

MALAYSIAN INTERNATIONAL OPEN MASTERS ATHLETICS
CHAMPIONSHIPS RECORDS UNTIL 2016

MEN

	MEN	35 - 39		
100m	10.9s	HAIRUL B. ABU SHAH	MAL	2016
200m	23.3s	GAMLATHGE INDIKA	SL	2013
400m	53.3s	ANUAR ALMI B. HJ RAMLI	MAL	2016
800m	2:10.37s	K.P.W. ROHANA KUMARA P	SL	2016
1500m	4:26.5s	H.R. CHAMINDA	SL	2014
5000m	16:18.0s	ZAHED DEHPAHLEVAMI	IRAN	2011
5000m W	28:07.92s	G. SURESH KUMAR	MAL	2010
110m H	18.5s	N.A.S. NIROSHAN	SL	2014
LONG JUMP	6.00m	HARBINDER SINGH	IND	2009
HIGH JUMP	1.70m	VIKRAM SINGH	IND	2009
TRIPLE JUMP	11.65m	VIKRAM SINGH	IND	2009
SHOT PUT	11.95m	ELIASIN BIN ETIM	MAL	2010
DISCUS	30.39m	IMDAD AZIZ KHAN	IND	2009
JAVELIN	52.83m	KARAN SINGH YADAV	IND	2009

MEN **40 - 44**

100m	11.12s	MOHD YUSOF BIN NINGAL	MAL	2002
200m	23.8s	MAULANI B. DIMAN	MAL	2004
400m	53.93s	M. RAMAKRISHNAN	MAL	1996
800m	2:03.38s	M. RAMAKRISHNAN	MAL	1996
1500m	4:20.92s	M. RAMAKRISHNAN	MAL	1996
5000m	16:16.40s	M. RAMAKRISHNAN	MAL	1996
5 K WALK	23:48.48s	JAGJIT SINGH	MAL	1997
110m H	17.6s	DJL GAMNI WEERASINGHE	SL	1995
400m H	62.7s	SHAMSHER SINGH	IND	1995
LONG JUMP	6.09m	KAMARULZAMAN TAHIR	MAL	1999
HIGH JUMP	1.70m	ROHIMI ABDULLAH	MAL	2003
	1.70m	ANNOPPHROMHIT	THAI	2015
	1.70m	H.A. SHANTHA KUMARA	SL	2015
TRIPLE JUMP	12.69m	RANJIT MALINGA	SL	1997
SHOT PUT	14.09m	LOHERH MANDOU	IND	1997
DISCUS	40.38m	DANAPAL NAIDU	MAL	1984
JAVELIN	50.68m	NASHATAR SINGH	MAL	1984
HAMMER	28.94m	JESWANT SINGH	MAL	1997
POLE VAULT	3.10m	SULAIMAN ABU BAKAR	MAL	1996
5K WALK (ROAD)	22:38.8m	JAGJIT SINGH	MAL	2000

MEN**45 - 49**

100m	11.4s	ERNAWAN WITARSA	INDO	2010
200m	23.9s	ERNAWAN WITARSA	INDO	2010
400m	54.8s	W. SELLAHEWA	SL	2003
800m	2:04.9s	M. RAMAKRISHNAN	MAL	1998
1500m	4:17.3s	M. RAMAKRISHNAN	MAL	1998
5000m	17:55.3s	ZAHED TAHERI	IRAN	2011
5 K WALK	27:16.3s	THOMAS KOK	MAL	1995
110m H	17.0s	WEERASINGHE	SL	1999
400m H	67.4s	JOHARI BIN HJ BAKAR	BRU	1995
LONG JUMP	6.02m	ERNAWAN WITARSA	INDO	2010
HIGH JUMP	1.60m	SJN RAHIMI ABDULLAH	MAL	2007
TRIPLE JUMP	11.39m	HJ ABDUL RANI	BRU	1994
SHOT PUT	11.0m	GURLAL SINGH	IND	1997
DISCUS	34.59m	SOLOMON T. MOHANATH	IND	2003
JAVELIN	47.82m	R.J. MIRANDA	SL	1997
HAMMER	32.48m	GURLAL SINGH	IND	1997
POLE VAULT	2.40m	S. SINNATHAMBY	MAL	1997
5K WALK (ROAD)	26:02.42m	K. MAHALINGAM	MAL	2000

MEN**50 - 54**

100m	11.7s	OSMAN BIN NADZIM	SIN	2016
200m	25.01s	M. GUNASENA	SIN	1987
400m	58.3s	TAN KIM SENG	SIN	2013
800m	2:04.9s	C.D. ATHUKORALA	SL	1998
1500m	4:40.4s	M. RAMAKRISHNAN	MAL	2006
5000m	17:18.0s	M. RAMAKRISHNAN	MAL	2003
5 K WALK	27:06.0s	PURVES WILLIAM FRANKLIN	HK	1995
100m H	16.3s	BANCHA RAMARATANG	THAI	1995
110m H	18.2s	ANIKA RINDUM	MAL	2004
400m H	66.9s	M. GUNASENA	SIN	1987
LONG JUMP	5.62m	KAWAHARA NORIHIKO	SIN	2007
HIGH JUMP	1.50m	MOHD TAMIN MERICAN	MAL	1985
	1.50m	ALIUDIN JUMAAT	MAL	2008
	1.50m	CHUNG YUN KIONG	MAL	2011
TRIPLE JUMP	11.59m	JAAFAR B. TIMBANG	MAL	2016
SHOT PUT	12.29m	JAMES JAYABALAN	MAL	1996
DISCUS	39.72m	SOLOMON T. MOHANATH	IND	2009
JAVELIN	48.16m	NAGARMAL MOYAL	IND	2006
HAMMER	38.82m	LAL CHAND RAM	IND	1995
POLE VAULT	2.90m	YOS SOR NAKANART	THAI	1996
5K WALK (ROAD)	26:39.29s	MUSTAFFAR OTHMAN	MAL	2000

MEN**55 - 59**

100m	12.2s	MOCHAMAD HARIANTO	INDO	2016
200m	26.7s	P. JOGALEKHAR	IND	2001
	26.7s	MANSOR BIN HARUN	MAL	2011
400m	59.2s	M. RAMAKRISHNAN	MAL	2008
800m	2:16.1s	S. SANTHIRARAJAH	MAL	1998
1500m	4:37.1s	M. RAMAKRISHNAN	MAL	2007
5000m	18:32.7s	SIROUS BAVAFI	IRAN	2013
5 K WALK	27:46.9s	BILL PURVES	HK	1999
110m H	19.58s	YAAKOB SALLEH	MAL	1994
100m H	18.45s	CHIN FOO FAH	MAL	1996
LONG JUMP	5.12m	IBRAHIM YUSOFF	MAL	2010
HIGH JUMP	1.55m	PIUS KONDOKOR	MAL	2001
TRIPLE JUMP	11.08m	CHARLES LINGAM	MAL	2015
SHOT PUT	12.90m	JAMES JAYABALAN	MAL	1997
DISCUS	38.12m	SUBMINDER SINGH	IND	1997
JAVELIN	45.09m	YAW DOLY YAW LOKONG	MAL	2009
HAMMER	32.60m	LOW CHENG LEONG	MAL	1996
POLE VAULT	2.40m	CHANDRA SEKAR PRASAD	IND	1997
5K WALK (ROAD)	25:37.81s	BILL PURVES	HK	2000
400m H	77.15s	S. PADMAHAN	IND	1997

MEN**60 - 64**

100m	12.7s	FUMIO SASAKI	SIN	2012
200m	26.8s	FUMIO SASAKI	SIN	2012
400m	62.5s	M. RAMAKRISHNAN	MAL	2014
800m	2:28.9s	M. RAMAKRISHNAN	MAL	2014
1500m	4:57.3s	SEYED HASSAN HOSSEINI	IRAN	2013
5000m	18:17.9s	SEYED HASSAN HOSSEINI	IRAN	2013
5000m W	28:02.4s	THOMAS KOK	MAL	2009
300m H	53.04s	YAAKOB SALLEH	MAL	1997
100m H	18.23s	CHIN FOO FAH	MAL	1997
LONG JUMP	4.89m	CHARLES LINGAM	MAL	2016
HIGH JUMP	1.40m	VENKATAPPA MARAPPA	IND	2014
	1.40m	ALIUDIN JUMAAT	MAL	2015
TRIPLE JUMP	10.92m	CHIN FOO FAH	MAL	1997
SHOT PUT	13.49m	JAMES JAYABALAN	MAL	2002
DISCUS	37.74m	P. NADARAJAH	MAL	2014
JAVELIN	40.64m	LEE SHUN TZU	C.TAIPEH	2002
HAMMER	35.68m	GENDA SINGH	MAL	1987
POLE VAULT	1.70m	CELEMENT B. KINDAN	MAL	1997
5K WALK (ROAD)	26:45.6s	BILL PURVES	HK	2008
400m H	69.52s	S. RAMASAMY	MAL	1996

MEN**65 - 69**

100m	13.83s	MOHD TAMIN MERICAN	MAL	2002
200m	28.80s	AUSTIN JAYATILAKE	SL	1997
400m	64.62s	AUSTIN JAYATILAKE	SL	1997
800m	2:42.04s	AUSTIN JAYATILAKE	SL	1997
1500m	5:27.74s	AUSTIN JAYATILAKE	SL	1997
5000m	20:31.3s	MUSTAN SINGH	MAL	2003
5000m W	29:42.0s	THOMAS KOK	MAL	2013
300m H	73.23s	T. DEVARAJAN	IND	1997
100m H	20.0s	THOMAS KESSLER	MAL	1995
LONG JUMP	4.49m	ABDUL SALAM HJ HAMID	SIN	2014
HIGH JUMP	1.30m	SYLVESTER CHANG PIT FUI	MAL	2008
TRIPLE JUMP	9.54m	CHIN FOO FAH	MAL	2002
SHOT PUT	11.96m	DATUK A. SIBIDOL	MAL	1987
DISCUS	37.70m	DATUK A. SIBIDOL	MAL	1987
JAVELIN	41.38m	DATUK A. SIBIDOL	MAL	1987
HAMMER	13.64m	SURIAKANT SRVASTAYA	IND	1997
POLE VAULT	1.60m	HJ MUSTAPHA ABDULLAH	MAL	1997
5K WALK (ROAD)	31:02.8s	CPT(B) HJ OSMAN LAHAB	BRU	2008
110m H	19.32s	THOMAS KESSLER	MAL	1994

MEN**70 - 74**

100m	14.4s	MOHD TAMIN MERICAN	MAL	2003
200m	30.2s	MOHD TAMIN MERICAN	MAL	2003
400m	72.3s	T. SELVARAJ	IND	1997
800m	3:00.43s	MUNIANDY SINNIH	MAL	2016
1500m	6:07.05s	MUNIANDY SINNIH	MAL	2016
5000m	24:18.52s	MUNIANDY SINNIH	MAL	2016
5000m W	31:03.81s	THOMAS KOK	MAL	2016
LONG JUMP	4.00m	MOHD TAMIN MERICAN	MAL	2004
HIGH JUMP	1.18m	T. JOHN DEVASIRVATHAM	IND	1998
TRIPLE JUMP	8.42m	MOHD TAMIN MERICAN	MAL	2004
SHOT PUT	11.33m	SYLVESTER CHANG PIT FUI	MAL	2013
DISCUS	32.18m	DATUK A. SIBIDOL	MAL	1994
JAVELIN	35.04m	DATUK A. SIBIDOL	MAL	1994
5K WALK (ROAD)	32:05.42s	HJ MD NOOR ARIFFIN	MAL	2000

MEN 75 - 79

100m	15.3s	ALFRED LAJAWA	MAL	2008
200m	33.3s	ALFRED LAJAWA	MAL	2008
400m	82.2s	ALFRED LAJAWA	MAL	2008
800m	3:46.8s	PENG, HUNG LIEN	TAIPEH	1999
1500m	8:12.0s	THANGAPPA NADAR D.R.	IND	2014
5000m	28:30.4s	HUANG, LAI-TE	TAIPEH	1999
5 K WALK	37:30.18s	S.H. MINARSO	INDO	1997
LONG JUMP	3.72m	T.J. DEVASIRVATHAM	IND	2001
HIGH JUMP	1.25m	A.E. SOEWENDO	INDO	1999
TRIPLE JUMP	7.38m	DESHPANDE SHAMBRAO	IND	2008
SHOT PUT	9.95m	GURJIWAN SINGH SIDHU	IND	2009
DISCUS	25.94m	GURJIWAN SINGH SIDHU	IND	2009
JAVELIN	24.69m	ASSAN MATANGAH	MAL	1999
HAMMER	8.96m	MD RAZALI UDA NONGKAH	MAL	1995
5K WALK (ROAD)	38:34.8s	M. RAMASAMY	MAL	2008

MEN 80 - 84

100m	16.2s	ALFRED LAJAWA	MAL	2016
200m	36.5s	EDWARD B. MATANJANG	MAL	2004
400m	96.5s	J. SELVARAJ	IND	2009
800m	4:06.1s	J. SELVARAJ	IND	2009
1500m	9:31.0s	KOR HONG FATT	SIN	2013
5000m	37:11.7s	KOR HONG FATT	SIN	2013
LONG JUMP	3.02m	ALFRED LAJAWA	MAL	2015
HIGH JUMP	1.05m	T. JOHN DEVASIR	IND	2008
TRIPLE JUMP	6.19m	ALFRED LAJAWA	MAL	2013
5000m W	37:45.2s	PANCHANATHAM KRISHNAMOORTHY	IND	2009
SHOT PUT	7.60m	EDWARD B. MATANJANG	MAL	2004
DISCUS	17.38m	NORMAN DESOUZA	MAL	1998
JAVELIN	13.88m	MD RAZALI UDA NONGKAH	MAL	1999

MEN 85 - 89

100m	19.4s	P. GOPALAKRISHNAN	IND	1999
200m	73.9s	P. GOPALAKRISHNAN	IND	1999
5 K WALK	50:44.8s	P. GOPALAKRISHNAN	IND	1999
SHOT PUTT	5.15m	NORMAN DE SOUZA	MAL	2004
DISCUS	11.86m	NORMAN DE SOUZA	MAL	2004
JAVELIN	13.12m	NORMAN DE SOUZA	MAL	2004

MEN 100+

200m	50.26s	DHARAM PAL GURJAR	IND	2014
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WOMEN

WOMEN

35 - 39

100m	12.35s	DEDEH ERAWATI	INDO	2016
200m	25.8s	SOO CHONG PENG	MAL	2000
400m	58.49s	SOO CHONG PENG	MAL	2000
800m	2:27.78s	SAJI JOHN	IND	1997
1500m	5:21.16s	SAJI JOHN	IND	1997
5000m	20:14.9s	VIVIENE KARTSOUNIS	MAL	2001
3000m	14:37.21s	ASHWINI GOKUL DEORE	IND	2016
3000m W	19:06.20s	KALIAMAH MANIAN	MAL	2016
5 K WALK	30:42.0s	YAP WAI MUN	MAL	2002
5K WALK (ROAD)	28:40.52s	WEI MUN	MAL	2000
100m H	14.8s	DEDEH ERAWATI	INDO	2016
400m H	68.95s	SARIKA P/ ANDSE	IND	1996
LONG JUMP	5.39m	SOO CHONG PENG	MAL	2000
HIGH JUMP	1.35m	SHYLU PAUL	IND	2014
TRIPLE JUMP	9.27m	SNEHA JAIN	IND	2008
SHOT PUT	10.71m	DSP LIONG SAU LAI	MAL	2015
DISCUS	33.32m	POON PUI FUN	SIN	2003
JAVELIN	38.08m	POON PUI FUN	SL	2003
3K WALK (ROAD)	24:54.6s	R. CHITRA	IND	2008

WOMEN

40 - 44

100m	13.2s	LINDA HO MENG LEE	SIN	1998
200m	27.4s	SOO CHONG PENG	MAL	2003
400m	66.0s	LINDA HO MENG LEE	SIN	1998
800m	2:44.2s	HAZEL CHEW KIM HUA	SIN	1995
1500m	5:38.20s	LINDA HO MENG LEE	SIN	1998
3000m	15:59.60s	TIFFANY SOH BENG CHU	MAL	2016
5000M	21:36.50s	ESAH STEPHEN. K	SIN	1996
3000m W	19:40.0s	TAN SIOE CHEN	INDO	2006
5K WALK	28:57.30s	MITCHELLE PATTISELANO	SIN	1997
5K WALK (ROAD)	32:18.2s	LOW MAY CING	SIN	2003
100m H	18.25s	HAZEL CHEW KIM HUA	SIN	1994
80m H	18.0s	W. CHANDRA	SL	1995
LONG JUMP	5.25m	SUNANDA BARLINGE	IND	1996
HIGH JUMP	1.40m	CHAN SEE HUEY	SIN	2003
TRIPLE JUMP	9.21m	RITA THONG HINN LIM	MAL	2016
SHOT PUT	8.91m	INDU BALA	IND	2015
DISCUS	31.94m	INDU BALA	IND	2015
JAVELIN	32.79m	ZAITON OTHMAN	MAL	2001
10000m	49:21.56s	CAROL NG OOI YIN	MAL	1994
3K WALK (ROAD)	21:35.6s	RUBY VENKATACHALAM	IND	2008

WOMEN**45 - 49**

100m	13.2s	JULIANA GUMPIL	MAL	2012
200m	30.2s	LINDA HO	SIN	2003
	30.2s	ROSHNI GULATI	IND	2014
400m	70.30s	LEE SHEW KHENG	MAL	2001
	70.30s	ADENAH LOJUHAN	MAL	2010
800m	2:48.9s	LEA ELIZABETH YEO	MAL	2007
1500m	5:42.6s	LEA ELIZABETH YEO	MAL	2007
3000m	14:47.27s	CECILIA MAKSIMON	BRU	2016
5000m	22:26.0s	LAMMERS GISELA	GER	2002
3000m W	19:42.31s	TAN SIOE CHEN	INDO	2010
5K WALK	29:54.3s	LIM CHIEW CHENG	MAL	1999
5K WALK (ROAD)	28:09.26s	LIM CHIEW CHENG	MAL	2000
LONG JUMP	4.88m	JULIANA GUMPIL	MAL	2012
HIGH JUMP	1.21m	DR. ANNE TAN KENDRICK	SIN	2009
TRIPLE JUMP	9.59m	JULIANA GUMPIL	MAL	2012
SHOT PUT	9.53m	MANJU LATA	IND	2014
DISCUS	29.45m	NARINDER KAUR	MAL	2000
JAVELIN	30.64m	ANNA FIEL FIGUEIRA	IND	1997
80m H	16.0s	KIRTHANA KOLANDAIRAJ	IND	2014
400m H	2:13.3s	KATIKA LATHADEVI	IND	1995
100m H	37.3s	SATYASHI BJJ	IND	2008
3K WALK (ROAD)	16:44.9s	CHEAH BEE TIN	MAL	2008

WOMEN**50 - 54**

100m	13.6s	JULIANA GUMPIL	MAL	2016
200m	30.84s	JULIANA GUMPIL	MAL	2014
400m	76.2s	H.A.N. HAPUARACHCHI	SL	2013
800m	2:43.9s	JOUTI @ VIRONICA ELAU	MAL	2011
1500m	6:06.7s	GISELA MARIA LAMMERS	GER	2004
3000m	16:13.0s	SITI FATIMAH	INDO	2015
5000m	23:29.5s	KAMALA DEVI	MAL	2010
3000m W	18:50.0s	KAMALA DEVI	MAL	2012
5K WALK	33:55.09s	WONG HA MOOI	MAL	1997
5K WALK (ROAD)	30:39.2s	LIM SIEW CHENG	MAL	2003
LONG JUMP	4.73m	JULIANA GUMPIL	MAL	2014
HIGH JUMP	1.22m	DR. ANNE TAN KENDRICK	SIN	2014
TRIPLE JUMP	9.19m	JULIANA GUMPIL	MAL	2015
SHOT PUT	9.31m	LIEW LOI THAI	MAL	2002
DISCUS	23.21m	LIEW LOI THAI	MAL	2004
JAVELIN	25.20m	LIEW LOI THAI	MAL	2002
3K WALK (ROAD)	17:44.9s	RAJAM GOPI	IND	2008

WOMEN**55 - 59**

100m	14.5s	LINDA OH AH KIAW	SIN	2011
200m	31.0s	LINDA OH AH KIAW	SIN	2011
400m	74.5s	LINDA OH AH KIAW	SIN	2011
800m	3:13.3s	LINDA OH AH KIAW	SIN	2012
1500m	6:32.0s	KAMALA KOLANTHAI	MAL	2015
3000m	16:23.2s	JOANNE FOO	MAL	2015
5000m	26:46.6s	MOLKI HOOSHYAR GHALATI	IRAN	2011
3000m W	19:08.06s	KAMALA KOLANTHAI	MAL	2015
5K WALK	36:11.3s	GOH NAN YANG	MAL	1999
5K WALK (ROAD)	33:29.25s	YEAP LAY THONG	MAL	2000
80m H	19.74s	JENNY PRATOGO	INDO	1997
LONG JUMP	3.85m	LUCY YONG	MAL	2016
HIGH JUMP	1.05m	CHRISTINA LABANJING	MAL	2009
TRIPLE JUMP	7.08m	D.K.ROSTINAH	BRU	2002
SHOT PUT	9.36m	H.D.S. WEERASINGHE	SL	2015
DISCUS	25.36m	H.D.S. WEERASINGHE	SL	2015
JAVELIN	23.59m	TAY YU ENG	MAL	2012
3K WALK (ROAD)	17:48.7s	LEE YAU HONG	MAL	2008

WOMEN**60 - 64**

100m	16.1s	LINDA OH AH KIAW	SIN	2016
200m	31.5s	CHRISTINA LABANJING	MAL	2014
400m	84.9s	LINDA OH AH KIAW	SIN	2016
800m	3:41.5s	PAMELA ONG	MAL	2001
1500m	7:39.0s	TAN TECK SEE	MAL	2015
3000m	17:57.4s	HIEW NYUK KYAU @ SUSANNA	MAL	2015
3000m W	19:52.02s	LEE SHEW KENG	MAL	2015
5000m	36:38.8s	MARGARET LIM	MAL	1999
5 K WALK	38:26.20s	CHAN MEW LENG	MAL	1994
5 K WALK (ROAD)	36:37.5s	ROS MANIZAR	INDO	2003
LONG JUMP	3.27m	M.I. NIRMALIE PERERA	SL	2015
HIGH JUMP	1.05m	CHRISTINA LABANJING	MAL	2014
TRIPLE JUMP	6.62m	M.I. NIRMALIE PERERA	SL	2015
SHOT PUT	7.51m	TAY YU ENG	MAL	2015
DISCUS	20.33m	TAY YU ENG	MAL	2015
JAVELIN	23.06m	TAY YU ENG	MAL	2015
3K WALK (ROAD)	22:55.0s	GAIL YEAP	MAL	2008

WOMEN**65 - 69**

100m	18.37s	MARIE ROREK	INDO	1997
200m	42.82s	ASHAKI DEVI	IND	1997
400m	112.0s	ROSEANNE JONES	MAL	1994
800m	4:16.93s	LEE YAU HONG	MAL	2016
1500m	8:26.97s	LEE YAU HONG	MAL	2016
3000m	17:59.65s	LEE YAU HONG	MAL	2016
3000m W	22:59.5s	LEE YAU HONG	MAL	2016
5 K WALK	37:05.3s	MARGARET LIM	MAL	1999
10000m	1hr 11:16.2s	ROSEANNE JONES	MAL	1994
LONG JUMP	3.08m	MARIA A. MATULESSY	INDO	1999
TRIPLE JUMP	5.43m	MARGARETHA ARITONANG	INDO	2014
SHOT PUT	7.02m	NUR SULISTIANI	INDO	2016
DISCUS	18.40m	S. JANE PARIPURANAM	MAL	2004
JAVELIN	18.10m	JULIA JACOB	INDO	2015
3K WALK (ROAD)	23:04.0s	ADELINE J. UMBUL	MAL	2008

WOMEN**70 - 74**

100m	19.2s	MARY OOMMAN	MAL	1999
200m	41.6s	MARY OOMMAN	MAL	1999
400m	1:45.7s	MARY OOMMAN	MAL	1999
800m	4:25.4s	MICKY GURMIRESMI	INDO	2006
1500m	8:25.2s	MICKY GURMIRESMI	INDO	2006
5000m	30:53.1s	MICKY GURMIRESMI	INDO	2006
3000m W	26:56.08s	DIANA R. OROH	INDO	2015
5 K WALK	39:56.6s	KOH KEK KEE	MAL	1995
LONG JUMP	2.48m	GLORY BARNABAS	SIN	2013
TRIPLE JUMP	5.57m	MARGARETHA ARITONANG	INDO	2016
SHOT PUTT	7.02m	NINIEK KOESNI RAHADJENG	INDO	2016
DISCUS	18.83m	JUMINAH WIRYO SUPARNO	INDO	2016
JAVELIN	17.37m	JUMINAH WIRYO SUPARNO	INDO	2016
3K WALK (ROAD)	24:01.0s	MARGARET LIM WEE LIEN	MAL	2008

WOMEN**75 - 79**

100m	22.3s	DAISY VICTOR	IND	2008
	22.3s	ADELINE J. UMBUL	MAL	2013
200m	50.1s	MARIE ROREK	INDO	2007
400m	2:56.2s	KOH KEK KEE	MAL	2002
800m	5:19.3s	ADELINE J.UMBUL	MAL	2013
1500m	15:00.4s	KOH KEK KEE	MAL	2001
5000m	39:30.72s	KOH KEK KEE	MAL	1997
3000m W	27:10;0s	MARGARET LIM WEE LIEN	MAL	2014
5 K WALK	41:35.47s	KOH KEK KEE	MAL	1997
5 K WALK (ROAD)	47:15.0s	ROSEANNE JONES	MAL	2002
SHOT PUTT	9.21m	TSERENDOLGOR TOMORBAT	MON	2016
DISCUS	22.24m	TSERENDOLGOR TOMORBAT	MON	2016
JAVELIN	16.87m	TSERENDOLGOR TOMORBAT	MON	2016
TRIPLE JUMP	4.50m	DAISY VICTOR	IND	2008
3K WALK (ROAD)	32:50.5s	DESAI TARUNBALA KRISHNAKANT	IND	2008

WOMEN**80 - 84**

100m	23.3s	MARIE ROREK	INDO	2016
200m	74.1s	ROSEANNE MARY JONES	MAL	2007
400m	3:06.2s	ROSEANNE MARY JONES	MAL	2007
SHOT PUTT	4.41m	MARIE ROREK	INDO	2016
DISCUS	10.95m	HARTINI JOKO	INDO	2015
JAVELIN	9.99m	HARTINI JOKO	INDO	2016

4 X 100M RELAY MEN OPEN

4 X 100m	MEN OPEN	47.3S	SINGAPORE	SIN	2002
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4 X 100M RELAY WOMEN OPEN

4 X 100m	W. OPEN	54.8S	MALAYSIA	MAL	2001
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4 X 400M RELAY MEN OPEN

4 X 400m	MEN OPEN	3:47.2s	SINGAPORE	SIN	2015
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4 X 400M RELAY WOMEN OPEN

4 X 400m	W. OPEN	4:52.9S	MALAYSIA	MAL	2001
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