

38TH MIOMAC JUNE 5 - 7, 2026**COMPETITORS LIST****WOMEN****WOMEN 35 - 39**

BIB No	Name	Association	Events
W3501	YAP JENG TZAN	S'gor Masters	Discus
W3502	NUR HIDAYU BT ALI	Joh Indiv	Javelin, Shot Put
W3503	ANA BINTI MOHZAN	S'gor Masters	200M, 400M, Long JuMp
W3504	HENG SHU XIA	SAMAS	Discus, Javelin, Shot Put, High Jump
W3505	WAROHIN A/P ROSLI	SAMAS	Javelin
W3506	NORLIYANA BINTI KAMARUDDIN	SAMAS	High Jump
W3507	SARA FORTIN MAILOK	SAMAS	100M, 100MH, 200M, 400M
W3508	LIANA BINTI RAMLI	S'gor Masters	2000MW, Shot Put
W3509	ALYA ALJAFRI	Perak Mast	400M
W3510	DR HAIRUL NISHA ASHIKIN BINTI KHAIRUL	Perak Mast	100M
W3511	DR NALIHNI A/P MANOHARAN	Perak Mast	1500M
W3512	FONG HSU WEN	M'ca Masters	Shot Put
W3513	JOYCIE BUDIMAN	Lion Mast Pdg Lalang P'ng	400M, 2000MW
W3514	GAGANDEEP KAUR	Team Mass India	Discus
W3515	TAN MAN YIN	Per BAO Sek Foon Yew	100M
W3516	MOK HUI LIN	Per BAO Sek Foon Yew	Discus

WOMEN 40 - 44

W4001	SITI NORAINI MISKAN	Joh Indiv	Javelin
W4002	ALISON CHEW	SAMAS	200M, 400M
W4003	KALYANI NYAMATHI GOWDRU	S India Mast Ath	100M, 2000MW, Long Jump
W4004	UMA SOMANNA MYSORE	S India Mast Ath	2000M, 2000MW
W4005	CAROL AUGUSTINE	SAMAS	100M, Long Jump, Triple Jump, 80MH
W4006	MAGDALINI ANAK HILLARY PANGGAU	SAMAS	Javelin, Shot Put
W4007	ROZEY OJINKUN	SAMAS	100M, 200M
W4008	AHADIJAH MAGDALINA JOSEPH GIDIK	SAMAS	80MH, 800M, 400M
W4009	ZATA AMNI BINTI CHE ZAKARIA	WP	100m, Long Jump, Shot Put
W4010	MASLINA BINTI ROSLI	Perak Mast	800m
W4011	MUHAINI BINTI ABD MANAN	Perak Mast	100m, Discus, Javelin, 80MH
W4012	PUSPAVATHY A/P KANNIAPPAN	Perak Mast	100M, 200M, 400M, 800M
W4013	SANTARA KALA SUNDRARAJ	FITMA	100 M, 200M, Long Jump
W4014	VALLY MICHAEL	FITMA	400 M, 800M, 1500M, 2000M
W4015	FATIN FARAH IZZATI BINTI MASAAT	WP	800m, 2000MW
W4016	MICHELE TAN BEE KIANG	S'gor Masters	800m, 1500m, 2000m, 2000mW
W4017	ROHAINAH BT WAHAB	M'ca Masters	High Jump, Long Jump, Triple Jump
W4018	AZLINA BT MAHAMAD	M'ca Masters	High Jump, Long Jump

WOMEN 45- 49

W4501	LIM SUOK FUNG	S'gor Masters	1500M, 2000M
W4502	LOOI MEI YAN, MICHELLE	S'gor Masters	800M, 1500M
W4503	RATHNA RAJEESH KALAVAR	S India Mast Ath	800M, 1500M, 2000M, 2000MW
W4504	TEOH TIENG TIENG	Lion Mast Pdg Lalang P'ng	200M, 400M, 2000MW
W4505	FELECIA LIJAWA	SAMAS	Shot Put, Discus, Javelin
W4506	LIEW MEI PING @ JESSY	SAMAS	Long Jump, Triple Jump, High Jump
W4507	RUZINA BINTI ELUK	SAMAS	100M, 200M, Long Jump, Triple Jump
W4508	NELLY BINTI MAIKAL	SAMAS	Long Jump
W4509	MEREILLE MERINEE MAUN	SAMAS	100M, 400M, Shot Put
W4510	DR LAILATUL MOHAINY BINTI MOHD	Perak Mast	100M, 200M, Long Jump, Triple Jump
W4511	FAZEELA BINTI M HAIRI	Perak Mast	2000M
W4512	MAZLINA SHAFURA BINTI ABDUL MANAP	Perak Mast	800M, 1500M, 2000M
W4513	NALINA DEVI A/P APPLANAIDU	Perak Mast	80MH
W4514	NURUL AZWA BINTI AHMAD	Perak Mast	2000MW
W4515	LEGAH MEYYAPPAN	FITMA	800M, 1500M, 2000MW,2000M
W4516	KULWINDER KAUR	India Indiv	100M, 2000MW, High Jump
W4517	CHUA SWEE MEI	M'ca Masters	Shot Put, Discus, Javelin
W4518	YONG CHAU YANN	M'ca Masters	Shot Put, Discus
W4519	KALIAMAH A/P MANIAN	KL Masters	2000MW
W4520	HUSNA MOHAMED	Masters Ath Maldives	400M, 800M, 1500M, 2000M

WOMEN 50 - 54

W5001	SAMANTHA RICHARDS	S'gor Masters	2000M, Shot Put
W5002	JOANNE PL GRANGE	S'gor Masters	800M, 1500M
W5003	TIFFANY SOH BENG CHU	S'gor Masters	2000MW, High Jump, Shot Put, Discus
W5004	SUJATA SAKAR	S India Mast Ath	2000MW
W5005	THANUJAKSHI KIDOOR	S India Mast Ath	Long Jump, Triple Jump, Shot Put, 200M
W5006	LAURA BINTI DOSUI	SAMAS	Long Jump, Triple Jump, High Jump
W5007	PUSHPA KUPPUSAMY	S'gor Masters	100M, Long Jump, Triple Jump, 80MH
W5008	ALMAWATI KASSIM	Perak Mast	100M, Long Jump, Triple Jump, 80MH
W5009	ZUHARLINA BINTI ABU BAHARIN	Perak Mast	800M, 1500M
W5010	TAMILSLVE PERIASAMY	FITMA	200M, 400M, 800M, 1500M
W5011	CHAN NYET FUI	M'ca Masters	Shot Put, Discus, Javelin
W5012	CHUA CHEONG LIAN	M'ca Masters	Shot Put, Discus
W5013	NORAZIAH Bt ABU ZARIN	M'ca Masters	Shot Put, Discus
W5014	KUGANESWARI A/P PALANIAPPAN	KL Masters	Shot Put
W5015	VICKNESWARY TAUMAN	S'gor Indiv	2000MW

WOMEN 55 - 59

W5501	CHUAH GUAT NA	Lion Mast Pdg Lalang P'ng	400M, 800M, 1500M, 2000M
W5502	TAN GEOK HONG	Lion Mast Pdg Lalang P'ng	2000MW

W5503	CHAN YEN CHING	PDRM (R)	2000MW
W5504	NOORAILEYSHAH @ MAITEH SADIMAN	SAMAS	100M, Triple Jump, Long Jump
W5505	MARIANI MANAN	SAMAS	Triple Jump, 80MH, High Jump, Discus
W5506	MARGARET PETRUS	SAMAS	200M, Long Jump, Triple Jump, High Jump
W5507	JESSIE MANJIN	SAMAS	Javelin, Discus, Shot Put
W5508	ROSECY LEE ONONG	SAMAS	High Jump, Long Jump, 80MH, 100M
W5509	JOMYTA BINTI ELON	SAMAS	100M, 200M, Long Jump, Discus
W5510	TSEN CHEW MOI	SAMAS	Triple Jump, Discus, Shot Put, Javelin
W5511	MARTINA ANDIKAL	SAMAS	Discus, Shot Put, Javelin
W5512	ERINE SINUEL	SAMAS	100M, 200M, 400M, 80MH
W5513	NOKALMAH SANASEE	Perak Mast	800M
W5514	LETCHUMY A/P RAJU	NS Mast	800M, 1500M, 2000M
W5515	NOR RIZAH BT ISHAK	M'ca Masters	High Jump, Long Jump
W5516	VASKEE A/P R.VASUTHEVAN	KL Masters	Discus
W5517	SHEELA SREEDHARAN	Team Mass India	Discus

WOMEN 60 - 64

W6001	ROSELINA BAKAR	S'gor Masters	100M, 200M, Long Jump, High Jump
W6002	BELINDA TING YEW KING	S'gor Masters	100M, 200M, 400M, 2000MW
W6003	THERESLINE ASIRVATHAM	S'gor Masters	High Jump, Shot Put, Discus
W6004	PADMAVATHI AVARADAL VENKATEGOWDA	S India Mast Ath	100M, 200M
W6005	TAN TECK BEE	S'gor Masters	2000M
W6006	JULIANA GUMPIL	SAMAS	100M, Long Jump, Triple Jump, High Jump
W6007	ADENAH LOJUHUN	SAMAS	400M, 800M, 1500M
W6008	MORDIANA ABDULLAH	SAMAS	200M, Javelin, Shot Put
W6009	RAINEH @ TAMBI SAWAN	SAMAS	100M, 200M, 2000MW
W6010	THERESA BINTI SIDAU	SAMAS	400M, 800M, 2000M, Triple Jump
W6011	JUSTINA BINTI PINSIN	SAMAS	Discus, Shot Put, Javelin
W6012	YOGESWARI A/P S KATHIRVELOO	Jets	2000MW
W6013	AMALIA MARQUEZ BARCOMA	FITMA	2000MW, Javelin, Discus
W6014	HONG GUAT SHIAN	FITMA	2000M
W6015	SINNAMAH GOLLABANGARU	FITMA	800M
W6016	LETCHUMIPRABAH A/P RAMACHANDRAN	S'gor Masters	Shot Put, Discus, Javelin
W6017	GOH KIM HONG (MAGGIE)	S'gor Masters	800M, 1500M, 2000M, 2000MW
W6018	JAYANTHI A/P THAMBY DURAI	KL Masters	Shot Put
W6019	TAN CHEOW YUM	S'gor Masters	2000MW, Javelin
W6020	NG SWEE FONG	KL Indiv	Javelin

WOMEN 65 - 69

W6501	NUR' AISHAH BINTI ABDULLAH	S'gor Masters	2000MW, Shot Put, Discus, Javelin
W6502	LINDA HO MENG LEE	PDRM (R)	1500M
W6503	JOUTI @ VIRONICA BINTI ELAU	SAMAS	2000M, 2000MW, 1500M, 800M

W6504	NUR ERNIE ANGKAS BINTI ABDULLAH	SAMAS	100M
W6505	MARYEM JOINOL	SAMAS	Javelin, Shot Put
W6506	LUCY YONG	SAMAS	100M, 200M, Long Jump, Triple Jump
W6507	OPINDER KAUR	India Indiv	100M, 200M, 400M, Discus
W6508	JOANNE FOO	Perak Mast	2000MW
W6509	WENDY SOO YUET PING	FITMA	2000MW, 200M, 400M
W6510	DR.PUSHFA A/P RAMASAMY	KL Masters	Shot Put, Discus, Javelin
W6511	DILIP KAUR A/P AMAR SINGH	KL Masters	400M

WOMEN 70 - 74

W7001	PRATIBHA PARKASH PARNERKAR	S India Mast Ath	100M, 2000MW, Long Jump
W7002	TAN TECK SOON	S'gor Masters	400M
W7003	TAN TECK SEE	S'gor Masters	100M
W7004	JENTUNIS @ CHRISTINA LABANJING	SAMAS	100M, Long Jump, Triple Jump, High Jump
W7005	KIMIH @ FLORENCE MONJITOL	SAMAS	800M, 1500M, 2000M, 2000MW
W7006	ANNY MICHAEL NANAK	SAMAS	Shot Put, Discus, Javelin
W7007	HIEW NYUK KYAU @ SUSANNA	SAMAS	2000MW
W7008	SAMSIAH @ SHAMSIAH BINTI MOHD YASSI	SAMAS	100M, 200M, 400M, 800M
W7009	EVELYN ANJIM @ NIWIN	SAMAS	Discus
W7010	BANUMATHY SUNDARAM	S'gor Masters	2000MW
W7011	KOMATHI V.KRISHNASAMY	FITMA	800M, 1500M, 2000M
W7012	VITHYAWATHY NAMADEVAN	FITMA	Javelin, Shot Put
W7013	SOUNTHARI A/P. MG RAJAGOPAL	S'gor Masters	2000MW
W7014	CHEONG LENG NEO	M'ca Masters	Discus

WOMEN 75 - 79

W7501	HELENA MAJALANG	SAMAS	Shot Put, Discus, Javelin
W7502	CHOO MUI KHENG (KATHERINE)	SMA	400M, 1500M, 2000MW
W7503	PETCHAY KANDASAMY	SMA	100M, 200M, Shot Put, 2000MW
W7504	AISHAH N. ABU BAKAR	M'ca Masters	100M, Shot Put
W7505	KAM AH BOAY @ KAM YUEH ENG	M'ca Masters	Shot Put, Discus, Javelin

WOMEN 80-84

W8001	LEE NGIT YUNG	SAMAS	High Jump, Javelin, Shot Put, Discus
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