m	9:46.8s	HUSNA BINTI ABDULLAH	BRU	2023
2000m Walk	13:01.46s	SERENE SEAH	SIN	2023

WOMEN 60 - 64

100m	14,6s	JULIANA GUMPIL	MAL	2023
200m	31.5s	CHRISTINA LABANJING	MAL	2014
400m	84.9s	LINDA OH AH KIAW	SIN	2016
800m	3:25.8s	WILAIWAN CHAISAENGSUKKUL	THAI	2018
1500m	6:50.5s	LIAN BEE HOON @ LIAN BEE FONG	MAL	2024
3000m	15:48.6s	VIRONICA JOUTI ELAU	MAL	2019
3000m Walk	19:52.02s	LEE SHEW KENG	MAL	2015
5000m	36:38.8s	MARGARET LIM	MAL	1999
5000m Walk	38:26.20s	CHAN MEW LENG	MAL	1994
5 K WALK (ROAD)	36:37.5s	ROS MANIZAR	INDO	2003
LONG JUMP	4.39m	JULIANA GUMPIL	MAL	2023
HIGH JUMP	1.17m	JULIANA GUMPIL	MAL	2023
TRIPLE JUMP	8.47m	JULIANA GUMPIL	MAL	2023
SHOT PUT	8.13m	NUNTUJPORN SRIJAD	THAI	2018
DISCUS	20.78m	TAY YU ENG	MAL	2017
JAVELIN	23.90m	TAY YU ENG	MAL	2017
3K WALK (ROAD)	22:55.0s	GAIL YEAP	MAL	2008
2000m	9:34.34s	GOH KIM HONG MAGGIE	MAL	2024
2000m Walk	13:38.03s	KOMATHI JAYARAMAN	SIN	2023

WOMEN 65 - 69

100m	16.5s	LUCY YONG	MAL	2024
200m	35.0s	LUCY YONG	MAL	2024
400m	89.8s	CHIN YEE CHING	MAL	2024
800m	3:47.87s	JOUTI @ VIRONICA BINTI ELAU	MAL	2023
1500m	7:22.5s	CHIN YEE CHING	MAL	2024
3000m	17:49.1s	SUSANNA HIEW NYUK KYAU	MAL	2019
3000m Walk	20:18.3s	IRENE YEOW	SIN	2019
5000m Walk	37:05.3s	MARGARET LIM	MAL	1999
10000m	1hr 11:16.2s	ROSEANNE JONES	MAL	1994
LONG JUMP	3.14m	LUCY YONG	MAL	2024
HIGH JUMP	1.10m	LAIN YIN MEI	HK	2024
TRIPLE JUMP	6.53m	LUCY YONG	MAL	2024
SHOT PUT	8.16m	SIRIPAN JANPRAM	THAI	2018
DISCUS	18.40m	S. JANE PARIPURANAM	MAL	2004
JAVELIN	19.44m	PREMPREE FUNKAEO	THAI	2018
3K WALK (ROAD)	23:04.0s	ADELINE J. UMBUL	MAL	2008
2000m	10:13.38s	CHIN YEE CHING	MAL	2024
2000m Walk	14:21.12s	JOUTI @ VIRONICA BINTI ELAU	MAL	2023

WOMEN 70 - 74

100m	19.2s	MARY OOMMAN	MAL	1999
200m	41.6s	MARY OOMMAN	MAL	1999
400m	1:38.9s	GLADYS PAIS	IND	2024
800m	4:25.4s	MICKY GURMIRESMI	INDO	2006
1500m	8:25.2s	MICKY GURMIRESMI	INDO	2006
5000m	30:53.1s	MICKY GURMIRESMI	INDO	2006
3000m Walk	25:33.4s	GAIL YEAP LAY TONG	MAL	2018
5000m Walk	39:56.6s	KOH KEK KEE	MAL	1995
LONG JUMP	2.84s	GLADYS PAIS	IND	2024
TRIPLE JUMP	6.39m	GLADYS PAIS	IND	2024
SHOT PUT	7.76m	CHALEOSRI CHIMWONG	THAI	2018
DISCUS	18.83m	JUMINAH WIRYO SUPARNO	INDO	2016
JAVELIN	17.37m	JUMINAH WIRYO SUPARNO	INDO	2016
3K WALK (ROAD)	24:01.0s	MARGARET LIM WEE LIEN	MAL	2008

2000m	11:54.3s	LEE YAU HONG	MAL	2023
2000m Walk	13:15.10s	IRENE YEOW	SIN	2023
HIGH JUMP	0.85m	CHRISTINA LABANJING @ JENTUNIS	MAL	2023

WOMEN 75 - 79

100m	22.3s	DAISY VICTOR	IND	2008
	22.3s	ADELINE J. UMBUL	MAL	2013
200m	50.1s	MARIE ROREK	INDO	2007
400m	2:56.2s	KOH KEK KEE	MAL	2002
800m	5:19.3s	ADELINE J.UMBUL	MAL	2013
1500m	10:32.0s	SAROJEET KAUR	MAL	2022
5000m	39:30.72s	KOH KEK KEE	MAL	1997
3000m Walk	27:10.0s	MARGARET LIM WEE LIEN	MAL	2014
5000m Walk	41:35.47s	KOH KEK KEE	MAL	1997
5 K WALK (ROAD)	47:15.0s	ROSEANNE JONES	MAL	2002
SHOT PUT	9.21m	TSERENDOLGOR TOMORBAT	MON	2016
DISCUS	22.24m	TSERENDOLGOR TOMORBAT	MON	2016
JAVELIN	16.87m	TSERENDOLGOR TOM0RBAT	MON	2016
TRIPLE JUMP	4.50m	DAISY VICTOR	IND	2008
3K WALK (ROAD)	32:50.5s	DESAI TARUNBALA KRISHNAKANT	IND	2008
2000m	17:11.1s	SAROJEET KAUR	MAL	2023
LONG JUMP	1.60m	MARGARETHA ARITONANG	INDO	2024
2000m Walk	18:45.9s	T V LALITHAMMA	IND	2024

WOMEN 80 - 84

100m	23.3s	MARIE ROREK	INDO	2016
200m	56.9s	ADELINE JOHN UMBUL	MAL	2019
400m	3:06.2s	ROSEANNE MARY JONES	MAL	2007
3000m Walk	28:30.4s	ADELINE JOHN UMBUL	MAL	2019
SHOT PUT	5.98m	JUMINAH WIRYO SUPARNO	INDO	2024
DISCUS	14.95m	THONGWAN SURAKUP	THAI	2018
JAVELIN	13.68m	THONGWAN SURAKUP	THAI	2018
2000m Walk	20:33.21s	LEE SEE TIAM	SIN	2023

WOMEN 85 - 89

100m	20.0s	MARIE ROREK	INDO	2018
SHOT PUT	4.38m	MARIE ROREK	INDO	2017
DISCUS	8.78m	MARIE ROREK	INDO	2017
JAVELIN	8.11m	MARIE ROREK	INDO	2018

WOMEN 90 - 94

DISCUS	4.70m	MARIE ROREK	INDO	2025
JAVELIN	4.45m	MARIE ROREK	INDO	2025
SHOT PUT	2.59m	MARIE ROREK	INDO	2025

WOMEN 105 - 109

200m	182.9s	RAMBAI	IND	2023
SHOT PUT	3.45m	RAMBAI	IND	2023
DISCUS	5.77m	RAMBAI	IND	2023

4 X 100M RELAY MEN OPEN

4X100m	47.1s	MALAYSIA	MAL	2023

4 X 100M RELAY WOMEN OPEN

4 X 100m	54.8s	MALAYSIA	MAL	2001

4 X 400M RELAY MEN OPEN

4 X 400m	3:47.2s	SINGAPORE	SIN	2015

4 X 400M RELAY WOMEN OPEN

4 X 400m	4:52.9s	MALAYSIA	MAL	2001

MEDLEY RELAY

200M, 2000M, 400M, 800M

MEN	4:15.5s	MALAYSIA	MAL	2023
WOMEN	5:42.5s	MALAYSIA	MAL	2023

MIXED RELAY

OPEN	4:43.3s	MALAYSIA	MAL	2024

S. Sivapragasam
26-Oct-24