



**MALAYSIAN MASTERS ATHLETIC ASSOCIATION
(MMAA)**

31st MALAYSIAN INTERNATIONAL OPEN MASTERS
ATHLETICS CHAMPIONSHIPS

OFFICIAL RESULTS

22 – 23 JULY 2017

STADIUM SARAWAK, PETRAJAYA
KUCHING, SARAWAK

31st MIOMAC OFFICIAL RESULTS
22 – 23 JULY 2017
KUCHING, SARAWAK

MEN

POSITION	NAME	COUNTRY/STATE	TIME / DIST / HEIGHT
100M (M35 – 39)			
1	RAMESH NAIDU	SINGAPORE	11.81s
2	SREERAJ M. RAJAPPAN	INDIA	11.81s
3	KPL ILANGGO SUBRAMANIAM	PDRM	11.81s
4	ISKANDAR BIN RAZALI	SARAWAK	12.14s
5	GUY LUI	HONG KONG	12.31s
6	AMIRRUDDIN BIN ISHAK	PERAK	12.84s
7	CYRIL MISONG	SABAH	18.01s
100M (M40 – 44)			
1	H.N. BAILJU	INDIA	11.82s
2	EDMUND ATTU	SABAH	11.94s
3	CLARENCE TAMI	SABAH	12.10s
4	WATSON AK NYAMBEK	SARAWAK	12.32s
5	CHIN KHEN TEEN	SINGAPORE	12.34s
6	KUSAIRIE B. SAJILI	UNIMAS	12.46s
7	MOHAMAD SUMARDY B. SANI	SARAWAK	12.60s
8	LARRY ANDANG	SABAH	12.72s
100M (M45 – 49)			
1	ANANDA RAO APPAMAH	SELANGOR	12.58s
2	RONALD GALLYOT	SINGAPORE	12.58s
3	A. PETER BIN ANDIN	SABAH	12.58s
4	FAUZI BIN ABU	UNIMAS	12.78s
5	BAJRA BAHU SIMNTA KESARI S.	INDIA	12.92s
6	MARJUKI BIN MARIKAN	SARAWAK	13.13s
7	C. PRADEEP	INDIA	13.48s
8	INSP ZULKARNAIN	PDRM	13.48s
100M (M50 – 54)			
1	MAULANI BIN DIMAN	SABAH	12.1s
2	JOSE VERGHESE	INDIA	12.4s
3	ROSHDAN BIN AHMAD	PERAK	12.8s
4	RAHIM BIN SELAMAT	SABAH	12.8s
5	ZAMALUDIN B. ABDUL KARIM	UNIMAS	13.0s
6	AGUS DWI RAHARDJO	INDONESIA	13.1s
7	CHOO THIAM CHOY	SARAWAK	13.3s
8	JAI PRAKASH	INDIA	13.4s

100M (M55 – 59)			
1	JONIS B. GODDOS @ RAMLAN	SABAH	12.82s
2	MARK PHILIP DIXON	SINGAPORE	13.57s
3	DEEPAK BALCHANDRA PATIL	INDIA	13.86s
4	MICHAEL LEE	SINGAPORE	14.27s
5	AHLILHAIR ABDULLAH	INDONESIA	14.27s
6	SK NAZEER	INDIA	114.27s
7	FADA @ MELISSA AK SAGAI	SARAWAK	14.70s
8	GURMINDER SINGH	INDIA	15.57s
9	RAIEI BIN MAHIDIN	SELANGOR	16.07s
100M (M60 – 64)			
1	MATHMOD MOHD ALIDIN	SABAH	13.19s
2	THIRUVENKATAM BALAN	INDIA	13.88s
3	SUCHA SINGH BANDI	INDIA	14.51s
4	ABDUL KAREEM	INDIA	14.51s
5	RAJENDRA SINGH THOMAR	INDIA	17.74s
6	JUGAL PRASAD SINGH	INDIA	21.36s
100M (M65 – 69)			
1	FUNG KONG @ ANTHONY PAUL	SABAH	13.93s
2	GOH FUNG SENG	SARAWAK	14.57s
3	MERARI NAINGGOLAN	INDONESIA	14.57s
4	UMAR @ YUMAN BIN SIKIN	SABAH	14.80s
5	P.J. MARKOSE	INDIA	14.80s
6	VITALIS HERMAN	SAMAS	14.99s
7	M.R.P. BABU	INDIA	15.40s
8	MAHENDRA PARMANAND PATEL	INDIA	15.64s
100M (M70 – 74)			
1	GILBERT DIVANCY DALADIN	SABAH	15.77s
2	KAMIL BIN BUJANG	SARAWAK	15.77s
3	JOHN CHUA LIAT KHIANG	SINGAPORE	15.77s
4	RICHARD LAI	SINGAPORE	16.71s
5	VEMKATACHALAPPA	INDIA	19.32s
100M (M75 – 79)			
1	CPT (R) HJ OSMAN HJ LAHAB	BRUNEI	16.15s
2	KESHAB CHANDRA MISHRA	INDIA	21.86s
3	R.P. BHGAVAN	INDIA	24.22s
100M (M80 – 84)			
1	ALFRED LAJAWA	SABAH	16.91s
2	MATHEW C. PHILIP	INDIA	20.75s

200M (M35 – 39)			
1	KPL ILANGGO SUBRAMANIAM	PDRM	24.26s
2	RAMESH NAIDU	SINGAPORE	25.06s
3	AMIRRUDDIN BIN ISHAK	PERAK	25.90s
4	CYRIL MISONG	SABAH	26.46s
5	KURIAKOSE P.K.	INDIA	27.47s
6	LO CHEE CHEA	SABAH	28.02s
7	HARDEEP SINGH	INDIA	29.40s
200M (M40 – 44)			
1	H.N. BAILJU	INDIA	24.51s
2	EDMUND ATTU	SABAH	25.54s
3	CHIN KHEN THEEN	SINGAPORE	25.84s
4	MOHAMAD SUMARDY BIN BANI	SARAWAK	26.45s
5	KUSAIRIE BIN SAJILI	UNIMAS	26.45s
6	D.K. NATARAJA	INDIA	27.14s
7	CHANG CHON VON	SABAH	27.93s
8	SRIDHARAN THANGASAMY	INDIA	28.37s
200M (M 45 – 49)			
1	RONALD GALLYOT	SINGAPORE	26.60s
2	ANANDA RAO A/L APPAMAH	SELANGOR	26.60s
3	BAJRA BAHU SIMNTA KESARI SAMAL	INDIA	26.88s
4	A. PETER BIN ANDIN	SABAH	27.46s
5	MARJUKI BIN MARIKAN	SARAWAK	28.19s
6	ISMUNI BIN SRUJI	UNIMAS	31.31s
200M (M50 – 54)			
1	MAULANI BIN DIMAN	SABAH	26.21s
2	JOSE VERGHESE	INDIA	27.42s
3	JASTHI GANESWARA RAO	INDIA	28.24s
4	RAHIM BIN SALAMAT	SABAH	29.09s
5	ROSLIE BIN REMIN	UNIMAS	29.91s
6	CHOO THIAM CHOY	SARAWAK	29.91s
7	WAMIN BIN SAKIMAN	SABAH	29.91s
8	AFFENDI BIN RAZALI	UNIMAS	30.22s
200M (M55 – 59)			
1	JONIS B. GODDOS @ RAMLAN	SABAH	28.24s
2	MARK PHILIP DIXON	SINGAPORE	29.40s
3	DAIM GAYAM	SABAH	30.46s
4	MICHAEL LEE	SINGAPORE	31.93s
5	FADA @ MELISA ANAK SAGAI	SARAWAK	32.56s
6	PADMAKUMAR J.NAIR	INDIA	42.54s

200M (M60 – 64)			
1	MATHMOD MOHD ALIDIN	SABAH	28.87s
2	THIRUVENKATAM BALAN	INDIA	30.37s
3	ABDUL KAREEM	INDIA	30.92s
4	SUCHA SINGH BANDI	INDIA	33.33s
5	ALEXENDER KIEW AK SAYOK	UNIMAS	35.16s
6	RAJENDRA SINGH THOMAR	INDIA	40.45s
200M (M65 – 69)			
1	MERARI NAINGGOLAN	INDONESIA	31.39s
2	FUNG KONG @ ANTHONY PAUL F.A.K.	SABAH	31.39s
3	M.R.P. BABU	INDIA	33.08s
4	SUBRAMANIAN SENGUDAN	SELANGOR	43.54s
200M (M70 – 74)			
1	GILBERT DIVANCY DALADIN	SABAH	33.79s
2	JOHN CHAU LIAT KHIANG	SINGAPORE	38.48s
3	RAMACHANDRAM ANAMALAY	SELANGOR	74.53s
4			
5			
200M (M75 – 79)			
1	CPT (R) HJ OSMAN BIN HJ LAHAB	BRUNEI	35.05s
2	R.P. BHGAVAN	INDIA	61.42s
200M (M80 - 84)			
1	ALFRED LAJAWA	SABAH	45.09s
2	MATHEW C. PHILIP	INDIA	60.41s
3	LIM YEOK FOOI	KUALA LUMPUR	61.26s
400M (M35 – 39)			
1	RAMESH NAIDU	SINGAPORE	56.82s
2	AMIRRUDDIN BIN ISHAK	PERAK	57.31s
3	PRAMOD G. KUMAR	INDIA	59.67s
4	SUBRAMAHNYAM PILLAY	INDIA	60.28s
5	CYRIL MISONG	SABAH	60.44s
6	KURIAKOSE P.K.	INDIA	61.91s
7	ANISHMON PATHALIL	INDIA	61.98s
8	LO CHEE CHEA	SABAH	63.04s
400M (M40 – 44)			
1	TEO CHEN LUNG	SABAH	58.02s
2	D.K. NATARAJA	INDIA	59.82s
3	JAMAIS JUNIM	SABAH	59.93s
4	FAZZRUDIN BIN ABDUL RAHMAN	SARAWAK	60.74s

5	HARDY SUNTOL	UNIMAS	61.29s
6	SRIDHARAN THANGASAMY	INDIA	64.13s
7	JAIDI BIN MOHAMAD	UNIMAS	64.28s
8	NG WAI KIT	PERAK	69.13s
400M (M45 – 49)			
1	THANARAJAN S/O VERASALAM	SINGAPORE	60.56s
2	JASON WONG MUN KONG	SINGAPORE	61.77s
3	REDZUAN BIN ABDUL RAHMAN	PERAK	62.05s
4	SARKAWI KARIA	SARAWAK	65.09s
5	C. PRADEEP	INDIA	66.34s
6	CHUA YAN PHUAN	SARAWAK	69.62s
7	RUDY BIN NAZRI	SARAWAK	70.67s
8	WONG SHIA HO	SARAWAK	73.25s
400M (M50 – 54)			
1	HARI DAS RAMASAMY	PERAK	62.48s
2	JAI PRAKASH	INDIA	63.05s
3	JASTHI GANESWARA RAO	INDIA	63.42s
4	JONEY BIN BARAGANG	SABAH	63.73s
5	RAHIM BIN SALAMAT	SABAH	65.24s
6	ROSLIE BIN REMIN	UNIMAS	66.95s
7	AFFENDI BIN RAZALI	UNIMAS	71.22s
8	ISMADI BIN HJ SPAWI	UNIMAS	72.47s
400M (M55 – 59)			
1	SJN SAHAR BIN ASMUNI	PDRM	62.78s
2	MARK PHILIP DIXON	SINGAPORE	65.82s
3	DAIM GAYAM	SABAH	70.24s
4	BALWAN SINGH	INDIA	70.48s
5	AJOY KUMAR MONDAL	INDIA	70.96s
6	PERAMLI BIN DONGLAH	BRUNEI	72.61s
7	PADMAKUMAR J. NAIR	INDIA	76.06s
8	MICHAEL LEE	SINGAPORE	81.33s
400M (M60 – 64)			
1	ALIUDIN BIN JUMAAT	SABAH	64.59s
2	ABDUL KAREEM	INDIA	73.47s
3	THIRUVENKATAM BALAN	INDIA	74.95s
4	RAJA ARUMUGAM	N. SEMBILAN	78.92s
5	ALEXENDER KIEW AK SAYOK	UNIMAS	83.47s
6	SURINDER SINGH RAWAT	INDIA	85.29s
400M (M65 – 69)			
1	RAMASAMY A/L KARRUPAYA	N.SEMBILAN	82.47s
2	SUBRAMANIAM SENGUDAN	SELANGOR	89.42s
3	NANAPPAN JAYARAMAPPA	INDIA	90.62s
4	JIMMY LIM	SINGAPORE	95.84s

400M (M70 – 74)			
1	GILBERT DIVANCY DALADIN	SABAH	79.52s
2	HAJI ARIFFIN BIN ABDULLAH	BRUNEI	84.32s
3	VENGTRAMAN A/L RAJU	N. SEMBILAN	84.55s
4	RAMACHANDRAM ANAMALAY	SELANGOR	104.39s
400M (M80 – 84)			
1	MATHEW C. PHILIP	INDIA	130.20s
2	LIM YEOK FOOI	KUALA LUMPUR	162.25s
400M (M85 – 89)			
1	KOR HONG FATT	SINGAPORE	-
800M (M35 – 39)			
1	RAMESH NAIDU	SINGAPORE	2:30.46s
2	OSAMAN BIN ABDUL MALIK	SARAWAK	2:32.80s
800M (M40 – 44)			
1	ZAINURI ABD AZIZ	PERAK	2:27.15s
2	K.H. UBAID	INDIA	2:28.53s
3	HARDY SUNTOL	UNIMAS	2:28.79s
4	VICTOR SELVARAJAH	PERAK	2:29.81s
5	SRIDHARAN THANGASAMY	INDIA	2:38.40s
6	ALOYSIUS BIN ATTU	SABAH	3:09.96s
800M (M45 – 49)			
1	REDZUAN BIN ABDUL RAHMAN	PERAK	2:29.40s
2	JITENDRER SINGH	INDIA	2:29.62s
3	THAMARAJAN S/O VERASALAM	SINGAPORE	2:30.90s
4	ABD RAHMAN B. NEE	UNIMAS	2:37.24s
5	BAIJURY DZULHIZAM BIN SPAWI	UNIMAS	3:01.57s
6	YAZID BIN MAHADI	SABAH	3:05.05s
800M (M50 – 54)			
1	JONEY BIN BARAGANG	SABAH	2:35.39s
2	ISMADI BIN HJ SPAWI	UNIMAS	2:39.67s
3	KUMAR VAIRAN	PERAK	2:40.29s
4	SHANMUGANATHAN A/L RATINAM	PERAK	2:45.03s
5	MOHD NASIR BIN SIDI	PERAK	2:52.15s
6	ASP WISWANNADAN AYAKANDOO	PDRM	3:06.51s
800M (M55 – 59)			
1	SJN SAHAR BIN ASMUNI	PDRM	2:33.44s
2	DATO' SERI (DR). V. PULAINTHIRAN	JETS	2:35.34s
3	AJOY KUMAR MONDAL	INDIA	2:40.11s
4	MARZNMURBEY BIN ABDULLAH	BRUNEI	2:53.28s
5	PERAMLI BIN DONGLAH	BRUNEI	3:20.09s

800M (M60 – 64)			
1	RAJA ARUMUGAM	N. SEMBILAN	3:08.25s
2	JUSTIN BIN MATAJAM	SABAH	3:31.15s
3	SADA RAM	INDIA	3:34.67s
4	ALEXENDER KIEW AK SAYOK	UNIMAS	3:37.15s
800M (M65 – 69)			
1	ABDUL RASHID @ ATUS B.MATAJAM	SABAH	3:16.21s
2	NANAPPAN JAYARAMAPPA	INDIA	3:25.70s
3	MURUGESU A/L SINNATHEVAR	PERAK	3:42.45s
800M (M70 – 74)			
1	HAJI ARIFFIN BIN ABDULLAH	BRUNEI	3:50.14s
2	VENGTRAMAN A/L RAJU	N. SEMBILAN	4:33.17s
3	RAMACHANDRAM ANNAMALAY	SELANGOR	7:23.90s
800M (M75 – 79)			
1	HAN SIEW KWONG	LABUAN	5:19.59s
800M (M 85 – 89)			
1	KOR HONG FATT	SINGAPORE	5:37.18s
1500M (M35 – 39)			
1	KESAVAN RAMACHENDRAN	PERAK	5:17.11s
2	OSAMAN BIN ABD MALIK	SARAWAK	5:29.06s
3	MOHAMAD AZHAR B. BUJANG	SARAWAK	5:36.59s
1500M (M40 – 44)			
1	SJN SHAHARUDIN BIN HASHIM	PDRM	4:38.73s
2	K.H. UBAID	INDIA	5:07.23s
3	ZAINURI ABD AZIZ	PERAK	5:14.97s
4	ANPALAGAN SITHAMBARAN	PERAK	5:46.65s
5	BALAMURALI PERUMAL	PERAK	6:41.44s
1500M (M45 – 49)			
1	JITENDRER SINGH	INDIA	5:11.09s
2	RAVINDRAN A. RAGHAVAN	INDIA	5:11.38s
3	SABRI BIN SEDI	SARAWAK	5:12.52s
4	ABD RAHMAN BIN NEE	UNIMAS	5:23.08s
5	D.C. KRISHNA MUR	INDIA	5:26.47S
6	EZAMSHAH BIN ABDUL RAHMAN	SARAWAK	5:31.53s
7	THANARAJAN VERASALAM	SINGAPORE	5:37.33s
8	REDZUAN BIN ABDUL RAHMAN	PERAK	5:39.96s

1500M (M50 – 54)			
1	SRINIVAS M.	INDIA	5:14.52s
2	LEONG BEE VOON	PDRM	5:16.59s
3	ISMADI BIN HJ SPAWI	UNIMAS	5:32.82s
4	KHOR KIM EN	PERAK	5:36.98s
5	SHANMUGANATHAN RATINAM	PERAK	5:48.09s
6	MOHD NASIR BIN SIDI	PERAK	5:59.73s
1500M (M55 – 59)			
1	DATUK SERI (DR). V. PULAINTHIRAN	JETS	5:36.69s
2	WAN BAKARI WAN ISMAIL	SARAWAK	5:47.24s
3	MARZNIMURBEY BIN ABDULLAH	BRUNEI	5:55.03s
4	K. RAJENDRAN	SINGAPORE	7:59.71s
5			
1500M (M60 – 64)			
1	RAJA ARUMUGAM	N. SEMBILAN	6:21.81s
2	T. PARDHASARADHI	INDIA	6:24.13s
3	SADA RAM	INDIA	7:57.98s
1500M (M65 – 69)			
1	SAMUTHARAPANDIAN P.	PERAK	6:47.46s
2	ABDUL RASHID @ ATIUS MATAJAM	SABAH	6:54.53s
3	JIMMY LIM	SINGAPORE	6:57.19s
4	MURUGESU SINNATHEVAR	PERAK	7:52.55s
5	K. CHANDRAN	SINGAPORE	8:56.66s
1500M (M70 – 74)			
1	NADAISON POOKEYS	SINGAPORE	8:26.83s
2	LOGANATHAN RAMASAMY	SINGAPORE	8:36.02s
1500M (75 – 79)			
1	CPT (R) HJ OSMAN BIN HJ LAHAB	BRUNEI	7:27.70s
2	HAN SIEW KWONG	LABUAN	11:14.72s
5000M WALK (M40 – 44)			
1	G. SURESH KUMAR	KUALA LUMPUR	30:10.70s
2	PRASHANT RAMDAS BURGHATE	INDIA	54:27.11s
5000M WALK (M45 – 49)			
1	VIVEK EROTH	INDIA	34:47.00s
2	MOHAN LAL	INDIA	35:46.27s
3	SUKHRAJ SINGH DHILLON	PENANG	37:44.40s

5000M WALK (M50 – 54)			
1	SALUNADI BABU RAO	INDIA	30:51.7s
2	SJN JAYAPAL KUPPUSAMY	PDRM	32:49.5s
3	KUMAR VAIRAN	PERAK	33:48.4s
4	SHANMUGANATHAN A/L RATINAM	PERAK	38:00.0s
5000M WALK (M55 – 59)			
1	GURDAS SINGH	INDIA	32:14.7s
2	K. RAJENDRAN	SINGAPORE	33:25.6s
3	KANESAN A/L SUNNAMUTHU	PERAK	34:37.5s
4	THARMALINGAM A/L KODDAIAN	PERAK	35:31.8s
5	SARAMAN SINGH	PERAK	35:39.5s
6	GURUSAMY A/L SUBRAMANIAM	PERAK	36:06.1s
7	MOHAMMED ASSAN P.	INDIA	41:25.3s
8	ABDUL MANAP BIN IBRAHIM	MALACCA	46:16.3s
5000M WALK (60 – 64)			
1	MANIAN A/L APPALASAMY	PERAK	34:55.8s
2	TANI CLACE SEBASTIAN	PDRM	35:15.6s
3	SATHIYANESAN	SINGAPORE	35:43.9s
4	ELANGO VAN A/L SITARAM S.	SELANGOR	36:24.0s
5	FUZI MANAN	PDRM	37:25.6s
6	T. PARDHASARADHI	INDIA	37:52.3s
7	PREMANAND HUTRTON	INDIA	39:32.3S
8	JUSTIN BIN MATAJAM	SABAH	46:16.3s
5000M WALK (M65 – 69)			
1	NANAPPA JAYARAMAPPA	INDIA	34:11.78s
2	A. MADHUSUDHAN	INDIA	34:17.43s
3	VELUTHEDATHU PARAMBU VASU	INDIA	34:47.88s
4	ABDUL RASHID @ ATIUS B. MATAJAM	SABAH	34:55.25s
5	NG TAT TCHE	SARAWAK	35:01.78s
6	MURUGAN MANIAM	SELANGOR	35:50.51s
7	GURDAYAL SINGH SAMI	INDIA	37:19.48s
8	KRISHNAN A/P PICHEYMUTHU	N. SEMBILAN	39:38.27s
5000M WALK (M70 – 74)			
1	LOGANATHAN RAMASAMY	SINGAPORE	34:38.07s
2	JOHN KUTTY STANSILAS	SINGAPORE	35:02.74s
3	RICHARD LAI	SINGAPORE	35:04.12s
4	SUPPRAMANIAM A/L PALANISAMY	N. SEMBILAN	39:07.70s
5	CHIA KIM SENG	SINGAPORE	39:51.19s
6	ARUMUGAM KANNAN	SINGAPORE	40:38.35s
7	VIMALASINGAM SARANAMUTHU	SELANGOR	41:49.96s
8	NOVJOT SINGH	INDIA	47:55.64s

5000M WALK (M75 – 79)			
1	NAVARETHNA SINGAM	SINGAPORE	40:38.35s
2	SANTHIRA RAJAH SARAVANAMUTTU	SELANGOR	43:36.95s
5000M WALK (M85 – 89)			
1	AJIT SINGH	SINGAPORE	50:53.57s
110M H (M35 – 39)			
1	JENA DHILLURUNIAN	INDIA	20.54s
2	GUY LUI	HONG KONG	21.60s
3	SUBRAMAHNYAM PILLAY	INDIA	21.60s
4	WASIM RAJA QURASHI	INDIA	21.60s
5	ANISHMON PATHALIL	INDIA	24.17s
110M H (M40 – 44)			
1	MASASHI KOTOBUKI	SINGAPORE	18.38s
2	SENTHAN PALANICHAMY	INDIA	19.36s
3	AUGUSTINE DONNEO	SABAH	20.23s
4	LIAW YIN VON	SABAH	20.41s
5	RAJESH KUMAR	INDIA	21.81s
6	SANTOSH KUMAR PADHAN	INDIA	22.29S
7	SHIJO K. KURIYAKOSE	INDIA	23.17s
110M H (M45 – 49)			
1	JASON WONG MUN KONG	SINGAPORE	18.88s
2	M. SRINIVASULU	INDIA	26.04s
100M H (M50 – 54)			
1	AGUS DWI RAHARDJO	INDONESIA	17.75s
2	MOHD HASNI HUSSEIN	MALACCA	20.77s
3	SATISH KUMAR BHARDWAJ	INDIA	23.50s
100M H (M55 – 59)			
1	MICHAEL LEE	SINGAPORE	21.74s
100M H (M60 – 64)			
1	ALIUDIN BIN JUMAAT	SABAH	17.08s
2	AB MALEK BIN TAIB	N. SEMBILAN	21.48s
3	CHANDRASHEKAR GAUD HALKUNDI	INDIA	25.02s
4	SURINDER SINGH RAWAT	INDIA	27.96s

5000M (M35 – 39)			
1	PRAMOD G. KUMAR	INDIA	19:45.67s
2	KESAVAN A/L RAMACHENDRAN	PERAK	20:09.74s
3	MOHAMAD AZHAR BIN BUJANG	SARAWAK	22:48.77s
4	KPL JAYA CHANDRAN MURUGASAN	PDRM	23:40.90s
5	M. KATHIRAVAN A/L MUNIANDY	PERAK	24:18.49s
6	NORMAN LEONG NGAI SENG	SABAH	32:01.68s
5000M (M40 – 44)			
1	K.H. UBAID	INDIA	20:11.41s
2	ANPALAGAN SITHAMBARAM	PERAK	23:13.70s
3	BALAMURALI A/L PERUMAL	PERAK	26:41.75s
5000M (M45 – 49)			
1	RAVINDRAN A. RAGHAVAN	INDIA	20:14.31s
2	JITENDRER SINGH	INDIA	20:15.96s
3	D.C. KRISHNA MUR	INDIA	21:11.62s
4	THANARAJAN S/O VERASALAM	SINGAPORE	23:31.09s
5000M (M50 – 54)			
1	KHOR KIM EN	PERAK	20:20.89s
2	SRINIVAS M.	INDIA	21:20.37s
3	LEONG BEE VOON	PDRM	21:51.67s
4	ISMADI BIN HJ SPAWI	UNIMAS	22:52.53s
5	SHANMUGANATHAN A/L RATINAM	PERAK	23:00.48s
6	MOHD NASIR BIN SIDI	PERAK	24:44.32s
5000M (M55 – 59)			
1	KANESAN A/L SUNNAMUTHU	PERAK	23:27.71s
2	MARZNMURBEY BIN ABDULLAH	BRUNEI	23:48.84s
3	GURUSAMY A/L SUBRAMANIAM	PERAK	27:06.64s
5000M (M60 – 64)			
1	T. PARDHASARADHI	INDIA	23:49.87s
2	CHUA SOON HUAT	SINGAPORE	23:58.72s
3	RAJA ARUMUGAM	N. SEMBILAN	24:03.70s
4	JUSTIN B. MATAJAM	SABAH	
5000M (M65 – 69)			
1	SAMUTHARAPANDIAN A/L PERIASAMY	PERAK	25:52.84s
2	ABDUL RASHID @ATUS BIN MATAJAM	SABAH	27:19.26s
3	NG TAT TCHE	SARAWAK	27:54.29s
4	VELUTHEDATHU PARAMBU VASU	INDIA	30:08.28s

5000M (M70 – 74)			
1	VENKATACHALAPPA	INDIA	25:20.76s
2	JULIUS BIN KOMUNING	SABAH	28:05.28s
5000M (M75 – 79)			
1	HAN SIEW KWONG	LABUAN	41:48.08s
SHOT PUT (M35 – 39)			
1	AUGUSTINE ANAK TUKOR	SARAWAK	11.91m
2	SANTOSH ANANT PARDSHI	INDIA	10.36m
3	GUY LUI	HONG KONG	7.42m
4	SUFIAN BIN ALIAS	SARAWA	6.56m
SHOT PUT (M40 - 44)			
1	LEE KIAN FEI	PERAK	10.04m
2	BINOY THOMAS	INDIA	9.15m
3	SHIJO K. KURIYAKOSE	INDIA	9.13m
4	WONG HOCK LOONG	SABAH	9.09m
5	ERROL ODDIE BISAUN	SABAH	8.13m
6	INDRA RAJ JOSHI	NEPAL	7.49m
SHOT PUT (M45 – 49)			
1	SALMAN BIN SIGAR	BRUNEI	10.24m
2	PG AZIZUL AKBAR B.PG BADARUDDIN	BRUNEI	9.93m
3	CHARLES CONRAD EVARISTUS	SABAH	9.42m
4	SYED MUZAMAL MEHDI	INDIA	9.17m
5	G.P. LAXMAN RAO	INDIA	8.53m
6	AWANG WAINEE BIN AWANG DAIM	SARAWAK	8.20m
7	MUTHUKUMARAN SHANMUGAM	INDIA	8.15m
8	SAJI GEORGE	INDIA	8.08m
SHOT PUT (M50 – 54)			
1	ANNAVI NALLUSAMY	INDIA	11.85m
2	MAULANI BIN DIMAN	SABAH	10.42m
3	ATHIAMAN NATARAJAN	INDIA	9.92m
4	SHAJIMOAN K. SHEEDHARAN	INDIA	9.81m
5	WONG TEE KUE	SARAWAK	8.93m
6	V.N. SHAJI	INDIA	8.83m
7	ASP ZAHAR RAHMAN	SELANGOR	8.72m
8	REVI RAMAKRISHNAN	INDIA	8.54m

SHOT PUT (M55 – 59)			
1	DILIP GANESH AMIN	INDIA	10.43m
2	RAJWANT SINGH	INDIA	9.48m
3	AMPUAN MOHD KHAFLI A. HJ DAMIT	BRUNEI	9.32m
4	JAYARAMAN NAGAMUTHU	SELANGOR	8.97m
5	ABDUL KARIM BIN AYUB	SARAWAK	8.73m
6	KRISHNASAMY KARUPPIAH	SELANGOR	8.52m
7	RAMAWI BIN PALIL	SABAH	8.00m
8	PRASETYOADI	INDONESIA	7.93m
SHOT PUT (M60 – 64)			
1	YAW DOLY YAW LOKONG	SABAH	10.29m
2	TARMIZI SANDHU	SABAH	9.77m
3	SANIBAN BIN AMPILAH	SABAH	9.51m
4	EDWIN ALPHONSUS EDIH	SABAH	9.34m
5	RAJAN D. NAIR	INDIA	8.37m
6	NARAYAN NAIR A/L SUNGONI NAIR	N. SEMBILAN	7.51m
7	NARINDER KUMAR	INDIA	6.89m
8	SANU KAJI MAHARJAN	NEPAL	6.81m
SHOT PUT (M65 – 69)			
1	J.P. KOTADIYA	INDIA	10.27m
2	NADARAJAH PERIAIYAH	SELANGOR	9.34m
3	TONG THU CHOI @ CHE CHAI	SABAH	8.48m
4	MICHAEL GOH @ DADAN	SABAH	8.16m
5	HJ ZAINAL BIN HJ NAMIT	BRUNEI	8.07m
6	SAMUEL D. JOHN	N. SEMBILAN	7.99m
7	SILVAINdra MARKANDOO	MMAA	7.25m
8	PILAH @ ONDOG BIN KISANG	SABAH	7.03m
SHOT PUT (M70 – 74)			
1	BALA VENKATA RAMANJANEYULU	INDIA	9.93m
2	GILBERT DIVANCY DALADIN	SABAH	8.60m
3	PIJANG BIN NYAWA	BRUNEI	8.16m
SHOT PUT (M75 – 79)			
1	TABIB BIN GUMBANG	BRUNEI	7.72m
2	BALASINGAM A/L ELLAPAN	KUALA LUMPUR	6.53m
JAVELIN (M35 – 39)			
1	AWG SHAMSULIZHA B. AWG ZULKIFLI	UNIMAS	39.38m
2	SANTOSH ANANT PARDSHI	INDIA	38.26m
3	WASIM RAJA QURASHI	INDIA	32.22m
4	ENG SHARUERIZAL B. E. AB RAHMAN	SARAWAK	23.50M
5	RAMESH A/L JAIBALLAN	PERAK	19.94m

JAVELIN (M40 – 44)			
1	LEE KIAN FEI	PERAK	37.13m
2	WONG HOCK LOONG	SABAH	36.32m
3	ERROL ODDIE BISAUN	SABAH	33.16m
JAVELIN (M45 – 49)			
1	BINOY K.THOMAS	INDIA	45.29m
2	KENNEDY ANAK AMIR	SARAWAK	44.90m
3	EMAN MARINGAI BIN ABDULLAH	SARAWAK	34.04m
4	MCNAIR ANAK KUDANG	SARAWAK	32.40m
5	LIAW FUN MIN	MALACCA	25.44m
JAVELIN (M50 – 54)			
1	MAULANI BIN DIMAN	SABAH	37.28m
2	REVI RAMAKRISHNAN	INDIA	35.45M
3	ANNAVI NALLUSAMY	INDIA	34.05m
4	SHAJIMOAN K. SHEEDHARAN	INDIA	33.77m
5	ASP ZAHAR RAHMAN	SELANGOR	33.08m
6	KRISHNA CHARI	INDIA	21.94m
JAVELIN (M55 – 54)			
1	MAHADEV PRAJAPATI	INDIA	40.18m
2	SUBHASH CHADRA MISTRI	INDIA	36.45m
3	PRASETYOADI	INDONESIA	35.30M
4	DSP DR. VASU APPU	PDRM	27.38M
5	CHANDRAN A/L THANGAYAH	SELANGOR	23.21m
6	MOHAMAD ISA BIN JANTAN	IPG KPI	22.66m
JAVELIN (M60 – 64)			
1	YAW DOLY BIN YAW LOKONG	SABAH	39.30m
2	TARMIZI SANDHU	SABAH	37.28m
3	SANIBAN BIN AMPILAH	SABAH	33.88m
4	EDWIN ALPHONSUS EDIH	SABAH	32.00m
5	HJ ABU BAKAR BIN HJ PUNGIT	BRUNEI	26.69m
6	RAJAN D. NAIR	INDIA	22.73m
7	NARAYAN NAIR A/L SUNGONI NAIR	N. SEMBILAN	21.44m
8	HAJI SUHAIBON BIN HJ OTHMAN	BRUNEI	13.42m
JAVELIN (M65 – 69)			
1	HJ ZAINAL BIN HJ NAMIT	BRUNEI	40.82m
2	ZALA MAHIPATSINH NATUBHA	INDIA	34.28M
3	J.P. KOTADIYA	INDIA	34.14m
4	PILAH @ ONDOG BIN KISANG	SABAH	30.16m
5	KUPPANNA GOUNDER RAMASWAMY	INDIA	26.03m
6	NADARAJAH PERIAIYAH	SELANGOR	23.64m
7	SAMUEL D. JOHN	N. SEMBILAN	20.06m
8	SUBODH CHANDRA MONDAL	INDIA	18.11m

JAVELIN (M70 – 74)			
1	JULIUS BIN KOMUNING	SABAH	30.07m
2	BALA VENKATA RAMANJANEYULU	INDIA	26.85m
3	PIJANG BIN NYAWA	BRUNEI	18.31m
JAVELIN (M75 – 79)			
1	TABIB BIN GUMBANG	BRUNEI	18.41m
JAVELIN (M80 – 84)			
1	LIM YEOK FOOI	KUALA LUMPUR	8.35m
DISCUS (M35 – 39)			
1	AWG SHAMSULIZHA AWG ZULKIFLI	UNIMAS	25.18m
2	SANTOSH ANANT PARDESHI	INDIA	21.00m
3	RAMESH A/L JAIBALLAN	PERAK	17.11m
DISCUS (M40 – 44)			
1	ROSMAN BIN RAJALI	SARAWAK	34.06m
2	LEE KIAN FEI	PERAK	31.93m
3	ERROL ODDIE BISAUN	SABAH	27.29m
4	BINOY THOMAS	INDIA	26.92m
DISCUS (M45 – 49)			
1	SALMAN BIN SIGAR	BRUNEI	30.94m
2	PG AZIZUL AKHBAR HJ BADARUDDIN	BRUNEI	27.74m
3	LIAW FUN MIN	MALACCA	23.87m
4	MUTHUKUMARAN SHANMUGAM	INDIA	19.40m
DISCUS (M50 – 54)			
1	ANNAVI NALLUSAMY	INDIA	35.55m
2	WONG TEE KUE	SARAWAK	32.16m
3	ASP ZAHAR RAHMAN	SELANGOR	29.10m
4	SHAJIMOAN K. SHEEDHARAN	INDIA	27.04m
5	V.N. SHAJI	INDIA	24.70m
6	REVI RAMAKRISHNAN	INDIA	22.50m
7	KRISHNA CHARI	INDIA	18.58m
DISCUS (55 – 59)			
1	AMPUAN MOHD KHAFLI HJ DAMIT	BRUNEI	31.20m
2	RAJWANT SINGH	INDIA	28.98m
3	ABDUL KARIM BIN AYUB	SARAWAK	27.43m
4	KRISHNASAMY KARUPPIAH	SELANGOR	25.69m
5	RAMAWI BIN PALIL	SABAH	23.95m
6	DILIP GANESH AMIN	INDIA	23.76m
7	JAYARAMAN NAGAMUTHU	SELANGOR	23.69m
8	PRASETYOADI	INDONESIA	23.64m

DISCUS (M60 – 64)			
1	YAW DOLY BIN YAW LOKONG	SABAH	33.97m
2	TARMIZI SANDHU	SABAH	33.88m
3	THUMMALA YESURATNAM	INDIA	30.09m
4	EDWIN ALPHONSUS EDIH	SABAH	28.41m
5	NARAYAN NAIR A/L SUNGONI NAIR	N. SEMBILAN	24.37m
6	SANIBAN BIN AMPILAH	SABAH	24.01m
7	ABIDIN @ AYAU B. ALISKA	LABUAN	22.37m
8	RAJAN D. NAIR	INDIA	21.26m
DISCUS (M65 – 69)			
1	NADARAJAH PERIAIYAH	SELANGOR	35.99m
2	J.P. KOTADIYA	INDIA	35.35m
3	MICHAEL GOH @ DADAN	SABAH	24.23m
4	TONG THU CHOI @ CHE CHAI	SABAH	24.10m
5	PILAH @ ONDOG B. KISANG	SABAH	23.47m
6	SILVAINdra MARKANDOO	MMAA	22.42m
7	MAHENDAR PARMANAND PATEL	INDIA	22.11m
8	KUPPANNA GOUNDER R.	INDIA	22.0m
DISCUS (M70 – 74)			
1	JULIUS BIN KOMUNING	SABAH	26.77m
2	PIJANG BIN NYAWA	BRUNEI	21.15m
DISCUS (M75 – 79)			
1	DHARAM PAAL SHARMA	INDIA	18.70m
2	BALASINGAM A/L ELLAPAN	KUALA LUMPUR	18.68m
3	TABIB BIN GUMBANG	BRUNEI	18.65m
DISCUS (M80 – 84)			
1	MATHEW C. PHILIP	INDIA	15.30m
2	LIM YEOK FOOI	KUALA LUMPUR	9.67m
LONG JUMP (M35 – 39)			
1	DAVID ANAK BANDI	SARAWAK	5.85m
2	SARDI BIN KAILU	SABAH	5.84m
3	SREERAJ M. RAJAPPAN	INDIA	5.83m
4	JYOTISH KUMAR SAHU	INDIA	5.43m
5	JENA DHILLURUNIAN	INDIA	5.40m
6	SUBRAMAHNYAM PILLAY	INDIA	4.65m
7	ALBINUS TAN	SARAWAK	4.21m
8	AZRI BIN MUHAMAD	SARAWAK	3.95m

LONG JUMP (M40 – 44)			
1	DEEPAK SINGH NEGI	INDIA	5.85m
2	H.N. BAILJU	INDIA	5.81m
3	CLARENCE TAMI	SABAH	5.65M
4	AUGUSTINE DONNEO	SABAH	5.52m
5	LARRY ANDANG	SABAH	5.32M
6	JOHNNY ANAK INTAI	SARAWAK	5.26m
7	SENTHAN PALANICHAMY	INDIA	5.15m
LONG JUMP (M45 – 49)			
1	BINOY K. THOMAS	INDIA	5.65M
2	FAUZI BIN ABU	UNIMAS	5.57m
3	JASON WONG MUN KEONG	SINGAPORE	5.04m
4	LIEW KIM TU	PERAK	5.02m
5	B. PRADEEP	INDIA	4.99m
6	REDZUAN BIN ABDUL RAHMAN	PERAK	4.90m
7	ISMUNI BIN SRUJI	UNIMAS	4.71m
8	MOHAMAD SOFEE BIN ARIFFIN	PENANG	4.62m
LONG JUMP (M50 – 54)			
1	LATIP BIN ANTONG	SARAWAK	5.38m
2	JAAFAR BIN TIMBANG	LABUAN	5.25m
3	ROSHDAN BIN AHMAD	PERAK	5.10m
4	ERNAWAN WITARSA	INDONESIA	5.09m
5	RAHIM BIN SALAMAT	SABAH	5.01m
6	HUSSIEN BIN AYUB	SARAWAK	4.04m
LONG JUMP (M55 – 59)			
1	MAHADEV PRAJAPATI	INDIA	4.38m
2	DEEPAK BALCHANDRA PATIL	INDIA	4.08m
3	SJN SIRRAJUDIN BIN GHANI	PDRM	3.68m
4	RAIEI BIN MAHIDIN	SELANGOR	3.60m
5	BASKARAN A/L FRANCIS	PERAK	3.3m
LONG JUMP (M60 – 64)			
1	CHARLE LINGAM @ LINGGANG	SABAH	4.61m
2	DATUK MULO K BIN AWANG DAMIT	LABUAN	4.09m
3	ABDUL KAREEM	INDIA	4.00m
4	AB MALEK BIN TAIB	N. SEMBILAN	3.86M
5	CHUA SOON HUAT	SINGAPORE	3.40m
6	CHANDRASHEKAR GAUD HALKUNDI	INDIA	3.34M
7	HAJI SUHAIBON BIN HJ OTHMAN	BRUNEI	2.82m
LONG JUMP (M65 – 69)			
1	VITALIS HERMAN	SABAH	4.09m
2	NARUL ANDAU	SABAH	4.06m
3	MAHENDRA PARMANAND PATEL	INDIA	3.91M
4	HJ ZAINAL BIN HJ NAMIT	BRUNEI	3.65m

5	SAMUEL D. JOHN	N. SEMBILAN	2.36m
LONG JUMP (M70 – 74)			
1	HAJI ARIFFIN BIN ABDULLAH	BRUNEI	3.59m
2	SOH CHIN KOON	SINGAPORE	2.81m
LONG JUMP (M75 – 79)			
1	CPT (R) HJ OSMAN HJ LAHAB	BRUNEI	3.71m
2	DHARAM PAAL SHARMA	INDIA	2.82m
3	SANTHIRA RAJAH SARAVANAMUTTU	SELANGOR	2.27m
LONG JUMP (M80 – 84)			
1	ALFRED LAJAWA	SABAH	3.21m
HIGH JUMP (M35 – 39)			
1	SAIDI BIN KAILU	SABAH	1.65m
2	WASIM RAJA QURASHI	INDIA	1.45m
3	HARDEEP SINGH	INDIA	1.45m
4	GUY LUI	HONG KONG	1.40m
HIGH JUMP (M40 – 44)			
1	LIAW YIN VON	SABAH	1.55m
2	H. N. BAILJU	INDIA	1.50m
3	AUGUSTINE DONNEO	SABAH	1.45m
4	RAJESH KUMAR	INDIA	1.40m
5	SHIJO K. KURIYAKOSE	INDIA	1.35m
HIGH JUMP (M45 – 49)			
1	LIEW SHAN CHOOK	SARAWAK	1.45m
2	GHOUSE KHAN	INDIA	1.20m
3	LIAW FUN MIN	MALACCA	1.00m
HIGH JUMP (M50 – 54)			
1	LATIP BIN ANTONG	SARAWAK	1.50m
2	AGUS DWI RAHARDJO	INDONESIA	1.35m
3	V.M. SHAJI	INDIA	1.20m
HIGH JUMP (M55 – 59)			
1	ABDUL MANAP BIN IBRAHIM	MALACCA	1.05m

HIGH JUMP (M60 – 64)			
1	ALIUDIN BIN JUMAAT	SABAH	1.40m
2	CHANDRASHEKAR GAUD HALKUNDI	INDIA	1.05m
HIGH JUMP (M65 – 69)			
1	NARUL ANDAU	SABAH	1.05m
TRIPLE JUMP (M35 – 99)			
1	SAIDI BIN KAILU	SABAH	10.90m
2	WASIM RAJA QURASHI	INDIA	10.16m
TRIPLE JUMP (M40 – 44)			
1	DEEPAK SINGH NEGI	INDIA	11.57m
2	SANTOSH KUMAR PADHAN	INDIA	10.87m
3	AUGUSTINE DONNEO	SABAH	10.84m
4	CLARENCE TAMI	SABAH	10.82m
5	JOHNNY ANAK INTAI	SARAWAK	10.26m
6	WATSON ANAK NYAMBEK	SARAWAK	9.29m
TRIPLE JUMP (M45 – 49)			
1	BINOY K. THOMAS	INDIA	10.78m
2	JASON WONG MUN KONG	SINGAPORE	10.44m
3	LIEW KIM TU	PERAK	10.33m
4	C. PRADEEP	INDIA	10.13m
5	SAJI GEORGE	INDIA	9.48m
TRIPLE JUMP (M50 – 54)			
1	LATIP BIN ANTONG	SARAWAK	11.33M
2	JAAFAR BIN TIMBANG	LABUAN	10.86M
3	MOHD HASNI HUSSEIN	MALACCA	8.92m
4	SABU M. GOVINDAN	INDIA	8.31m
5	HUSSIEN BIN AYUB	SARAWAK	8.24m
TRIPLE JUMP (M55 – 59)			
1	DEPAK BALCHANDRA PATIL	INDIA	8.52M
2	SJN SIRRAJUDIN BIN GHANI	PDRM	7.19M
TRIPLE JUMP (M60 – 64)			
1	CHARLES LINGAM @ LINGGANG	SABAH	9.53M
2	DATUK MULOK BIN AWANG DAMIT	LABUAN	8.31M
3	CHANDRASHEKAR GAUD HALKUNDI	INDIA	7.37M
4	HJ ABU BAKAR HIN HJ PUNGUT	BRUNEI	7.20m

TRIPLE JUMP (M65 – 69)			
1	NARUL ANDAU	SABAH	8.76m
2	P.J. MARKOSE	INDIA	8.49m
3	VITALIS HERMAN	SABAH	7.25m
4	KUPANNA GOUNDER RAMASWAMY	INDIA	6.58M
5	MOHD RADIR BIN KASBI	N. SEMBILAN	6.57m
TRIPLE JUMP (M70 – 74)			
1	HAJI ARIFFIN BIN ABDULLAH	BRUNEI	6.82M
TRIPLE JUMP (M75 – 79)			
1	DHARAM PAAL SHARMA	INDIA	5.75m
TRIPLE JUMP (M80 – 84)			
1	ALFRED LAJAWA	SABAH	5.06m
4 X 100M OPEN (MEN)			
1	SINGAPORE		48.29s
2	SABAH		49.79s
3	UNIMAS		50.66s
4	PERAK		50.86s
5	INDIA B		52.09s
6	SARAWAK B		52.40s
7	SARAWAK A		52.60s
8	INDIA C		54.61c
4 X 400M OPEN (MEN)			
1	SABAH		4:00.39s
2	SINGAPORE		4:01.68s
3	PERAK		4:02.12s
4	UNIMAS		4:18.40s
5	INDIA B		4:21.09s
6	SARAWAK		4:25.42s

WOMEN

100M (W35 – 39)			
1	ASMAWATI BT SIDI	SARAWAK	13.76s
2	NORFAZILAH BT SOWTALI	SINGAPORE	15.23s
3	NOR SUKASIH BT MOHAMED	SARAWAK	15.36s
4	VENGTRAMAN ABITHA	SINGAPORE	15.42s
5	JAYPREIYA KUPPUSAMY	SINGAPORE	15.42s
6	CATHERINE ANAK LAMBOR	SARAWAK	15.62s
7	SIMI MARIAM JOSE	INDIA	16.00s
8	KUMARI KAUSHALIYA RANI.M.	PERAK	16.42s
100M (W40 – 44)			
1	MANJUMOL T. JOSEPH	INDIA	15.27s
2	MARTA BASA BT LOKMAN	LABUAN	15.62s
3	YELENTRIYA GABRIEL FERNANDEZ	INDIA	16.43s
4	JACKIE LEE	SINGAPORE	16.43s
5	ANNE DOSUIS	SABAH	16.43s
6	LAM SHENN YUH	SARAWAK	22.06s
100M (W45 – 49)			
1	RITA THONG HINN LIN @ NUR RITA	PERAK	14.55s
2	LIEW SZE KIU K LIANA	SARAWAK	14.55s
3	ERINE SINUEL	SABAH	15.21s
4	HEMAPRABHA LAILA	INDIA	17.16s
5	TITI SUHARTI BT SALAM	UNIMAS	18.71s
100M (W50 – 54)			
1	JULIANA GUMPIL	SABAH	13.81s
2	MORDIANAN ABDULLAH	SABAH	15.75s
3	KURAKULA BHARATHI	INDIA	17.26s
4	K. RAJYA LAKSHMI	INDIA	21.21s
5	B. RADHIKA	INDIA	26.17s
100M (W55 – 59)			
1	LUCY YONG	SABAH	13.67s
2	NORA SRI HAPSARI	INDONESIA	16.79s
3	CHITRA C. NALAWEDA	INDIA	20.09s
100M (W60 – 64)			
1	LINDA OH AH KIAW	SINGAPORE	13.93s
2	CHRISTINA LABANJING	SABAH	14.51s
100M (W65 – 69)			
1	SELAMAH BT ABAS	SELANGOR	21.78s
2	AISHAH BT N. ABU BAKAR	MALACCA	26.63s
3	SRIPADA LAKSHMI RAMAKRISHNAN	INDIA	30.54s

100M (W70 – 74)			
1	PETCHAY KANDASAMY	SINGAPORE	22.28s
100M (W75 – 79)			
1	ADELINE JOHN UMBUL	SABAH	47.58s
100M (W85 – 89)			
1	MARIE ROREK	INDONESIA	25.83s
200M (W35 – 39)			
1	ASMAWATI BT SIDI	SARAWAK	30.31s
2	WONG HUI YUEN	SINGAPORE	32.91s
3	NOR SUKASIH BT MOHAMED	SARAWAK	33.99s
4	CATHERINE ANAK LAMBOR	SARAWAK	34.50s
5	SMT RAKHI SHARMA	INDIA	36.50s
200M (W40 – 44)			
1	MANJUMOL T. JOSEPH	INDIA	32.63s
2	MARTA BASA BT LOKMAN	LABUAN	33.31s
3	YELENTRIYA GABRIEL FERNANDEZ	INDIA	33.93s
4	MANISHA TOMAR	INDIA	33.93s
5	JACKIE LEE	SINGAPORE	35.20s
6	CHAUHAN P. BABULAL	INDIA	36.72s
7	LAM SHENN YUH	SARAWAK	48.90s
200M (W45 – 49)			
1	ERINE SINUEL	SABAH	33.39s
2	MARGARET BT PETRUS	SABAH	36.62s
3	HEMAPRABHA LAILA	INDIA	37.78s
4	NORJANAN ABDULLAH @ LILY AS	SARAWAK	45.71s
200M (W50 – 54)			
1	MORDIANA ABDULLAH	SABAH	34.80s
2	ALAKNANDA HANDA	INDIA	38.60s
3	THERESLINE ASIRVATHAM	SELANGOR	41.45s
4	SIMARJEET KAUR	INDIA	51.57s
200M (W55 – 59)			
1	LUCY YONG	SABAH	35.13s
2	N. ANNAPURNA DEVI	INDIA	48.46s
200M (W60 – 64)			
1	LINDA OH AH KIAW	SINGAPORE	35.39s

200M (W65 – 69)			
1	SELAMAH BT ABAS	SELANGOR	51.32s
2	J. VASUNDHARA	INDIA	53.62s
200M (W70 – 74)			
1	PETCHAY KANDASAMY	SINGAPORE	49.54s
2	M. VENKATA SUBBA LAXMI	INDIA	66.30s
400M (W35 – 39)			
1	SMT SAVITYA BHARDWAJ	INDIA	96.58s
2	G. SHVALEELA	INDIA	141.38s
400M (W40 – 44)			
1	MANISHA TOMAR	INDIA	78.09s
2	TAMILSLVE A/P PERIASAMY	N.SEMBILAN	79.19s
3	INSP EMILIA BT JAMIL	PDRM	81.44s
4	LAM SHENN YUH	SARAWAK	122.65s
400M (W45 – 49)			
1	ISIDORE AMIN	SABAH	88.36s
2	HUSNA BT ABDULLAH	BRUNEI	88.80s
3	MARGARET BT PETRUS	SABAH	92.59s
4	HEMAPRABHA LAILA	INDIA	95.96s
5	MAYADEVI	INDIA	117.51s
400M (W50 – 54)			
1	ALAKNANDA HANDA	INDIA	111.45s
400M (W55 – 59)			
1	SINNAMAH GOLLA-BANGARU	SELANGOR	103.10s
2	N. ANNAPURNA DEVI	INDIA	124.13s
400M (W60 – 64)			
1	SAMSI AH BT MOHD YASSIN	LABUAN	113.49s
400M (W65 – 69)			
1	J. VASUNDHARA	INDIA	144.33s
400M (W70 – 74)			
1	M. VENKATA SUBBA LAXMI	INDIA	171.48s

800M (W35 – 39)			
1	SIDDHI SHIVAJI BHOSLE	INDIA	3:18.89s
2	JULIA YAP SIEW YIN	SARAWAK	3:22.09s
800M (W40 – 44)			
1	INSP EMILIA BT JAMIL	PDRM	3:13.29s
2	TAMILSLVE A/P PERIASAMY	N.SEMBILAN	3:15.95s
3	PREETI DATTATREYA MASKE	INDIA	3:17.79s
4	SJN. CHOO MEI HUNG	PDRM	3:20.07s
5	NORMAL BT SULLIAMAN	SARAWAK	4:25.59s
6	NEERU BALA KAKKAR	INDIA	4:40.19s
800M (W45 – 49)			
1	CECELIA MAKSIMON	SABAH	3:08.46s
2	ISIDORE AMIN	SABAH	3:20.30s
3	JONG MOI KIAN	SARAWAK	3:21.30s
4	HUSNA BT ABDULLAH	BRUNEI	3:36.79s
5	CHAN YEN CHING	PDRM	3:40.12s
6	VIJAYABHARATHI N. BHAT	INDIA	3:48.70s
800M (W50 – 54)			
1	CHOO NGIK HUNG	SARAWAK	3:11.32s
2	SESLY ASIRVATHAM	SELANGOR	3:51.38s
800M (W55 – 59)			
1	KPL/S LINDA HO MING LEE	PDRM	3:21.56s
2	JOANNE FOO	PERAK	3:36.53s
3	JOUTI @ VIRONICA ELAU	SABAH	3:44.27s
4	V. VIJAYA	INDIA	4:13.75s
800M (W60 – 64)			
1	SAMSI AH BT MOHD YASSIN	LABUAN	4:12.61s
2	KIMI H B. MONJITOL @ FLORENCE	SABAH	4:23.77s
800M (W65 – 69)			
1	J. VASUNDHARA	INDIA	5:55.58s
800M (W70 – 74)			
1	M. VENKATA SUBBA LAXMI	INDIA	7:04.93s
1500M (W35 – 39)			
1	SMT RAKHI SHARMA	INDIA	6:15.21s
2	SIDDHI SHIVAJI BHOSLE	INDIA	6:48.41s
3	JULIA YAP SIEW YIN	SARAWAK	6:54.25s
4	SMT SAVITYA BHARDWAH	INDIA	7:59.34s

5	SITI ZUBAIDAH BT BUJANG	SARAWAK	8:52.76s
1500M (W40 – 44)			
1	PREETI DATTATREYA MASKE	INDIA	6:35.02s
2	SJN CHOO MEI HUNG	PDRM	6:59.80s
3	NEERU BALA KAKKAR	INDIA	7:57.81s
4	VARA ARTI RAJESHBHAI	INDIA	8:42.55s
5	ROHAYU BT SUUT	SARAWAK	8:48.61s
1500M (W45 – 49)			
1	CECELIA MAKSIMON	SABAH	6:23.13s
2	HUSNA BT ABDULLAH	BRUNEI	7:13.24s
3	VIJAYABHARATHI N. BHAT	INDIA	7:15.77s
4	JONG MOI KIAN	SARAWAK	7:15.77s
5	CHAN YEN CHING	PDRM	8:02.98s
6	SHRADDHA RANANAWARE	INDIA	8:28.01s
1500M (W50 – 54)			
1	CHOO NGIK HUNG	SARAWAK	6:18.46s
2	NEELAM N. KHANAPURKAR	INDIA	14:29.19s
1500M (W55 – 59)			
1	KPL/S LINDA HO MING LEE	PDRM	6:38.68s
2	JOANNE FOO	PERAK	7:32.65s
3	JOUTI @ VIRONICA ELAU	SABAH	7:43.56s
4	V. VIJAYA	INDIA	8:56.99s
5	SINNAMAH GOLLA-BANGARU	SELANGOR	9:24.75s
6	N. ANNAPURNA DEVI	INDIA	11:07.49s
1500M (W60 – 64)			
1	SAMSI AH BT MOHD YASSIN	LABUAN	9:35.65s
1500M (W65 – 69)			
1	J. VASUNDHARA	INDIA	11:59.65s
3000M (W35 – 39)			
1	SMT RAKHI SHARMA	INDIA	13:46.84s
2	JULIA YAP SIEW YIN	SARAWAK	14:37.32s
3	SIDDHI SHIVAJI BHOSLE	INDIA	14:55.35s
4	SMT SAVITYA BHARDWAJ	INDIA	20:52.51s
3000M (W40 – 44)			
1	PREETI DATTATREYA MASKE	INDIA	14:23.57s
2	JONG MEI TING	SARAWAK	14:25.65s
3	NEERU BALA KAKKAR	INDIA	17:49.23s

3000M (W45 – 49)			
1	CECELIA MAKSIMON	SABAH	14:18.73s
2	VIJAYABHARATHI N. BHAT	INDIA	16:47.21s
3	SHRADDHA RANANAWARE	INDIA	17:56.28s
3000M (W50 – 54)			
1	CHOO NGIK HUNG	SARAWAK	14:02.32s
3000M (W55 – 59)			
1	JOUTI @ VIRONICA ELAU	SABAH	16:01.33s
3000M WALK (W35 – 39)			
1	LOLITA ANAK NISA	SARAWAK	28:01.50s
2	LANNY SHARRONECA JIKUT JULIUS	SABAH	28:31.09s
3	NOR HASLIAH MOHD HASHIM	MALACCA	34:59.31s
4	NOR HANISAH MOHD HASHIM	MALACCA	34:59.31s
3000M WALK (W40 – 44)			
1	NEERU BALA KAKKAR	INDIA	22:58.55s
2	PREETI DATTATREYA MASKE	INDIA	24:20.80s
3	SHARMILA	INDIA	26:32.10s
4	K. UMA	INDIA	27:31.02s
5	NOR HAFIZAH BT MOHD NOR	MALACCA	33:26.43s
3000M WALK (W45 – 49)			
1	VIJAYABHARATHI N. BHAT	INDIA	21:56.93s
2	SHRADDHA RANANAWARE	INDIA	24:48.52s
3	ROSE BT KAUIJIN	SABAH	25:17.06s
4	VERONICA CRISTOBEL A.	IPG KPI	28:08.42s
5	VANITAH A/P K.PALANIAPPAN	IPG KPI	28:50.15s
3000M WALK (W50 – 54)			
1	YUGESWARI A/P SHANMUGAM	PERAK	23:27.27s
2	T.L. SNEHLATHA	INDIA	26:55.62s
3	AMALIA MARQUEZ BARCOMA	SELANGOR	28:57.23s
4	HANIFAH BT MOHD YUNUS	IPG KPI	31:25.28s
3000M WALK (W55 – 59)			
1	KAMALA DEVI A/P KOLANTHAI	PDRM	19:22.52s
2	KOMATHI JAYARAMAN	SINGAPORE	20:18.46s
3	JOUTI @ VIRONICA ELAU	SABAH	20:30.17s
4	JOANNE FOO	PERAK	22:29.21s
5	NUR'AISHAH BT ABDULLAH	IPG KPI	24:14.03s
6	V. VIJAYA	INDIA	28:55.01s

3000M WALK (W60 – 64)			
1	KIMIH B. MONJITOL @ FLORENCE	SABAH	23:23.58s
2	SUSANNA HIEW NYUK KYAU	SABAH	23:52.18s
3000M WALK (W65 – 69)			
1	SELAMAH BT ABAS	SELANGOR	26:05.28s
3000M WALK (W70 – 74)			
1	SUJITRA PORMANUCHATIP	LABUAN	32:32.22s
100M HURDLES (W35 – 39)			
1	CATHERINE ANAK LAMBOR	SARAWAK	35.36s
2	BHAGYA S.H.	INDIA	80.87s
SHOT PUT (W35 – 39)			
1	DSP LIONG SAU LAI	PDRM	8.99m
2	SANGEETA CHHABRA	INDIA	7.15m
3	SHEEJA NAZAR	INDIA	6.73m
4	LOLITA ANAK NISA	SARAWAK	6.44m
5	CHRISTINA ISLAN ANAK MEBOH	SARAWAK	5.86m
6	SREEDEVI VINOD	INDIA	5.64m
7	WAN HASMAH LAILI WAN HAMAT	SARAWAK	5.56m
8	SUNAM KHAND SHRESTHA	NEPAL	4.94m
SHOT PUT (W40 – 44)			
1	ANURADHA	INDIA	8.43m
2	BINI VERGHESE	INDIA	6.12m
3	M. DEVIKA	INDIA	5.90m
4	SHALEY ROSEMARY	PERAK	5.33m
SHOT PUT (W45 – 49)			
1	LIEW SZE KIU K LIANA	SARAWAK	8.81m
2	NORALL AZIAN BT HJ ZAINAL	PERAK	7.53m
3	ANITA S. RAI	INDIA	7.49m
4	VANITHA A/P K. PALANIAPPAN	IPG KPI	7.24m
5	N. LAKSHMI DEVI	INDIA	6.60m
6	SAMSI AH BT ABDUL RAHMAN	SARAWAK	5.62m
7	TILAGAWATI SUPRAMANIAM	PERAK	5.51m
8	MAYADEVI	INDIA	5.44m
SHOT PUT (W50 – 54)			
1	LAU SONG TING	SARAWAK	8.26m
2	JESSIE BT MANJIN	SABAH	7.15m
3	JUBIDAH BT HJ ZUNAI DI	BRUNEI	6.88m
4	PURNIMA P. RANE	INDIA	6.85m
5	K. RAJYA LAKSHMI	INDIA	6.82m
6	JAMILAH CONNY FRANSISKA	INDONESIA	6.75m

7	HJH NORHASIMAH BT ABDULLAH	BRUNEI	6.25m
8	SITI DIAH BT JANI	BRUNEI	6.19m
SHOT PUT (W55 – 59)			
1	PIRIN BT BERANGIN	SABAH	7.26m
2	G. JAYA RATNA VENI	INDIA	7.17m
3	NUR' AISHAH BT ABDULLAH	IPG KPI	6.49m
4	MARYEM JOINOL	SABAH	6.47m
5	SUDESH KUMARI	INDIA	6.16m
6	JUETEH FRANCIS	SABAH	5.97m
7	NORA SRI HAPSARI	INDONESIA	5.97m
8	RUBI GUPTA	INDIA	5.77m
SHOT PUT (W60 – 64)			
1	TAY YU ENG	SABAH	7.39m
2	LINDA OH AH KIAW	SINGAPORE	6.92m
3	PUSHFA RAMASAMY	KUALA LUMPUR	6.48m
4	VITHYAWATHY NAMADEVAN	SELANGOR	5.96m
5	CARMELINA FRANCIS DIAS	INDIA	5.74m
6	HJH MARIAH BT HJ METUSSIN	BRUNEI	4.14m
SHOT PUT (W65 – 69)			
1	Y. KOTESWARAMMA	INDIA	6.39m
2	JULIA JACOB	INDONESIA	5.99m
3	TOMBONG BT TINGGI	SABAH	4.47m
4	SRIPADA LAKSHMI RAMAKRISHNA	INDIA	3.96m
5	AZIZAH @ HALIMAH BT INDASAN	SABAH	3.91m
SHOT PUT (W70 – 74)			
1	JENNY HAN	LABUAN	5.25m
SHOT PUT (W85 – 89)			
1	MARIE ROREK	INDONESIA	4.38m
DISCUS (W35 – 39)			
1	DSP LIONG SAU LAI	PDRM	28.14m
2	SHEEJA NAZAR	INDIA	18.87m
3	ALDLIN BT ADANGKU @GEORGE	SABAH	17.13m
4	AZURA BT MOHD ZAHRI	SARAWAK	15.11m
DISCUS (W40 – 44)			
1	ANURADHA	INDIA	20.65m
2	SUKUMARI TANDI	INDIA	19.91m
3	MARTA BASA BT LOKMAN	LABUAN	18.46m
4	BINI VERGHESE	INDIA	17.73m
5	M. DEVIKA	INDIA	15.57m

DISCUS (W45 – 49)			
1	LIEW SZE KIUOK LIANA	SARAWAK	22.21m
2	IMELDA HARRY	SARAWAK	22.11m
3	ANITA S. RAI	INDIA	20.93m
4	NORALL AZIAN BT HJ ZAINAL	PERAK	20.49m
5	JAYANTHI M. DEVADIGA	INDIA	19.40m
6	N. LAKSHMI DEVI	NDIA	18.30m
7	JAYASREE M/ GOPALAN	INDIA	14.10m
DISCUS (W50 – 54)			
1	K. RAJYA LAKSHMI	INDIA	21.15m
2	LAW SONG TING	SARAWAK	20.11m
3	THERESLINE ASIRVATHAM	SELANGOR	18.97m
4	JESSIE BT MANJIN	SABAH	18.01m
5	JUBIDAH BT HJ ZUNAI DI	BRUNEI	17.83m
6	HJH NORHASIMAH BT ABDULLAH	BRUNEI	15.72m
7	MARINA MANJIN	SABAH	15.50m
8	SITI DIAH BT JANI	BRUNEI	14.90m
DISCUS (W55 – 59)			
1	G. JAYA RATNA VENI	INDIA	17.17m
2	PIRIN BT BERANGIN	SABAH	16.90m
3	HZIJAH @ AZIJAH BT MD YUNUS	LABUAN	15.39m
4	D. RADHA	INDIA	15.13m
5	SUDESH KUMARI	INDIA	13.73m
6	RUBI GUPTA	INDIA	13.60m
7	M. JAMUNA	INDIA	11.06m
DISCUS (W60 – 64)			
1	TAY YU ENG	SABAH	20.78m
2	PUSHFA RAMASAMY	KUALA LUMPUR	17.60m
3	HJH MARIAH HJ METUSSIN	BRUNEI	14.86m
DISCUS (W65 – 69)			
1	Y. KOTESWARAMMA	INDIA	18.07m
2	JULIA JACOB	INDONESIA	13.95m
DISCUS (W70 – 74)			
1	JENNY HAN	LABUAN	11.40 m
2	SUJITRA PORMNUCHATIP	LABUAN	8.75m
3			
DISCUS (W85 – 89)			
1	MARIE ROREK	INDONESIA	8.78m

JAVELIN (W35 – 39)			
1	DSP LIONG SAU LAI	PDRM	31.02m
2	SANGEETA CHHABRA	INDIA	23.84m
3	SHEEJA NAZAR	INDIA	15.37m
4	SREEDEVI VINOD	INDIA	14.41m
5	AZURA BT MD ZAHRI	SARAWAK	8.67m
JAVELIN (W40 – 44)			
1	BINI VERGHESE	INDIA	15.57m
2	NATALIE DAWN SIPULA	SABAH	15.43m
3	MANJUMOL T. JOSEPH	INDIA	13.89m
4	SHALEY ROSEMARY	PERAK	11.04m
JAVELIN (W45 – 49)			
1	IMELDA HARRY	SARAWAK	21.88m
2	VANITHA A/P K. PALANIAPPAN	IPG KPI	20.50m
3	ANITA S. ROI	INDIA	18.63m
4	N. LAKSHMI DEVI	INDIA	13.85m
5	JERNAIL KAUR	INDIA	10.88m
6	SAMSI AH BT ABDUL RAHMAN	SARAWAK	10.33m
7	VERONICA CRISTOBEL A.	IPG KPI	9.99m
JAVELIN (W50 – 54)			
1	LAW SONG TING	SARAWAK	23.67m
2	MARINA MANJIN	SABAH	17.00m
3	JESSIE BT MANJIN	SABAH	16.71m
4	JAMILAH CONNY FRANSISKA	INDONESIA	16.69m
5	HJH NORHASIMAH BT ABDULLAH	BRUNEI	15.53m
6	DR. WONG NGAN LING	SELANGOR	15.34m
7	JUBIDAH BT HJ ZUNAI DI	BRUNEI	14.42m
8	NEELAM N. KHANAPURKAR	INDIA	12.18m
JAVELIN (W55 – 59)			
1	MARYEM JOINOL	SABAH	16.85m
2	NORA SRI HAPSARI	INDONESIA	15.85m
3	RUBI GUPTA	INDIA	15.63m
4	PIRIN BT BERANGIN	SABAH	15.32m
5	NUR' AISHAH BT ABDULLAH	IPG KPI	13.89m
6	N. ANNAPURNA DEVI	INDIA	8.07m
7	D. RADHA	INDIA	7.53m
JAVELIN (W60 – 64)			
1	TAY YU ENG	SABAH	23.90m
2	PUSHFA RAMASAMY	KUALA LUMPUR	16.43m
3	VITHYAWATHY NAMADEVAN	SELANGOR	12.18m
4	HJH AMINAH BT HJ DAMIT	BRUNEI	11.21m
5	HJH MARIAH BT HJ METUSSIN	BRUNEI	10.26m

JAVELIN (W65 – 69)			
1	JULIA JACOB	INDONESIA	14.90M
2	DY FATIMAH BT ABDULLAH	BRUNEI	11.04m
JAVELIN (W70 – 74)			
1	JENNY HAN	LABUAN	10.27m
2	M. VENKATA SUBBA LAXMI	INDIA	7.49m
3	SUJITRA PORNMANUCHATIP	LABUAN	6.58m
JAVELIN (W85 – 89)			
1	MARIE ROREK	INDONESIA	8.04m
LONG JUMP (W35 – 39)			
1	ASMAWATI BT SIDI	SARAWAK	4.26m
2	WONG HUI YUEN	SINGAPORE	4.22m
3	VENGTRAMAN ABITHA	SINGAPORE	3.83m
4	NOR SUKASIH BT MOHAMED	SARAWAK	3.69m
5	SIMI MARIAM JOSE	INDIA	3.50m
LONG JUMP (W40 – 44)			
1	MARTA BASA BT LOKMAN	LABUAN	3.93m
LONG JUMP (W45 – 49)			
1	LIEW SZE KIU K LIANA	SARAWAK	4.31m
2	RITA THONG HINN LIN @ NUR RITA	PERAK	4.11m
3	JAYANTHI M. DEVADIGA	INDIA	3.46m
4	MAYADEVI	INDIA	3.16m
5	HUSNA BT ABDULLAH	BRUNEI	2.97m
6	PASUPULETI VENKATA PADMAJA	INDIA	2.72m
LONG JUMP (W50 – 54)			
1	JULIANA GUMPIL	SABAH	4.83m
2	DR. WONG NGAN LING	SELANGOR	3.29m
3	PURNIMA P. RANE	INDIA	2.78m
LONG JUMP (W55 – 59)			
1	LUCY YONG	SABAH	3.29m
2	NORA SRI HAPSARI	INDONESIA	2.62m
3	CHITRA C. NALAWADE	INDIA	2.34m
LONG JUMP (W60 – 64)			
1	SAMSI AH BT MOHD YASSIN	LABUAN	2.43m
2	HJH AMINAH BT HJ DAMIT	BRUNEI	1.72m

LONG JUMP (W65 – 69)			
1	SELAMAH BT ABAS	SELANGOR	1.50m
HIGH JUMP (W35 – 39)			
1	CHRISTINA ISLAN ANAK MEBOH	SARAWAK	1.04m
2	BHAGYA S.H.	INDIA	0.80m
HIGH JUMP (W45 – 49)			
1	JAYANTHI M. DEVADIGA	INDIA	1.01m
2	MARGARET BT PETRUS	SABAH	0.89m
HIGH JUMP (W50 – 54)			
1	JULIANA GUMPIL	SABAH	1.23m
2	SESLY ASIRVATHAM	SELANGOR	1.01m
3	SIMARJEET KAUR	INDIA	0.83m
HIGH JUMP (W55 – 59)			
1	CHITRA C. NALAWADE	INDIA	0.70m
HIGH JUMP (W60 – 64)			
1	CHRISTINA LABANJING	SABAH	1.01m
TRIPLE JUMP (W35 – 39)			
1	VENGTRAMAN ABITHA	SINGAPORE	7.56m
2	BHAGYA S.H.	INDIA	7.06m
3	SUNITHA DHAND	INDIA	6.92m
TRIPLE JUMP (W45 – 49)			
1	RITA THONG HINN LIN @ NUR RITA	PERAK	9.12m
2	JAYANTHI M. DEVADIGA	INDIA	7.13m
3	PASUPULETI VENKATA PADMAJA	INDIA	6.12m
TRIPLE JUMP (W50 – 54)			
1	JULIANA GUMPIL	SABAH	8.98m
2	KURAKULA BHARATHI	INDIA	6.80m
3	PURNIMA P. RANE	INDIA	6.05m
TRIPLE JUMP (W55 – 59)			
1	LUCY YONG	SABAH	6.39m
TRIPLE JUMP (W60 – 64)			
1	CHRISTINA LABANJING	SABAH	6.11m
2	TAY YU ENG	SABAH	5.37m

4 X 100M OPEN (WOMEN)			
1	SABAH		58.92s
2	SARAWAK		59.39s
3	LABUAN		60.91s
4	SINGAPORE		61.74s
5	UNIMAS		71.47s
4 X 400M OPEN (WOMEN)			
1	SABAH		5:33.29s
2	SARAWAK		5:38.45s
3	INDIA		10:10.06s

**31ST MALAYSIAN INTERNATIONAL OPEN MASTERS ATHLETICS
CHAMPIONSHIPS
22 – 23 JULY 2017
STADIUM SARAWAK, KUCHING.
SARAWAK, MALAYSIA**

MEDAL TALLY

NO.	TEAM	GOLD	SILVER	BRONZE
1	SABAH	61	29	26
2	INDIA	57	70	61
3	SARAWAK	22	15	10
4	SINGAPORE	20	19	8
5	PERAK	14	8	14
6	BRUNEI DARUSSALAM	13	9	7
7	LABUAN	11	8	4
8	PDRM	11	5	4
9	SELANGOR	7	7	8
10	INDONESIA	7	6	2
11	NEGERI SEMBILAN	3	4	2
12	KUALA LUMPUR	2	6	2
13	UNIMAS	2	2	3
14	MALACCA	1	2	4
15	JETS	1	1	-
16	HONG KONG	-	1	1
17	IPG KPI	-	1	1
18	PENANG	-	-	1
19	NEPAL	-	-	-
20	SRI LANKA	-	-	-

S. SIVAPRAGASAM, A.M.W.
HON. SECRETARY MMAA
29 JULY 2017