



34th MALAYSIAN OPEN MASTERS ATHLETICS CHAMPIONSHIPS

OFFICIAL RESULTS

**21- 22 MAY 2022
UNIVERSITI MALAYA
KUALA LUMPUR**

MEN

POSITION	NAME	COUNTRY/STATE	TIME / DIST / HEIGHT
100M (M35 – 39)			
1	MOHD ZAFRAN B. MOHD ROSLI	NEGERI SEMBILAN	12.00S
2	MOHD IZZUDDIN B YAHAYA	PERLIS	12.27S
3	MOHD SAMFUL BIN MUSA	PDRM	12.95S
4	ASRO BIN OTHMAN	TERENGGANU	14.84S
5	THULESIMENEN A/L SUBRAMANIAM	SELANGOR	15.75S
100M (M40 – 44)			
1	MOHD FADZLI BIN MAMAT	MALACCA MASTERS	12.4S
2	MOHD SYUHAIRY BIN MD SUID	SELANGOR	12.6S
3	MURUGAN A/L PERUMAL	KL MASTERS	12.6S
4	MOHD SUKHAIRI BIN MAT NOR	PDRM	12.6S
5	CYRIL BIN MISONG	SAMAS	12.8S
6	HAIRUL BIN ABU SHAH	MALACCA MASTERS	13.0S
7	SARIMAN BIN SULAIMAN	SARAWAK	13.3S
8	AIRUL SYAFIE BIN DOLAH	JOHOR MASTERS	13.8S
100M (M45 – 49)			
1	CLARENCE TAMI	SAMAS	12.3S
2	SUBRAMANIAM KARAPAYAH	PERAK MASTERS	12.8S
3	VICTOR SUAN	SAMAS	13.0S
4	RAMIS A/L K.D. RADA	KL	13.0S
5	LEONG YENG KONG	KL	13.2S
6	LARRY ANDANG	SAMAS	13.2S
7	MUHAMMAD ASRI B. MOHAMAD AROF	KL	13.4S
8	ROHAIZI BIN RASTAM	SELANGOR	13.7S
100M (M50 – 54)			
1	SOO CHEE KIAT	SARAWAK	13.4S
2	RONALD DOMINIC GALLYOT	PERAK MASTERS	13.5S
3	NYOW BOO KEONG	TERENGGANU	14.7S
100M (M55 – 59)			
1	ALI MUSTAFFA BIN OTHMAN	JOHOR MASTERS	14.7S
2	SUWITO BIN KARDO	LABUAN	14.8S
3	KAMSIAN LONG	PDRM	14.8S
4	REDZUAN BIN JUMAT	LABUAN	15.0S
5	ARIFFIN BIN HARUN	PERAK MASTERS	15.0S
6	HJ MOHD HASNI BIN HUSSIEN	MALACCA MASTERS	15.3S
7	ZULKAPLI BIN ADAM	PDRM	15.4S
8	GUNASAEGARAN NARASAPAN	FITMA AC	16.8S
100M (M60 – 64)			
1	DAIM GAYAM	SAMAS	15.5S
2	THAM SEW YEN	SELANGOR MASTERS	17.1S
3	APLAIDOO RAMANAYADOO	FITMA AC	17.2S
4	BASKARAN FRANCIS	PERAK MASTERS	17.7S
5	TAN KOON HAI	SELANGOR	17.8S
6	PHANG AH HING	SELANGOR	19.6S
100M (M65 – 69)			
1	MOKHTARUDDIN BIN TAJUDDIN	SELANGOR MASTERS	15.4S
2	JEMAAIN BIN TAMBY	SARAWAK	15.5S
3	HARIKRISHNA GOPAL JAYARAMA	SELANGOR	19.0S

100M (M70 – 74)			
1	AB KADIR BIN ABDULLAH	JOHOR	16.5S
2	UMAN @ YUMAN BIN SIKIN	SAMAS	16.7S
3	RAMASAMY A/L KARRUPAYA	NS MASTERS	18.0S
100M (M75 – 79)			
1	GILBERT DIVANCY DALADIN	SAMAS	18.4S
2	ABDUL RAZAK BIN ZAINUDDIN	PERAK	18.8S
3	MUNIANDY A/L SINNIH	SELANGOR MASTERS	19.8S
4	NALLIAH A/L RAMASAMY	NS MASTERS	33.0S
100M (M80 – 84)			
1	MOHD ABAS S. SEBASTIAN	SELANGOR MASTERS	43.8S
2			
100M (M90 – 94)			
1	L. PUSHPANATHAN	PERAK MASTERS	32.5S
200M (M35 – 39)			
1	MOHD ZHAFRAN BIN MOHD ROSLI	NEGERI SEMBILAN	24.3S
2	ANDY GREGORY LIADU	SAMAS	25.6S
3	MOHD HAMDAN B ABDUL RAZAK	MALACCA MASTERS	25.9S
4	KUMAR MURUGAN	FITMA AC	29.9S
200M (40 – 44)			
1	MOHD FADZLI BIN MAMAT	MALACCA MASTERS	25.7S
2	CYRIL BIN MISONG	SAMAS	25.9S
3	AMIRRUDDIN BIN ISHAK	PERAK MASTERS	25.9S
4	MOHD SYUHAIRY BIN MD SUID	SELANGOR	26.7S
5	SURESH A/L MORTHY	SELANGOR	27.1S
6	MOHD SUKHAIRI BIN MAT NOR	PDRM	27.1S
7	INSP RONING BIN MULUT	PDRM	27.3S
8	SARIMAN BIN SULAIMAN	SARAWAK	27.7S
200M (M45 – 49)			
1	TEO CHEN LUNG	SAMAS	26.33S
2	SHAHRUL BIN SABTU @ SHARIFF	MALACCA MASTERS	27.37S
3	SUBRAMANIAM KARAPAYAH	PERAK MASTERS	27.41S
4	MOHAMMAD NIZAM B. HUSAINI	SARAWAK	28.96S
5	NG WAI KIT	PERAK MASTERS	29.97S
6	THANABALAN SUBRAMANIAM	KL MASTERS	32.71S
7	MANIMARAN A/L RAJOO	NEGERI SEMBILAN	50.08S
200M (M50 – 54)			
1	SUPPARAMANIYAM RAMASAMY	SELANGOR MASTERS	32.93S
2	TERENCE ONG CHENG SOON	SELANGOR	34.12S
200M (M55 – 59)			
1	SUWITO BIN KARDO	LABUAN	30.05S
2	GUNASAEGARAN NARASAPPAN	FITMA AC	30.19S
3	KUNASEGARAN MANIVELOO	SELANGOR MASTERS	30.20S
4	JAMES WONG THIEN YIN	SAMAS	30.63S
5	KAMSIAN LONG	PDRM	31.38S
200M (M60 – 64)			
1	DAIM GAYAN	SAMAS	32.95S
2	APLAIDOO RAMANAYADOO	FITMA AC	36.97S

200M (M65 – 69)			
1	JEMAAIN BIN TAMBY	SARAWAK	32.46S
200M (M70 – 74)			
1	UMAN @ YUMAN BIN SIKIN	SAMAS	36.84S
2	AB KADIR BIN ABDULLAH	JOHOR	38.57S
3	KARTHIGESAN RAJOO	SELANGOR	39.22S
4	DATO' SYED MOHAMMAD BIN S.MURTAZA	PENANG	44.96S
200M (M75 – 79)			
1	GILBERT DIVANCY DALADIN	SAMAS	39.64S
2	ABDUL RAZAK B. ZAINUDDIN	PERAK	40.05S
3	MUNIANDY SINNIAH	SELANGOR MASTERS	48.73S
4	NALLIAH RAMASAMY	NS MASTERS	78.27S
200M (M 90 – 94)			
1	L. PUSHPANATHAN	PERAK MASTERS	66.3S
400M (M35 – 39)			
1	MOHD ZHAFRAN B MOHD ROSLI	NEGERI SEMBILAN	57.7S
2	MOHD HAMDAN B. ABDUL RAZAK	MALACCA MASTERS	58.2S
3	ANDY GREGORY LIADU	SAMAS	59.0S
4	MOHD ZULKEFLI B. MOHAMAD	NEGERI SEMBILAN	60.2S
5	SURENRAN MUTHUKERISHNAN	FITMA AC	66.4S
6	VIJAYAN DAGAVAN	JETS	81.0S
7	PRABU RAMASAMY	FITMA AC	82.8S
8	YAAKOB BIN IDRIS	PENANG MASTERS	83.0S
400M (M40 – 44)			
1	PREEMADESA PEYADESA	PENANG MASTERS	57.7S
2	AMIRRUUDIN BIN ISHAK	PERAK MASTERS	59.8S
3	CYRIL BIN MISONG	SAMAS	61.1S
4	EDDEY KALAI	PDRM	61.7S
5	INSP RONING B. MULUT	PDRM	70.5S
6	MADHIVANAN THANIMALAI	PERAK MASTERS	71.1S
7	WILSON SUNNIKUTTY	FITMA AC	73.2S
8	JAGATHES RAU APPANNAN	KL MASTERS	75.5S
400M (M45 – 49)			
1	TEO CHEN LUNG	SAMAS	63.3S
2	MOHAMMAD NIZAM B HUSAINI	SARAWAK	67.1S
3	VENGADASALAM RAJANGAM	SELANGOR	67.6S
4	VIGNESPARAN VEERA RAGAVAN	KL MASTERS	74.2S
400M (M50 – 54)			
1	SHAMRY MOHD ALI	SAMAS	68.6S
2	NYOW BOO KEONG	TERENGGANU	72.7S
3	YAZID BIN MAHADI	SAMAS	74.0S
4	TERENCE ONG CHENG SOON	SELANGOR	75.0S
5	KT JESTIN KT MENDIS APPU	KL	75.5S
6	RAMESH MUNUSAMY	PENANG MASTERS	77.3S
400M (M55 – 59)			
1	ACP N. SELVAKUMARAN NILA MEGAM	PDRM	65.1S
2	SUWITO BIN KARDO	LABUAN	70.2S
3	JAMES WONG THIEN YIN	SAMAS	70.3S
4	SHANMUGANATHAN RATANAM	PERAK MASTERS	72.1S
5	DR. J. THAMOTHARAN S. JEYARAMAN	PERAK MASTERS	72.4S
6	KHAIRUDDIN B ABU HANIFAH	SELANGOR	126.6S

400M (M60 – 64)			
1	SAHAR BIN ASMUNI	PDRM (R)	69.9S
2	PADMANATHASIVAN KAILASAM	NEGERI SEMBILAN	71.3S
3	DAIM GAYAM	SAMAS	78.8S
4	TAMIL CHELVAM GOVINDASAMY	PERAK MASTERS	83.1S
5	TAJUL ARIFFIN B AWANG MOHD	SAMAS	88.3S
6	DR. XAVIER VINCENT PEREIRA	SELANGOR	98.1S
400M (M65 – 69)			
1	RAMAKRISHNAN MANIKAM	NS MASTERS	71.8S
2	CHOO WAI KIN	KL MASTERS	93.8S
3	TAN CHOON SEANG	KL MASTERS	105.1S
400M (M70 – 74)			
1	SANGARANKUTTY K. RAMANKUTY	SELANGOR MASTERS	98.4S
2	KARTHIGESAN RAJOO	SELANGOR	113.8S
3	AB KADIR BIN ABDULLAH	JOHOR	119.8S
400M (M75 – 79)			
1	SIDIN WASIM	SAMAS	89.3S
2	MUNIANDY SINNIH	SELANGOR MASTERS	92.0S
3	ABDUL RAZAK B. ZAINUDDIN	PERAK	129.6S
4	VENGTRAMAN RAJU	NS MASTERS	149.6S
800M (M35 – 39)			
1	SARAVANAN ELAGAMUROM	PERAK MASTERS	2:16.76
2	MOHD HAMDAN BIN ABDUL RAZAK	MALACCA MASTERS	2:30.03
3	YAAKOB BIN IDRIS	PENANG MASTERS	3:42.96
800M (M40 – 44)			
1	PREEMADESA PEYADESA	PENANG MASTERS	3:04.10
2	INSP RONING BIN MULUT	PDRM	3:43.58
800M (M45 – 49)			
1	SHARARUDIN BIN HASHIM	PDRM	2:28.04
2	VICTOR SELVARAJAH SELVANAYAGAM	PERAK MASTERS	2:36.41
3	VENGADASALAM RAJANGAM	SELANGOR	2:37.52
4	VIJAYAN PONNUSWAMI	NS MASTERS	2:42.86
800M (M50 – 54)			
1	SUBRAMANIAM KUMARASAMY	JOHOR MASTERS	2:30.13
2	MUNINTARAN SUNDRAM	SELANGOR	2:39.31
3	BAHARRUDDIN BIN ISMAIL	PDRM	2:53.37
4	RAMESH MUNUSAMY	PENANG MASTERS	2:55.04
5	LAURENCE SEBASTIAN	SELANGOR MASTERS	2:57.89
6	THANABALAMURUGAN ARUMUGAM	FITMA AC	2:58.46
7	YAZID BIN MAHADI	SAMAS	3:13.62
8	TIMOTHY JOHNSON	SELANGOR	3:24.75
800M (M55 – 59)			
1	BOOPATHY RAMASAMY	JOHOR MASTERS	2:28.52
2	THANARAJ KRISHNAN PERUMAL	PERAK MASTERS	2:31.39
3	LEONG BEE VOON	PDRM	2:37.00
4	DR. J. THAMOTHARAN S. JEYARAMAN	PERAK MASTERS	2:52.26
5	SHANMUGANATHAN RATANAM	PERAK MASTERS	2:53.86
6	KUMAR VAIRAN	PERAK MASTERS	3:02.34
7	SUWITO BIN KARDO	LABUAN	3:32.58
8	JAMES BIN PATRICK	SAMAS	3:50.06

800M (M60 – 64)			
1	RAJAGOPAL VADIAPPAN	JOHOR MASTERS	2:46.79
2	ARUMUGAM SUBRAMANIAN	SELANGOR	2:52.73
3	SAHAR BIN ASMUNI	PDRM (R)	2:53.32
4	SORGANESHAN MANICKAM	PERLIS	3:00.17
5	PADMANATHASIVAN KAILASAM	NEGERI SEMBILAN	3:01.62
6	SAGARAN KUNJU RAMAN	JOHOR MASTERS	3:17.38
800M (M65 – 69)			
1	RAMAKRISHNAN MANIKAM	NS MASTERS	2:52.10
2	RAJA ARUMUGAM	NS MASTERS	3:26.67
3	TAN CHOON SEANG	KL MASTERS	3:27.26
4	DUSIP @ JOSEPH BIN LATONG	SAMAS	3:30.88
5	RAJASEGARAN KANNEN	FITMA AC	4:19.92
800M (M70 – 74)			
1	SAMUTHARAPANDIAN PERIASAMY	PERAK MASTERS	3:31.57
2	MURUGESU SINNATHEVAR	PERAK MASTERS	3:58.54
3	VIMALASINGAM SARANAMUTHU	FITMA AC	4:27.65
4	ABDUL HAMID BIN IDRIS	PAHANG MASTERS	4:46.02
5	VENBATARAMAN RAMALOO	FITMA AC	5:55.32
800M (M75 – 79)			
1	SIDIN WASIM	SAMAS	3:33.66
2	MUNIANDY SINNIAH	SELANGOR MASTERS	3:58.96
3	VENGTRAMAN RAJU	NS MASTERS	6:48.35
800M (M80 – 84)			
1	LOW KUAN SOW @ LOKE KUAN SOW	KEDAH	4:08.11
1500M (M35 – 39)			
1	VISVENATHAN TANGAVELLO	PENANG MASTERS	4:44.5
2	SARAVANAN ELAGAMURAM	PERAK MASTERS	4:50.5
3	MUHAMMAD AFIFI BIN ZAINUDIN	SELANGOR	5:09.4
1500M (M40 – 44)			
1	ABDUL AZIZ BIN MAHAMOUD	KL MASTERS	5:15.8
2	JASNI KHAIRI B JAMALUDDIN	KL MASTERS	5:30.0
3	DEVINDRAN SUNDRUM	KL MASTERS	5:46.7
4	KUMARAN ARUMUGAM	FITMA AC	6:16.3
5	ZOL HELMI BIN MAHAT	SELANGOR	6:17.3
1500M (M45 – 49)			
1	SURESH MUNIANDY	PERAK MASTERS	4:54.1
2	RAGURAMA RAGANATHAN	PENANG MASTERS	5:11.9
3	ANPALAGAN SITHAMBARAM	PERAK MASTERS	6:16.2
4	NORMAN BIN ABU BAKAR	MALACCA MASTERS	6:24.4
1500M (M50 – 54)			
1	SUBRAMANIAM KUMARASAMY	JOHOR MASTERS	5:19.0
2	MUNINTARAN SUNDRAM	SELANGOR	5:28.1
3	SANTHERAN VELOO	PERAK MASTERS	5:32.7
4	RAMESH MUNUSAMY	PENANG MASTERS	5:57.0
5	M. MATHIALAGAN R. MANIKAM	NEGERI SEMBILAN	6:06.9
6	KT JESTIN KT MENDIS APPU	KL	6:14.9
7	RAJENDRAN CHAPPANIMUTHU	PERAK MASTERS	6:24.4
8	BAHARUDDIN BIN ISMAIL	PDRM	6:29.1

1500M (M55 – 59)			
1	BOOPATHY RAMASAMY	JOHOR MASTERS	5:09.8
2	RATHAKRISHNAN RAMAKRISHNAN	PENANG	5:18.7
3	THANARAJ KRISHNAN PERUMAL	PERAK MASTERS	5:22.2
4	THANGAVELU RAMU	NEGERI SEMBILAN	5:41.7
5	SHANMUGANATHAN RATANAM	PERAK MASTERS	6:05.5
6	KHOR KIM EN	PERAK	6:07.7
7	DR. J. THAMOTHARAN S. JEYARAMAN	PERAK MASTERS	6:22.6
8	SARJIT SINGH	PERAK MATERS	6:39.0
1500M (M60 – 64)			
1	ARUMUGAM SUBRAMANIAM	SELANGOR MASTERS	6:00.9
2	RAJAGOPAL VADIAPPAN	JOHOR MASTERS	6:12.0
3	JONAS ISRAEL	SAMAS	6:18.2
4	PADMANATHASIVAN KAILASAM	NEGERI SEMBILAN	6:22.6
5	DATUK SERI (DR) V. PULAINTHIRAN	SELANGOR MASTERS	6:31.1
6	SORGANESHAN MANICKAM	PERLIS	6:46.4
7	C. KRISHNASAMY	JETS	7:09.8
8	MD NAZRI BIN KASIM	PDRM (R)	8:15.9
1500M (M65 – 69)			
1	KANAPATHY SUPRAMANIAM	PERAK MASTERS	5:43.9
2	RAMAKRISHNAN MANIKAM	NS MASTERS	6:04.4
3	TAN CHOON SEANG	KL MASTERS	7:09.9
4	RAJA ARUMUGAM	NS MASTERS	7:18.2
5	KRISHNAN MUNUSAMY	JOHOR	8:48.0
6	RAJASEGARAN KANNEN	FITMA AC	9:19.7
1500M (M70 – 74)			
1	SAMUTHARAPANDIAN PERIASAMY	PERAK MASTERS	7:06.9
2	ANNATHAKRISHNAN MARIAPPEN	PENANG MASTERS	7:20.2
3	MURUGESU SINNATHEVAR	PERAK MASTERS	9:00.1
4	ABDUL HAMID BIN ARIS	PAHANG MASTERS	10:16.6
5	VENBATARAMAN RAMALOO	FITMA AC	11:02.1
1500M (M75 – 79)			
1	SIDIN WASIM	SAMAS	7:21.2
2	SELVARAJAH CHELLIAH	FITMA AC	10:00.9
3	OOI HEAN HENG	FITMA AC	11:42.7
1500M (M80 – 84)			
1	LOW KUAN SOW @ LOKE KUAN SOW	KEDAH	9:16.6
5000M (M35 – 39)			
1	LING TAI MING	SARAWAK	18:41.52
2	VISVENATHAN TANGAVELLO	PENANG MASTERS	18:56.32
3	SARAVANAN ELAGAMUROM	PERAK MASTERS	18:59.67
4	SOH SOON HUP	SELANGOR	19:45.92
5	MUHAMMAD AFIFI BIN ZAINUDDIN	SELANGOR	20:45.91
6	GANESHWARAN KARUNAKARAN	SELANGOR	21:29.29
7	MOHAMED RAFIQ BIN HUSSEIN	PDRM	21:46.44
8	AHMAD BUQARI BIN YUNOS	PDRM	23:32.02
5000M (M40 – 44)			
1	KATHIRAVAN ARUMUGAM	FITMA AC	20:44.54
2	ABDUL AZIZ BIN MAHAMOUD	KL MASTERS	20:47.99
3	JASNI KHAIRI BIN JAMALUDDIN	KL MASTERS	20:54.56
4	LIM LIT SONG	KL	23:42.78
5	ZOL HELMI BIN MAHAT	SELANGOR	24:22.97

5000M (M45 – 49)			
1	SURESH MUNIANDAY	PERAK MASTERS	17:56.55
2	RAGURAMA RAGANATHAN	PENANG MASTERS	19:06.35
3	VIJAYAN PONNUSWAMI	NS MASTERS	21:51.44
4	JULIAN S. RETHINAM	FITMA AC	22:43.06
5	ANPALAGAN SITHAMBARAN	PERAK MASTERS	23:03.16
6	NORMAN BIN ABU BAKAR	MALACCA MASTERS	24:49.04
5000M (M50 – 54)			
1	VADIVEELU ARUMUGAM	KL	20:41.39
2	SANTHERAN VELOO	PERAK MASTERS	21:49.19
3	RAJENDRAN CHAPPANIMUTHU	PERAK MASTERS	24:50.10
4	CHOO JIN HIN	PENANG	25:42.98
5000M (M55 – 59)			
1	BOOPATHY RAMASAMY	JOHOR MASTERS	20:13.59
2	RATHAKRISHNAN RAMAKRISHNAN	PENANG	20:20.09
3	KHOR KIM EN	PERAK	23:03.56
4	SHANMUGANATHAN RATANAM	PERAK MASTERS	25:29.29
5	DURAI CANNU KRISHNAMOORTHY	SELANGOR	29:13.47
5000M (M60 – 64)			
1	ARUMUGAM SUBRAMANIAN	SELANGOR MASTERS	24:36.31
2	RAJAGOPAL VADIAPPAN	JOHOR MASTERS	24:36.59
3	JONAS ISRAEL	SAMAS	25:23.41
4	SORGANESHAN MANICKAM	PERLIS	25:40.65
5	SAGARAN KUNJU RAMAN	JOHOR MASTERS	26:08.09
6	C. KRISHNASAMY	JETS	28:20.24
5000M (M65 – 69)			
1	KANAPATHY SUPRAMANIAM	PERAK MASTERS	23:17.13
2	RAJA ARUMUGAM	NS MASTERS	28:35.10
3	TAN CHOON SEANG	KL MASTERS	28:58.34
4	MOHAMED ARIFF BIN TAR MOHAMAD	KL MASTERS	32:03.27
5	RAJASEGARAN KANNEN	FITMA AC	39:57.17
6	RAJOO KAVERA	NS MASTERS	42:34.51
5000M (M70 – 74)			
1	SAMUTHARAPANDIAN PERIASAMY	PERAK MASTERS	26:52.31
2	ANNATHAKRISHNAN MARIAPPEN	PENANG MASTERS	31:35.56
5000M (M75 – 79)			
1	SIDIN WASIM	SAMAS	28:39.84
2	PHILLIP LIM	KL MASTERS	34:24.89
110M H (M35 – 39)			
1	MOHD FARISH B. AZIZ SULAIMAN	SAMAS	18.8S
2	KUMAR MURUGAN	FITMA AC	23.4S
110M H (M45 – 49)			
1	MUHAMMAD ASRI B. MOHAMED AROF	KL	21.0S
100M H (M50 – 54)			
1	SHAMRY MOHD ALI	SAMAS	17.23S
2	DAUD BIN MD JENI	JOHOR MASTERS	20.74S
100M H (M55 – 59)			
1	HJ MOHD HASNI BIN HUSSIEN	MALACCA MASTERS	21.51S
2	ABD HARA @ AWANG B. ASARA	LABUAN	22.84S

3	KUNASEGARAN MANIVELOO	SELANGOR MASTERS	23.95S
100M H (M60 – 64)			
1	MOHAMAD FAUZI BIN AHMAD SAFI	PDRM (R)	22.25S
5000M WALK (M35 – 39)			
1	MOHD AZMEER BIN AMARULLAH	SELANGOR	39:10.5
5000M WALK (M40 – 44)			
1	TAN CHEE LEONG	PENANG MASTERS	28:13.3
2	MAULI BIN MANGUN	PDRM	34:11.3
3	INSP RONING BIN MULUT	PDRM	41:11.2
5000M WALK (M45 – 49)			
1	G. SURESH KUMAR	FITMA AC	32:09.4
5000M WALK (M50 – 54)			
1	ONG BENG HUA	PERAK MASTERS	32:01.1
2	SUKHRAJ SINGH DHILLON	PENANG MASTERS	36:44.1
3	AIMAN CHEAH TIONG CHAP	SELANGOR MASTERS	37:13.3
4	NAGARAJAN RAMASAMY	PERAK MASTERS	43:58.6
5000M WALK (M55 – 59)			
1	YU SONG	PENANG	35:21.6
2	JAYAPAL KUPPUSAMY	PDRM	36:45.1
3	JAMALUDDIN LANI	SAMAS	46:02.2
5000M WALK (M60 – 64)			
1	APLAIDOO RAMANAYADOO	FITMA AC	35:46.2
2	VALAITHAM VEDANAYAGAN	PERAK MASTERS	36:16.3
3	AZMI BIN HAMAT	PERAK MASTERS	36:42.1
4	GOVI RAMOO	JETS PENANG	36:55.1
5	KANESAN SUNNAMUTHU	PERAK MASTERS	38:41.1
6	SARAMAN SINGH NOCK SINGH	PERAK MASTERS	42:52.3
7	ANSARI BIN ABDUL RAHMAN	PERAK MASTERS	44:36.3
8	TAMIL KODI KANESON	NEGERI SEMBILAN	44:40.4
5000M WALK (M65 – 69)			
1	K. MAHALINGAM R. KUPPUSAMY	PENANG MASTERS	33:34.50
2	ELANGOVAN SITHIRAM SUPPIAH	FITMA AC	36:04.05
3	MOHAMED ARIFF BIN TAR MOHAMAD	KL MASTERS	37:27.50
4	ATHNAN BIN ABU SAMAH	JOHOR MASTERS	47:42.60
5000M WALK (M70 – 74)			
1	MURUGAN MANIAM	FITMA AC	38:01.1
2	LEE CHENG CHUAN	FITMA AC	38:09.6
3	ANNATHAKRISHNAN MARIAPPEN	PENANG MASTERS	39:16.4
4	BALAKRISHNAN S. VELLASAMY	JOHOR	41:19.1
5	KRISHNAN PICHEMUTHU	NS MASTERS	50:21.5
5000M WALK (M75 – 79)			
1	THOMAS KOK	PERAK MASTERS	35:38.6
2	MANICKAM THAMBIAH	FITMA AC	39:16.2
3	SUPRAMANIAM PALANISAMY	NS MASTERS	45:27.3
5000M WALK (80 – 84)			
1	SANTHIRARAJAH SARAVANAMUTHU	SELANGOR MASTERS	56:47.4

SHOT PUT (M35 – 39)			
1	FIRDAUZ MURA BIN MURA	SARAWAK	9.57M
2	TAN DAN NY	SELANGOR MASTERS	8.86M
3	KIEW SIENG EIK	MALACCA MASTERS	7.52M
SHOT PUT (M40 - 44)			
1	BONNY BIN DUNI	PDRM	9.71M
2	PRAMJIT SINGH	PERAK MASTERS	4.58M
SHOT PUT (M45 – 49)			
1	WONG HOCK LOONG	SAMAS	8.59M
2	LEE KIAN FEI	PERAK MASTERS	8.32M
3	ZULKEFLI BIN SUDIN	PDRM	7.73M
4	SIEW HANN WEN	SELANGOR MASTERS	7.66M
5	SRIRAM SIVARAMAN	PERAK MASTERS	7.17M
6	HAMDAN BIN AYUN	SAMAS	7.07M
SHOT PUT (M50 – 54)			
1	ABD RAHIM BIN ABD HAMID	PERAK MASTERS	9.33M
2	LIAW FUN MIN	MALACCA MASTERS	8.74M
3	MOHAMMAD FADZLI BIN WAHAB	PDRM	7.96M
SHOT PUT (M55 – 59)			
1	MAULANI BIN DIMAN	SAMAS	10.46M
2	GUNASAEGARAN NARASAPAN	FITMA AC	10.31M
3	SUPT. ZAHAR BIN RAHMAN	FITMA AC	7.68M
4	SELVARATNAM NAVARATNAM	KL	7.67M
5	JAMES WONG THIEN YIN	SAMAS	7.13M
SHOT PUT (M60 – 64)			
1	JAYARAMAN NAGAMUTHU	FITMA AC	9.20M
2	MOHD YUSDINI BIN MOHD YUSOFF	SELANGOR MASTERS	8.66M
3	SERGEANT SINGH	PERAK MASTERS	8.65M
4	KRISHNASAMY KARUPPIAH	SELANGOR MASTERS	8.51M
5	MOHD RAHIM BIN LUWI	MALACCA MASTERS	8.26M
6	SHAWAL BIN HJ SHAARI	PDRM (R)	8.06M
7	JUINTIN BIN ALLAP	SAMAS	6.56M
SHOT PUT (M65 – 69)			
1	YAW DOLY BIN YAW LOKONG	SAMAS	9.44M
2	TARMIZI SANDHU @ TARA SINGH	SAMAS	8.95M
3	EDWIN E GOH	SAMAS	8.38M
4	WILLIAM NORMAN WHEATLEY	SAMAS	7.76M
5	NARAYANAN NAIR SUNGONI NAIR	NS MASTERS	6.49M
SHOT PUT (M70 – 74)			
1	WONG KAU FOU	MALACCA MASTERS	9.82M
2	P. NADARAJAH M. PERIAYAH	FITMA AC	9.21M
3	RAMALINGAM VERASAMY	SELANGOR MASTERS	8.20M
4	ARUMUGAM KAVARI	JOHOR MASTERS	5.99M
SHOT PUT (M75 – 79)			
1	DR. PURUSHOTAMAN ANANTHAN	SELANGOR	8.00M
2	GILBERT DIVANCY DALADIN	SAMAS	5.21M
SHOT PUT (M80 – 84)			
1	LOW KUAN SOW @ LOKE KUAN SOW	KEDAH	7.11M

JAVELIN (M35 – 39)			
1	RAYN NELSON JAMAIDI	PDRM	41.73M
2	MOHD SHAHRUL NIZAM BIN ADAN	PDRM	30.90M
3	KIEW SIENG EIK	MALACCA MASTERS	26.83M
JAVELIN (M40 – 44)			
1	PRAMJIT SINGH	PERAK MASTERS	20.20M
2	RAJA FARUL IZWAN B. RAJA ISMAIL	PDRM	8.76M
JAVELIN (M45 – 49)			
1	WONG HOCK LOONG	SAMAS	34.77M
2	SIEW HANN WEN	SELANGOR MASTERS	34.73M
3	VICTOR SUAN	SAMAS	33.42M
4	LEE KIAN FEI	PERAK MASTERS	32.92M
5	SIVAM SIVARAMAN	PERAK MASTERS	20.98M
JAVELIN (M50 – 54)			
1	JAAFAR BIN DOLLAH	PDRM	33.46M
2	DAUD BIN MD JENI	JOHOR MASTERS	30.25M
3	LIAW FUN MIN	MALACCA MASTERS	27.41M
JAVELIN (M55 – 59)			
1	ZAINAL BIN ARIFFIN	PDRM (R)	37.69M
2	GUNASAEGARAN NARASAPAN	FITMA AC	30.82M
3	ZULKAPLI BIN ADAM	PDRM	28.60M
4	AMPATI @ ARDI BIN GOHOP	SAMAS	28.23M
5	WR SHARIPOLAZAMAN WR RAMLI	SELANGOR	26.18M
6	FADLI YUSOF BIN TAJUDIN	PDRM	23.13M
7	SUPT ZAHAR BIN RAHMAN	FITMA AC	22.46M
8	ACHUTHAN BALAKRISHNAN	FITMA AC	12.91M
JAVELIN (M60 – 64)			
1	KRISHNASAMY KARUPPIAH	SELANGOR MASTERS	33.28M
2	MOHD RAHIM BIN LUWI	MALACCA MASTERS	20.76M
3	BASKARAN FRANCIS	PERAK MASTERS	20.63M
4	JUINTIN BIN ALLAP	SAMAS	18.35M
5	DR. VASU APPU	PDRM (R)	16.97M
6	CHANDRAN THANGAYAH	SELANGOR MASTERS	16.72M
7	JAYARAMAN NAGAMUTHU	FITMA AC	14.65M
JAVELIN (M65 – 69)			
1	YAW DOLY YAW LOKONG	SAMAS	35.66M
2	TARMIZI SANDHU @ TARA SINGH	SAMAS	33.67M
3	EDWIN E. GOH	SAMAS	25.19M
4	WILLIAM NORMAN WHEATLEY	SAMAS	18.99M
5	NARAYANAN NAIR SUNGONI NAIR	NS MASTERS	18.89M
JAVELIN (M70 – 74)			
1	WONG KOU FOO	MALACCA MASTERS	24.78M
2	PILAH @ ONDOG BIN KISANG	SAMAS	23.07M
3	VITALIS HERMAN	SAMAS	20.38M
4	RAGAVAN KANNAN	FITMA AC	18.36M
5	MOHAMED BIN MD IDRUS	PAHANG MASTERS	16.09M
6	VIMALASINGAM SARANAMUTHU	FITMA AC	13.97M
7	ARUMUGAM KAVARI	JOHOR MASTERS	13.05M
JAVELIN (M75 – 79)			
1	JULIUS JIKUT KOMUNING	SABAH	17.92M

DISCUS (M35 – 39)			
1	TAN DAN NY	SELANGOR MASTERS	28.41M
2	FIRDAUZ MURA BIN MURA	SARAWAK	26.79M
3	KIEW SIENG EIK	MALACCA MASTERS	20.78M
DISCUS (M40 – 44)			
1	BONNY BIN DUNI	PDRM	34.76M
2	RAJA FARUL IZWAN B RAJA ISMAIL	PDRM	17.83M
DISCUS (M45 – 49)			
1	LEE KIAN FEI	PERAK MASTERS	25.26M
2	SIEW HANN WEN	SELANGOR MASTERS	22.25M
3	HAMDAN BIN AYUN	SAMAS	16.73M
DISCUS (M50 – 54)			
1	LIAW FUN MIN	MALACCA MASTERS	28.64M
2	ABD RAHIM BIN ABD HAMID	PERAK MASTERS	24.55M
3	IBRAHIM BIN ABD WAHAB	MALACCA MASTERS	24.10M
DISCUS (55 – 59)			
1	SUPT ZAHAR BIN RAHMAN	FITMA AC	20.23M
DISCUS (M60 – 64)			
1	KRISHNASAMY KARUPPIAH	SELANGOR MASTERS	28.29M
2	MOHD RAHIM BIN LUWI	MALACCA MASTERS	22.29M
3	TAJUL ARIFFIN BIN AWANG MOHD	SAMAS	22.05M
4	JAYARAMAN NAGAMUTHU	FITMA AC	21.59M
5	BASKARAN FRANCIS	PERAK MASTERS	21.20M
6	SHAWAL BIN HJ SHAARI	PDRM	19.13M
7	SERGEANT SINGH	PERAK MASTERS	19.12M
8	JUINTIN BIN ALLAP	SAMAS	18.50M
DISCUS (M65 – 69)			
1	TARMIZI SANDHU @ TARA SINGH	SAMAS	31.53M
2	YAW DOLY YAW LOKONG	SAMAS	25.55M
3	EDWIN E. GOH	SAMAS	24.91M
4	NARAYANAN NAIR SUNGONI NAIR	NS MASTERS	20.66M
5	WILLIAM NORMAN WHEATLEY	SAMAS	19.32M
DISCUS (M70 – 74)			
1	WONG KOU FOU	MALACCA MASTERS	27.25M
2	P. NADARAJAH M. PERIAYAH	FITMA AC	27.03M
3	RAMALINGAM VERASAMY	SELANGOR MASTERS	25.44M
4	PILAH @ ONDOG BIN KISANG	SAMAS	20.09M
5	VIMALASINGAM SARANAMUTHU	FITMA AC	13.51M
6	ARUMUGAM KAVARI	JOHOR MASTERS	10.48M
DISCUS (M75 – 79)			
1	JULIUS JIKUT KOMUNING	SABAH	15.71M
LONG JUMP (M35 – 39)			
1	MOHD FARISH BIN AZIZ SULAIMAN	SAMAS	5.08M
2	MURALI SUBRAMANIAM	SELANGOR MASTERS	3.50M
LONG JUMP (M40 – 44)			
1	EDDEY KALAI	PDRM	4.89M
2	MAULI BIN MANGUN	PDRM	4.88M
3	MOHD HAFEEZ HASREK BIN A. RAZAK	MALACCA MASTERS	4.49M
4	RAVIKUMAR BALAKRISHNAN	PENANG	4.37M

5	AHMAD EZMAN BIN PUDIL @ FADZIL	PERAK MASTERS	4.29M
6	ADI WIRA BIN MOHD ZIN	PERAK MASTERS	4.27M
LONG JUMP (M45 – 49)			
1	RAMIS K.D.RADA	KL	5.44M
2	LARRY ANDANG	SAMAS	4.61M
3	TAN KIM TAI	MALACCA MASTERS	3.39M
LONG JUMP (M50 – 54)			
1	SUBRAMANIAM KUMARASAMY	JOHOR MASTERS	4.19M
LONG JUMP (M55 – 59)			
1	ALI MUSTAFFA BIN OTHMAN	JOHOR MASTERS	4.37M
2	ZULKAPLI BIN ADAM	PDRM	4.24M
3	REDZUAN BIN JUMAT	LABUAN	4.12M
4	JAMALUDDIN LANI	SAMAS	3.91M
5	SUPT ZAHAR BIN RAHMAN	FITMA AC	3.15M
6			
LONG JUMP (M60 – 64)			
1	JAYARAMAN RAJAMANICKAM	PERAK MASTERS	2.68M
2	MOHAN PONNIAH	JOHOR MASTERS	2.40M
3	HJ SIRRAJUDDIN BIN HJ GHANI	PDRM (R)	2.29M
LONG JUMP (M65 – 69)			
1	PUZI BIN ABD RAHMAN	PDRM (R)	3.55M
2	CHOO WAI KIN	KL MASTERS	3.28M
3	ATHNAN BIN ABU SAMAH	JOHOR MASTERS	1.88M
LONG JUMP (M70 – 74)			
1	THANESVARAN MALAVARAYAR	KL MASTERS	3.47M
2	VITALIS HERMAN	SAMAS	3.42M
3	UMAN @YUMAN BIN SIKIN	SAMAS	2.78M
4	KARTHIGESAN RAJOO	SELANGOR	2.75M
5	MOHAMED BIN MD IDRUS	PAHANG MASTERS	2.62M
HIGH JUMP (M35 – 39)			
1	ANDY GREGORY LIADU	SAMAS	1.40M
2	KIEW SIENG EIK	MALACCA MASTERS	1.35M
3	MOHD AZMEER BIN AMARULLAH	SELANGOR	1.30M
HIGH JUMP (M40 – 44)			
1	EDDEY KALAI	PDRM	1.50M
2	MAULIE BIN MANGUN	PDRM	1.35M
HIGH JUMP (M45 – 49)			
1	TEO CHEN LUNG	SAMAS	1.30M
2	VIGNESPARAN VEERA RAGAVAN	KL MASTERS	1.20M
HIGH JUMP (M50 – 54)			
1	SUBRAMANIAM KUMARASAMY	JOHOR MASTERS	1.40M
2	IBRAHIM BIN ABD WAHAB	MALACCA MASTERS	1.35M
3	LIAW FUN MIN	MALACCA MASTERS	1.10M
4			
HIGH JUMP (M55 – 59)			
1	WR SHARIPOLAZAMAN WR RAMLI	SELANGOR	1.00M

HIGH JUMP (M60 – 64)			
1	HOO YOON WAH	KL MASTERS	1.46M
2	JAYARAMAN RAJAMANICKAM	PERAK MASTERS	0.85M
HIGH JUMP (M65 – 69)			
1	ALIUDIN JUMAAT	SAMAS	1.35M
2	CHOO WAI KIN	KL MASTERS	1.05M
TRIPLE JUMP (M35 – 99)			
1	MOHD FARISH B. AZIZ SULAIMAN	SAMAS	10.29M
TRIPLE JUMP (M40 – 44)			
1	MAULIE BIN MANGUN	PDRM	10.07M
2	AHMAD EZMAN B. PUDIL @ FADZIL	PERAK MASTERS	8.63M
3	ADIWIRA BIN MOHD ZIN	PERAK MASTERS	6.73M
TRIPLE JUMP (M45 – 49)			
1	LARRY ANDANG	SAMAS	10.58M
TRIPLE JUMP (M55 – 59)			
1	JAMALUDDIN LANI	SAMAS	8.77M
2	REDZUAN BIN JUMAT	LABUAN	8.61M
TRIPLE JUMP (M60 – 64)			
1	TAJUL ARIFFIN B. AWANG MOHD	SAMAS	6.14M
2	JAYARAMAN RAJAMANICKAM	PERAK MASTERS	5.11M
3			
TRIPLE JUMP (M65 – 69)			
1	CHOO WAI KIN	KL MASTERS	6.91M
TRIPLE JUMP (M70 – 74)			
1	MOHAMED BIN MD IDRUS	PAHANG MASTERS	4.98M
2	VITALIS HERMAN	SAMAS	4.77M
4 X 100M OPEN (MEN)			
1	SAMAS A	SABAH	49.90S
2	MALACCA MASTERS	MALACCA	50.65S
3	PDRM	-	51.49S
4	PERAK MASTERS	PERAK	52.50S
5	SAMAS B	SABAH	52.57S
6	FITMA AC	-	57.43S
4 X 400M OPEN (MEN)			
1	SAMAS	SABAH	4:03.35
2	PERAK MASTERS	PERAK	4:06.61
3	MALACCA MASTERS	MALACCA	4:12.88
4	PENANG	PENANG	4:21.03
5	PDRM	-	4:24.85
6	FITMA AC	-	4:45.96

WOMEN

100M (W35 – 39)			
1	ALISON CHEW SUK LING	SAMAS	13.55S
2	SITI FAIRUZ BINTI JAMALUDDIN	PDRM	14.93S
3	NORFAHDA BINTI JAMIL	PDRM	17.14S
100M (W40 – 44)			
1	ROSJULIANEE BT MOHD YUSOFF	PDRM	14.69S
2	ANGELINE JUMPO	SARAWAK	16.43S
100M (W45 – 49)			
1	JOSEPHEN MARIA JOB	SAMAS	15.03S
2	MARTA BASA BT LOKMAN	LABUAN	15.18S
3	KIEW SUI HUA	SARAWAK	16.33S
4	PARIDA BT USMAN	SAMAS	18.35S
5	ROHAYATI BT ABU	PDRM	19.45S
100M (W50 – 54)			
1	ERINE SINUEL	SAMAS	15.84S
2	MARIANI BT MANAN	SAMAS	17.64S
3	N. JAYANTHY R. NARAYANAN	KEDAH	17.67S
4	NOKALMAH SANASEE	PERAK MASTERS	18.14S
100M (W55 – 59)			
1	JULIANA GUMPIL	SAMAS	14.32S
2	MORDIANA ABDULLAH	SAMAS	16.32S
3	RAINEH @ TAMBI BT SAWAN	SAMAS	17.67S
4	THILAGESWARY M. RAMASAMY	SELANGOR	24.00S
100M (W60 – 64)			
1	LUCY YONG	SAMAS	15.90S
100M (W65 – 69)			
1	CHRISTINA LABANJING @ JENTUNIS	SAMAS	24.36S
200M (W35 – 39)			
1	ALISON CHEW SUK LING	SAMAS	27.9S
2	ANA BINTI MOHZAN	KL MASTERS	31.8S
3	SITI FAIRUZ BT JAMALUDDIN	PDRM	32.3S
4	NORFAHDA BT JAMIL	PDRM	38.2S
200M (W40 – 44)			
1	ROSJULIANEE BT MOHD YUSOFF	PDRM	32.0S
2	LEELA SURESH KEE SEE LENG	SELANGOR	34.2S
3	DEVI SUBRAYAN	KL MASTERS	35.0S
200M (W45 – 49)			
1	JOSEPHEN MARIA JOB	SAMAS	31.8S
2	MARTA BASA BT LOKMAN	LABUAN	34.0S
3	KIEW SUI HUA	SARAWAK	35.0S
4	PARIDA BT USMAN	SAMAS	38.7S
5	DAYANG NORAINI BT SAHARI	SAMAS	39.4S
6	SHARALADEVI NARAYANASAMY	KEDAH	53.1S

200M (W50 – 54)			
1	ERINE SINUEL	SAMAS	32.3S
2	N. JAYANTHY R, NARAYANAN	KEDAH	39.4S
3	NOKALMAH SANASEE	PERAK MASTERS	47.0S
200M (W55 – 59)			
1	MORDIANA ABDULLAH	SAMAS	38.4S
2	THERESLINE ASIRVATHAM	SELANGOR MASTERS	41.1S
3	AMALIA MARQUEZ BARCOMA	FITMA AC	56.4S
200M (W60 – 64)			
1	LUCY YONG	SAMAS	36.3S
2	WENDY SOO YUET PING	KL	49.1S
200M (W65 – 69)			
1	TAN TECK SEE	SELANGOR MASTERS	81.5S
400M (W35 – 39)			
1	ALISON CHEW SUK LING	SAMAS	68.0S
2	MICHELE TAN BEE KIANG	SELANGOR	72.0S
3	ANA BT MOHZAN	KL MASTERS	74.0S
4	JULIATI HUBERLUS	SELANGOR	85.0S
400M (W40 – 44)			
1	DEVI SUBRAYAN	KL MASTERS	86.6S
400M (W45 – 49)			
1	KIEW SUI HUA	SARAWAK	79.3S
2	EMILIA BT JAMIL	PDRM	86.1S
3	DAYANG NORAINI BT SAHARI	SAMAS	92.0S
4	TAMILSLVE PERIASAMY	NS MASTERS	94.7S
5	SHARALADEVI NARAYANASAMY	KEDAH	148.7S
400M (W50 – 54)			
1	ERINE SINUEL	SAMAS	84.7S
2	N. JAYANTHY NARAYANAN	KEDAH	117.5S
3	PRAMASWAREY SENDARASEGERIN	PERAK MASTERS	140.9S
400M (W55 – 59)			
1	GOH KIM HING (MAGGIE)	SELANGOR MASTERS	91.9S
2	MEENATCHI SOKALINGAM	SELANGOR	174.7S
400M (W60 – 64)			
1	JOANNE FOO	PERAK MASTERS	109.0S
2	WENDY SOO YUET PING	KL	117.0S
3	SINNAMAHA GOLLA-BANGARU	SELANGOR MASTERS	130.9S
800M (W35 – 39)			
1	MICHELE TAN BEE KIANG	SELANGOR	2:52.42
2	JULIATI HUBERLUS	SELANGOR	3:39.52
800M (W45 – 49)			
1	EMILIA BT JAMIL	PDRM	3:23.56
2	GAVARY RAMASUNDRAN	PERAK MASTERS	3:32.24
3	TAMILSLVE PERIASAMY	NS MASTERS	3:55.34
800M (W55 – 59)			
1	GOH KIM HONG (MAGGIE)	SELANGOR MASTERS	3:30.52
2	THERESA BT SIDAU	SAMAS	3:41.82

800M (W60 – 64)			
1	JOUTI ELAU @ VIRONICA	SAMAS	3:44.67
2	JOANNE FOO	PERAK MASTERS	4:18.17
3	SINNAMAH GOLLA-BANGARU	SELANGOR MASTERS	5:04.39
800M (W65 – 69)			
1	KIMIH @ FLORENCE MONJITOL	SAMAS	4:35.20
800M (W75 – 79)			
1	SAROJEET KAUR @ SARJEET KAUR	PENANG MASTERS	5:24.61
1500M (W35 – 39)			
1	MICHELE TAN BEE KIANG	SELANGOR	5:42.6
2	LENNY CARMALIA BT OTHMAN	PDRM	9:40.8
1500M (W40 – 44)			
1	AMUTHA ARUMUGAM	PERAK MASTERS	7:05.4
2	MAZLINA SHAFURA BT ABDUL MANAP	KL	7:18.1
3	NOORSHAZLIN BT AHMAD	PDRM	7:32.9
1500M (W45 – 49)			
1	RITA BT GHANI	PDRM	6:07.3
2	ZUHARLINA BT ABU BAHARIN	KL	7:30.1
3	NIRMALA DEVI AMBIKAPATHI	PERAK MASTERS	8:29.6
4	TAMILSLVE PERIASAMY	NS MASTERS	9:07.2
1500M (W50 – 54)			
1	CHAN YEN CHING	PDRM	7:37.6
2	SASHYKALAH GNANAPRAKASHAM	SELANGOR	9:53.3
1500M (W55 – 59)			
1	GOH KIM HONG (MAGGIE)	SELANGOR MASTERS	6:55.7
1500M (W60 – 64)			
1	JOUTI ELAU @ VIRONICA	SABAH	7:34.7
2	JOANNE FOO	PERAK MASTERS	9:37.4
3	SINNAMAH GOLLA-BANGARU	SELANGOR MASTERS	10:00.0
1500M (W65 – 69)			
1	KIMIH @ FLORENCE MONJITOL	SAMAS	10:04.5
2	MAIMUNA J. NORDIN	SELANGOR MASTERS	12:34.7
1500M (W75 – 79)			
1	SAROJEET KAUR @ SARJEET KAUR	PENANG MASTERS	10:32.0
3000M (W35 – 39)			
1	MICHELE TAN BEE KIANG	SELANGOR	12:33.8
3000M (W40 – 44)			
1	MAZLINA SHAFURA BT ABDUL MANAP	KL	15:23.7
2	NORUL AKMAR BT ABD RANI	PDRM	16:01.1
3	NOORSHAZLIN BT AHMAD	PDRM	17:47.3
3000M (W45 – 49)			
1	RITA BT GHANI	PDRM	13:29.1
2	ZUHARLINA BT ABU BAHARIN	KL	15:28.2
3	WONG CHOY LAN	FITMA AC	15:59.4
4	SAMANTHA JANE RICHARD	SELANGOR	16:05.8

5	NIRMALA DEVI AMBIKAPATHI	PERAK MASTERS	16:31.9
6	NALINI SELVEINDRAN	PERAK MASTERS	17:04.9
3000M (W50 – 54)			
1	CHUAH GUAT NG	PENANG	15:27.4
2	LOH KHER HEEM	PERAK MASTERS	15:50.1
3	CHEW PHAIK HUA	PERAK MASTERS	16:25.8
4	LEE SIEW KIM	PENANG	20:57.4
3000M (W55 – 59)			
1	GOH KIM HONG (MAGGIE)	SELANGOR MASTERS	14:31.1
2	TAN GOEK HONG	PENANG	19:08.6
3	TAN TECK BEE	SELANGOR MASTERS	19:33.7
3000M (W60 – 64)			
1	JOUTI ELAU @ VIRONICA	SABAH	15:50.7
2	SINNAMAH GOLLA-BANGARU	SELANGOR MASTERS	20:51.4
3000M (W75 – 79)			
1	SAROJEET KAUR @ SANJEET KAUR	PENANG MASTERS	22:28.8
3000M WALK (W35 – 39)			
1	LENNY CARMALIA BT OTHMAN	PDRM	25:01.0
3000M WALK (W40 – 44)			
1	KALIAMAH MANIAN	PERAK MASTERS	19:50.0
2	LANNY SHARRONECA JULIUS JIKUT	SABAH	29:00.0
3000M WALK (W45 – 49)			
1	TIFFANY SOH BENG CHU	SELANGOR MASTERS	20:30.0
2	SHARALADEVI NARAYANASAMY	KEDAH	25:50.0
3	JOHANAWATI BT JOHEN	PDRM	26:10.0
4	KASTURI SUBRAYAN	SELANGOR	28:10.0
5	SABTUYAH BT YUSUP	PDRM	-
3000M WALK (W50 – 54)			
1	CHUAH GUAT NA	PENANG	24:30.0
2	LEE SIEW KIM	PENANG	26:00.0
3	PRAMASWARY SENDARASEGERIN	PERAK MASTERS	26:30.0
4	VASUKI V. RAJAGOPAL	SELANGOR MASTERS	28:30.0
3000M WALK (W55 – 59)			
1	YOGESWARI S. KATHIRVELOO	JETS	22:10.3
2	THERESA BT SIDAU	SAMAS	23:14.3
3	TAN GOEK HONG	PENANG	23:28.2
4	SALVARANI KRISHNAN	PENANG MASTERS	25:04.2
5	THILAGESWARY M. RAMASAMY	SELANGOR	26:36.3
6	AMALIA MARQUEZ BARCOMA	FITMA AC	28:34.3
3000M WALK (W60 – 64)			
1	JOUTI ELAU @ VIRONICA	SABAH	21:29.2
2	TAN TECK HO	SELANGOR MASTERS	23:08.5
3	JOANNE FOO	PERAK MASTERS	23:32.1
3000M WALK (W65 – 69)			
1	LEE SHEW KENG	KL MASTERS	22:40.4
2	KIMIH @ FLORENCE MONJITOL	SAMAS	24:35.4

3000M WALK (W75 – 79)			
1	SAROJEET KAUR @ SARJEET KAUR	PENANG MASTERS	28:08.1
2	YEAP LAY TONG	KL MASTERS	30:55.4
100M HURDLES (W35 – 39)			
1	SITI FAIRUZ BT JAMALUDDIN	PDRM	21.31S
SHOT PUT (W35 – 39)			
1	ROSMALIAH BT KHALIT	PDRM	7.70M
2	SILVIA CHAI CIN TZE	MALACCA MASTERS	5.32M
3	OOI SIAM HONG	MALACCA MASTERS	4.68M
SHOT PUT (W40 – 44)			
1	LIONG SAU LAI	PDRM	9.33M
2	NANCY BT F. MICHAEL	SAMAS	8.79M
3	ROSMIATI BT ABD KARIM	PDRM	7.23M
4	CHUA SWEE MEI	MALACCA MASTERS	7.00M
5	NAZIRA BT AB RAHIM	MALACCA MASTERS	6.34M
6	ANGELINE JUMPO	SARAWAK	6.01M
SHOT PUT (W45 – 49)			
1	TIFFANY SOH BENG CHU	SELANGOR MASTERS	6.65M
2	CHUA CHEONG LIAN	MALACCA MASTERS	6.56M
3	NOR AZIAH BT KASSIM	MALACCA MASTERS	5.04M
4	HASNIYAH BT OTHMAN	PDRM	4.43M
SHOT PUT (W50 – 54)			
1	CHAN NYET FUJ	MALACCA MASTERS	8.71M
2	VASKEE R. VASUTHEVAN	KL MASTERS	7.81M
3	ERINE SINUEL	SAMAS	7.76M
4	ROSNAH BT ABDUL SAMAD	PDRM	7.55M
SHOT PUT (W55 – 59)			
1	DOROTHEA ANTHONY AMURU	SAMAS	7.11M
2	JESSIE MANJIN	SAMAS	6.29M
3	THERESLINE ASIRVATHAM	SELANGOR MASTERS	5.61M
4	ZURAIHAH BT RASHID	MALACCA MASTERS	5.56M
5	PAULINE TEOH	PERAK MASTERS	4.94M
SHOT PUT (W60 – 64)			
1	LOO CHENG SIEW	PERAK MASTERS	7.97M
2	PIRIN BT BERANGIN	SAMAS	7.09M
3	NUR'AISHAH ABDULLAH	SELANGOR MASTERS	5.69M
SHOT PUT (W65 – 69)			
1	PUSHFA RAMASAMY	KL MASTERS	6.54M
DISCUS (W35 – 39)			
1	YAP JENG TZAN	NEGERI SEMBILAN	42.19M
2	SILVIA CHAI CIN TZE	MALACCA MASTERS	13.08M
2	OOI SIAM HONG	MALACCA MASTERS	11.62M
DISCUS (W40 – 44)			
1	CHUA SWEE MEI	MALACCA MASTERS	26.16M
2	LIONG SAU LAI	PDRM	25.93M
3	ANGELINE JUMPO	SARAWAK	17.61M

4	NAZIRA BT AB RAHIM	MALACCA MASTERS	16.87M
5	ROSMIATI BT ABD KARIM	PDRM	13.75M
DISCUS (W45 – 49)			
1	TIFFANY SOH BENG CHU	SELANGOR MASTERS	19.53M
2	MARTA BASA BT LOKMAN	LABUAN	18.30M
3	NATALIE DAWN SIPULA	SABAH	16.60M
4	SAMANTHA JANE RICHARDS	SELANGOR	15.46M
5	CHUA CHEONG LIAN	MALACCA MASTERS	13.49M
DISCUS (W50 – 54)			
1	CHAN NYET FUI	MALACCA MASTERS	25.44M
2	MARIANI BT MANAN	SAMAS	17.15M
DISCUS (W55 – 59)			
1	JESSIE MANJIN	SAMAS	17.39M
2	THERESLINE ASIRVATHAM	SELANGOR MASTERS	16.05M
3	DOROTHEA ANTHONY AMARU	SAMAS	14.90M
4	ZURAIDAH BT RASHID	MALACCA MASTERS	12.39M
DISCUS (W60 – 64)			
1	LOO CHENG SIEW	PERAK MASTERS	15.86M
2	NUR'AISHAH ABDULLAH	SELANGOR MASTERS	14.94M
3	PIRIN BT BERANGIN	SAMAS	12.41M
4	RADHA KARUPPIAH	MALACCA MASTERS	11.19M
DISCUS (W65 – 70)			
1	PUSHFA RAMASAMY	KL MASTERS	17.27M
JAVELIN (W40 – 44)			
1	ROSMIATI BT ABD KARIM	PDRM	26.88M
2	CHUA SWEE MEI	MALACCA MASTERS	26.56M
3	LIONG SAU LAI	PDRM	24.68M
4	ANGELINE JUMPO	SARAWAK	24.51M
5	LIEW MEI PING	SAMAS	12.49M
JAVELIN (W45 – 49)			
1	NATALIE DAWN SIPULA	SABAH	15.33M
2	CHUA CHEONG LIAN	MALACCA MASTERS	12.15M
JAVELIN (W50 – 54)			
1	CHAN NYET FUI	MALACCA MASTERS	24.52M
2	ROснаh BT ABDUL SAMAD	PDRM	20.02M
3	VANITHA PALANIAPPAN	SELANGOR MASTERS	15.81M
JAVELIN (W55 – 59)			
1	DR. WONG NGAN LING	SELANGOR MASTERS	17.63M
2	SARAH ALIAH BT ABDULLAH	PDRM	16.27M
3	JESSIE MANJIN	SAMAS	15.37M
4	THILAGESWARY RAMASAMY	SELANGOR	7.78M
JAVELIN (W60 – 64)			
1	LOO CHENG SIEW	PERAK MASTERS	20.98M
2	PIRIN BT BERANGIN	SAMAS	14.97M
JAVELIN (W65 – 69)			
1	PUSHFA RAMASAMY	KL MASTERS	16.86M
2	VITHYAWATHY NAMADEVAN	FITMA AC	6.80M

LONG JUMP (W35 – 39)			
1	ANA BT MOHZAN	KL MASTERS	4.04M
LONG JUMP (W40 – 44)			
1	KARMILA BT MOHD NASIR	PDRM	3.62M
2	ROSJULIANEE BT MOHD YUSOFF	PDRM	3.44M
LONG JUMP (W45 – 49)			
1	MARTA BASA BT LOKMAN	LABUAN	3.74M
2	ALMAWATI BT KASSIM	PERAK MASTERS	3.73M
3	FAUZANA MARIAM BT MOHD FAUZI	PDRM	3.51M
4	EMILIA BT JAMIL	PDRM	3.42M
5	ROHAYATI BT ABU	PDRM	3.01M
LONG JUMP (W50 – 54)			
1	RITA THONG @ NUR RITA QHALIESYA	PERAK MASTERS	4.02M
2	MARIANI BT MANAN	SAMAS	3.16M
LONG JUMP (W55 – 59)			
1	JULIANA GUMPIL	SAMAS	4.51M
2	DR. WONG NGAN LING	SELANGOR MASTERS	3.23M
3	THERESA BT SIDAU	SAMAS	2.72M
4	SALVARANI KRISHNAN	PENANG MASTERS	2.59M
LONG JUMP (W60 – 64)			
1	LUCY YONG	SAMAS	3.63M
LONG JUMP (W65 – 69)			
1	CHRISTINA LABANJING @ JENTUNIS	SAMAS	1.73M
HIGH JUMP (W35 – 39)			
1	JOYCE LIM CHUEN SHIN	MALACCA MASTERS	1.15M
2	OOI SIAM HONG	MALACCA MASTERS	0.80M
HIGH JUMP (W40 – 44)			
1	LIONG SAU LAI	PDRM	1.28M
2	LIEW MEI PING @ JESSY	SAMAS	1.26M
3			
HIGH JUMP (W50 – 54)			
1	RITA THONG @ NUR RITA QHALIESYA	PERAK MASTERS	1.10M
HIGH JUMP (W55 – 59)			
1	JULIANA GUMPIL	SAMAS	1.20M
2	SARAH ALIAH BT ABDULLAH	PDRM	1.00M
HIGH JUMP (W65 – 69)			
1	CHRISTINA LABANJING @JENTUNIS	SAMAS	0.80M
TRIPLE JUMP (W35 – 39)			
1	SITI FAIRUZ BT JAMALUDDIN	PDRM	8.52M
TRIPLE JUMP (W50 – 54)			
1	RITA THONG @ NUR RITA QHALIESYA	PERAK MASTERS	9.09M
2	MARIANI BT MANAN	SAMAS	7.14M
TRIPLE JUMP (W55 – 59)			
1	JULIANA GUMPIL	SAMAS	8.42M

TRIPLE JUMP (W60 – 64)			
1	LUCY YONG	SAMAS	6.60M
4 X 100M OPEN (WOMEN)			
1	SAMAS A	SABAH	0:56.26
2	PDRM	-	1:00.03
3	SAMAS B	SABAH	1:06.78
4	FITMA AC	-	1:09.26
5	SELANGOR TEAM MALAYSIAN	SELANGOR	1:14.24
4 X 400M OPEN (WOMEN)			
1	SAMAS	SABAH	5:24.39
2	PDRM	-	5:36.68
3	FITMA AC	-	5:37.78
4	SELANGOR MASTERS	SELANGOR	5:40.90
5	PERAK MASTERS	PERAK	6:25.10

34th MALAYSIAN OPEN MASTERS ATHLETICS CHAMPIONSHIPS
21ST – 22ND MAY 2022, STADIUM UM,
KUALA LUMPUR.

MEDAL TALLY

NO	STATES/TEAMS	GOLD	SILVER	BRONZE
1	SABAH	63	25	27
2	SELANGOR	25	26	20
3	PERAK	25	23	20
4	PDRM	23	20	17
5	KUALA LUMPUR	14	15	10
6	MALACCA	12	15	13
7	PENANG	12	10	3
8	JOHOR	11	6	2
9	FITMA AC	6	12	7
10	NEGERI SEMBILAN	6	4	5
11	SARAWAK	4	4	3
12	PDRM (R)	4	-	2
13	LABUAN	2	7	1
12	KEDAH	3	3	1
13	PAHANG	1	-	-
14	JETS SPORTS CLUB	1	-	-
15	TERENGGANU	-	1	1
16	PERLIS	-	1	-

S. SIVAPRAGASAM, AMW
ORGANISING CHAIRMAN
34TH MOMAC
27TH MAY 2022