



**MALAYSIAN MASTERS ATHLETIC ASSOCIATION
(MMAA)**

30TH MALAYSIAN INTERNATIONAL OPEN MASTERS
ATHLETICS CHAMPIONSHIPS

OFFICIAL RESULTS

26 - 27 NOVEMBER 2016

STADIUM UNIVERSITI MALAYA
KUALA LUMPUR, MALAYSIA

30TH MIOMAC OFFICIAL RESULTS
26 – 27 NOVEMBER 2016
KUALA LUMPUR

MEN

POSITION	NAME	COUNTRY/STATE	TIME / DIST / HEIGHT
100M (M35 – 39)			
1	HAIRUL B ABU SHAH	MALACCA	10.9s
2	BAIJU H N	INDIA	11.3s
3	SJN MAULIE MANGAN	PDRM	11.7s
4	LEE RAY VONNE NORMAN	SAMAS	12.0s
5	RAMESH NAIDU	SINGAPORE	12.5s
6	MOHAMED NORRIZAN	SINGAPORE	12.9s
7	WONG SING HAOW	POMNS	13.1s
8	CHANG HUA	C TAIPEI	13.1s
100M (M40 – 44)			
1	CLARENCE TAMI	SAMAS	12.1s
2	DAVID ISMAIL	INDONESIA	12.3s
3	HJ SHAHRI BIN HJ AHMAD	BRUNEI	12.3s
4	AZIZAN BIN ZAMHARI	KUALA LUMPUR	12.4s
5	BALACHANDRAN LAILA RANJIT	SINGAPORE	12.6s
6	LIAW YIN VON	SAMAS	12.7s
7	ROHAIZI BIN RASTAM	SELANGOR	12.9s
8	PRADEEP C.	INDIA	13.1s
100M (M45 – 49)			
1	STEVEN TAY WEE CHANG	SINGAPORE	12.0s
2	SHARIF SHARIMAN	SINGAPORE	12.4s
3	SHAMRY MOHD ALI	SAMAS	12.7s
4	JIPRIN B JUSDI	SAMAS	13.1s
5	SHAHRIL ANUAR AHMAD	KL MASTERS	13.2s
6	ANUAR BIN NAWI	PERAK MASTERS	13.3s
7	MUHILAN SUBRAMANIAM	SMAA	14.2s
8	SABU M.G.	INDIA	14.3s
100M (M50 – 54)			
1	OSMAN BIN NADZIM	SINGAPORE	11.7s
2	AGUS DWI RAHARDJO	INDONESIA	12.0s
3	RAHIM BIN SALAMAT	SAMAS	12.5s
4	KORUTH P KOSHY	INDIA	12.9s
5	B.A.SRI LAI	SRI LANKA	13.0s
6	RAMESH CHANDRA GOCHAR	INDIA	13.3s
7	ALI MUSTAFFA OTHMAN	JOHOR	13.6s
8	SJN LOKMAN ABU BAKAR	PDRM	13.9s

100M (M55 – 59)

1	MOCHAMAD HARIANTO	INDONESIA	12.2s
2	AHLIHAIR ABDULLAH	INDONESIA	12.7s
3	NESLON TJANDRA	INDONESIA	12.8s
4	A ABDUL KAREEM	INDIA	12.8s
5	MUSTAFA BIN IBRAHIM	SINGAPORE	12.9s
6	MICHAEL LEE CHIA CHYE	SINGAPORE	13.3s
7	LUIS@JAMES BIN LIDONG	SAMAS	13.9s
8	H.V. DAHANAYAKE	SRI LANKA	15.2s
9	LEE TING CHEONG	PERAK	15.8s

100M (M60 – 64)

1	SUWANDI	INDONESIA	13.4s
2	MATHMOD M. ALIDIN	SAMAS	14.0s
3	THIRUVENKATAM BALAN	INDIA	14.0s
4	WINDY SAMSUDI	INDONESIA	14.2s

100M (M65 – 69)

1	FUNG KONG	SAMAS	14.0s
2	UMAN@YUMAN BIN SIKIN	SAMAS	14.7s
3	SHAIKE HUSSAN M JANI	INDIA	15.0s
4	SENGOLE ARULSAM Y	INDIA	16.5s

100M (M70 – 74)

1	SUKUMARAN P. E.	INDIA	15.2s
2	GILBERT DIVANCY D.	SAMAS	15.6s
3	KPT(B) HJ OSMAN B HJ LAHAB	BRUNEI	16.0s
4	JOHN CHUA LIAT KHIANG	SINGAPORE	16.1s
5	ABDUL RAZAK ZAINUDDIN	PERAK	18.1s

100M (M75 – 79)

1	SOETIYO	INDONESIA	19.3s
2	NG NGOH HENG	SINGAPORE	21.3s
3	S. RAMASAMY	N. SEMBILAN	23.2s

100M (M80 – 84)

1	ALFRED LAJAWA	SAMAS	16.2s
2	BENEDICT GOMEZ	SINGAPORE	18.7s
3	RAMASAMY MUTHUSAMY	SMAA	20.8s
4	EDDY THAMBE	INDONESIA	23.0s

200M (M35 – 39)

1	HAIRUL ABU SAMAH	MALACCA	24.0s
2	BAIJU H. N.	INDIA	24.3s
3	KPL ILLANGO SUPRAMANIAM	PDRM	24.5s
4	RAMESH NAIDU	SINGAPORE	25.3s
5	SJN MAULIE MANGUN	PDRM	28.3s

200M (M40 – 44)

1	DOMINIC WONG	HONG KONG	26.1s
2	SUNIL SIVADASAN	INDIA	26.4s
3	DAVID ISMAIL	INDONESIA	26.5s
4	HJ SHAHRI HJ AHMAD	BRUNEI	26.9s
5	TITUS JOHN	INDIA	27.1s
6	INSP ZULKARNAIN	PDRM	28.3s
7	ANANDA RAO APPAMAH	SMAA	28.7s

200M (M 45 – 49)

1	STEVEN TAY WEE CHUNG	SINGAPORE	25.1s
2	SHARIF SHARIMAN	SINGAPORE	25.7s
3	FARIS ABD WAHAB	SINGAPORE	26.0s
4	KASIM B ABDUL RAHMAN	KVT PERAK	26.6s
5	SHAMRY MOHD ALI	SAMAS	26.9s
6	TONY CHUI	HONG KONG	27.4s
7	SHAHRIL ANUAR AHMAD	KL MASTERS	27.4s
8	OCKBEN SAOR SINAGA	INDONESIA	33.1s

200M (M50 – 54)

1	RAHIM B SALAMAT	SAMAS	27.5s
2	B A SRI LAL	SRI LANKA	28.3s
3	RAMESH CHANDRAN GOCHAR	INDIA	28.4s
4	KORUTH P KUSHY	INDIA	28.7s
5	CHAI KEIN FOH	POV PAHANG	36.0s

200M (M55 – 59)

1	H V DAHANAYAKE	SRI LANKA	27.6s
2	SUPRAPTO	INDONESIA	29.0s
3	NESLON TJANDRA	INDONESIA	29.7s
4	MUSTAFA BIN IBRAHIM	SINGAPORE	30.4s
5	A ABDUL KAREEM	INDIA	30.6s
6	CHAI KEN CHOY	POV PAHANG	37.5s

200M (M60 – 64)

1	MATHMOD A. ALIDIN	SAMAS	27.9s
2	TEE EE KIA	SELANGOR	28.9s
3	THIRUVENKATAM BALAN	INDIA	30.9s

200M (M65 – 69)			
1	FUNG KONG	SAMAS	30.2s
2	THANESVARAN MALAVARAYAR	KL MASTERS	32.6s
3	SENGOLE ARULSAM Y	INDIA	35.4s
4	SUBRAMANIAN SENGUDAN	SMAA	39.7s
200M (M70 – 74)			
1	GILBERT DIVANCY D	SAMAS	34.5s
2	JOHN CHUA LIAT KHIANG	SINGAPORE	35.6s
3	HJ ARIFFIN B ABDULLAH	BRUNEI	35.7s
4	ABDUL RAZAK ZAINUDDIN	PERAK	37.1s
5	RUSTAMADJI SUTOMOH	INDONESIA	43.2s
200M (M75 – 79)			
1	NG NGOH HENG	SINAGPORE	49.3s
200M (M80 - 84)			
1	ALFRED LAJAWA	SAMAS	39.5s
400M (M35 – 39)			
1	ANUAR ALMI BIN HJ RAMLI	KVT PERAK	53.3s
2	AUGUSTINO	SINGAPORE	55.0s
3	RAMESH NAIDU	SINGAPORE	58.0s
4	S.J. SENARATHNA	SRI LANKA	67.1s
5	SJN MAULIE BIN MANGUN	PDRM	70.9s
400M (M40 – 44)			
1	DOMINIC WONG	HONG KONG	57.6s
2	TITUS JOHN	INDIA	59.0s
3	THANARAJAN VERASALAM	SINGAPORE	59.6s
4	DAVID ISMAIL	INDONESIA	60.0s
5	SUNIL SIVADASAN	INDIA	60.2s
6	JAI PRAKASH BHUKAR	INDIA	62.1s
7	NG WAI KIT	PERAK MASTERS	69.2s
8	PRABAGARAN VYTHILINGAM	SMAA	79.4s
400M (M45 – 49)			
1	SHARIF SHARIMAN	SINGAPORE	59.1s
2	KASIM B ABD RAHMAN	KVT PERAK	59.6s
3	FARIS ABD WAHAB	SINGAPORE	60.3s
4	REDZUAN B ABD RAHIM	KVT PERAK	64.7s
5	SAVARIA XAVIER	PERAK MASTERS	65.3s
6	SHAHRIL ANUAR AHMAD	KL MASTERS	65.3s
7	H.K.V. SANJEEWA	SRI LANKA	69.3s
8	SANJI GEORGE	INDIA	69.5s
9	MUHILAN SUBRAMANIAM	SMAA	78.4s

400M (M50 – 54)			
1	DSP SELVAKUMARAN N.	PDRM	60.1s
2	B. A. SRI LAL	SRI LANKA	63.1s
3	RAHIM BIN SALAMAT	SAMAS	64.9s
4	TEE LIAN PENG	POV PAHANG	90.0s
400M (M55 – 59)			
1	MARK PHILIP DIXON	SINGAPORE	65.5s
2	SUPRAPTO	INDONESIA	67.5s
3	NESLON TJANDRA	INDONESIA	68.8s
4	A. ABDUL KAREEM	INDIA	73.3s
5	A.R. WIJESIRI	SRI LANKA	76.8s
6	ELIAS MOHD ZAIN	KL MASTERS	93.4s
400M (M60 – 64)			
1	ALIUDIN JUMAAT	SAMAS	64.7s
2	TEE EE KIA	SELANGOR	67.6s
3	D. JOSEPH LATONG	SAMAS	73.0s
4	THIRUVENKATAM BALAN	INDIA	74.0s
5	RAJA ARUMUGAM	POMNS	79.0s
6	DR GOH CHOON HENG	POV PAHANG	87.7s
400M (M65 – 69)			
1	THANESVARAN MALAVARAYAR	KL MASTERS	73.9s
2	JIWANANTHAM MASILAMANI	SMAA	84.6s
3	SENGOLE ARULSAMY	INDIA	85.6s
4	SUBRAMANIAN SENGUDAN	SMAA	106.1s
400M (M70 – 74)			
1	CHANG PANG WEN	C. TAIPEI	79.1s
2	MUNIANDY SINNIH	SMAA	80.2s
3	GILBERT DIVANCY D.	SAMAS	82.2s
4	HJ ARIFFIN BIN ABDULLAH	BRUNEI	85.2s
5	ABDUL RAZAK ZAINUDDIN	PERAK	90.0s
6	S THIAGARAJAN	SELANGOR	95.1s
800M (M35 – 39)			
1	K.P.W. ROHANA KUMARA P	SRI LANKA	2:10.37s
2	CHANG HUA	C. TAIPEI	2:38.39s
3	KPL JAYA CHANDRAN	PDRM	3:13.09s
800M (M40 – 44)			
1	TITUS JOHN	INDIA	2:20.38s
2	NANDU RAMBHAU UGALE	INDIA	2:21.75s
3	ZAINURI BIN ABD AZIZ	KVT PERAK	2:25.36s

4	THANARAJAN VERASALAM	SINGAPORE	2:33.77s
5	ANPALAGAN SITHAMBARAM	PERAK MASTERS	2:44.30s
6	NGE KIAT SOON	MALACCA	2:46.02s
7	VIKAS KALIA	INDIA	3:27.05s
800M (M45 – 49)			
1	REDZUAN B ABD RAHMAN	KVT PERAK	2:30.92s
2	H.K.V. SANJEEWA	SRI LANKA	2:34.79s
3	LEW KAM CHEUN	POV PAHANG	2:36.32s
4	SHANMUGANATHAN RATNAM	PERAK MASTERS	2:38.64s
5	SUDAM K. SANGALE	INDIA	2:40.81s
800M (M50 – 54)			
1	KUMAR VAIRAN	PERAK MASTERS	2:37.80s
2	ASP WISWANANDAN	PDRM	2:44.22s
3	TAN CHUAN HUAT	POV PAHANG	2:45.16s
4	GOPAN K.O.V.	INDIA	2:52.76s
5	RATTAN SINGH PRITAM SINGH	PERAK MASTERS	3:13.61s
6	R.A.MAHINDA LUXMAN	SRI LANKA	3:23.65s
7	SHAJI E.K.	INDIA	3:34.71s
800M (M55 – 59)			
1	SJN SAHAR ASMUNI	PDRM	2:32.07s
2	SORGANESHAN MANICKAM	PERLIS	3:05.46s
3	SJN SIRRAJUDIN GHANI	PDRM	3:33.11s
800M (M60 – 64)			
1	RAJA ARUMUGAM	POMNS	3:02.50s
2	D. JOSEPH LATONG	SAMAS	3:06.38s
800M (M65 – 69)			
1	WONG YEW THO	POMNS	3:16.28S
2	JIWANANTHAM MASILAMANI	SMAA	3:39.49S
3	RAMACHANDRAN ANAMALAY	SMAA	7:52.58S
800M (M70 – 74)			
1	MUNIANDY SINNIH	SMAA	3:00.43s
2	CHANG PANG-WEN	C. TAIPEI	3:04.15s
3	GERARD O'REILY	IRELAND	3:05.71s
4	HJ ARIFFIN BIN ABDULLAH	BRUNEI	3:39.93s
5	ABDUL RAZAK ZAINUDDIN	PERAK	4:09.36s
6	HJ SUPRAMAN SADIN	SINGAPORE	4:26.88s

1500M (M35 – 39)			
1	ABDUL AZIZ B MOHAMOUD	KL MASTERS	4:47.82s
2	H.A. ROSHAN CHAMINDA	SRI LANKA	4:52.63s
3	PRAMOD G. KUMAR	INDIA	4:56.15s
4	GOKUL NAMADEO DEORE	INDIA	5:21.89s
5	KESAVAN K. RAMACHANDRAN	PERAK MASTERS	5:28.50s
1500M (M40 – 44)			
1	UBAID K.H.	INDIA	4:58.24s
2	NANDU RAMBHAU UGALE	INDIA	5:02.60s
3	TITUS JOHN	INDIA	5:03.71s
4	ZAINURI B ABD AZIZ	KVT PERAK	5:11.98s
5	CHEONG YEW LIAN	POV PAHANG	5:12.58s
6	NGE KIAT SOON	MALACCA	5:38.36s
7	ANPALAGAN SITHAMBARAM	PERAK MASTERS	5:42.35s
8	PRAGALATHAN RAMACHANDRAN	PERAK MASTERS	5:57.19s
9	MICHAEL SAMUEL	PERAK MASTERS	6:09.17s
10	VIKAS KALIA	INDIA	7:28.78s
1500M (M45 – 49)			
1	RAUEENDRAN A.R.	INDIA	5:20.31s
2	H.K.V. SANJEEWA	SRI LANKA	5:26.32s
3	REDZUAN BIN ABDUL RAHMAN	KVT PERAK	5:28.29s
4	LEW KAM CHEUN	POV PAHANG	5:30.76s
5	SHANMUGANATHAN RATNAM	PERAK MASTERS	5:43.40s
6	RAJAN SUPPIAH	JETS	6:29.95s
7	KALISLAVAN RAMACHANDRAN	JETS	6:58.27s
1500M (M50 – 54)			
1	LEONG BEE HOON	PDRM	5:16.99s
2	ZULKIFLY BIN MAN	PERAK MASTERS	5:27.41s
3	KUMAR VAIRAN	PERAK MASTERS	5:31.15s
4	KHOR KIM EN	PERAK MASTERS	5:31.68s
5	TAN CHUAN HUAT	POV PAHANG	5:54.60s
6	R.A. MAHINDA LUXMAN	SRI LANKA	6:10.59s
7	ARUMUGAM SUBRAMANIAM	KL MASTERS	6:16.12s
8	GOPAN K.O.V.	INDIA	6:18.57s
9	CHAI KEIN FOH	POV PAHANG	6:39.12s
1500M (M55 – 59)			
1	NAEK SAGALA	INDONESIA	5:18.68s
2	SIN SAHAR ASMUNI	PDRM	5:30.14s
3	SM ZAKARIA ABD RAHIM	PDRM	6:16.67s
4	SORGANESAN MANICKAM	PERLIS	6:47.10s
5	ZAINUDIN BIN MD YUSOF	DBKL	6:54.85s

1500M (M60 – 64)			
1	RAJA ARUMUGAM	POMNS	6:17.79s
2	SAMUTHARAPANDIAN P.	PERAK MASTERS	6:43.23s
1500M (M65 – 69)			
1	WONG YEW THO	POMNS	6:16.32s
2	JIMMY LIM	SINGAPORE	7:01.78s
3	MURUGESU SINNATHEVAR	PERAK MASTERS	8:10.58s
1500M (M70 – 74)			
1	MUNIANDY SINNIH	SMAA	6:07.05s
2	GERARD O' REILY	IRELAND	6:23.89s
3	CHANG PANG-WEN	C. TAIPEI	6:31.22s
4	AFANDI BIN BUANG	SINGAPORE	8:20.92s
5	HJ SUPRAMAN BIN SADIN	SINGAPORE	9:12.62s
5000M (M35 – 39)			
1	ABDUL AZIZ MOHAMOUD	KL MASTERS	19:06.15s
2	H.A. ROSHAN CHAMINDA	SRI LANKA	19:37.29s
3	GOKUL NAMADEO DEORE	INDIA	19:50.40s
4	PRAMUD G. KUMAR	INDIA	21:28.04s
5000M (M40 – 44)			
1	UBAID K.H.	INDIA	19:50.69s
2	CHOONG YEW LIAM	POV PAHANG	20:30.33s
3	NANDU RAMBHAU UGALE	INDIA	20:48.28s
4	VISWANATHAN RAMACHANDRAN	PERAK MASTERS	22:13.12s
5	PRAGALATHAN RAMACHANDRAN	PERAK MASTERS	24:08.36s
5000M (M45 – 49)			
1	RAUEENDRAN A.R.	INDIA	21:39.75s
2	JARI ROZALI ADAM	INDONESIA	22:16.77s
3	SHANMUGANATHAN RATNAM	PERAK MASTERS	24:42.30s
5000M (M50 – 54)			
1	K.A.A. PUSHPAKUMAR ALWIS	SRI LANKA	20:04.55s
2	LEONG BEE VOON	PDRM	20:06.39s
3	C.P.A. HATHARASINGHE	SRI LANKA	20:07.40s
4	KHOR KIM EN	PERAK MASTERS	20:23.82s
5	ZULKIFLY BIN MAN	PERAK MASTERS	21:58.87s
6	ABU BAKAR BIN SHAARI	POV PAHANG	22:32.25s
7	ARUMUGAM SUBRAMANIAM	KL MASTERS	26:09.52s

5000M (M55 – 59)			
1	NAEK SAGALA	INDONESIA	19:42.65s
2	KANESEN SUNNAMUTHU	PERAK MASTERS	23:03.73s
3	SM ZAKARIA ABD RAHIM	PDRM	24:48.29s
4	GURUSAMY SUBRAMANIAM	PERAK MASTERS	27:38.58s
5000M (60 – 64)			
1	RAJA ARUMUGAM	POMNS	23:36.30s
2	CHUA SOON HUAT	SINGAPORE	24:21.19s
3	SAMUTHARAPANDIAN P.	PERAK MASTERS	24:33.28s
5000M (M65 – 69)			
1	VILANGUKALLEL MATHEW G.	INDIA	23:46.29s
2	MURUGESU SINNATHEVAR	PERAK MASTERS	28:41.80s
5000M (M70 – 74)			
1	MUNIANDY SINNIH	SMAA	24:18.52s
2	JULIUS KOMUNING	SAMAS	28:28.77s
3	PHILLIP LIM	KL MASTERS	29:26.37s
4	HJ SUPRAMAN BIN SADIN	SINGAPORE	35:08.29s
110M H (M35 – 39)			
1	PAVITHRAN M.	INDIA	22.4s
2	S.J. SENARATHNA	SRI LANKA	29.0s
110M H (M40 – 44)			
1	ASNI BIN TAHIR	PERAK	19.3s
2	JAI PRAKASH BHUKAR	INDIA	20.5s
3	SHIJO K.K.	INDIA	31.7s
110M H (M45 – 49)			
1	JASON WONG	SINGAPORE	18.0s
2	SHAMSRY MOHD ALI	SAMAS	18.6s
3	TONY CHUI	HONG KONG	19.4s
4	ANUAR BIN NAWI	PERAK MASTERS	21.0s
100M H (M50 – 54)			
1	AGUS DWI RAHARJO	INDONESIA	16.4s
2	MOHD HASNI HUSSEIN	MALACCA	20.2s
3	SK GUNARATHNA	SRI LANKA	25.4s
4	ABD MANAP BIN IBRAHIM	MALACCA	27.2s

100M H (M55 – 59)			
1	MOCHAMAD HARIANTO	INDONESIA	19.4s
2	SJN MOHD FAUZI AHMAD SAFRI	PDRM	22.2s
3	MICHAEL LEE CHIA CHYE	SINGAPORE	24.4s
100M H (M60 – 64)			
1	ALIUDIN JUMAAT	SAMAS	19.4s
2	AB MALEK B TAIB	POMNS	20.6s
3	APPADURAI NADAR N.	INDIA	33.3s
5000M WALK (M35 – 39)			
1	S.J. SENARATHNA	SRI LANKA	35:42.25s
2	H.R. ROSHAN CHAMINDA	SRI LANKA	36:49.98s
5000M WALK (M40 – 44)			
1	G. SURESH KUMAR	KL MASTERS	30:02.34s
2	PANASOAN SIMANJUNTAK	INDONESIA	39:36.10s
5000M WALK (M45 – 49)			
1	SJN JAYAPAL KAPPUSAMY	PDRM	32:52.57s
2	SUDAM K. SANGALE	INDIA	35:10.51s
3	RAJENDRA PRASAD AGARWAL	INDIA	35:23.82s
4	AIMAN CHEAH TIONG CHAP	SMAA	37:27.32s
5000M WALK (M50 – 54)			
1	R. SUBRAMANIAM	SINGAPORE	30:28.23s
2	SJN MOHD ZAINI HARUN	PDRM	32:00.20s
3	RAHMAT SUMARSONO SAMIN	INDONESIA	33:48.40s
4	KPL MOHD NASIR MOHD ALI	PDRM	35:18.32s
5000M WALK (M55 – 59)			
1	E.R. UPALI GUNARATHNA	SRI LANKA	33:13.21s
2	KANESEN SUNNAMUTHU	PERAK MASTERS	33:19.01s
3	RAJENDRAN KRISHNASAMY	SINGAPORE	33:26.00s
4	KPL AZMI BIN MAHAT	PDRM	35:07.15s
5	RAIEI BIN MAHIDIN	SMAA	35:13.21s
6	THARMALINGAM	PERAK MASTERS	38:02.43s
5000M WALK (M60 – 64)			
1	MANIAN APPALASAMY	PERAK MASTERS	34:04.53s
2	S. SATHIYANESAN	SINGAPORE	34:21.87s
3	TANI CLACE SEBASTIAN	PDRM	35:10.32s
4	SUDARIYANTO	INDONESIA	43:00.07s
5	ATHINAN B. ABU SAMAH	JOHOR	48:08.37s

5000M WALK (M65 – 69)			
1	YEO CHONG LAY	SINGAPORE	31:55.40s
2	WONG YEW THO	POMNS	32:57.57s
3	FOO CHEE JIN	SINGAPORE	34:00.68s
4	JOHN KUTTY STANSILAS	SINGAPORE	35:38.40s
5	ADANAN BIN MOHAMMAD	KL MASTERS	36:22.51s
6	VIMALASINGAM SARANAMUTHU	SMAA	42:00.48s
5000M WALK (M70 – 74)			
1	THOMAS KOK	PERAK MASTERS	31:03.81s
2	LOGANATHAN RAMASAMY	SINGAPORE	34:16.54s
3	KPT(B) HJ OSMAN HJ LAHAB	BRUNEI	35:19.76s
4	RICHARD LAI	SINGAPORE	36:29.02s
5	PHILLIP LIM	KL MASTERS	41:10.42s
6	SANTHIRA RAJAH S.	SMAA	49:44.49s
5000M WALK (M75 – 79)			
1	NG NGOH HENG	SINGAPORE	38:27.02s
2	NAVARETHNA SINGAM	SINGAPORE	42:56.07s
3	JESMAIL SINGH	SMAA	43:01.44s
4	DATO' SIEH KOK CHI	KL MASTERS	51:29.92s
5000M WALK (M85 – 89)			
1	AJIT SINGH	SINGAPORE	51:08.70s
SHOT PUTT (M35 – 39)			
1	KAMARUL AZHAN WAN HASSAN	KVT PERAK	8.16m
SHOT PUTT (M40 - 44)			
1	PG AZIZUL AKBAR PG B.	BRUNEI	9.82m
2	SHIJO K.K.	INDIA	9.54m
3	SIEW HANN WEN	SMAA	8.54m
4	HUKAM SINGH RAWAT	INDIA	8.42m
5	RAYMOND CHAI	SAMAS	8.16m
6	PANASOAN SIMANJUNTAK	INDONESIA	8.09m
7	K.D.G. RANJITH KARUNARATHNA	SRI LANKA	7.03m
8	WONG SIU HOU	SAMAS	6.82m
SHOT PUTT (M45 – 49)			
1	KPL RAHIM ABD HAMID	PDRM	9.50m
2	V.N. SHAJI	INDIA	7.89m
3	ROHIT SINGH	INDIA	7.33m

SHOT PUTT (M50 – 54)			
1	THULASEEDHARAN K.	INDIA	11.06m
2	GURUSWAMY K.R.	INDIA	9.63m
3	MAULANI BIN DIMAN	SAMAS	9.58m
4	KPL ALI BIN SHARIN	PDRM	9.50m
5	INS ZAHAR BIN RAHMAN	SMAA	9.27m
6	GUNASAEGARAN N.	SMAA	8.51m
SHOT PUTT (M55 – 59)			
1	AMPUAN MD ABD KHIFLI	BRUNEI	9.61m
2	N. JAYARAMAN	SMAA	9.25m
3	CHUN YUN KIONG	SAMAS	9.00m
4	K. KRISHNASAMY	SMAA	8.37m
SHOT PUTT (M60 – 64)			
1	TARMIZI SANDHU	SAMAS	10.50m
2	P. NADARAJAH	SMAA	9.36m
3	SHOMANSUR SHATURSUNOV	UZBEKISTAN	9.01m
4	SANIBAN B. AMPILAH	SAMAS	8.96m
5	NARAYANAN NAIR S. N.	POMNS	8.52m
6	KIRPAL SINGH HARNAM SINGH	KL MASTERS	6.02m
7	HJ SUHAIBON HJ OTHMAN	BRUNEI	6.01m
SHOT PUTT (M65 – 69)			
1	THONG THU CHOI	SAMAS	9.15m
2	FARID GADELSHIN	UZBEKISTAN	8.31m
3	PILAH @ ONDOG B. KISANG	SAMAS	7.02m
4	ANDREW SEBASTIAN	KL MASTERS	6.16m
5	P.T.Y.S.G.A. BANDARA	SRI LANKA	5.37m
SHOT PUTT (M70 – 74)			
1	GILBERT DIVANCY D.	SAMAS	7.30m
2	TABIB BIN GUMBANG	BRUNEI	6.35m
SHOT PUTT (M75 – 79)			
1	E. BALASINGAM	KL MASTERS	6.59m
2	JESMAIL SINGH	SMAA	5.71m
SHOTT PUTT (M80 – 84)			
1	WONG SIK POI	KL MASTERS	5.27m

JAVELIN (M35 – 39)			
1	KAMARUL AZMAN B WAN HASAN	KVT PERAK	23.19m
JAVELIN (M40 – 44)			
1	SIEW HANN WENN	SMAA	36.86m
2	LEE KIAN FEI	PERAK	36.48m
3	HUKAM SINGH RAWAT	INDIA	35.99m
4	ASNI BIN TAHIR	PERAK	32.99m
5	PANOSOAN SIMANJUNTAK	INDONESIA	29.98m
6	BRIJIT K. ABRAHAM	INDIA	27.19m
7	MATTHEW SEAN	SAMAS	23.75m
JAVELIN (M45 – 49)			
1	ROHIT SINGH	INDIA	32.86m
2	SURENDER SINGH	INDIA	30.70m
3	LIAW FUN MIN	MALACCA	29.68m
JAVELIN (M50 – 54)			
1	ASP ZAINAL ARIFFIN	PDRM	41.14m
2	INS ZAHAR RAHMAN	SMAA	32.46m
3	THULASEEDHRAN K.	INDIA	29.40m
4	GUNASAEGARAN N.	SMAA	23.64m
JAVELIN (M55 – 54)			
1	PRASET YOADI	INDONESIA	33.97m
2	DSP DR VASU APPU	PDRM	33.30m
3	K KRISHNASAMY	SMAA	32.30m
JAVELIN (M60 – 64)			
1	TARMIZI SANDHU	SAMAS	37.39m
2	P. NADARAJAH	SMAA	26.55m
3	NARAYANAN NAIR S.N.	POMNS	26.44m
4	HJ ABU BAKAR HJ PUNGUT	BRUNEI	26.26m
5	HJ SUHAIBUN HJ OTHMAN	BRUNEI	16.73m
JAVELIN (M65 – 69)			
1	MOHAMAD BIN MD IDRUS	POV PAHANG	29.61M
2	FARID GADEL SHIN	UZBEKISTAN	26.85M
3	PILAH@ ONDOG B KISANG	SAMAS	23.88M
4	KUPPANNA GOUNDER R.	INDIA	22.79M
5	P.T.Y.S.G.A. BANDARA	SRI LANKA	17.39M
JAVELIN (M70 – 74)			
1	JULIUS KOMUNING	SAMAS	27.44m
2	TABIB BIN GUMBANG	BRUNEI	20.59m
3	RUSTAMADJI SUTOMO	INDONESIA	19.07m

JAVELIN (M75 – 79)			
1	JESMAIL SINGH	SMAA	14.04m
2	BADIA ARITONANG	INDONESIA	13.02m
3	HUSIN BIN SAFAR	SMAA	9.98m
JAVELIN (M80 – 84)			
1	EDDY THAMBE	INDONESIA	12.04m
DISCUS (M35 – 39)			
1	WONG SING HAOW	POMNS	23.18M
2	KAMARUL AZHAN WAN HASIAAN	KVT PERAK	19.32M
DISCUS (M40 – 44)			
1	LEE KIAN FEI	PERAK MASTERS	32.42m
2	BENOY THOMAS	INDIA	26.54m
3	HUKAM SINGH RAWAT	INDIA	24.87m
4	ASNI BIN TAHIR	PERAK	24.33m
5	SIEW HANN WEN	SMAA	22.52m
6	WONG SIU HOU	SAMAS	22.30m
7	BRIJIT K. ABRAHAM	INDIA	19.62m
8	K.D.G RANJIT KARUNARATHNA	SRI LANKA	19.58m
DISCUS (M45 – 49)			
1	IBRAHIM BIN AB WAHAB	PERAK	25.48m
2	KPL RAHIM BIN ABD HAMID	PDRM	25.28m
3	LIAW FUN MIN	MALACCA	22.20m
4	V. N. SHAJI	INDIA	20.77m
5	DI PANKAR NAG	INDIA	16.31m
DISCUS (M50 – 54)			
1	THULASEEDHARAN K.	INDIA	31.47m
2	MAULANI BIN DIMAN	SAMAS	31.46m
3	GURUSWAMY K.R.	INDIA	30.30m
4	INS ZAHAR RAHMAN	SMAA	28.98m
5	KPL ALI BIN SHARIN	PDRM	23.76M
6	SJN LOKMAN ABU BAKAR	PDRM	18.84m
DISCUS (55 – 59)			
1	AMPUAN MD ABD KHIFI	BRUNEI	33.95m
2	K. KRISHNASAMY	SMAA	24.34m
3	PRASETYOADI	INDONESIA	23.50m
4	N. JAYARAMAN	SMAA	22.68m
5	SUPRAPTO	INDONESIA	21.91m
6	B. SARATH PERERA	SRI LANKA	16.62m

DISCUS (M60 – 64)			
1	P. NADARAJAH	SMAA	35.06m
2	TARMIZI SANDHU	SAMAS	32.38m
3	SANIBAN B AMPILAH	SAMAS	24.53m
4	NARAYAN NAIR S.N.	POMNS	20.10m
5	SLAMET BUDIHARJU	INDONESIA	23.41m
6	WINDY SAMSUDI	INDONESIA	22.42m
7	SUDARIYANTO	INDONESIA	19.11m
8	KIRPAL SINGH HARNAM SINGH	KL MASTERS	15.60m
DISCUS (M65 – 69)			
1	FARID GADELSHIN	UZBEKISTAN	32.88M
2	TUNG THU CHOI	SAMAS	26.95M
3	PILAN @ ONDOG B KISANG	SAMAS	22.89M
4	KUPPANNA GOUDER RAMASAMY	INDIA	22.60M
5	D.T.Y.S.G.A. BANDARA	SRI LANKA	17.13M
6	ANDREW SEBASTIAN	KL MASTERS	16.65M
DISCUS (M70 – 74)			
1	JULIUS KAMUNING	SAMAS	27.55m
2	TABIB BIN GUMBANG	BRUNEI	18.88m
3	RUSTAMADJI SUMOTOH	INDONESIA	18.11m
DISCUS (M75 – 79)			
1	E. BALASINGAM	KL MASTERS	18.40m
2	HUSIN BIN SAFAR	SMAA	12.00m
DISCUS (M80 – 84)			
1	WONG SIK POI	KL MASTERS	12.12m
2	LIM YOKE FOOI	KL MASTERS	9.67m
LONG JUMP (M35 – 39)			
1	BAIJU H.N.	INDIA	5.99m
2	PAVITHRAN M.	INDIA	5.13m
3	MOHD HAFEEZ HAZREEK A.R.	MALACCA	4.76m
LONG JUMP (M40 – 44)			
1	CLARENCE TAMI	SAMAS	5.28m
2	AZIZAN BIN ZAMHARI	KL	4.99m
3	PRADEEP C.	INDIA	4.92m
4	SIEW HANN WEN	SMAA	4.86m

LONG JUMP (M45 – 49)			
1	JIPRIN BIN JUSDI	SAMAS	5.48m
2	LIEW KIM TU	PERAK MASTERS	5.10m
3	OSKBEN SAOR SINAGA	INDONESIA	4.45m
4	SURENDER SINGH	INDIA	4.36m
5	AD. RATHNASIRI	SRI LANKA	4.32m
LONG JUMP (M50 – 54)			
1	JAAFAR BIN TIMBANG	LABUAN	5.26m
2	RAHIM BIN SALAMAT	SAMAS	4.96m
3	MOHD HASNI HUSSEIN	MALACCA	4.67m
4	RAVINDRA SINGH RATHOR	INDIA	3.46m
5	ALI MUSTAFFA OTHMAN	JOHOR	4.44m
LONG JUMP (M55 – 59)			
1	CHUNG YUN KIONG	SAMAS	4.38m
2	BAMBANG HARI SANTOSO	INDONESIA	4.17m
3	SJN SIRRAJUDIN GHANI	PDRM	3.66m
4	RAIEI BIN MAHIDIN	SMAA	3.46m
5	RAJENDRAN KRISHNASAMY	SINGAPORE	2.72m
LONG JUMP (M60 – 64)			
1	CHARLES LINGAM	SAMAS	4.89m
2	SUWANDI	INDONESIA	4.65m
3	AB MALEK BIN TAIB	POMNS	4.18m
4	DATUK ABDUL MULOK	LABUAN	4.13m
5	D. JOSEPH LATONG	SAMAS	3.98m
6	CHOO WAI KIN	KL MASTERS	3.78m
7	HJ ABU BAKAR BIN HJ PUNGUT	BRUNEI	3.70m
8	HJ SUHAIBON BIN HJ OTHMAN	BRUNEI	2.60m
LONG JUMP (M65 – 69)			
1	NARUL ANDAU	SAMAS	3.90m
2	SHAIKE HUSSAN M. JANI	INDIA	3.78m
3	MOHAMAD BIN MD IDRUS	POV PAHANG	3.76m
4	HJ ABD RANI HJ MATASAN	BRUNEI	3.57m
5	KUPPANA GOUNDER R.	INDIA	3.26m
6	VIMALASINGAM SARANAMUTHU	SMAA	2.30m
LONG JUMP (M70 – 74)			
1	KPT(B) HJ OSMAN HJ LAHAD	BRUNEI	3.53m
2	AFANDI BIN BUANG	SINGAPORE	2.80m
3	SANTHIRA RAJA S.	SMAA	2.50m

LONG JUMP (M75 – 79)			
1	HUSIN BIN SAFAR	SMAA	1.76m
2	S. RAMASAMY	N SEMBILAN	1.75m
LONG JUMP (M80 – 841)			
1	ALFRED LAJAMA	SAMAS	2.94m
HIGH JUMP (M35 – 39)			
1	PAVITHRAN M.	INDIA	1.40m
HIGH JUMP (M40 – 44)			
1	LIAW YIN VON	SAMAS	1.50m
2	SIM CHEE HO	SINGAPORE	1.45m
3	SHIJO K.K.	INDIA	1.45m
4	SIM CHEE SENG	SINGAPORE	1.30m
HIGH JUMP (M45 – 49)			
1	IBRAHIM BIN AB WAHAB	PERAK	1.45m
2	W.S.K. RATHNAYAKE	SRI LANKA	1.35m
3	LIAW FUN MIN	MALACCA	1.20m
HIGH JUMP (M50 – 54)			
1	RAVINDRA SINGH RATHOR	INDIA	1.25m
HIGH JUMP (M55 – 59)			
1	MUSTAFA BIN IBRAHIM	SINGAPORE	1.35m
2	CHUNG YUN KIONG	SAMAS	1.30m
HIGH JUMP (M60 – 64)			
1	ALIUDIN JUMAAT	SAMAS	1.30m
2	CHOO WAI KIN	KL MASTERS	1.15m
HIGH JUMP (M65 – 69)			
1	NARUL BIN ANDAU	SAMAS	1.25m
2	HJ ABD RANI HJ MATASAN	BRUNEI	1.20m
3	SHAIKE HUSSAN M. JANI	INDIA	1.10m

TRIPLE JUMP (M35 – 99)			
1	PAVITHRAN	INDIA	9.85m
2	KAMARUL AZHAN WAN HASSAN	KVT PERAK	8.38m
TRIPLE JUMP (M40 – 44)			
1	AZIZAN BIN ZAMHARI	KL	10.75m
2	PRADEEP C.	INDIA	10.09m
3	SAMSUL BIN MAAROF	MALACCA	6.86m
TRIPLE JUMP (M45 – 49)			
1	JIPRIN BIN JUUDI	SAMAS	10.02m
2	RAKESH BHARADWAJ	INDIA	9.75m
3	OCKBEN SAOR SINAGA	INDONESIA	8.14m
4	A.D. RATHNASIRI	SRI LANKA	7.82m
TRIPLE JUMP (M50 – 54)			
1	JAAFAR BIN TIMBANG	LABUAN	11.59m
2	AGUS DWI RAHARDJO	INDONESIA	9.42m
3	MOHD HASNI HUSSEIN	MALACCA	8.82m
TRIPLE JUMP (M55 – 59)			
1	CHUNG YUN KIONG	SAMAS	9.17m
2	H.V. DAHANAYAKE	SRI LANKA	8.79m
3	BAMBANG HARI SANTOSO	INDONESIA	8.22m
TRIPLE JUMP (M60 – 64)			
1	CHARLES LINGAM	SAMAS	10.06m
2	SUWANDI	INDONESIA	9.78m
3	D. JOSEPH LATONG	SAMAS	8.49m
4	DATO' ABDUL MULUK	LABUAN	8.31m
5	HJ ABU BAKAR HJ PUNGUT	BRUNEI	7.80m
6	CHOO WAI KIN	KL MASTERS	7.39m
TRIPLE JUMP (M65 – 69)			
1	NARUL ANDAU	SAMAS	8.54m
2	HJ ABD RANI HJ MATASAN	BRUNEI	7.50m
3	KUPPANNA GOUNDER R.	INDIA	6.88m
4	MOHAMAD BIN MD IDRUS	POV PAHANG	6.34m
TRIPLE JUMP (M70 – 74)			
1	HJ ARIFFIN BIN ABDULLAH	BRUNEI	6.80m
2	AFANDI BIN BUANG	SINGAPORE	5.72m
TRIPLE JUMP (M80 – 84)			
1	ALFRED LAJAWA	SAMAS	4.74m

4 X 100M OPEN (MEN)			
1	SINGAPORE		47.7s
2	SABAH		50.0s
3	INDONESIA		51.0s
4	INDIA B		52.0s
5	INDIA A		52.4s
6	SRI LANKA		52.8s
7	PERAK		76.1s
4 X 400M OPEN (MEN)			
1	SINGAPORE		3:59.75s
2	KL MASTERS		4:00.12s
3	SRI LANKA A		4:10.60s
4	INDIA B		4:25.37s
5	PERAK		4:36.48s
6	INDIA A		4:41.25s

WOMEN

100M (W35 – 39)			
1	DEDEH ERAWATI	INDONESIA	12.35s
2	KPL ROSJULIANEE MD YUSOF	INDONESIA	14.57s
3	VENGTRAMAN ABITHA	SINGAPORE	15.80s
4	NOR AIDAH ARIFFIN	KL MASTERS	16.27s
5	KPL DAYANG NOORAFIDAH	PDRM	16.42s
6	ASP NOR AZIZAN MOKHTAR	PDRM	16.97s
7	KUMARI KAUSHALIYA RANI	PERAK MASTERS	16.99s
100M (W40 – 44)			
1	BERNICE LAU KAM MUN	SAMAS	14.3s
2	ALINAWATI BT HJ ALIAKBAR	BRUNEI	14.6s
3	RITA THONG HINN LIN	PERAK MASTERS	14.6s
4	L/KPL NUR ALIQA LILIA	PDRM	15.4s
5	MARTA BASA LOKMAN	LABUAN	15.4s
6	NORASYIKIN JAMALUDDIN	KL MASTERS	15.9s
7	NORSALAWATI SEKDING	DBKL	16.6s
8	FATEN SALAWATI BT M.S.	BRUNEI	17.0s
100M (W45 – 49)			
1	SNEHLATA JAIN	INDIA	14.5s
2	ROSHNI GULATI	INDIA	15.1s
3	NESAMALAR ALBEPER	PERAK MASTERS	15.4s
4	SRI HARTINAH	INDONESIA	16.5s
5	HUSNA BT ABDULLAH	BRUNEI	17.1s
6	TILAGAWATI SUPRAMANIAM	PERAK MASTERS	17.7s
7	NOR AZILAH BT AHMAN	POMNS	17.8s
100M (W50 – 54)			
1	JULIANA GUMPIL	SAMAS	13.6s
2	BUDI NURANI	INDONESIA	15.2s
3	NARAN LUVSANISH	MONGOLIA	17.4s
4	RAMANIBABY	INDIA	17.7s
5	TERBISH TSOIJGAVAA	MONGOLIA	18.7s
6	GOH KIM HONG MAGGIE	SMAA	19.2s
100M (W55 – 59)			
1	NORA SRI HAPSARI	INDONESIA	19.4s
2	YUNY YUNAINI	INDONESIA	20.4s
3	SRI HARMINI	INDONESIA	21.7s
100M (W60 – 64)			
1	LINDA OH AH KOW	SINGAPORE	16.1s
2	CHRISTINA LABANJING	SAMAS	17.5s

100M (W65 – 69)			
1	AISHAH BT N. ABU BAKAR	PAV MALACCA	26.1s
100M (W70 – 74)			
1	MARGARETHA ARITONANG	INDONESIA	19.3s
2	PETCHAY KANDASAMY	SINGAPORE	23.3s
100M (W75 – 79)			
1	ADELIN JOHN UMBUL	SAMAS	23.5s
2	MARGARET LIM WEE LIEN	SMAA	23.6s
100M (W80 – 84)			
1	MARIETJE ELIZABETH ROREK	INDONESIA	23.3s
200M (W35 – 39)			
1	DEDEH ERAWATI	INDONESIA	26.7s
2	KPL ROSJULIANEE MD YUSOF	PDRM	31.1s
3	NOR AIDAH ARIFFIN	KL MASTERS	35.1s
4	KPL DAYANG NOORAFIDAH	PDRM	35.2s
5	ASP NOR AZRINA M	PDRM	40.4s
200M (W40 – 44)			
1	JULIANA BT HJ KASSIM	BRUNEI	30.3s
2	L/KPL NUR ATIQA LILIA A.	PDRM	33.7s
3	MARTA BASA LOKMAN	LABUAN	34.3s
4	TAMILSLVE PERIASAMY	POMNS	35.6s
5	FATEN SALAWATI BT M.S.	BRUNEI	37.0s
6	NORSALAWATI SEKDING	DBKL	37.2s
7	CHANDRIKJA K.	INDIA	40.6s
200M (W45 – 49)			
1	SNEHLATA JAIN	INDIA	31.4s
2	ROSHNI GULATI	INDIA	32.8s
3	SRI HARTINAH	INDONESIA	35.3s
4	HUSNAH BT ABDULLAH	BRUNEI	38.0s
5	NOR AZILAH BT AHMAD	POMNS	39.7s
200M (W50 – 54)			
1	BUDI NURANI	INDONESIA	33.2s
2	NARAN LUVSANISH	MONGOLIA	39.1s
3	MONA SIGAR	INDONESIA	46.0s

200M (W55 – 59)			
1	LUCY YONG	SAMAS	34.6s
2	NORA SRI HAPSARI	INDONESIA	43.6s
3	YUNI YUNAINI	INDONESIA	44.8s
4	CHIN FAH MONG	SMAA	47.6s
5	SRI HARMINI	INDONESIA	48.1s
6	R THANKAMMA	INDIA	58.4s
200M (W60 – 64)			
1	CHRISTINA LABANJING	SAMAS	43.2s
200M (W70 – 74)			
1	PETCHAY KANDASAMY	SINGAPORE	55.9s
200M (W75 – 79)			
1	ADELIN JOHN UMBUL	SAMAS	56.5s
2	MARGARET LIM WEE LIEN	SMAA	69.8s
400M (W40 – 44)			
1	TAMILSLVE PERIASAMY	POMNS	83.2s
2	NORBAIN BT MUSTAPHA	SINAGPORE	83.8s
3	FATEN SALAWATI BT M.S.	BRUNEI	89.2s
4	CHANDRIKJA K.	INDIA	106.4s
5	CHELVI KANASAN	PERAK MASTERS	122.1s
400M (W45 – 49)			
1	HUSNAH BT ABDULLAH	BRUNEI	89.4s
2	PEI YOUNG YAP	SMAA	90.1s
400M (W50 – 54)			
1	GOH KIM HONG MAGGIE	SMAA	90.9s
2	RAMANIBABY	INDIA	91.3s
3	NARAN LUVSANISH	MONGOLIA	94.2s
400M (W55 – 59)			
1	YENNY ASTUTI	INDONESIA	112.3s
2	R THANKAMMA	INDIA	141.3s
400M (W60 – 64)			
1	LINDA OH AH KIAW	SINGAPORE	84.9s
2	SAMSAH MOHD YASIN	LABUAN	114.9s
3	TAN TECK SEE	SMAA	152.3s

400M (W65 – 69)			
1	TAN TECK SOON	SMAA	143.2s
800M (W35 – 39)			
1	INSP EMELIA BT JAMIL	PDRM	3:21.88s
800M (W40 – 44)			
1	NORBAIN BT MUSTAPHA	SINGAPORE	3:32.22s
2	TAMILSLVE PERIASAMY	POMNS	3:34.92s
800M (W45 – 49)			
1	CECILIA MAKSIMON	BRUNEI	3:21.95s
2	PEI YOONG YAP	SMAA	3:32.41s
800M (W50 – 54)			
1	SITI FATIMAH	INDONESIA	3:32.17s
2	NARAN LUVSANIAH	MONGOLIA	3:44.58s
800M (W55 – 59)			
1	KPL LINDA HO MING LEE	PDRM	3:18.07s
2	R THANKAMMA	INDIA	6:34.34s
800M (W60 – 64)			
1	SAMSI AH MOHD YASSIN	LABUAN	4:26.43s
2	TAN TECK SEE	SMAA	5:29.73s
800M (W65 – 69)			
1	LEE YAU HONG	POMNS	4:16.93s
800M (W70 – 74)			
1	MUDJIATI	INDONESIA	5:28.75s
1500M (W35 – 39)			
1	INSP EMELIA BT JAMIL	PDRM	6:41.54s
2	ASSHWIN GOKUL DEORE	INDIA	6:59.35s
1500M (W40 – 44)			
1	AUDREY REUTENS	PERAK MASTERS	6:34.85s

1500M (W45 – 49)			
1	CECILIA MAKSIMON	BRUNEI	6:44.60s
2	PROF. DR. IMELDA BALCHIN	SMAA	8:15.99s
1500M (W50 – 54)			
1	SITI FATIMAH	INDONESIA	7:30.59s
2	TAN KUN TAI	POV PAHANG	7:46.75s
3	ANIK SUKAMI	INDONESIA	8:47.91s
1500M (W55 – 59)			
1	KPL LINDA HO MING LEE	PDRM	6:46.22s
2	JOUTI @ VIRONICA ELAU	SAMAS	7:41.46s
3	CHAN YEN CHING	PDRM	8:10.56s
1500M (W60 – 64)			
1	SAMSAH MOHD YASSIN	LABUAN	9:28.07s
1500M (W65 – 69)			
1	LEE YAU HONG	POMNS	8:26.97s
1500M (W70 – 74)			
1	MUDJIATI	INDONESIA	10:36.27s
3000M (W35 – 39)			
1	ASHWINI GOKUL DEORE	INDIA	14:37.21s
2	INSP EMELIA BT JAMIL	PDRM	14:52.60s
3	REENA	INDIA	14:56.48s
3000M (W40 – 44)			
1	TIFFANY SOH BENG CHU	SMAA	15:59.60s
2	PRASANNA KUMARI	INDIA	16:08.70s
3000M (W45 – 49)			
1	CECILIA MAKSIMON	BRUNEI	14:47.27s
2	PEI YOONG YAP	SMAA	15:51.83s
3	YAP LAI CHIN	PERAK MASTERS	17:09.78s
3000M (W50 – 54)			
1	SITI FATIMAH	INDONESIA	16:28.05s
2	ANIK SUKARNI	INDONESIA	18:15.56s

3000M (W55 – 59)			
1	JOUTI @ VIRONICA ELAU	SAMAS	16:34.31s
2	CHAN YEN CHING	PDRM	18:03.87s
3	MIREYA SOSA ABELLA	COLOMBIA	18:04.75s
4	CHIN FAH MONG	SMAA	21:18.45s
3000M (W65 – 69)			
1	LEE YANG HONG	POMNS	17:59.65s
3000M WALK (W35 – 39)			
1	KALIAMAH MANIAN	KL MASTERS	19:06.20s
2	ASHWINI GOKUL DEORE	INDIA	20:43.24s
3	REENA	INDIA	24:05.46s
3000M WALK (W40 – 44)			
1	TIFFANY SOH BENG CHU	SMAA	19:46.02s
2	PRASANNA KUMARI	INDIA	23:21.07s
3	NEETA V. RANGHUWANSHI	INDIA	23:89.47s
4	SANDRA VINOTHAMALAR	SELANGOR	24:05.96s
5	ANAND KANWAR	INDIA	25:14.39s
3000M WALK (W45 – 49)			
1	NOR AZILAH BT AHMAN	POMNS	23:58.26s
2	MOGANA KRISHNAN	DBKL	24:08.89s
3	VASUKI V. RAJAGOPAL	SMAA	27:23.79s
3000M WALK (W50 – 54)			
1	ANIK SUKARNI	INDONESIA	22:02.89s
2	TAN TECK HO	SMAA	22:29.43s
3	YUGESWARI SHANMUGAM	PERAK MASTERS	23:28.48s
4	IDA FAUZIAH	INDONESIA	30:50.49s
3000M WALK (W55 – 59)			
1	KAMALA KOLANTHI	PDRM	19:42.7s
2	JAUTI @ VIRONICA ELAU	SAMAS	22:11.4s
3	CHIN FAH MONG	SMAA	23:14.4s
4	SHOLLY RUBIANTY	INDONESIA	26:39.4s
3000M WALK (W60 – 64)			
1	LEE SHEW KENG	KL MASTERS	20:51.8s
2	SUSANNA HIEW	SAMAS	25:41.2s

3000M WALK (W65 – 69)			
1	LEE YAU HONG	POMNS	22:59.5s
3000M WALK (W70 – 74)			
1	YEAP LAY TONG	KL MASTERS	27:11.4s
2	DIANA ROSALINA PESAK	INDONESIA	27:23.0s
3	MUDJIATI	INDONESIA	28:42.0s
3000M WALK (W75 – 79)			
1	ADELINE JOHN UMBUL	SAMAS	27:16.0s
100M HURDLES (W35 – 39)			
1	DEDEH ERAWATI	INDONESIA	14.8s
100M HURDLES (W40 – 44)			
1	JULIANA BT HJ KASSIM	BRUNEI	20.4s
2	NEETA V. RAGHUWANSHI	INDIA	40.9s
SHOT PUTT (W35 – 39)			
1	DSP LEONG SAU LAI	PDRM	9.79m
2	DEZIMOL BINOY	INDIA	8.81m
3	KPL ROSTINAH PINANDU	PDRM	7.16m
4	SURIYATI BT HAMZAH	DBKL	6.64m
SHOT PUTT (W40 – 44)			
1	TIFFANY SOH BENG CHU	SMAA	7.55m
2	BINY VARGHESE	INDIA	6.41m
3	NORAZIAH BT KASSIM	MALACCA	6.08m
4	LINDA KURNIASARI SUMANTRI	INDONESIA	6.02m
5	SHALEY ROSE MARY	PERAK MASTERS	5.94m
6	JULIANA BT HJ KASSIM	BRUNEI	5.78m
7	TRI ISTIKASARI SOEGIMIN	INDONESIA	4.96m
SHOT PUTT (W45 – 49)			
1	VASKEE VASUTHEVAN	KL MASTERS	6.29m
2	S.M.W. SUBASHINI	SRI LANKA	4.37m
SHOT PUTT (W50 – 54)			
1	TERBISH TSOIJGAVAA	MONGOLIA	7.78m
2	JAMILAH CONNY FRANSISKA	INDONESIA	7.03m
3	JUBIDAH BT HJ ZUNAIIDI	BRUNEI	6.96m
4	KOLIBELKINA OLGA	UZBEKISTAN	6.82m

5	SHALINI CHAWARIYA	INDIA	6.68m
6	A.THERESLINE	SMAA	6.26m
7	NORHASHMAH BT ABDULLAH	BRUNEI	5.99m
8	YUS RUSBANDINI MAHTOYIB	INDONESIA	5.57m
SHOT PUTT (W55 – 59)			
1	PUSHFA RAMASAMY	KL MASTERS	7.14m
2	NORA SRI HAPSARI	INDONESIA	5.96m
3	CHIN FAH MONG	SMAA	5.88m
4	MARYEM JOINOI	SAMAS	5.84m
5	TRI KADARWATI	INDONESIA	5.57m
6	HJH MARIAH HJ METUSSIN	BRUNEI	5.54m
SHOT PUTT (W60 – 64)			
1	TAY YU ENG	SAMAS	7.13m
2	ALTANSETSEG AYUSH	MONGOLIA	7.07m
3	LINDA OH AH KIAW	SINGAPORE	6.36m
4	FATIMAH BT ABDULLAH	BRUNEI	4.76m
SHOT PUTT (W65 – 69)			
1	NUR SULISTIANI	INDONESIA	7.02m
2	JULIA JACOB	INDONESIA	6.11m
3	KANOATOVA MAZLUMA	UZBEKISTAN	5.68m
4	ASAINOVA NAZIFA	UZBEKISTAN	5.49m
SHOT PUTT (W70 – 74)			
1	NINIEK KOESNI RAHADJENG	INDONESIA	7.02m
2	JUMINAH WIRYO SUPARNO	INDONESIA	5.89m
3	LISATA ATIM ALI	INDONESIA	4.91m
SHOT PUTT (W75 – 79)			
1	TSERENDOLAGOR TOMORBAT	MONGOLIA	9.21m
2	JENNY HAN	LABUAN	5.36m
SHOT PUTT (W80 – 84)			
1	MARIETJE ELIZABETH ROREK	INDONESIA	4.41m
2	HARTINI JOKO	INDONESIA	3.99m
DISCUS (W35 – 39)			
1	DSP LEONG SAU LAI	PDRM	26.03m
2	DEZIMOL BINOY	INDIA	20.05m
3	D. C. ATHUKORALA	SRI LANKA	19.59m
4	VENKATRAMAN ABITHA	SINGAPORE	14.76m

DISCUS (W40 – 44)			
1	TIFFANY SOH BENG CHU	SMAA	19.98m
2	MARTA BASA LOKMAN	LABUAN	19.10m
3	BINY VARGHESE	INDIA	17.21m
4	TRI ISTIKASARI SOEGIMIN	INDONESIA	15.98m
5	LINDA KURNNIASARI SUMANTRI	INDONESIA	14.09m
6	SHALEY ROSEMARY	PERAK MASTERS	10.41m
DISCUS (W45 – 49)			
1	S.M.W SUBASHINI	SRI LANKA	10.46m
DISCUS (W50 – 54)			
1	TERBISH TSOIJGAVAA	MONGOLIA	18.08m
2	A THERESLINE	SMAA	15.48m
3	NOR HASHIMAH BT ABDULLAH	BRUNEI	15.24m
4	ROZIWITA HJ MD TAIB	BRUNEI	13.47m
5	ANASTASIA CHATARINA	INDONESIA	10.62m
DISCUS (W55 – 59)			
1	PUSHFA RAMASAMY	KL MASTERS	18.19m
2	HAJAH MARIAH HJ METUSSIN	BRUNEI	15.45m
3	HERNI SOSIANA	INDONESIA	14.92m
4	TRI KADARWATI	INDONESIA	14.67m
DISCUS (W60 – 64)			
1	TAY YU ENG	SAMAS	17.90m
2	ALTANTSETSEG AYUSH	MONGOLIA	16.24m
3	FATIMAH BT ABDULLAH	BRUNEI	10.06m
DISCUS (W65 – 69)			
1	NUR SULISTIANI	INDONESIA	17.79m
2	JULIA JACOB	INDONESIA	17.26m
DISCUS (W70 – 74)			
1	JUMINAH WIRYO SUPARNO	INDONESIA	18.83m
2	MINIEK KOESNII RAHADJENG	INDONESIA	15.53m
3	LISATI ATIM ALI	INDONESIA	11.60m
DISCUS (W75 – 79)			
1	TSERENDOLGOR TOMORBAT	MONGOLIA	22.24m
2	JENNY HAN	LABUAN	12.39m

DISCUS (W80 – 84)			
1	MARIETE ELIZABETH ROREK	INDONESIA	10.62m
2	HARTINI JOKO	INDONESIA	10.08m
JAVELIN (W35 – 39)			
1	DSP LEONG SAU LAI	PDRM	31.90m
2	KPL ROSTINAH PINANDU	PDRM	20.07m
JAVELIN (W40 – 44)			
1	ALINAWATI BT HJ ALIAKBAR	BRUNEI	27.12m
2	R.P.U. KANCHANAMALA	SRI LANKA	20.13m
3	BINY VARGHESE	INDIA	15.78m
4	LINDA KURNIASARI SUMANTRI	INDONESIA	13.47m
5	TRI ISTIKASARI SOEGIMIN	INDONESIA	7.72m
JAVELIN (W45 – 49)			
1	HUSNAH BT ABDULLAH	BRUNEI	16.36m
2	T.J.S. SILVA	SRI LANKA	12.92m
JAVELIN (W50 – 54)			
1	JAMILAH CONNY FRANSISKA	INDONESIA	18.43m
2	DR. WONG NGAN LING	SMAA	17.76m
3	JUBIDAH BT HJ ZUNAIIDI	BRUNEI	17.73m
4	NORHASHIMAH BT ABDULLAH	BRUNEI	14.71m
5	TERBISH TSOIJGAVAA	MONGOLIA	14:57m
JAVELIN (W55 – 59)			
1	PUSHFA RAMASAMY	KL MASTERS	18.45m
2	MARYEM JOINOL	SAMAS	16.86m
3	SRI HARMINI	INDONESIA	14.98m
4	NORA SRI HAPSARI	INDONESIA	13.07m
5	HJH MARIAH HJ METUSSIN	BRUNEI	10.48m
JAVELIN (W60 – 64)			
1	TAY YU ENG	SAMAS	19.75m
2	ALTANSETSEG AYUSH	MONGOLIA	15.00m
3	FATIMAH BT ABDULLAH	BRUNEI	13.63m
4	LINDA OH AH KIAW	SAMAS	12.94m
5	AMINAH BT HJ AWANG DAMIT	BRUNEI	11.69m
6	E.N.L. JAYANTHI	SRI LANKA	10.01m
JAVELIN (W65 – 69)			
1	JULIA JACOB	INDONESIA	14.94m
2	SALIAH SHABABUDIN	KL MASTERS	4.82m

JAVELIN (W70 – 74)			
1	JUMINAH WIRYO SUPARNO	INDONESIA	17.37m
2	LISATI ATIM ALI	INDONESIA	9.10m
JAVELIN (W75 – 79)			
1	TSERENDOLGOR TOMORBAT	MONGOLIA	16.87m
2	JENNY HAN	LABUAN	10.86m
JAVELIN (W80 – 84)			
1	HARTINI JOKO	INDONESIA	9.99m
2	MARIETJE ELIZABETH ROREK	INDONESIA	7.10m
LONG JUMP (W35 – 39)			
1	VENGTRAMAN ABITHA	SINGAPORE	3.84m
2	JAASHIWANTHI JAYASOORIA	SRI LANKA	3.72m
3	FAUZIAH MOHAMAD	MALACCA	3.55m
4	D.C. ATHUKORALA	SRI LANKA	3.43m
LONG JUMP (W40 – 44)			
1	ALINAWATI BT HJ ALI AKBAR	BRUNEI	4.75m
2	RITA THONG HINN LIM	PERAK MASTERS	4.46m
3	BERNICE LAU KAM MUN	SAMAS	4.39m
4	MARTA BASA LOKMAN	LABUAN	3.89m
5	L/KPL NURATIQA LILIA A.	PDRM	3.88m
6	PRASANNA KUMARI	INDIA	3.14m
LONG JUMP (W45 – 49)			
1	SNEHLATA JAIN	INDIA	4.23m
2	CECILIA MAKSIMON	BRUNEI	3.64m
3	T.J.S. SILVA	SRI LANKA	2.72m
LONG JUMP (W50 – 54)			
1	JULIANA GUMPIL	SAMAS	4.71m
2	DR. WONG NGAN LING	SMAA	3.42m
3	DEWI PUJIATI	INDONESIA	3.20m
4	KINTAN BT HAMZAH	JOHOR	2.98m
5	MONA SIGAR	INDONESIA	2.91m
LONG JUMP (W55 – 59)			
1	LUCY YONG	SAMAS	3.85m
2	R. THANKAMMA	INDIA	2.58m
3	YENNY ASTUTI	INDONESIA	2.23m
4			

LONG JUMP (W60 – 64)			
1	SAMSAH MOHD YASIN	LABUAN	2.66m
2	SELAMAH BT ABAS	SMAA	2.20m
3	AMINAH BT HJ AWANG DAMIT	BRUNEI	2.10m
LONG JUMP (W70 – 74)			
1	NINIEK KOESNI RAHADJENG	INDONESIA	1.30m
HIGH JUMP (W35 – 39)			
1	D.C. ATHUKORALA	SRI LANKA	1.24m
2	J.A.A. SHIWANTHI JAYASOORIYA	SRI LANKA	1.21m
HIGH JUMP (W40 – 44)			
1	RITA THONG HINN LIN	PERAK MASTER	1.24m
2	JULIANA BT HJ KASSIM	BRUNEI	1.21m
3	CHANDRIKJA	INDIA	0.88m
HIGH JUMP (W45 – 49)			
1	T.T.S. SILVA	SRI LANKA	0.94m
HIGH JUMP (W50 – 54)			
1	JULIANA GUMPIL	SAMAS	1.21m
2	A. SESLY	SMAA	1.03m
3	DEWI PUJIATI	INDONESIA	1.00m
HIGH JUMP (W60 – 64)			
1	CHRISTINA LABANJING	SAMAS	0.94m
TRIPLE JUMP (W35 – 39)			
1	J. A. A. SHIWANTHI JAYA SOORIYA	SRI LANKA	8.41m
TRIPLE JUMP (W35 – 39)			
1	RITA THONG HINN LIM	PERAK MASTERS	9.21m
2	ALINAWATI BT HAJI ALIAKBAR	BRUNEI	9.18m
TRIPLE JUMP (W45 – 49)			
1	SNEHLATA JAIN	INDIA	8.46m
TRIPLE JUMP (W50 – 54)			
1	JULIANA GUMPIL	SAMAS	9.09m
2	DEWI PUJIATI	INDONESIA	6.64m

TRIPLE JUMP (W55 – 59)			
1	LUCY YONG	SAMAS	6.39m
2	YENNI ASTUTI	INDONESIA	4.75m
TRIPLE JUMP (W70 – 74)			
1	MARGARETHA ARITONANG	INDONESIA	5.57m
4 X 100M OPEN (WOMEN)			
1	PERAK A		60.0s
2	SABAH		60.9s
3	DBKL		61.8s
4	BRUNEI		64.9s
5	KL MASTERS		65.4s
6	INDONESIA		66.9s
7	PERAK B		71.5s
4 X 400M OPEN (WOMEN)			
1	DBKL		5:17.28s
2	BRUNEI		5:22.65s
3	SMAA		6:33.25s

**30TH MALAYSIAN INTERNATIONAL OPEN MASTERS ATHLETICS
CHAMPIONSHIPS
26 - 27 NOVEMBER 2016
STADIUM UNIVERSITI MALAYA
KUALA LUMPUR, MALAYSIA**

MEDAL TALLY

NO.	TEAM	GOLD	SILVER	BRONZE
1	SABAH	47	18	13
2	INDONESIA	35	30	25
3	INDIA	20	31	28
4	SINGAPORE	19	16	09
5	KUALA LUMPUR	16	06	02
6	PDRM	14	12	10
7	BRUNEI DARUSSALAM	14	11	11
8	SELANGOR	13	25	12
9	NEGERI SEMBILAN	12	04	03
10	PERAK	11	08	08
11	SRI LANKA	09	15	05
12	MONGOLIA	05	05	02
13	LABUAN	05	05	01
14	KOLEJ VOKASIONAL TAIPING	04	03	02
15	MALACCA	03	01	09
16	HONG KONG	02	01	01
17	PAHANG	01	02	03
18	UZBEKISTAN	01	02	02
19	CHINESE TAIPEI	01	02	01
20	KUALA LUMPUR CITY COUNCIL	01	01	01
21	IRELAND	-	01	01
22	PERLIS	-	01	-
23	COLOMBIA	-	-	01

S. SIVAPRAGASAM, A.M.W.
HON. SECRETARY MMAA
ORGANISING CHAIRMAN
30TH MIOMAC

30TH NOVEMBER 2016

