

**MALAYSIAN INTERNATIONAL OPEN MASTERS ATHLETICS CHAMPIONSHIPS**  
**RECORDS UPDATED - 2019**

**2022**

**MEN**

**MEN**

**35 - 39**

100m	10.9s	HAIRUL B. ABU SHAH
200m	23.3s	GAMLATHGE INDIKA
400m	53.3s	ANUAR ALMI B. HJ RAMLI
800m	2:10.1s	SARAVANAN ELAGAMUROM
1500m	4:26.5s	H.R. CHAMINDA
5000m	16:18.0s	ZAHED DEHPAHLEVAMI
5000m Walk	27:21.4s	LAM SUI HENG
110m H	18.5s	N.A.S. NIROSHAN
LONG JUMP	6.00m	HARBINDER SINGH
HIGH JUMP	1.70m	VIKRAM SINGH
TRIPLE JUMP	11.65m	VIKRAM SINGH
SHOT PUT	11.95m	ELIASIN BIN ETIM
DISCUS	33.23m	BONNY BIN DUNII
JAVELIN	52.83m	KARAN SINGH YADAV

**MEN**

**40 - 44**

100m	11.12s	MOHD YUSOF BIN NINGAL
200m	23.8s	MAULANI B. DIMAN
400m	53.93s	M. RAMAKRISHNAN
800m	2:03.38s	M. RAMAKRISHNAN
1500m	4:20.9s	MOHAMMAD BADIEIGOLMAKANI
5000m	16:16.40s	M. RAMAKRISHNAN
5000m Walk	23:48.48s	JAGJIT SINGH
110m H	17.6s	DJL GAMNI WEERASINGHE
400m H	62.7s	SHAMSHER SINGH
LONG JUMP	6.09m	KAMARULZAMAN TAHIR
HIGH JUMP	1.70m	ROHIMI ABDULLAH
	1.70m	ANNOPPHROMHIT
	1.70m	H.A. SHANTHA KUMARA
TRIPLE JUMP	12.69m	RANJIT MALINGA
SHOT PUT	14.09m	LOHERH MANDOU
DISCUS	40.38m	DANAPAL NAIDU
JAVELIN	50.68m	NASHATAR SINGH
HAMMER	28.94m	JESWANT SINGH
POLE VAULT	3.10m	SULAIMAN ABU BAKAR
5K WALK (ROAD)	22:38.8m	JAGJIT SINGH

**MEN****45 - 49**

100m	11.4s	ERNAWAN WITARSA
200m	23.9s	ERNAWAN WITARSA
400m	53.1s	MICK WONG
800m	2:04.9s	M. RAMAKRISHNAN
1500m	4:17.3s	M. RAMAKRISHNAN
5000m	17:55.3s	ZAHED TAHERI
5000m Walk	27:16.3s	THOMAS KOK
110m H	17.0s	WEERASINGHE
400m H	67.4s	JOHARI BIN HJ BAKAR
LONG JUMP	6.02m	ERNAWAN WITARSA
HIGH JUMP	1.73m	AUNNOP PROMHEET
TRIPLE JUMP	11.39m	HJ ABDUL RANI
SHOT PUT	11.0m	GURLAL SINGH
DISCUS	34.59m	SOLOMON T. MOHANATH
JAVELIN	47.82m	R.J. MIRANDA
HAMMER	32.48m	GURLAL SINGH
POLE VAULT	2.40m	S. SINNATHAMBY
5K WALK (ROAD)	26:02.42m	K. MAHALINGAM

**MEN****50 - 54**

100m	11.7s	OSMAN BIN NADZIM
200m	25.01s	M. GUNASENA
400m	58.3s	TAN KIM SENG
800m	2:04.9s	C.D. ATHUKORALA
1500m	4:40.4s	M. RAMAKRISHNAN
5000m	17:18.0s	M. RAMAKRISHNAN
5000m Walk	27:06.0s	PURVES WILLIAM FRANKLIN
100m H	16.3s	BANCHA RAMARATANG
	16.3s	SHAMRY MOHD ALI
400m H	66.9s	M. GUNASENA
LONG JUMP	5.62m	KAWAHARA NORIHIKO
HIGH JUMP	1.60m	THANGAVEL T.M.
TRIPLE JUMP	11.59m	JAAFAR B. TIMBANG
SHOT PUT	12.29m	JAMES JAYABALAN
DISCUS	39.72m	SOLOMON T. MOHANATH
JAVELIN	48.16m	NAGARMAL MOYAL
HAMMER	38.82m	LAL CHAND RAM
POLE VAULT	2.90m	YOS SOR NAKANART
5K WALK (ROAD)	26:39.29s	MUSTAFFAR OTHMAN

**MEN****55 - 59**

100m	12.2s	MOCHAMAD HARIANTO
200m	26.7s	P. JOGALEKHAR
	26.7s	MANSOR BIN HARUN
400m	59.2s	M. RAMAKRISHNAN
800m	2:16.1s	S. SANTHIRARAJAH
1500m	4:37.1s	M. RAMAKRISHNAN
5000m	18:32.7s	SIROUS BAVAF
5000m Walk	27:46.7s	LUIS ABADIAS
100m H	18.45s	CHIN FOO FAH
LONG JUMP	5.12m	IBRAHIM YUSOFF
HIGH JUMP	1.55m	PIUS KONDOKOR
TRIPLE JUMP	11.08m	CHARLES LINGAM
SHOT PUT	12.90m	JAMES JAYABALAN
DISCUS	38.12m	SUBMINDER SINGH
JAVELIN	45.09m	YAW DOLY YAW LOKONG
HAMMER	32.60m	LOW CHENG LEONG
POLE VAULT	2.40m	CHANDRA SEKAR PRASAD
5K WALK (ROAD)	25:37.81s	BILL PURVES
400m H	77.15s	S. PADMAHAN

**MEN****60 - 64**

100m	12.7s	FUMIO SASAKI
	12.7s	CHARLIE LEE
200m	26.8s	FUMIO SASAKI
400m	62.5s	M. RAMAKRISHNAN
800m	2:28.9s	M. RAMAKRISHNAN
1500m	4:57.3s	SEYED HASSAN HOSSEINI
5000m	18:17.9s	SEYED HASSAN HOSSEINI
5000m Walk	28:02.4s	THOMAS KOK
300m H	53.04s	YAAKOB SALLEH
100m H	17.08s	ALIUDIN JUMAAT
LONG JUMP	4.89m	CHARLES LINGAM
HIGH JUMP	1.46m	HOO YOON WAH
TRIPLE JUMP	10.92m	CHIN FOO FAH
SHOT PUT	13.49m	JAMES JAYABALAN
DISCUS	37.74m	P. NADARAJAH
JAVELIN	40.64m	LEE SHUN TZU
HAMMER	35.68m	GENDA SINGH
POLE VAULT	1.70m	CELEMENT B. KINDAN
5K WALK (ROAD)	26:45.6s	BILL PURVES
400m H	69.52s	S. RAMASAMY

**MEN****65 - 69**

100m	13.83s	MOHD TAMIN MERICAN
200m	28.80s	AUSTIN JAYATILAKE
400m	64.62s	AUSTIN JAYATILAKE
800m	2:39.1s	SURIYA WINGPRAWAT
1500m	5:27.74s	AUSTIN JAYATILAKE
5000m	20:31.3s	MUSTAN SINGH
5000m Walk	29:42.0s	THOMAS KOK
300m H	73.23s	T. DEVARAJAN
100m H	20.0s	THOMAS KESSLER
LONG JUMP	4.49m	ABDUL SALAM HJ HAMID
HIGH JUMP	1.35m	ALIUDIN JUMAAT
TRIPLE JUMP	9.54m	CHIN FOO FAH
SHOT PUT	11.96m	DATUK A. SIBIDOL
DISCUS	37.70m	DATUK A. SIBIDOL
JAVELIN	43.30m	HJ ZAINAL HJ NAMIT
HAMMER	13.64m	SURIAKANT SRVASTAYA
POLE VAULT	1.60m	HJ MUSTAPHA ABDULLAH
5K WALK (ROAD)	31:02.8s	CPT(B) HJ OSMAN LAHAB
110m H	19.32s	THOMAS KESSLER

**MEN****70 - 74**

100m	14.4s	MOHD TAMIN MERICAN
200m	30.2s	MOHD TAMIN MERICAN
400m	72.3s	T. SELVARAJ
800m	2:57.7s	GERARD O'REILLY
1500m	6:06.8s	GERARD O'REILLY
5000m	24:18.52s	MUNIANDY SINNIH
5000m Walk	31:03.81s	THOMAS KOK
LONG JUMP	4.00m	MOHD TAMIN MERICAN
HIGH JUMP	1.18m	T. JOHN DEVASIRVATHAM
TRIPLE JUMP	8.42m	MOHD TAMIN MERICAN
SHOT PUT	11.33m	SYLVESTER CHANG PIT FUJ
DISCUS	33.11m	FARID GADELSHIN
JAVELIN	35.04m	DATUK A. SIBIDOL
5K WALK (ROAD)	32:05.42s	HJ MD NOOR ARIFFIN

**MEN****75 - 79**

100m	15.3s	ALFRED LAJAWA
200m	33.3s	ALFRED LAJAWA
400m	82.2s	ALFRED LAJAWA
800m	3:20.2s	SIDIN BIN WASIM
1500m	7:03.1s	SIDIN BIN WASIM
5000m	27:34.1s	SIDIN BIN WASIM
5000m Walk	35:38.6	THOMAS KOK
LONG JUMP	3.72m	T.J. DEVASIRVATHAM
HIGH JUMP	1.25m	A.E. SOEWENDO
TRIPLE JUMP	7.38m	DESHPANDE SHAMBRAO
SHOT PUT	9.95m	GURJIWAN SINGH SIDHU
DISCUS	25.94m	GURJIWAN SINGH SIDHU
JAVELIN	31.83m	SAMRUJAY SOONTHORNVIPAT
HAMMER	8.96m	MD RAZALI UDA NONGKAH
5K WALK (ROAD)	38:34.8s	M. RAMASAMY

**MEN**

**80 - 84**

100m	16.2s	ALFRED LAJAWA
200m	35.3s	CHAAMNONG KHAMENKETGAN
400m	90.0s	CHAAMNONG KHAMENKETGAN
800m	3:53.7s	CHAAMNONG KHAMENKETGAN
1500m	9:31.0s	KOR HONG FATT
5000m	37:11.7s	KOR HONG FATT
LONG JUMP	3.21m	ALFRED LAJAWA
HIGH JUMP	1.05m	T. JOHN DEVASIR
TRIPLE JUMP	6.19m	ALFRED LAJAWA
5000m W	37:45.2s	PANCHANATHAM KRISHNAMOORTHY
SHOT PUT	7.60m	EDWARD B. MATANJANG
DISCUS	18.50m	LELLA VENKATRAMA RAO
JAVELIN	21.31m	LELLA VENKATRAMA RAO
5000m Walk	56:47.4s	SANTHIRARAJAH SARAVANAMUTHU

**MEN**

**85 - 89**

100m	18.0s	ALFRED LAJAWA
200m	36.1s	ALFRED LAJAWA
400m	131.8s	KOR HONG FATT
800m	5:20.6s	KOR HONG FATT
1500m	11:17.3s	KOR HONG FATT
5000m	44:22.1s	KOR HONG FATT
5000m Walk	50:44.8s	P. GOPALAKRISHNAN
SHOT PUTT	5.15m	NORMAN DE SOUZA
DISCUS	16.21m	ALFRED LAJAWA
JAVELIN	17.55m	ALFRED LAJAWA

**MEN**

**90 - 94**

100m	20.6s	PAN PHUTTASEN
SHOT PUT	8.09m	PAN PHUTTASEN
JAVELIN	17.90m	PAN PHUTTASEN

**MEN**

**95 - 99**

100m	24.5s	SAWANG JANPRAM
SHOT PUT	4.74m	SAWANG JANPRAM
JAVELIN	13.59m	SAWANG JANPRAM
200m	66.3s	L. PUSHPANATHAN

**MEN**

**100+**

200m	50.26s	DHARAM PAL GURJAR
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## WOMEN

### WOMEN

100m	12.35s
200m	25.8s
400m	58.49s
800m	2:27.78s
1500m	5:21.16s
5000m	20:14.9s
3000m	12:33.8s
3000m Walk	19:06.20s
5000m Walk	30:42.0s
5K WALK (ROAD)	28:40.52s
100m H	14.8s
400m H	68.95s
LONG JUMP	5.39m
HIGH JUMP	1.35m
TRIPLE JUMP	9.56m
SHOT PUT	10.71m
DISCUS	42.19m
JAVELIN	38.08m
3K WALK (ROAD)	24:54.6s

### 35 - 39

DEDEH ERAWATI  
SOO CHONG PENG  
SOO CHONG PENG  
SAJI JOHN  
SAJI JOHN  
VIVIENE KARTSOUNIS  
MICHELE TAN BEE KIANG  
KALIAMAH MANIAN  
YAP WAI MUN  
WEI MUN  
DEDEH ERAWATI  
SARIKA P/ ANDSE  
SOO CHONG PENG  
SHYLU PAUL  
WAN NORAINI WAN ABDULLAH  
DSP LIONG SAU LAI  
YAP JENG TZAN  
POON PUI FUN  
R. CHITRA

### WOMEN

100m	13.2s
200m	27.4s
400m	66.0s
800m	2:44.2s
1500m	5:38.20s
3000m	14:23.57s
5000M	21:36.50s
3000m Walk	19:40.0s
5000m Walk	28:57.30s
5K WALK (ROAD)	32:18.2s
100m H	18.25s
80m H	18.0s
LONG JUMP	5.25m
HIGH JUMP	1.40m
TRIPLE JUMP	9.21m
SHOT PUT	9.33m
DISCUS	31.94m
JAVELIN	32.79m
10000m	49:21.56s
3K WALK (ROAD)	21:35.6s

### 40 - 44

LINDA HO MENG LEE  
SOO CHONG PENG  
LINDA HO MENG LEE  
HAZEL CHEW KIM HUA  
LINDA HO MENG LEE  
PREETI DATTATREYA MASKE  
ESAH STEPHEN. K  
TAN SIOE CHEN  
MITCHELLE PATTISELANO  
LOW MAY CING  
HAZEL CHEW KIM HUA  
W. CHANDRA  
SUNANDA BARLINGE  
CHAN SEE HUEY  
RITA THONG HINN LIM  
SUPT LIONG SAU LAI  
INDU BALA  
ZAITON OTHMAN  
CAROL NG OOI YIN  
RUBY VENKATACHALAM

**WOMEN**

100m	13.2s
200m	30.2s
	30.2s
400m	70.30s
	70.30s
800m	2:48.9s
1500m	5:42.6s
3000m	13:29.1s
5000m	22:26.0s
3000m Walk	19:42.31s
5000m Walk	29:54.3s
5K WALK (ROAD)	28:09.26s
LONG JUMP	4.88m
HIGH JUMP	1.23m
TRIPLE JUMP	9.59m
SHOT PUT	9.53m
DISCUS	29.45m
JAVELIN	30.64m
80m H	16.0s
400m H	2:13.3s
100m H	37.3s
3K WALK (ROAD)	16:44.9s

**45 - 49**

JULIANA GUMPIL  
LINDA HO  
ROSHNI GULATI  
LEE SHEW KHENG  
ADENAH LOJUHAN  
LEA ELIZABETH YEO  
LEA ELIZABETH YEO  
RITA BT GHANI  
LAMMERS GISELA  
TAN SIOE CHEN  
LIM CHIEW CHENG  
LIM CHIEW CHENG  
JULIANA GUMPIL  
LIEW SZE KIU LIANA  
JULIANA GUMPIL  
MANJU LATA  
NARINDER KAUR  
ANNA FIEL FIGUEIRA  
KIRTHANA KOLANDAIRAJ  
KATIKA LATHADEVI  
SATYASHI BJJ  
CHEAH BEE TIN

**WOMEN**

100m	13.6s
200m	30.84s
400m	76.2s
800m	2:43.9s
1500m	6:06.7s
3000m	14:02.32s
5000m	23:29.5s
3000m Walk	18:50.0s
5000m Walk	33:55.09s
5K WALK (ROAD)	30:39.2s
LONG JUMP	4.83m
HIGH JUMP	1.23m
TRIPLE JUMP	9.19m
SHOT PUT	9.31m
DISCUS	25.44m
JAVELIN	25.20m
3K WALK (ROAD)	17:44.9s

**50 - 54**

JULIANA GUMPIL  
JULIANA GUMPIL  
H.A.N. HAPUARACHCHI  
JOUTI @ VIRONICA ELAU  
GISELA MARIA LAMMERS  
CHOO NGIK HUNG  
KAMALA DEVI  
KAMALA DEVI  
WONG HA MOOI  
LIM SIEW CHENG  
JULIANA GUMPIL  
JULIANA GUMPIL  
JULIANA GUMPIL  
LIEW LOI THAI  
CHAN NYET FUI  
LIEW LOI THAI  
RAJAM GOPI

**WOMEN**

100m	14.32s
200m	31.0s
400m	74.5s
800m	3:13.3s
1500m	6:32.0s
3000m	16:01.33s
5000m	26:46.6s
3000m Walk	17:56.5s
5000m Walk	36:11.3s
5K WALK (ROAD)	33:29.25s
80m H	19.74s
LONG JUMP	4.53m
HIGH JUMP	1.20m
TRIPLE JUMP	8.42m
SHOT PUT	9.36m

**55 - 59**

JULIANA GUMPIL  
LINDA OH AH KIAW  
LINDA OH AH KIAW  
LINDA OH AH KIAW  
KAMALA KOLANTHAI  
JOUTI @ VIRONICA ELAU  
MOLKI HOOSHYAR GHALATI  
CARMEN GARCIA FRONTONS  
GOH NAN YANG  
YEAP LAY THONG  
JENNY PRATOGO  
JULIANA GUMPIL  
JULIANA GUMPIL  
JULIANA GUMPIL  
H.D.S. WEERASINGHE

DISCUS 25.36m  
JAVELIN 27.47m  
3K WALK (ROAD) 17:48.7s

H.D.S. WEERASINGHE  
LOO CHENG SIEW  
LEE YAU HONG

## WOMEN

100m 15.5s  
200m 31.5s  
400m 84.9s  
800m 3:25.8s  
1500m 7:10.36s  
3000m 15:48.6s  
3000m Walk 19:52.02s  
5000m 36:38.8s  
5000m Walk 38:26.20s  
5 K WALK (ROAD) 36:37.5s  
LONG JUMP 4.08m  
HIGH JUMP 1.15m  
TRIPLE JUMP 8.25m  
SHOT PUT 8.13m  
DISCUS 20.78m  
JAVELIN 23.90m  
3K WALK (ROAD) 22:55.0s

## 60 - 64

SOMSANGA BOONNOK  
CHRISTINA LABANJING  
LINDA OH AH KIAW  
WILAIWAN CHAISAENGSUKKUL  
WILAIWAN CHAISAENGSUKKUL  
VIRONICA JOUTI ELAU  
LEE SHEW KENG  
MARGARET LIM  
CHAN MEW LENG  
ROS MANIZAR  
SOMSANGA BOONNOK  
SOMSANGA BOONNOK  
SOMSANGA BOONNOK  
NUNTUJPORN SRIJAD  
TAY YU ENG  
TAY YU ENG  
GAIL YEAP

## WOMEN

100m 17.9s  
200m 39.6s  
400m 93.0s  
800m 4:02.9s  
1500m 8:10.1s  
3000m 17:49.1s  
3000m Walk 20:18.3s  
5000m Walk 37:05.3s  
10000m 1hr 11:16.2s  
LONG JUMP 3.08m  
HIGH JUMP 0.90m  
TRIPLE JUMP 5.43m  
SHOT PUT 8.16m  
DISCUS 18.40m  
JAVELIN 19.44m  
3K WALK (ROAD) 23:04.0s

## 65 - 69

SUMOL NUALCHANCHY  
SUMOL NUALCHANCHY  
SUMOL NUALCHANCHY  
SUMOL NUALCHANCHY  
SUSANNA HIEW NYUK KYAU  
SUSANNA HIEW NYUK KYAU  
IRENE YEOW  
MARGARET LIM  
ROSEANNE JONES  
MARIA A. MATULESSY  
CHRISTINA LABANJING  
MARGARETHA ARITONANG  
SIRIPAN JANPRAM  
S. JANE PARIPURANAM  
PREMPREE FUNKAEO  
ADELINE J. UMBUL

## WOMEN

100m 19.2s  
200m 41.6s  
400m 1:45.7s  
800m 4:25.4s  
1500m 8:25.2s  
5000m 30:53.1s  
3000m Walk 25:33.4s  
5000m Walk 39:56.6s  
LONG JUMP 2.48m  
TRIPLE JUMP 5.57m  
SHOT PUTT 7.76m  
DISCUS 18.83m  
JAVELIN 17.37m  
3K WALK (ROAD) 24:01.0s

## 70 - 74

MARY OOMMAN  
MARY OOMMAN  
MARY OOMMAN  
MICKY GURMIRESMI  
MICKY GURMIRESMI  
MICKY GURMIRESMI  
GAIL YEAP LAY TONG  
KOH KEK KEE  
GLORY BARNABAS  
MARGARETHA ARITONANG  
CHALEOSRI CHIMWONG  
JUMINAH WIRYO SUPARNO  
JUMINAH WIRYO SUPARNO  
MARGARET LIM WEE LIEN

## WOMEN

## 75 - 79



100m	22.3s	DAISY VICTOR
	22.3s	ADELINE J. UMBUL
200m	50.1s	MARIE ROREK
400m	2:56.2s	KOH KEK KEE
800m	5:19.3s	ADELINE J.UMBUL
1500m	10:32.0s	SAROJEET KAUR
5000m	39:30.72s	KOH KEK KEE
3000m Walk	27:10.0s	MARGARET LIM WEE LIEN
5000m Walk	41:35.47s	KOH KEK KEE
5 K WALK (ROAD)	47:15.0s	ROSEANNE JONES
SHOT PUTT	9.21m	TSERENDOLGOR TOMORBAT
DISCUS	22.24m	TSERENDOLGOR TOMORBAT
JAVELIN	16.87m	TSERENDOLGOR TOMORBAT
TRIPLE JUMP	4.50m	DAISY VICTOR
3K WALK (ROAD)	32:50.5s	DESAI TARUNBALA KRISHNAKANT

### WOMEN

### 80 - 84

100m	23.3s	MARIE ROREK
200m	56.9s	ADELINE JOHN UMBUL
400m	3:06.2s	ROSEANNE MARY JONES
3000m Walk	28:30.4s	ADELINE JOHN UMBUL
SHOT PUTT	4.41m	MARIE ROREK
DISCUS	14.95m	THONGWAN SURAKUP
JAVELIN	13.68m	THONGWAN SURAKUP

### WOMEN

### 85 - 89

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

### 4 X 100M RELAY MEN OPEN

4 X 100m	MEN OPEN	47.3S	SINGAPOF
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### 4 X 100M RELAY WOMEN OPEN

4 X 100m	W. OPEN	54.8S	MALAYSIA
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### 4 X 400M RELAY MEN OPEN

4 X 400m	MEN OPEN	3:47.2s	SINGAPOF
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### 4 X 400M RELAY WOMEN OPEN

4 X 400m	W. OPEN	4:52.9S	MALAYSIA
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MAL	2016
SL	2013
MAL	2016
MAL	2018
SL	2014
IRAN	2011
MAL	2019
SL	2014
IND	2009
IND	2009
IND	2009
MAL	2010
MAL	2019
IND	2009

MAL	2002
MAL	2004
MAL	1996
MAL	1996
IRAN	2018
MAL	1996
MAL	1997
SL	1995
IND	1995
MAL	1999
MAL	2003
THAI	2015
SL	2015
SL	1997
IND	1997
MAL	1984
MAL	1984
MAL	1997
MAL	1996
MAL	2000

INDO	2010
INDO	2010
HK	2018
MAL	1998
MAL	1998
IRAN	2011
MAL	1995
SL	1999
BRU	1995
INDO	2010
THAI	2018
BRU	1994
IND	1997
IND	2003
SL	1997
IND	1997
MAL	1997
MAL	2000

SIN	2016
SIN	1987
SIN	2013
SL	1998
MAL	2006
MAL	2003
HK	1995
THAI	1995
MAL	2018
SIN	1987
SIN	2007
IND	2018
MAL	2016
MAL	1996
IND	2009
IND	2006
IND	1995
THAI	1996
MAL	2000

INDO	2016
IND	2001
MAL	2011
MAL	2008
MAL	1998
MAL	2007
IRAN	2013
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