

38th MIOMAC 2026
7 JUNE 2026 (SUNDAY)
DAY 3

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
0800	301	3000M WALK (M35-49)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		M35-39			
1	M3505	CHEONG SENG CHIEW	Lion Masters P'ng		
2	M3521	SURESHKANNA A/L SELVAM	KL Masters		
3	M3527	AUGUS ANAK MESIA	PDRM		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
0800	301	3000M WALK (M35-49)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		M40-44			
1	M4011	MOHD AZMEER B AMARULLAH	Selangor Mast		
2	M4017	NASRULHAIRIN B MOHAMMAD NASIR	Perak Mast		
3	M4024	YAAKOB B IDRIS	P'ng Mast		
4	M4028	MURALI SUBRAMANIAM	Selangor Mast		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
0800	301	3000M WALK (M35-49)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		M45-49			
1	M4516	DR KESAVAN NALLALUTHAN	Perak Mast		
2	M4521	TAN CHEE LEONG	P'ng Mast		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
0800	302	Shot Put (7.26 Kg) (M35-49)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		M35-39			
1	M3511	JOTHI JHEN HAO AL GUNABALAN	Lion Masters P'ng		
2	M3517	KIEW SIENG EIK	M'ca Masters		
3	M3521	SURESHKANNA A/L SELVAM	KL Masters		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
0800	302	Shot Put (7.26 Kg) (M35-49)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		M40-44			
1	M4002	DANNYZ TAN	Selangor Mast		
2	M4026	MUVIN B ABD WAHAB	M'ca Masters		
3	M4032	HASSAN SHAMOOM	Maldives		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
0800	302	Shot Put (7.26 Kg) (M35-49)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		M45-49			
1	M4505	MULLUR DASAIAH NAGENDRA	South India Mast		
2	M4512	NAVIN MOHAN RAJES	Selangor Mast		
3	M4520	KANG SENG YIAK	P'ng Mast		
4	M4532	SHIV DAYALAN	Team Mass India		
5	M4522	SREEDHARAN A/L KUTTY KRISHNAN	Selangor Mast		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
0800	303	Triple Jump (M70 and above)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		M70-74			
1	M7005	DATUK ABDOL MULO K AWANG DAMIT	SAMAS		
2	M7024	BALAKRISHNAN VELLASAMY	Johor Mast		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
0800	303	Triple Jump (M70 and above)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		M75-79			
1	M7524	MOHD RADIR B KASBI	NS Mast		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
0800	303	Triple Jump (M70 and above)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		M80-84			
1	M8003	SOH CHIN KOON	S'pore Mast Ath		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
0830	304	3000M WALK (M50-59)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		M50-55			
1	M5022	SURESH KUMAR GOOBINNAAN	FITMA		
2	M5026	VIGNESPARAN A/L VEERA RAGAVAN	KL Masters		
3	M5036	ZULKERNAIN B MOHAMED ZAWAWI	PDRM		
4	M5040	YM.DATO SRI (DR) MUHAMMAD ADAM PRAKASH B ARDAE	Map Sports Ctr		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
0830	304	3000M WALK (M50-59)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		M55-59			
1	M5503	LAURENCE SEBASTIAN	Selangor Mast		
2	M5506	JAYAPAL A/L KUPPUSAMY	PDRM (V)		
3	M5517	NAGARAJAN A/L RAMASAMY	Perak Mast		

4	M5523	CHANDRAN A/L RAMALU	NS Mast		
5	M5524	SUKHRAJ SINGH DHILLON	P'ng Mast		

TIME		EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
0900		305	3000M WALK (M60-69)	MEN		
NO / LANE	BIB NO	NAME		TEAM	STATUS	TIME
M60-64						
1	M6002	KERUNA NITHI A/L CHOCKALINGAM		Selangor Mast		
2	M6031	VALAITHAM A/L VEDANAYAGAM		Perak Mast		
3	M6012	R SUBRAMANIAM		Singapore		
4	M6036	SUBRAMANIAM A/L VPOOMINATHAN		KL Masters		
5	M6029	MOHD ZAINI HARUN		Perak Mast		
6	M6032	ACHUTHAN C. BALAKRISHNAN		FITMA		
7	M6005	K VIKNESWARAN A/L KUPPUSAMY		Selangor Mast		

TIME		EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
0900		305	3000M WALK (M60-69)	MEN		
NO / LANE	BIB NO	NAME		TEAM	STATUS	TIME
M65-69						
1	M6502	KALAI CHALVAN A SUBRAMANIAM		Selangor Mast		
2	M6527	THAMILARASU RATHINAM		FITMA		
3	M6503	SARAMAN SINGH A/L NOCK SINGH		Selangor		
4	M6505	PRAKASH VINAYAKA PARNERKAR		South India Mast		
5	M6509	NAGARAJA A/L D.MARIA		PDRM (V)		
6	M6516	MUSA AMIN		S'pore Mast Ath		
7	M6519	ANSARI B ABDUL RAHMAN		Perak Mast		
8	M6523	APLAIDOO RAMA NAYADOO		FITMA		
9	M6529	TAMIL KODI A/L KANESON		NS Mast		
10	M6530	GOVI A/P RAMOO		P'ng Mast		
11	M6534	R NANCHANPPAN A/L RAJAGOPAL		Pahang Mast		

TIME		EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
0900		306	Shot Put (6 Kg) (M50-59)	MEN		
NO / LANE	BIB NO	NAME		TEAM	STATUS	TIME
M50-54						
1	M5001	SIEW HANN WEN		Selangor Mast		
2	M5011	MOHAMAD EDIR B DIN		S'pore Mast Ath		
3	M5012	ASNI B TAHIR		Perak Mast		
4	M5023	NORZAMSHURI B RAMLI		NS Mast		
5	M5026	VIGNESPARAN A/L VEERA RAGAVAN		KL Masters		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
0900	306	Shot Put (6 Kg) (M50-59)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		M55-59			
1	M5515	HAZLI B MOHD ZIN	Perak Mast		
2	M5509	RONNY JUSTINE	SAMAS		
3	M5527	LIAW FUN MIN	M'ca Masters		
4	M5524	SUKHRAJ SINGH DHILLON	P'ng Mast		
5	M5525	TEOW HAI THENG	Lion Masters P'ng		
6	M5513	ABDUL RAHIM B. ABDUL HAMID	Perak Mast		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
0900	307	Triple Jump (M60-69)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		M60-64			
1	M6018	SUHAILI B SANEH	SAMAS		
2	M6008	PRABHAKARA SURYANARAYANA CHAR	South India Mast		
3	M6015	JAAFAR B TIMBANG	SAMAS		
4	M6011	MUSTAFA B IBRAHIM	S'pore Mast		
5	M6013	JAMALUDDIN B LANI	SAMAS		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
0900	307	Triple Jump (M60-69)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		M65-69			
1	M6511	THAM SIEW YEN	Selangor Mast		
2	M6514	JUINTIN B ALLAP	SAMAS		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
0930	308	3000M WALK (M70 and above)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		M70 -74			
1	M7017	MAHALINGAM KUPPUSAMY	FITMA		
2	M7003	GOURI SANKAR GEDELA	South India Mast		
3	M7004	TANI CLACE A/L SEBASTIAN	PDRM (V)		
4	M7008	R KRISHNA	S'pore Mast Ath		
5	M7023	SANGARAN KUTTY A/L K.RAMAN KUTTY	Selangor Mast		
6	M7013	MANIAN A/L APPALASAMY	Perak Mast		
7	M7015	ELANGOVAN SITHIRAM SUPPIAH	FITMA		
8	M7009	S. SATHIYANESAN	S'pore Mast Ath		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
0930	308	3000M WALK (M70 and above)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		M75-79			
1	M7520	RATANA VELU GOVINDASAMY	FITMA		
2	M7502	ADANAN B MOHAMMAD	KL Masters		
3	M7518	RAGAVAN KANNAN	FITMA		
4	M7508	JOHN KUTTY STANSILAS	S'pore Mast Ath		
5	M7516	MANICKAM THAMBIAH	FITMA		
6	M7510	KANNAN ARUMUGAM	S'pore Mast Ath		
7	M7517	MURUGAN MANIAM	FITMA		
8	M7513	THANESVARAN MALAVARAYAR	Kuala Lumpur		
9	M7515	AHMAD SHAMSUDDIN B MUHIYUDDIN	FITMA		
10	M7522	VENBATARAMAN RAMALOO	FITMA		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
0930	308	3000M WALK (M70 and above)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		M80-84			
1	M8004	AFFANDI B BUANG	S'pore Mast Ath		
2	M8005	THOMAS KOK	Perak Mast		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
0930	308	3000M WALK (M70 and above)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		M85-89			
1	M8501	FOO DUN HEEN	S'pore Mast Ath		
2	M8502	LEOW YIK CHEONG	S'pore Mast Ath		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
0945	309	1500M (W65 and above)	WOMEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		W65-69			
1	W6502	LINDA HO MENG LEE	PDRM (V)		
2	W6503	JOUTI @ VIRONICA BT ELAU	SAMAS		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
0945	309	1500M (W65 and above)	WOMEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		W70-74			

1	W7005	KIMIH @ FLORENCE MONJITOL	SAMAS		
2	W7011	KOMATHI V.KRISHNASAMY	FITMA		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
0945	309	1500M (W65 and above)	WOMEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		W75-79			
1	W7502	CHOO MUI KHENG (KATHERINE)	S'pore Mast Ath		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
0945	310	1500M (W60-64)	WOMEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		W60-64			
1	W6021	VANITHA A/P MUNUSAMY	Selangor Mast		
2	W6007	ADENAH LOJUHUN	SAMAS		
3	W6017	GOH KIM HONG (MAGGIE)	Selangor Mast		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1000	311	1500M (W55-59)	WOMEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
1	W5501	CHUAH GUAT NA	Lion Masters P'ng		
2	W5514	LETCHUMY A/P RAJU	NS Mast		
3	W5518	NAFIZA AHMED	Maldives		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1000	312	Shot Put (5 Kg) (M60-74)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		M60-64			
1	M6014	RICHARD TIMBANGAN	SAMAS		
2	M6037	MAULANI DIMAN	Unisel		
3	M6025	BASKARAN FRANCIS	Perak Mast		
4	M6016	LEONARD GEORGE WILLON	SAMAS		
5	M6033	GUNASAEGERAN NARASAPAN	FITMA		
6	M6035	KOLANDA KAVANDAN A/L RAMASAMY	NS Mast		
7	M6019	LAMAN @ NORBOT B LONTOU	SAMAS		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1000	312	Shot Put (5 Kg) (M60-74)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		M65-69			
1	M6527	THAMILARASU RATHINAM	FITMA		
2	M6513	JOLLY B MAJALAP @ LUCUNDUS HARRY	SAMAS		

3	M6506	JUAN VILLA	Philippines		
4	M6524	JAYARAMAN NAGAMUTHU	FITMA		
5	M6505	PRAKASH VINAYAKA PARNERKAR	South India Mast		
6	M6514	JUINTIN B ALLAP	SAMAS		
7	M6525	KRISHNASAMY KARUPPIAH	FITMA		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1000	312	Shot Put (4 Kg) (M60-74)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		M70-74			
1	M7006	TARMIZI SHANDU	SAMAS		
2	M7018	NADARAJAH M. PERIAYAH	FITMA		
3	M7022	NARAYANAN NAIR A/L SUNGONI NAIR	NS Mast		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1015	313	1500M (W50-54)	WOMEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
1	W5002	JOANNE PL GRANGE	Selangor Mast		
2	W5009	ZUHARLINA BT ABU BAHARIN	Perak Mast		
3	W5010	TAMILSLVE PERIASAMY	FITMA		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1015	314	Triple Jump (M50-59)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		M50-54			
1	M5004	SREENIVASA BYRAPPA	South India Mast		
2	M5008	WONG CHOON SENG	Joh Mast Team		
3	M5009	LARRY ANDANG	SAMAS		
4	M5014	MOHD KHAIRI B ABDUL RAHMAN SAHIB	Perak Mast		
5	M5039	MARIAPPAN A/L CHANACHAYAI	Selangor		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1015	314	Triple Jump (M50-59)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		M55-59			
1	M5514	HAMZAH B ABDUL KARIM	Perak Mast		
2	M5524	SUKHRAJ SINGH DHILLON	P'ng Mast		
3	M5528	OCKBEN SAOR SINAGA	Indonesia		
4	M5521	ZULKIFLY B YEOP	Perak Mast		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1030	315	1500M (W45-49)	WOMEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
1	W4520	HUSNA MOHAMED	Maldives		
2	W4501	LIM SUOK FUNG	Selangor Mast		

3	W4503	RATHNA RAJEESH KALAVAR	South India Mast		
4	W4512	MAZLINA SHAFURA BT ABDUL MANAP	Perak Mast		
5	W4515	LEGAH MEYYAPPAN	FITMA		
6	W4502	LOOI MEI YAN, MICHELLE	Selangor Mast		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1045	316	1500M (W40-44)	WOMEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
1	W4014	VALLY MICHAEL	FITMA		
2	W4016	MICHELE TAN BEE KIANG	Selangor Mast		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1100	317	1500M (W35-39)	WOMEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
1	W3511	DR NALIHNI A/P MANOHARAN	Perak Mast		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1100	318	Shot Put (4 Kg) (M75 and above)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		M75-79			
1	M7506	PILAH @ ONDOG B KISANG	SAMAS		
2	M7501	MARK ALEXANDER POWELL	New Zealand		
3	M7503	JAMES LEE FOOK MUN	N Sembilan		
4	M7522	VENBATARAMAN RAMALOO	FITMA		
5	M7504	SUING @ SYLVESTER KUIL	SAMAS		
6	M7525	ANNANTHAKRISHNAN A/L MARIAPPEN	P'ng Mast		
7	M7507	CHAN KENG LIN	S'pore Mast Ath		
8	M7519	RAMALINGAM VERASAMY	FITMA		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1100	318	Shot Put (3 Kg) (M75 and above)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		M80-84			
1	M8001	DR PURUSHOTHAMAN ANANTHAM	Kuala Lumpur		
2	M8002	EDUEH TOTIMOH @ BONAVENTURE	SAMAS		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1100	319	Triple Jump (M35-49)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		M35-39			
1	M3509	KELVIN CHAI KAI SHENG	Johore		
2	M3522	AHMAD SYAHMAN B RUSLI	SAMAS		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1100	319	Triple Jump (M35-49)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		M40-44			
		NO PARTICIPANTS			

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1100	319	Triple Jump (M35-49)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		M45-49			
1	M4513	ADI WIRA B MOHD ZIN	Perak Mast		
2	M4523	MOHD FAIZAL MAZLY B ZULKIFLI	M'ca Masters		
3	M4532	SHIV DAYALAN	Team Mass India		
4	M4533	LOW TECK HUA	BA Sek Foon Yew		
5	M4514	AHMAD EZMAN B PUDIL @ FADZIL	Perak Mast		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1115	320/1	100M (M35-39)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
3	M3501	ADAM LIM CHEE HIONG	SAMAS		
4	M3520	MOHD ARIF B AZMI	KL Masters		
4	M3523	MANIMARAN MALAIAPPASAMY	Team Mass India		
6	M3522	AHMAD SYAHMAN B RUSLI	SAMAS		
7	M3531	MOHAMMAD REYKAAL B ABDULLAH	Selangor		
8	M3503	MOHD ZHAFRAN B MOHD ROSLI	SAMAS		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1115	320/2	100M (M35-39)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
3	M3507	ANDDY ATAK	SAMAS		
4	M3521	SURESHKANNA A/L SELVAM	KL Masters		
5	M3524	STEPHEN GEORGE	Team Mass India		
6	M3508	MOHAMED HISHAM B MOHAMED HASHIM	S'pore Mast Ath		
7	M3504	MUHAMMAD AFIQ B KODIRON	SAMAS		
8	M3530	IBRAHIM FARISH	Maldives		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1125	321/1	100M (M40-44)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
3	M4001	ETHAN CHIN DID THIEN	SAMAS		
4	M4003	MUHAMMAD SHAMSUL MAT TAHIL	Selangor		
5	M4005	NAZRUL B NOORDIN	N Sembilan		
6	M4019	SARIFFULNIZAN B NAZAN	Perak Mast		

7	M4021	KUMAR MURUGAN	FITMA		
8	M4007	EDDIE CHIN DID SING	SAMAS		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1125	321/2	100M (M40-44)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
3	M4008	REFLEY DIZUAN	SAMAS		
4	M4009	MUHAMMAD EZRA B RUSLI	Kuala Lumpur		
5	M4033	HUSSAIN AHMED	Maldives		
6	M4027	THANASILAN A/L NADARAJAH	KL Masters		
7	M4023	HARIPIRIATHARSIANAN A/L PARAMASIVAM	NS Mast		
8	M4029	HARIK FAUZI	Kuala Lumpur		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1135	322/1	100M (M45-49)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
2	M4501	WONG TZE YUNG	Kawan Athletics		
3	M4502	AHMAD SHAH WAHID	SAMAS		
4	M4507	LOW NAN SONG	Joh Mast Team		
5	M4532	SHIV DAYALAN	Team Mass India		
6	M4513	ADI WIRA B MOHD ZIN	Perak Mast		
7	M4510	STEVE @ NAPOL JAMES	SAMAS		
8	M4534	GOH KEAN LAI	Png Mast		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1135	322/2	100M (M45-49)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
3	M4514	AHMAD EZMAN B PUDIL @ FADZIL	Perak Mast		
4	M4508	NG TEE CHUAN	Lion Masters P'ng		
5	M4509	CYRIL MISONG	SAMAS		
6	M4519	NASARUDIN B SUPIAN	Perak Mast		
7	M4525	HAIRUL B ABU SHAH	M'ca Masters		
8	M4529	MOHD SHAHRIN B JAHARI	Selangor		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1145	323/1	100M (M50-54)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
3	M5004	SREENIVASA BYRAPPA	South India Mast		
4	M5032	LIM CHOON SENG	BA Sek Foon Yew		

5	M5010	CLARENCE TAMI	SAMAS		
6	M5014	MOHD KHAIRI B ABDUL RAHMAN SAHIB	Perak Mast		
7	M5005	GANAPATI JAKATI	South India Mast		
8	M5028	THANABALAN A/L SUBRAMANIAM	KL Masters		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1145	323/2	100M (M50-54)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
3	M5006	SANJAY SARKAR	South India Mast		
4	M5034	TEOH HAI POH	BA Sek Foon Yew		
5	M5029	YEOH GUAN AUN	KL Masters		
6	M5007	SURESH KASINATHAN	MAF India		
7	M5031	LAI YAU YUNG	BA Sek Foon Yew		
8	M5035	ZULKANAIN B JOHARI	PDRM		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1155	324	100M (M55-59)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
3	M5514	HAMZAH B ABDUL KARIM	Perak Mast		
4	M5528	OCKBEN SAOR SINAGA	Indonesia		
5	M5515	HAZLI B MOHD ZIN	Perak Mast		
6	M5530	SELVARAJ A/L PERUMAL	PDRM		
7	M5521	ZULKIFLY B YEOP	Perak Mast		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1205	325	100M (M60-64)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
3	M6001	RATTAN SINGH A/L PRITAM SINGH	Perak		
4	M6003	KUNASEGARAN A/L MANIVELOO	Selangor Mast		
5	M6018	SUHAILI B SANEH	SAMAS		
6	M6023	ARIFFIN B HARUN	Perak Mast		
7	M6037	MAULANI DIMAN	Unisel		
8	M6038	MANIRAJ MAYAN	Selangor		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1215	326	100M (M65 and above)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		M65-69			
3	M6501	CHARLIE LEE	SAMAS		
4	M6508	MOHAMAD FAUZI B AHMAD SHAFRI	PDRM (V)		

5	M6511	THAM SIEW YEN	Selangor Mast		
6	M6517	LEE SOI KENG (DENIEL)	S'pore Mast Ath		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1215	326	100M (M65 and above)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		M70-74			
3	M7005	DATUK ABDOL MULOK AWANG DAMIT	SAMAS		
4	M7002	MOKHTARUDDIN B TAJUDDIN	Selangor Mast		
5	M7006	TARMIZI SHANDU	SAMAS		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1215	326	100M (M65 and above)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		M75-79			
3	M7504	SUING @ SYLVESTER KUIL	SAMAS		
4	M7518	RAGAVAN KANNAN	FITMA		
5	M7511	CHEW PHAK HENG	S'pore Mast Ath		
6	M7517	MURUGAN MANIAM	FITMA		
7	M7505	UMAN @ YUMAN B SIKIN	SAMAS		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1215	326	100M (M65 and above)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		M80-84			
3	M8003	SOH CHIN KOON	S'pore Mast Ath		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1230	327	Medley Relay (200M,200M,400M,800M)	OPEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
1					
2					
3					
4					

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1400	328	Triple Jump (W35-49)	WOMEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		W35-39			
		NO PARTICIPANTS			

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1400	328	Triple Jump (W35-49)	WOMEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME

		W40-44		
1	W4005	CAROL AUGUSTINE	SAMAS	
2	W4017	ROHAINAH BT WAHAB	M'ca Masters	

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1400	328	Triple Jump (W35-49)	WOMEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		W45-49			
1	W4506	LIEW MEI PING @ JESSY	SAMAS		
2	W4510	DR LAILATUL MOHAINY BT MOHD	Perak Mast		
3	W4507	RUZINA BT ELUK	SAMAS		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1400	329	80M H (.762) (W40-59)	WOMEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		W40-44			
3	W4005	CAROL AUGUSTINE	SAMAS		
4	W4011	MUHAINI BT ABD MANAN	Perak Mast		
5	W4008	AHADIJAH MAGDALINA JOSEPH GIDIK	SAMAS		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1400	329	80M H (.762) (W40-59)	WOMEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		W45-49			
3	W4513	NALINA DEVI A/P APPLANAIDU	Perak Mast		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1400	329	80M H (.762) (W40-59)	WOMEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		W50-54			
3	W5008	ALMAWATI KASSIM	Perak Mast		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1400	329	80M H (.762) (W40-59)	WOMEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		W55-59			
3	W5505	MARIANI MANAN	SAMAS		
4	W5508	ROSECY LEE ONONG	SAMAS		
5	W5512	ERINE SINUEL	SAMAS		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1415	330	100m H (.840) (M65-69)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		NO PARTICIPANTS			

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1425	331	100m H (.840) (M60-64)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
3	M6003	KUNASEGARAN A/L MANIVELOO	Selangor Mast		
4	M6011	MUSTAFA B IBRAHIM	S'pore Mast		
5	M6023	ARIFFIN B HARUN	Perak Mast		
6	M6033	GUNASAEGARAN NARASAPAN	FITMA		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1435	332	100m H (.840) (W35-39)	WOMEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
3	W3507	SARA FORTIN MAILOK	SAMAS		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1450	333	100m H (.914) (M55-59)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
1	M5502	SHAMRY MOHD ALI	SAMAS		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1500	334	Triple Jump (W50-64)	WOMEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		W50-54			
1	W5005	THANUJAKSHI KIDDOOR	South India Mast		
2	W5006	LAURA BT DOSUI	SAMAS		
3	W5008	ALMAWATI KASSIM	Perak Mast		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1500	334	Triple Jump (W50-64)	WOMEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		W55-59			
1	W5504	NOORAILEYSHAH @ MAITEH SADIMAN	SAMAS		
2	W5505	MARIANI MANAN	SAMAS		
3	W5506	MARGARET PETRUS	SAMAS		
4	W5510	TSEN CHEW MOI	SAMAS		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1500	334	Triple Jump (W50-64)	WOMEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		W60-64			
1	W6006	JULIANA GUMPIL	SAMAS		
2	W6010	THERESA BT SIDAU	SAMAS		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1500	335	100m H (.914) (M50-54)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME

1	M5002	SUBRAMANIAM R.SANTHANAM	Selangor Mast		
2	M5012	ASNI B TAHIR	Perak Mast		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1515	336	110m H (.991) (M45-49)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
3	M4506	RAJESH SHETTY	South India Mast		
4	M4510	STEVE @ NAPOL JAMES	SAMAS		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1525	337	110m H (.991) (M40-44)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
3	M4001	ETHAN CHIN DID THIEN	SAMAS		
4	M4021	KUMAR MURUGAN	FITMA		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1535	338	110m H (.991) (M35-39)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		NO PARTICIPANTS			

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1550	339	3000M (M70 and above)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		M70-74			
1	M7007	YUSOFF KHAN B ISMAIL KHAN	S'pore Mast Ath		
2	M7014	SAMUTHARAPANDIAN A/L S. PERIASAMY	Perak Mast		
3	M7020	RAJAH ARUMUGAM A/L M ARUMUGAM	NS Mast		
4	M7025	GHANA SEGARAN S/O KARUPAYA PONNUSAMY	S'pore Mast Ath		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1550	339	3000M (M70 and above)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		M75-79			
1	M7512	KARAM SINGH BHOAI	India		
2	M7515	AHMAD SHAMSUDDIN B MUHIYUDDIN	FITMA		
3	M7525	ANNANTHAKRISHNAN A/L MARIAPPEN	P'ng Mast		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1550	339	3000M (M70 and above)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		M80-84			
1	M8006	OOI HEAN HENG	FITMA		
2	M8008	LOKE KUAN SOW	P'ng Mast		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
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1600	340	Triple Jump (W65 and above)	WOMEN	FINAL	RECORD
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		W65-69			
1	W6506	LUCY YONG	SAMAS		

1600	340	Triple Jump (W65 and above)	WOMEN	FINAL	RECORD
TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		W70-74			
1	W7004	JENTUNIS @ CHRISTINA LABANJING	SAMAS		

1600	340	Triple Jump (W65 and above)	WOMEN	FINAL	RECORD
TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		W75 and above			
		NO PARTICIPANTS			

1620	341	3000M (M55-69)	MEN	FINAL	RECORD
TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		M55-59			
1	M5518	SANTHERAN VELOO	Perak Mast		
2	M5501	TERENCE ONG	Selangor Mast		
3	M5504	MUHAMMAD YASSIR B ABDULLAH	Johor Mast		
4	M5519	SHANMUGANATHAN A/L RATANAM	Perak Mast		
5	M5508	RAJAN A/L SUPPIAH	Jets		
6	M5516	MOHAMAD ARUMUGAM B ABDULLAH	Perak Mast		
7	M5532	HAZRUL ANUAR ABDULL HAMID	Selangor		

1620	341	3000M (M55-69)	MEN	FINAL	RECORD
TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		M60-64			
1	M6024	ARUMUGAM SUBRAMANIAN	Perak Mast		
2	M6004	NOORUL ARIFFIN B ABDUL MAJEED	Selangor Mast		
3	M6027	KHOR KIM EN	Perak Mast		
4	M6006	BOOPATHY RAMASAMY	Johor Mast		
5	M6025	BASKARAN FRANCIS	Perak Mast		
6	M6021	SUBRAMANIAM A/L KRISHNAN	Selangor Mast		
7	M6022	V JOTHEE A/L KOBAL VEERIAH	Jets		
8	M6029	MOHD ZAINI HARUN	Perak Mast		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1620	341	3000M (M55-69)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		M65-69			
1	M6536	ALI AHMED	Maldives		
2	M6512	DATUK SERI (DR) V. PULAINHIRAN	Jets		
3	M6522	KRISHNASAMY A/L CHAPPANIMUTHU	Perak Mast		
4	M6518	FRANCIS AROKIASAMY	N Sembilan		
5	M6526	SUNDARARAJU SUPPAN	FITMA		
6	M6528	RAJASEGARAN A/L KANNEN	NS Mast		
7	M6535	POOPATHY A/L RATANAM	Pahang		
8	M6520	GUNALAN A/L KOOTHIAH	Perak Mast		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1645	342	3000M (M45-54)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		M45-49			
1	M4527	KRISHNA KUMAR A/L JAYARAM	KL Masters		
2	M4504	CHAN CHEE KIAN	Kuala Lumpur		
3	M4517	HEO WAI KIEN	Perak Mast		
4	M4526	KUMARESAN A/L ANTHONYSAMY	KL Masters		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1645	342	3000M (M45-54)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		M50-54			
1	M5018	THANARAJ SHANMUGAM	Perak Mast		
2	M5025	JIMMY LIEU (LIEU CHEE MING)	Selangor		
3	M5027	S DIVAGARAN A/L SUBRAMANIAM	KL Masters		
4	M5036	ZULKERNAIN B MOHAMED ZAWAWI	PDRM		
5	M5020	ZAINURI B ABD AZIZ	Perak Mast		
6	M5041	HAN WAH TENG	Singapore		

TIME	EVENT NO	EVENT / AGE GROUP	CATEGORY	FINAL	RECORD
1705	343	3000M (M35-44)	MEN		
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		M35-39			
1	M3513	AMIRUL SYAZWAN B SAMAD	Perak Mast		
2	M3515	MOHD SYAHIDAN B ALIAS	FITMA		
3	M3516	MOHD FAHMI B BAHRIN	NS Mast		
4	M3528	MOHAMED RASHEED	Maldives		
5	M3529	SHAU KEAN WOOL	PDRM		

TIME 1705	EVENT NO 343	EVENT / AGE GROUP 3000M (M35-44)	CATEGORY MEN	FINAL	RECORD
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
		M40-44			
1	M4022	VIJAYAN DEVANDRAN	FITMA		
2	M4010	THILEN PARAMASIVAM	Selangor		
3	M4015	KHAIRULNIZAM B GHAZALI	Perak Mast		
4	M4024	YAAKOB B IDRIS	P'ng Mast		
5	M4020	ESWARAN GOVINDASAMY	FITMA		
6	M4016	MOHD SHAHRIL B MAT SAAD	Perak Mast		

TIME 1725	EVENT NO 344	EVENT / AGE GROUP 4 X 400M	CATEGORY WOMEN	OPEN	RECORD
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
1					
2					
3					
4					

TIME 1735	EVENT NO 345	EVENT / AGE GROUP 4 X 400M	CATEGORY MEN	OPEN	RECORD
NO / LANE	BIB NO	NAME	TEAM	STATUS	TIME
1					
2					
3					
4					