

### 33<sup>rd</sup> MIOMAC OFFICIAL RESULTS

#### MEN

POSITION	NAME	COUNTRY/STATE	TIME / DIST / HEIGHT
<b>100M ( M35 – 39 )</b>			
1	ALDO KRIEL	HONG KONG	11.9
2	KPL ILANGGO SUBRAMANIAM	PDRM	12.0
3	NAZMIZAN MUHAMAD	UNIMAP	12.2
4	CYRIL MISONG	SAMAS	12.3
5	GUY LUI	HONG KONG	12.6
6	SHAHRYMAN SHAHRIL MANSOR	KSDBKL	13.0
7	SJN MUAMAR GHADAFI ZAINI	PDRM	13.3
8	SASIKUMAR KATHAMUTHU	PERAK MASTERS	14.9
<b>100M ( M40 – 44 )</b>			
1	NASARUDIN SUPIAN	PERAK MASTERS	11.7
2	CLARENCE TAMI	SAMAS	11.9
3	MOHAMAD RAZMAN ABDULLAH	KSDBKL	12.7
4	SUBRAMANIAM KARAPAYAH	PERAK MASTERS	12.9
5	FREDERICK AU CHEE	SAMAS	13.0
6	INSP RAZI BIN NAYAN	PDRM	13.1
7	KELVIN PREVINDRAN	PAHANG	14.3
8	NOOR ZAILAN AKMA ZAINAL A.	PERAK MASTERS	14.5
<b>100M ( M45 – 49 )</b>			
1	HAMZAH B ABD KARIM	PERAK	12.5
2	RONALD DOMINIC GALLYOT	PERAK MASTERS	12.6
3	INSP ZULKANAIN B JOHARI	PDRM	12.9
4	ASNI BIN TAHIR	PERAK	13.7
5	FARIS ABDUL WAHAB	SINGAPORE	13.8
6	NG WAI KIT	PERAK MASTERS	14.3
<b>100M ( M50 – 54 )</b>			
1	MAULANI DIMAN	SAMAS	12.2
2	JIPRIN BIN JUSDI	SAMAS	12.7
3	DEREK POWER	HONG KONG	12.7
4	JASON WONG MUN KONG	SINGAPORE	12.8
5	KPL JAAFAR BIN HASHIM	PDRM	13.1
6	SHAMRY B. MOHD ALI	SAMAS	13.2
7	RAMLI BIN RANI	KSDBKL	13.3
8	MOHD HASNI B. HUSSIN	MALACCA MASTERS	13.6
<b>100M ( M55 – 59 )</b>			
1	RAHIM BIN SELAMAT	SAMAS	13.3
2	AGUS DWI RAHARDJO	INDONESIA	13.6
3	DAIM BIN GAYAM	SAMAS	14.8
4	THAM SIEW YEN	SELANGOR MASTERS	15.7
5	KUNASEGARAN MANIVELOO	SELANGOR MASTERS	16.9
<b>100M ( M60 – 64 )</b>			
1	CHARLIE LEE	SAMAS	12.7
2	RAMLAN BIN GODDOS	SAMAS	12.9
3	MOKHTARUDDIN TAJUDDIN	SELANGOR MASTERS	13.5
4	MATHMOD BIN ALIDIN	SAMAS	13.8
5	APPLAIDOO RAMANAYADOO	KL MASTERS	15.4
<b>100M ( M65 – 69 )</b>			
1	FUNG KONG @ A.PAUL FUNG	SAMAS	14.5

2	HJ MOHD SAFRI BIN HJ MIDIN	BRUNEI	14.5
3	MERARI NAINGGOLAN	INDONESI	15.5
4	T. BALAN	INDIA	15.7
5	UMAN @ YUMAN SIKIN	SAMAS	15.7
<b>100M ( M70 – 74 )</b>			
1	RAMASAMY KARUPPAYA	NS MASTERS	16.6
2	GILBERT DALADIN	SAMAS	16.8
3	RICHARD LAI	SINGAPORE	16.8
<b>100M ( M75 – 79 )</b>			
1	JOHN CHUA LIAT KHIANG	SINGAPORE	16.3
2	CAPT(R) HJ OSMAN BIN LAHAB	BRUNEI	16.8
<b>100M ( M85 – 89 )</b>			
1	ALFRED LAJAWA	SAMAS	18.0
2	RAMASAMY MUTHUSAMY	SELANGOR MASTERS	21.3
<b>200M ( M35 – 39 )</b>			
1	KPL ILANGGO SUBRAMANIAM	PDRM	24.6
2	CYRIL MISONG	SAMAS	25.0
3	SHARYMAN SHAHRIL B. MANSOR	KSDBKL	26.1
4	AMIRUDDIN ISHAK	PERAK MASTERS	26.1
5	GURIQBAL SINGH	INDIA	26.8
<b>200M ( 40 – 44 )</b>			
1	NSARUDIN BIN SUPIAN	PERAK MASTERS	25.9
2	MOHAMAD RAZMAN B. ABDULLAH	KSDBKL	26.7
3	FREDERICK AU CHEE TSEAN	SAMAS	26.9
4	SUBRAMANIAM KARAPAYAH	PERAK MASTERS	27.6
5	KELVIN PREVINDREN HUNT	PAHANG MASTERS	29.5
<b>200M ( M45 – 49 )</b>			
1	FARIS ABDUL WAHAB	SINGAPORE	26.9
2	ROHAIZI BIN RASTAM	SELANGOR	29.2
3	NG WAI KIT	PERAK MASTERS	29.6
<b>200M ( M50 – 54 )</b>			
1	MAULANI BIN DIMAN	SAMAS	26.1
2	SHAMRY B. MOHD ALI	SAMAS	27.4
3	RAMLI BIN RANI	KSDBKL	27.4
4	MOHD HASNI BIN HUSSIN	MALACCA MASTERS	28.1
5	HAMZAH ARAINA	SAMAS	28.5
6	SHAARI HASHIM	PUTRAJAYA	29.5
7	LAI HUN KIONG	SELANGOR MASTERS	29.6
<b>200M ( M55 – 59 )</b>			
1	RAHIM BIN SELAMAT	SAMAS	28.3
2	AGUS DWI RAHARDJO	INDONESIA	28.7
3	KUNASEGARAN MANIVELOO	SELANGOR MASTERS	30.2
4	DAIM BIN GAYAM	SAMAS	30.8
<b>200M ( M60 – 64 )</b>			
1	CHARLIE LEE	SAMAS	27.4
2	RAMLAN BIN GODDOS	SAMAS	28.1
3	MATHMOD BIN ALIDIN	SAMAS	29.7
<b>200M ( M65 – 69 )</b>			
1	TEE EE KIA	KL MASTERS	29.9

2	FUNG KONG @ A. PAUL FUNG	SAMAS	31.0
3	MERARI NAINGGOLAN	INDONESIA	31.6
4	T. BALAN	INDIA	32.7
5	UMAN @ YUMAN BIN SIKIN	SAMAS	34.2
<b>200M ( M70 – 74 )</b>			
1	VITALIS HERMAN	SAMAS	34.1
2	GILBERT DALADIN	SAMAS	35.7
3	RAMASAMY KARUPPAYA	NS MASTERS	35.8
<b>200M ( M75 – 79 )</b>			
1	HJ ARIFFIN BIN ABDULLAH	BRUNEI	35.8
2	JOHN CHUA LIAT KHIANG	SINGAPORE	35.8
<b>200M ( M 85 – 89 )</b>			
1	ALFRED LAJAWA	SAMAS	36.1
<b>400M ( M35 – 39 )</b>			
1	CYRIL MISONG	SAMAS	57.8
2	SURESH MORTHY	SELANGOR	58.4
3	GURIQBAL SINGH	INDIA	58.9
4	AMIRRUDDIN ISHAK	PERAK MASTERS	59.3
5	YOSHIHISA KITA	JAPAN	60.7
6	MUHAMMAD FADHIL B ABDULLAH	PERAK MASTERS	61.3
7	SARBJEET SINGH	INDIA	64.5
<b>400M ( M40 – 44 )</b>			
1	PREM SAGAR	INDIA	59.3
2	TEO CHEN LUNG	SAMAS	59.7
3	JAMAI S BIN JUNIM	SAMAS	60.5
4	VICTOR SELVARAJAH S.	PERAK MASTERS	62.3
5	AZMAN BIN NORDIN	KSDBKL	74.6
6	INAYATULLA KHAN	INDIA	78.4
<b>400M ( M45 – 49 )</b>			
1	REDZUAN B. ABDUL RAHMAN	PERAK MASTERS	60.1
2	SUBRAMANIAM KUMARASAMY	JOHOR MASTERS	61.2
3	FARIS ABDUL WAHAB	SINGAPORE	65.9
<b>400M ( M50 – 54 )</b>			
1	JASON WONG MUN KONG	SINGAPORE	62.7
2	SHANMUGANATHAN RATANAM	PERAK MASTERS	68.1
3	JAMES WONG THEIN YIN	SAMAS	69.2
4	TUAH BIN IBRAHIM	KSDBKL	74.9
5	SEOW KAM KIM	KL	79.8
<b>400M ( M55 – 59 )</b>			
1	HARIDAS K.V. RAMASAMY	PERAK MASTERS	63.5
2	HARIARAN VASUTHEVAN	PERAK MASTERS	67.6
3	KUNASEGARAN MANIVELOO	SELANGOR MASTERS	69.3
4	MARK PHILIP DIXON	SINGAPORE	71.8
5	KUMAR VAIRAN	PERAK MASTERS	76.5
6	DAIM BIN GAYAM	SAMAS	78.7
7	KHOR KIM EN	PERAK	79.2
<b>400M ( M60 – 64 )</b>			
1	CHARLIE LEE	SAMAS	66.0
2	MARZNUMURNEY B. ABDULLAH	BRUNEI	74.6
3	RAJA ARUMUGAM	NS MASTERS	82.2

4	PHANG AH HING	KL MASTERS	84.3
5	TAJUL ARIFFIN B AWANG MOHD	SAMAS	88.3
400M ( M65 – 69 )			
1	TEE EE KIA	KL MASTERS	68.9
2	M. RAMAKRISHNAN	NS MASTERS	70.4
3	HJ MOHD SAFRI B HJ MUDIN	BRUNEI	80.9
4	MARTIN CHENG HUA JU	SINGAPORE	81.9
400M ( M70 – 74 )			
1	GILBERT DALADIN	SAMAS	87.9
2	RAMASAMY KARUPPAYA	NS MASTERS	98.3
3	VENGTRAMAN RAJU	NS MASTERS	110.8
4	SUBRAMANIAM SENGODAN	SELANGOR MASTERS	154.7
400M ( M75 – 79 )			
1	SIDIN BIN WASIM	SAMAS	85.0
2	HJ ARIFFIN BIN ABDULLAH	BRUNEI	85.2
400M ( M85 – 89 )			
1	L. PUSHPANATHAN	PERAK	156.8
<b>800M ( M35 – 39 )</b>			
1	SARAVANAN ELAGAMUROM	PERAK MASTERS	2:13.7
2	MUHAMMAD FADHIL BIN ABDULLAH	PERAK MASTERS	2:25.2
3	JASRI KHAIRIL B JAMALUDDIN	KSDBKL	2:26.1
4	SARBJEET SINGH	INDIA	2:30.3
800M ( M40 – 44 )			
1	PREM SAGAR	INDIA	2:17.9
2	JAMAIS BIN JUNIM	SAMAS	2:25.2
3	ABDUL AZIZ B MAHAMOUD	KSDBKL	2:31.2
4	KELVIN PREVINDREN HUNT	PAHANG	2:37.7
800M ( M45 – 49 )			
1	SUBRAMANIAN KUMARASAMY	JOHOR MASTERS	2:18.6
2	REDZUAN ABDUL RAHMAN	PERAK MASTERS	2:29.9
3	SAVARIA XAVIER	PERAK MASTERS	2:52.5
800M ( M50 – 54 )			
1	BOOPATHY RAMASAMY	JOHOR MASTERS	2:27.7
2	THANARAJ KRISHNAN PERUMAL	PERAK MASTERS	2:33.6
3	SHANMUGANATHAN RATANAM	PERAK MASTERS	2:38.6
4	LAURENCE SEBASTIAN	SELANGOR MASTERS	2:51.0
800M ( M55 – 59 )			
1	MARK REEVES	HONG KONG	2:26.0
2	KUMAR VAIRAN	PERAK MASTERS	2:47.1
3	KHOR KIM EN	PERAK	2:49.2
4	ALAN SCOTT	UK	3:11.6
5	PREMLAL NETAM	INDIA	3:44.2
800M ( M60 – 64 )			
1	DATUK SERI (DR) V. PULAINTHIRAN	JETS	2:47.2
2	MARZNUMURNEY ABDULLAH	BRUNEI	2:49.0
3	GOH KIEN LOONG	PAHANG MASTERS	2:57.3
4	RAJA ARUMUGAM	NS MASTERS	3:19.6
5	TAN CHOON SEANG	KL MASTERS	3:23.9

800M ( M65 – 69 )			
1	M. RAMAKRISHNAN	NS MASTERS	2:45.9
2	MARTIN CHENG HUA JU	SINGAPORE	3:10.8
3	YUSOFF KHAN	SINGAPORE	3:35.4
4	AP NADAN	SINGAPORE	3:56.7
800M ( M70 – 74 )			
1	GERARD O'REILY	IRELAND	3:00.1
2	MURUGESU SINNATHEVAR	PERAK MASTERS	3:97.1
800M ( M75 – 79 )			
1	SIDIN BIN WASIM	SAMAS	3:20.2
2	HJ ARIFFIN BIN ABDULLAH	BRUNEI	4:01.5
3	HAN SIEW KWONG	LABUAN	5:51.1
1500M ( M35 – 39 )			
1	SARAVANAN ELAGAMUROM	PERAK MASTERS	4:37.04
2	YOSHIHISA KITA	JAPAN	4:48.25
3	SASIKUMAR KATHAMUTHU	PERAK MASTERS	5:01.36
4	KPL MAHAMAD @ RIZUAN B.M.A	PDRM	5:07.78
5	JASNI KHAIRIL JAMALUDDIN	KSDBKL	5:14.02
6	MUHAMMAD FADHIL ABDULLAH	PERAK MASTERS	5:17.94
1500M ( M40 – 44 )			
1	SJN SHAHARUDDIN BIN HASHIM	PDRM	4:48.2
2	ABDUL AZIZ BIN MAHAMOUD	KSDBKL	5:27.6
3	JAYA CHANDRAN	PDRM	5:55.4
1500M ( M45 – 49 )			
1	SUBRAMANIAM KUMARASAMY	JOHOR MASTERS	5:02.6
2	KOH LEONG SENG MORRIS	SINGAPORE	5:30.9
3	REDZUAN B. ABDUL RAHMAN	PERAK MASTERS	5:38.3
4	ANPALAGAN SITHAMBARAN	PERAK MASTERS	5:47.7
5	SAVARIA XAVIER	PERAK MASTERS	5:59.5
6	CHANDRAN M. PERIASAMY	JOHOR MASTERS	6:32.4
7	RASHIDI BIN MOHAMAD	KSDBKL	7:26.5
1500M ( M50 – 54 )			
1	YUSOP BIN TUNGKOB	SAMAS	4:53.9
2	BOOPATHY RAMASAMY	JOHOR MASTERS	5:06.9
3	SANTHERAN VELOO	PERAK MASTERS	5:10.8
4	THANARAJ KRISHNAN PERUMAL	PERAK MASTERS	5:14.6
5	LEONG BEE VOON	PDRM	5:28.2
6	SHANMUGANATHAN RATANAM	PERAK MASTERS	5:32.7
7	SEOW KAM KIM	KL	6:26.3
8	LAI HUN KIONG	SELANGOR MASTERS	7:01.6
1500M ( M55 – 59 )			
1	MARK REEVES	HONG KONG	4:46.8
2	KHOR KIM EN	PERAK	5:28.3
3	KANESAN SUNNAMUTHU	PERAK MASTERS	5:49.8
4	VEELMURUGAN GOPAL	SELANGOR MASTERS	6:15.1
5	ALAN SCOTT	UK	6:33.4
1500M ( M60 – 64 )			
1	MARZNMURNEY ABDULLAH	BRUNEI	5:17.1
2	DATUK SERI (DR) V. PULAINTHIRAN	JETS	5:27.3
3	KANAPATHY SUPARAMANIAM	PERAK MASTERS	5:46.5
4	RAJA ARUMUGAM	NS MASTERS	6:09.0

5	TAN CHOON SEANG	KL MASTERS	6:19.5
6	GOH KIEN LOONG	PAHANG MASTERS	6:22.8
<b>1500M ( M65 – 69 )</b>			
1	M. RAMAKRISHNAN	NS MASTERS	5:31.5
2	MARTIN CHENG HUA JU	SINGAPORE	6:10.4
3	SAMUTHARAPANDIAN	PERAK MASTERS	6:37.3
4	YUSOFF KHAN	SINGAPORE	7:30.1
<b>1500M ( M70 – 74 )</b>			
1	GERARD O'REILLY	IRELAND	6:06.8
2	FOO CHEE JIN	SINGAPORE	6:37.7
3	MURUGESU SINNATHEVAR	PERAK MASTERS	7:33.9
4	JIKUT JULIUS KOMUNING	SAMAS	7:44.0
5	RICHARD LAI	SINGAPORE	8:50.6
<b>1500M ( M75 – 79 )</b>			
1	SIDIN BIN WASIM	SAMAS	7:07.4
2	CAPT (R) HJ OSMAN BIN LAHAB	BRUNEI	7:34.6
3	HAN SIEW KWONG	LABUAN	8:52.5
<b>5000M ( M35 – 39 )</b>			
1	YOSHIHISA KITA	JAPAN	18:16.11
2	SARAVANAN ELAGAMUROM	PERAK MASTERS	18:35.3
3	KPL MAHAMAD @RIZUAN B. M. A	PDRM	20:00.8
4	JASNI KHAIRIL JAMALUDDIN	KSDBKL	21:15.3
<b>5000M ( M40 – 44 )</b>			
1	JOGA SINGH	INDIA	21:07.7
2	INSP KANANG ANAK USIN	PDRM	22:16.1
<b>5000M ( M45 – 49 )</b>			
1	BRIJ RAVINDER N. KATHIRAVELU	KL	18:10.2
2	ANPALAGAN SITHAMBARM	PERAK MASTERS	22:47.5
3	MICHAEL SAMUEL	PERAK MASTERS	24:17.9
4	CHANDRAN M. PERIASAMAY	JOHOR MASTERS	27:47.5
<b>5000M ( M50 – 54 )</b>			
1	VADIVEELU ARUMUGAM	KSDBKL	19:25.5
2	YUSOP BIN TUNGKOB	SAMAS	19:40.7
3	SANTHERAM VELOO	PERAK MASTERS	21:30.2
4	SHANMUGANATHAN RATANAM	PERAK MASTERS	22:24.7
5	SARJIT SINGH	PERAK MASTERS	23:12.4
6	SEOW KAM KIM	KL	24:44.2
<b>5000M ( M55 – 59 )</b>			
1	MARK REEVES	HONG KONG	19:55.9
2	KANESAN SUNNAMUTHU	PERAK MASTERS	24:02.6
3	VEELMURUGAN GOPAL	SELANGOR MASTERS	27:47.5
4	SARMAN SINGH NOCK SINGH	PERAK MASTERS	33:23.6
<b>5000M ( 60 – 64 )</b>			
1	MARZIMURNEY B ABDULLAH	BRUNEI	22:02.6
2	KANAPATHY SUPRAMANIAM	PERAK MASTERS	22:30.4
3	PHANG AH HING	KL MASTERS	25:31.3
4	GURUSAMY SUBRAMANIAM	PERAK MASTERS	26:02.5
5	GOH KIEN LOONG	PAHANG MASTERS	26:10.4

5000M ( M65 – 69 )			
1	SAMUTHARAPANDIAN	PERAK MASTERS	25:37.6
2	WONG YEW THO	NS MASTERS	27:54.1
3	HJ SALEHUDDIN MOHD RASHID	KL MASTERS	28:09.1
4	MOHAMED ARIFF B TAR MOHD	KL MASTERS	29:37.0
5000M ( M70 – 74 )			
1	JIKUT JULIUS KOMUNING	SAMAS	27:29.5
2	MURUGESU SINNATHEVAR	PERAK MASTERS	30"40.6
5000M ( M75 – 79 )			
1	SIDIN BIN WASIM	SAMAS	28:21.3
2	CAPT (R) HJ OSMAN BIN LAHAB	BRUNEI	31:15.4
3	HAN SIEW KWONG	LABUAN	-
4			
110M H ( M35 – 39 )			
1	GUY LUI	HONG KONG	20.9
2	SARBJEET SINGH	INDIA	24.2
110M H ( M40 – 44 )			
1	INSP KANANG ANAK USIN	PDRM	27.3
110M H ( M45 – 49 )			
1	MASHSHI KOTABUKI	SINGAPORE	20.0
2	ASNI BIN TAHIR	PERAK	20.8
3	AUGUSTINE DONNEO	SAMAS	21.1
4	DAUD BIN MOHD JENI	JOHOR MASTERS	21.9
5	LARRY ANDANG	SAMAS	22.1
100M H ( M50 – 54 )			
1	SHAMRY BIN MOHD ALI	SAMAS	17.1
2	MOHD HASNI B HJ HUSSIN	MALACCA MASTERS	18.8
3	SHAARI HASHIM	PUTRAJAYA	25.6
100M H ( M55 – 59 )			
1	AGUS DWI RAHARDJO	INDONESIA	18.7
2	CHUNG YUN KIONG	SAMAS	20.3
3	MUSTAFA BIN IBRAHIM	SINGAPORE	23.5
100M H ( M60 – 64 )			
1	ALIUDDIN JUMAAT	SAMAS	21.0
2	ABD MALEK BIN TAIB	NS MASTERS	21.9
3	CHAN WAI KIN	KL MASTERS	29.7
5000M WALK ( M35 – 39 )			
1	LAM SUI HENG	SARAWAK MASTERS	27:21.4
2	SARBJEET SINGH	INDIA	33:34.5
3	KPL ROSLEE BIN SHARON	PDRM	35:04.1
4	MOHD AZMEER BIN AMARULLAH	SELANGOR	35:39.0
5	SACHIN KUMAR TIWARI	INDIA	43:55.4
5000M WALK ( M40 – 44 )			
1	TAN CHEE LEONG	PENANG	25:34.7
2	JEONG WAN JUN	SOUTH KOREA	40:58.4
3	JEONG WAN KI	SOUTH KOREA	48:17.3

5000M WALK ( M45 – 49 )			
1	G. SURESH KUMAR	KL MASTERS	31:04.5
2	KPL ZULKERNAIN MOHAMED ZAWAWI	PDRM	36:32.3
3	SUKHRAJ SINGH DHILLON	PENANG MASTERS	37:10.6
4	DAUD BIN MOHD JENI	JOHOR MASTERS	40:08.1
5	RAYMOND TAN WUI KOON	SINGAPORE	40:59.3
5000M WALK ( M50 – 54 )			
1	SJN JAYAPAL KUPPUSAMY	PDRM	33:36.4
2	AIMAN CHEAH TIONG CHAP	SELANGOR MASTERS	35:40.1
3	LAI HUN KIONG	SELANGOR MASTERS	38:15.6
5000M WALK ( M55 – 59 )			
1	R. SUBRAMANIAM	SINGAPORE	31:47.3
2	SJN AZMIN BIN HAMAT	PDRM	34:52.7
3	SARMAN SINGH NOCK SINGH	PERAK MASTERS	36:31.5
4	KERUNANITHI CHOCKALINGAM	SELANGOR MASTERS	48:44.6
5			
5000M WALK ( M60 – 64 )			
1	APLAIDOO RAMA NAYADOO	KL MASTERS	33:57.3
2	GURUSAMY SUBRAMANIAM	PERAK MASTERS	34:15.4
3	ELANGO VAN SITHIRAM SUPPIAH	KL MASTERS	34:43.4
4	MANIAM APPALASAMY	PERAK MASTERS	35:46.7
5	THARMALINGAM K	PERAK MASTERS	37:23.5
6	K.T.W. FERNANDO	SRI LANKA	43:48.7
7			
5000M WALK ( M65 – 69 )			
1	WONG YEW THO	NS MASTERS	33:48.5
2	MOHAMED ARIFF BIN TAR MOHD	KL MASTERS	35:06.1
3	S. SATHIYANESAN	SINGAPORE	35:40.6
4	SM(R) TANI CLACE SEBASTIAN	PDRM	36:04.4
5	MANICKAM ATHIAN	NS MASTERS	37:49.1
6	KRISHNAN PICHEYMUTHU	NS MASTERS	39:49.3
5000M WALK ( M70 – 74 )			
1	THOMAS KOK	PERAK MASTERS	32:31.5
2	FOO CHEE JIN	SINGAPORE	32:55.0
3	YEO CHONG LAY	SINGAPORE	33:47.5
4	RICHARD LAI	SINGAPORE	37:02.4
5	MANICKAM THAMBIAH	PERAK MASTERS	37:12.5
6	JOHN KUTTY STANSILAS	SINGAPORE	37:48.3
7	SUPRAMANIAM PALANISAMY	NS MASTERS	39:57.7
8	VIMALASINGAM SARANAMUTHU	SELANGOR MASTERS	40:39.1
5000M WALK ( M75 – 79 )			
1	BILL PURVES	HONG KONG	38:45.7
2	SANTHIRA RAJAH SARAVANAMUTHU	SELANGOR MASTERS	45:46.7
5000M WALK (80 – 84)			
1	NAVARETHNA SINGAM	SINGAPORE	42:44.7
SHOT PUT ( M35 – 39 )			
1	FIRDAUZ MURA BIN MURA	SARAWAK MASTERS	10.44
2	MANIKANDAN MOHANA SUNDARAM	INDIA	8.73
3	GUY LUI	HONG KONG	7.88
4	LKPL BONNY BIN DONI	PDRM	7.71
5	SACHIN KHAMPARIA	INDIA	7.66



6	LKPL MOHAMAD ANIZAM ADHA	PDRM	7.46
7	NORMAN LEONG	SAMAS	7.08
SHOT PUT ( M40 - 44 )			
1	LEE KIAN FEI	PERAK MASTERS	9.02
2	WONG HOCK LOONG	SAMAS	8.97
3	INAYATULLA KHAN	INDIA	6.77
4	SWANTANTRA BAHADUR	INDIA	6.72
5	JEONG WAN JUN	SOUTH KOREA	6.55
6	RAKESH KUMAR	INDIA	6.09
7	JEONG WAN KI	SOUTH KOREA	5.72
8	NAVNEET SHARMA	INDIA	5.21
SHOT PUT ( M45 – 49 )			
1	PATRICK HONG TAT HENG	SINGAPORE	9.52
2	LIM BAN DANG	KSDBKL	9.23
3	PF AZIZUL AKBAR PG HJ BADARUDDIN	BRUNEI	8.89
4	LIAW FUN MIN	MALACCA MASTERS	7.99
5	SATISH BALASAHED DHONDEE	INDIA	7.87
6	SOLBASTEN ANAK INA	SARAWAK MASTERS	7.83
7	NIEZAN BIN AB RAHMAN	MALACCA MASTERS	6.31
8	RAMESH SINGH THAKUR	INDIA	5.09
SHOT PUT ( M50 – 54 )			
1	MAULANI DIMAN	SAMAS	10.79
2	SJN ABDUL RAHIM HJ ABD HAMID	PDRM	10.54
3	SALMAN BIN SAGAR	BRUNEI	9.74
4	REZA FOTOHI	SINGAPORE	7.33
5	JAMES WONG THEIN YIN	SAMAS	7.15
6	MAHEDNDARA SINGH UIKEY	INDIA	6.09
SHOT PUT ( M55 – 59 )			
1	GUNASEGARAN RASAPAN	SELANGOR MASTERS	9.78
2	CHUNG YUN KIONG	SAMAS	9.18
3	MOHD ROSLEY B. ABDULLAH	SAMAS	9.07
4	AMPUAN MOHD KIFLEE A. HJ DAMIT	BRUNEI	8.68
5	N. JAYARAMAN	SELANGOR MASTERS	8.65
6	K. KRISHNASAMY	SELANGOR MASTERS	8.65
7	MOHD RAHIM B. LUWI	MALACCA MASTERS	7.45
8	ABDUL RAHMAN KOYA KUTTY	KSDBKL	6.92
SHOT PUT ( M60 – 64 )			
1	SANIBAN BIN AMPILAH	SAMAS	9.03
2	RAMLAN BIN GODDOS	SAMAS	8.49
3	TAJUL ARIFFIN B. AWANG MOHD	SAMAS	7.43
SHOT PUT ( M65 – 69 )			
1	YAW DOLY YAW LOKONG	SAMAS	10.14
2	TARMIZI SANDHU	SAMAS	9.79
3	P. NADARAJAH	SELANGOR MASTERS	9.25
4	EDWIN A. EDIH	SAMAS	8.83
5	NARAYAN NAIR SUNGONI NAIR	NS MASTERS	7.36
6	PILAH @ ONDOG KISANG	SAMAS	6.86
SHOT PUT ( M70 – 74 )			
1	RAMALINGAM VERASAMY	SELANGOR MASTERS	8.78
2	FARID GADELSHIN	UZBEKISTAN	8.42
3	GILBERT DALADIN	SAMAS	6.52
4	D.T.Y.W.S.G.A. BANDARA	SRI LANKA	6.51
5	VIMALASINGAM SARANAMUTHU	SELANGOR MASTERS	5.92

SHOT PUT ( M75 – 79 )			
1	CARLOS AVILA NAVARRO	MEXICO	9.28
2	NALLIAH RAMASAMY	NS	5.65
SHOT PUT ( M80 – 84 )			
1	BALASINGAM ELLAPPAN	KL MASTERS	6.70
JAVELIN ( M35 – 39 )			
1	LKPL MUHAMMAD ANIZAM ADHA	PDRM	37.89M
2	AKHILESHWAR SINGH	INDIA	23.28M
3	MANIKANDAN MOHANA SUNDARAM	INDIA	21.51M
JAVELIN ( M40 – 44 )			
1	NOOR ZAILAN AKMA ZAINAL A.	PERAK MASTERS	42.19M
2	LEE KIAN FEI	PERAK MASTERS	38.42M
3	WOONG HOCK LOONG	SAMAS	36.46M
4	DSP HARPAN AHMAT	PDRM	32.86M
JAVELIN ( M45 – 49 )			
1	AUGUSTINE DONNEO	SAMAS	32.38M
2	LIAW FUN MIN	MALACCA MASTERS	29.02M
3	NOR ZAMSHURI B. RAMLI	SELANGOR	25.15M
4	LARRY ANDANG	SAMAS	24.92M
JAVELIN ( M50 – 54 )			
1	REZA FOTOHI	SINGAPORE	29.02M
2	PETER AU	HONG KONG	25.40M
JAVELIN ( M55 – 59 )			
1	ASP ZAINAL BIN ARIFFIN	PDRM	43.14M
2	K. KRISHNASAMY	SELANGOR MASTERS	33.53M
3	GUNASEGARAN NARASAPAN	SELANGOR MASTERS	32.67M
4	AMPATI BIN GOHOP	SAMAS	29.46M
5	SUPT DR. VASU APPU	PDRM	29.27M
6	CHANDRAN THANGAYAH	SELANGOR MASTERS	21.89M
7	N. JAYARAMAN	SELANGOR MASTERS	15.95M
JAVELIN ( M60 – 64 )			
1	PRASETYOADI	INDONESIA	38.62M
2	SANIBAN AMPILAH	SAMAS	35.46M
3	TAJUL ARIFFIN AWANG	SAMAS	21.33M
4	KHOOBCHAND MALGANI	INDIA	17.35M
JAVELIN ( M65 – 69 )			
1	YAW DOLY BIN YAW LOKONG	SAMAS	37.89M
2	TARMIZI SANDHU	SAMAS	36.23M
3	EDWIN A. EDIH	SAMAS	28.64M
4	P. NADARAJAH	SELANGOR MASTERS	27.24M
5	K. RAMASAMY	INDIA	24.96M
6	PILAH @ ONDOG KISANG	SAMAS	24.50M
7	NARAYAN NAIR SUNGONI NAIR	NS MASTERS	18.93M
JAVELIN ( M70 – 74 )			
1	JIKUT JULIUS KOMUNING	SAMAS	25.05M
2	VITALIS HERMAN	SAMAS	24.69M
3	FARID GADELSHIN	UZBEKISTAN	23.76M
4	MOHAMED MD IDRUS	PAHANG MASTERS	23.35M
5	D.T.Y.W.S.G.A, BANDARA	SRI LANKA	20.71M

6	HJ ABDUL RANI HJ MATASAN	BRUNEI	18.30M
7	MANICKAM THAMBIAH	PERAK MASTERS	16.36M
<b>JAVELIN ( M75 – 79 )</b>			
1	CARLOS AVILA NAVARO	MEXICO	18.41M
2	SATISH CHANDRA SHUKLA	INDIA	17.25M
<b>JAVELIN ( M80 – 84 )</b>			
1	JESMAIL SINGH	SELANGOR MASTERS	12.10M
2	BALASINGAM ELLAPPAN	KL MASTERS	12.09M
<b>JAVELIN ( M85 – 89 )</b>			
1	ALFRED LAJAWA	SAMAS	17.55M
<b>DISCUS ( M35 – 39 )</b>			
1	BONNY BIN DUNII	PDRM	33.23
2	FIRDAUS MURA BIN MURA	SARAWAK MASTERS	29.05
3	MANIKANDAN MOHANA SUNDARAM	INDIA	29.00
4	LKPL MOHAMMAD ANIZAM ADHA	PDRM	24.70
5	MOHD HAFEES HAZREEK A RAZAK	MALACCA MASTERS	22.28
6	GUY LUI	HONG KONG	16.87
<b>DISCUS ( M40 – 44 )</b>			
1	LEE KIAN FEI	PERAK MASTERS	26.69
<b>DISCUS ( M45 – 49 )</b>			
1	LIM BAN DANG	KSDBKL	28.46M
2	ASNI BIN TAHIR	PERAK	24.80M
3	SATISH BALASAHEB DHONDEE	INDIA	24.41M
4	PG AZIZUL AKBAR PG HJ BADARUDDIN	BRUNEI	24.30M
5	LIAW FUN MIN	MALACCA MASTERS	24.28M
6	PRATIK MURWATNO	INDONESIA	23.08M
7	NOR ZAMSHURI B. RAMLI	SELANGOR	20.87M
8	WONG SIU HOU	SAMAS	19.65M
<b>DISCUS ( M50 – 54 )</b>			
1	MAULANI DIMAN	SAMAS	30.95M
2	ABDUL RAHIM HJ ABDUL HAMID	PDRM	27.72M
3	REZA FOTOHI	SINGAPORE	26.47M
4	SALMAN B. SIGAR	BRUNEI	26.06M
5	PETER AU	HONG KONG	21.30M
6	MAHENDRA SINGH UIKEY	INDIA	16.10M
<b>DISCUS ( 55 – 59 )</b>			
1	AMPUAN MOHD KIFLEE A HJ DAMIT	BRUNEI	30.80M
2	MOHD ROSLEY ABDULLAH	SAMAS	26.05M
3	ASP ZAHAR RAHMAN	SELANGOR MASTERS	25.03M
4	N. JAYARAMAN	SELANGOR MASTERS	24.25M
5	TAMIL CHELVAM GOVINDASAMY	PERAK MASTERS	21.80M
6	K. KRISHNASAMY	SELANGOR MASTERS	21.39M
7	SJN LOKMAN B. ABU BAKAR	PDRM	21.00M
8	BASKARAN FRANCIS	PERAK MASTERS	17.85M
<b>DISCUS ( M60 – 64 )</b>			
1	PRASETYOADI	INDONESIA	27.26M
2	SANIBAN B. AMPILAH	SAMAS	21.95M
3	GOPAL GUPTA	INDIA	18.94M
4	K.T.W. FERNANDO	SRI LANKA	17.91M

DISCUS ( M65 – 69 )			
1	P. NADARAJAH	SELANGOR MASTERS	33.78M
2	TARMIZI SANDHU	SAMAS	29.33M
3	K. RAMASWAMY	INDIA	28.87M
4	YAW DOLY YAW LOKONG	SAMAS	28.60M
5	EDWIN A. EDIH	SAMAS	27.05M
6	PILAH @ ONDOG KISANG	SAMAS	22.95M
7	NARAYAN NAIR SUNGONI NAIR	NS MASTERS	21.37M
DISCUS ( M70 – 74 )			
1	FARID GADELSHIN	UZBEKISTAN	29.43M
2	RAMALINGAM VERASAMY	SELANGOR MASTERS	24.77M
3	JIKUT JULIUS KOMUNING	SAMAS	24.62M
4	D.T.Y.W.S.G.A. BANDARA	SRI LANKA	17.88M
DISCUS ( M75 – 79 )			
1	CARLOS AVILA	MEXICO	25.67
2	SATISH CHANDRA SHUKLA	INDIA	15.52M
DISCUS ( M80 – 84 )			
1	BALASINGAM ELLAPPAN	KL MASTERS	16.30M
2	JESMAIL SINGH	SELANGOR MASTERS	14.60M
DISCUS ( M85 – 89 )			
1	ALFRED LAJAWA	SAMAS	16.21N
LONG JUMP ( M35 – 39 )			
1	SAIDI BIN KAILU	SAMAS	5.52M
2	ZULEZWAN AB MALIK	PERAK MASTERS	5.05M
3	SJN MAULIE MANGUN	PDRM	4.91M
4	MOHD HAFEEZ HAZREEK	MALACCA MASTERS	4.57M
5	MEYYAPPA MANICKAM	SELANGOR MASTERS	4.19M
LONG JUMP ( M40 – 44 )			
1	CLARENCE TAMI	SAMAS	5.85M
2	INSP RAZI BIN NAYAN	PDRM	5.46M
3	SUBRAMANIAM KARAPAYAH	PERAK MASTERS	4.93M
4	SWATANTRA BAHADUR SINGH	INDIA	3.95M
LONG JUMP ( M45 – 49 )			
1	M.A.A.M. PRIYANTHA	SRI LANKA	5.53M
2	LARRY ANDANG	SAMAS	5.52M
3	HAMZAH ABD KARIM	PERAK	5.30M
4	AUGUSTINE DONNEO	SAMAS	5.25M
5	PRATIK MURWATNO	INDONESIA	5.19M
LONG JUMP ( M50 – 54 )			
1	JIPRIN BIN JUSDI	SAMAS	5.08M
2	MOHD HASNI HUSSIN	MALACCA MASTERS	4.31M
3	KPL MUHAMAD KHAIRI	PDRM	4.22M
4	SUDARSHAN MISHRA	INDIA	3.24M
5	NAGARAJAN RAMASAMY	PERAK MASTERS	2.47M
LONG JUMP ( M55 – 59 )			
1	RAHIM BIN SELAMAT	SAMAS	4.81M
2	BIBLAP BASAK	INDIA	3.95M
3	THAM SIEW YEN	SELANGOR MASTERS	3.74M
4	JAFFRY BIN EMPIL	SAMAS	3.65M
5	SURESH KUMAR MATHUR	INDIA	2.97M

6	JAYARAMAN RAJAMANICKAM	PERAK MASTERS	2.68M
<b>LONG JUMP ( M60 – 64 )</b>			
1	CHARLES LINGAM	SAMAS	4.26M
2	CHOO WAI KIN	KL MASTERS	3.62M
3	RAIEI BIN MAHIDIN	SELANGOR MASTERS	3.46M
4	K.T.W. FERNANDO	SRI LANKA	3.28M
5	TAJUL ARIFFIN AWANG MOHD	SAMAS	3.08M
<b>LONG JUMP ( M65 – 69 )</b>			
1	ABDUL MULOK B AWANG DAMIT	LABUAN	3.94M
2	HJ MOHD SAFRI BIN MUDIN	BRUNEI	3.80M
<b>LONG JUMP ( M70 – 74 )</b>			
1	VITALIS HERMAN	SAMAS	3.64M
2	HJ ABDUL RANI HJ MATASAN	BRUNEI	3.51M
3	MOHAMD MD IDRUS	PAHANG MASTERS	3.14M
4	VENGTRAMAN RAJU	NS MASTERS	2.47M
<b>LONG JUMP ( M75 – 79 )</b>			
1	CAPT(R) HJ OSMAN BIN LAHAB	BRUNEI	3.67M
2	SANTHIRA RAJAH SARAVANAMUTTU	SELANGOR	1.80M
<b>HIGH JUMP ( M35 – 39 )</b>			
1	SAIDI BIN KAILU	SAMAS	1.65M
2	MOHD AZMEER BIN AMARULLAH	SELANGOR	1.30M
3	SJN MAULIE BIN MANGUN	PDRM	1.25M
<b>HIGH JUMP ( M40 – 44 )</b>			
1	DSP HARPIAN BIN AHMAT	PDRM	1.45M
2	WONG HOCK LONG	SAMAS	1.35M
3	JEONG WAN JUN	SOUTH KOREA	1.10M
<b>HIGH JUMP ( M45 – 49 )</b>			
1	PRATIK MURWATNO	INDONESIA	1.54M
2	ASNI BIN TAHIR	PERAK	1.50M
3	M.A.A.M. PRIYANTHA	SRI LANKA	1.45M
4	AUGUSTINE DONNEO	SAMAS	1.45M
5	SUBRAMANIAM KUMARASAMY	JOHOR MASTERS	1.40M
6	LIAW FUN MIN	MALACCA MASTERS	1.20M
7	YAZID BIN MAHADI	SAMAS	1.20M
<b>HIGH JUMP ( M55 – 59 )</b>			
1	GAN CHEE KEONG	MALACCA MASTERS	1.40M
2	MUSTAFA BIN IBRAHIM	SINGAPORE	1.40M
3	CHUNG YUN KIONG	SAMAS	1.35M
4	AGUS DWI RAHARDJO	INDONESIA	1.35M
<b>HIGH JUMP ( M60 – 64 )</b>			
1	ALIUDDIN JUMAAT	SAMAS	1.35M
2	CHOO WAI KIN	KL MASTERS	1.05M
<b>HIGH JUMP ( M65 – 69 )</b>			
1	K. RAMASWAMY	INDIA	1.0M
<b>HIGH JUMP ( M70 – 74 )</b>			
1	HJ ABDUL RANI HJ MATASAN	BRUNEI	1.15M

<b>TRIPLE JUMP ( M35 – 99 )</b>			
1	SJN MUAMAR GHADAFI	PDRM	11.16
2	SARDI BIN KAILU	SAMAS	11.12
3	SJN MAULIE BIN MANGUN	PDRM	9.15
4	MOHD AZMEER B AMARULLAH	SELANGOR	8.20
<b>TRIPLE JUMP ( M45 – 49 )</b>			
1	LARRY ANDANG	SAMAS	11.19
2	M.A.A.M. PRIYANTHA	SRI LANKA	10.87
3	PRATIK MURWATNO	INDONESIA	10.56
<b>TRIPLE JUMP ( M50 – 54 )</b>			
1	JASON WONG MUN KONG	SINGAPORE	10.76
2	MOHD ZAKI SADRI	TERENGGANU	9.59
3	JIPRIN BIN JUSDI	SAMAS	8.99
<b>TRIPLE JUMP ( M55 – 59 )</b>			
1	CHUNG YUN KIONG	SAMAS	9.38
2	MUSTAFA BIN IBRAHIM	SINGAPORE	9.03
3	BIPLAB BASAK	INDIA	8.86
4	ABDUL MANAP B. IBRAHIM	MALACCA MASTERS	5.25
<b>TRIPLE JUMP ( M60 – 64 )</b>			
1	CHARLES LINGAM	SAMAS	8.75
2	ABDUL MALEK B. TAIB	NS MASTERS	7.76
3	CHOO WAI KING	KL MASTERS	7.58
<b>TRIPLE JUMP ( M65 – 69 )</b>			
1	ABDUL MULOK B. AWANG DAMIT	LABUAN	7.34
<b>TRIPLE JUMP ( M70 – 74 )</b>			
1	VITALIS HERMAN	SAMAS	7.17
2	HJ ABDUL RANI HJ MATASAN	BRUNEI	7.16
<b>TRIPLE JUMP ( M75 – 79 )</b>			
1	HJ ARIFFIN BIN ABDULLAH	BRUNEI	7.04
<b>4 X 100M OPEN (MEN)</b>			
1	PERAK		50.0
2	SABAH 2		50.2
3	SABAH 1		51.4
4	KSDBKL		52.2
5	INDIA		62.2
<b>4 X 400M OPEN (MEN)</b>			
1	SABAH		4:04.6
2	KS DBKL		4:07.4
3	PERAK MASTERS		4:11.2

**30<sup>TH</sup> MIOMAC OFFICIAL RESULTS**  
**WOMEN**

<b>100M ( W35 – 39 )</b>			
1	KPL ROSJULIANEE MOHD YUSOFF	PDRM	14.3
2	NURUL IZZAH BB A. KADER	LHDNM	14.9
<b>100M ( W40 – 44 )</b>			
1	ALINAWATI HJ ALIAKBAR	BRUNEI	15.2
2	MARTA BASA BT LUKAS @ LOKMAN	LABUAN	15.9
3	PARIDA USMAN	LHDNM	16.1
4	LEE SAU MUN	PERAK MASTERS	16.4
5	SUNARTI ATEP	KSDBKL	17.2
6	NURUL BARIYANA BT ARIFFIN	MALACCA MASTERS	19.5
<b>100M ( W45 – 49 )</b>			
1	BERNICE LAU KAM MUN	SAMAS	14.5
2	KISHENTI PERARAJASINGAM	SELANGOR	16.6
3	NORSALAWATI BT SEKDING	KSDBKL	17.3
4	TILAGAWATHY SUPRAMANIAM	PERAK MASTERS	18.0
5	RANIE KANAPATHY	PERAK MASTERS	18.1
<b>100M ( W50 – 54 )</b>			
1	ERINE SINUEL	SAMAS	15.3
2	THILAGESWARY RAMASAMY	SELANGOR	25.1
<b>100M ( W55 – 59 )</b>			
1	JULIANA GUMPIL	SAMAS	14.4
2	MORDIANA BT ABDULLAH	SAMAS	16.6
3	IZAWATI BT ABDULLAH	KSDBKL	18.6
4	MARIA GASAM	SAMAS	20.9
5	MITHLESH GUPTA	INDIA	24.3
<b>100M ( W60 – 64 )</b>			
1	LUCY YONG	SAMAS	16.1
2	BHARTI DHANESHWAR	INDIA	21.9
<b>100M ( W65 – 69 )</b>			
1	CHRISTINA LABANJING	SAMAS	18.1
<b>100M ( W70 – 74 )</b>			
1	MARGARETHA ARITONANG	INDONESIA	20.7
2	PETCHAY KANDASAMY	SINGAPORE	22.6
<b>100M ( W80 – 84 )</b>			
1	ADELINE JOHN UMBUL	SAMAS	26.2
<b>100M ( W85 – 89 )</b>			
1	MARIETJE ELIZABETH ROREK	INDONESIA	30.6
<b>200M ( W35 – 39 )</b>			
1	KPL ROSJULIANEE MOHD YUSOFF	PDRM	31.6
2	LEELA SURESH KEE	SELANGOR	34.4
3	NURUL IZZAH BB ABD KADER	LHDNM	35.0
<b>200M ( W40 – 44 )</b>			
1	PARIDA USMAN	LHDNM	34.6
2	MARTA BASA BT LUKAS @ LOKMAN	LABUAN	34.8

3	NURUL BARIYANA BT ARIFFIN	MALACCA MASTERS	44.0
200M ( W45 – 49 )			
1	KISHENTI PERARAJASINGAM	SELANGOR	31.6
2	RITA THONG @ NUR RITA	PERAK MASTERS	32.2
3	GAVARY RAMASUNDARAN	PERAK MASTERS	33.6
4	MARGARET PETRUS	SAMAS	37.2
5	NORSALAWATI BT SEKDING	KSDBKL	37.7
6	MULYANI SUSANA	INDONESIA	42.2
200M ( W50 – 54 )			
1	ERINE SINUEL	SAMAS	33.0
2	TAN HUI CHING	SELANGOR MASTERS	42.1
3	AMALIA MARQUES BARCOMA	SELANGOR MASTERS	48.5
200M ( W55 – 59 )			
1	MORDIANA BT ABDULLAH	SAMAS	37.2
2	THERESLINE ASIRVATHAM	SELANGOR MASTERS	39.9
3	LYE GUET POH	IPGK ILMU KHAS	47.1
4	LEE LAY HWA	IPGK ILMU KHAS	58.5
200M ( W60 – 64 )			
1	LUCY YONG	SAMAS	35.8
2	SAMSIAH BT MOHD YASIN	SAMAS	42.8
3	BHARTI DHANESHWAR	INDIA	47.8
4	CHIN FAH MONG	SELANGOR MASTERS	49.0
200M ( W65 – 69 )			
1	TAN TECK SEE	SELANGOR MASTERS	66.1
200M ( W70 – 74 )			
1	MARGARETHE ARITONANG	INDONESIA	50.2
2	PETCHAY KANDASAMY	SINGAPORE	51.1
200M ( W80 84 )			
1	ADELINE JOHN UMBUL	SAMAS	56.9
400M ( W35 – 39 )			
1	LEELA SURESH KEE	SELANGOR	81.1
2	LANNY SHARONNECA	SAMAS	118.3
400M ( W40 – 44 )			
1	INSP EMILIA BT JAMIL	PDRM	85.3
2	LEE OI KIT JACKIE	PERAK MASTERS	93.4
400M ( W45 – 49 )			
1	KISHENTI PERARAJASINGAM	SELANGOR	77.4
2	GAVARY RAMASUNDRAN	PERAK MASTERS	78.2
3	MARGARET PETRUS	SAMAS	83.0
4	NOKALMAH SANASEE	PERAK MASTERS	96.5
5	PEI YOONG YAP	SELANGOR MASTERS	103.8
400M ( W50 – 54 )			
1	ERINE SINUEL	SAMAS	79.5
2	HUSNAH BT ABDULLAH	BRUNEI	105.6
400M ( W55 – 59 )			
1	ADENAH BT LOJUHUN	SAMAS	86.1
2	JOANNE FOO	PERAK MASTERS	95.8



3	SINNAMAH GOLLABANGARU	SELANGOR MASTERS	115.4
400M ( W60 – 64 )			
1	SAMSI AH BT MOHD YASSIN	SAMAS	104.0
2	CHIN FAH MONG	SELANGOR MASTERS	115.2
<b>800M ( W35 – 39 )</b>			
1	CHRISTY KONG SIEW CHOO	SAMAS	3:42.1
2	SJN SARAH JUVITA ABDUL RAHMAN	PDRM	3:53.5
800M ( W40 – 44 )			
1	INSP EMILIA BT JAMIL	PDRM	3:53.1
2	ROSHIZAWATI ABDUL SAMAD	KSDBKL	4:24.1
800M ( W45 – 49 )			
1	AUDREY ROSLYN REUTENS	PERAK MASTERS	3:02.6
2	CECILIA MAKSIMON	SAMAS	3:13.9
3	NOKALMAH SANASEE	PERAK MASTERS	3:49.2
4	PEI YONG YAP	SELANGOR MASTERS	4:18.9
800M ( W50 – 54 )			
1	ISIDORE AMIN	SAMAS	3:25.3
2	HUSNAH BT ABDULLAH	BRUNEI	3:55.3
800M ( W55 – 59 )			
1	KPL LINDA HO MING LEE	PDRM	3:25.2
2	ADENAH BT LOJUHUN	SAMAS	3:35.1
3	JOANNE FOO	PERAK MASTERS	3:45.0
800M ( W60 – 64 )			
1	VIRONICA JOUTI ELAU	SAMAS	3:43.8
2	SAMSI AH BT MOHD YASSIN	SAMAS	4:24.7
800M ( W65 – 69 )			
1	SUSANNA HIEW NYUK KYAU	SAMAS	4:08.1
<b>1500M ( W35 – 39 )</b>			
1	CHRISTY KONG SIEW CHOO	SAMAS	8:04.7
1500M ( W40 – 44 )			
1	SJN CHOO MEI HUNG	PDRM	8:10.03
2	RAZLIZA HANIZA RAZAK	PERLIS	8:46.26
3	ROSHIZAWATI ABDUL SAMAT	KSDBKL	8:53.68
1500M ( W45 – 49 )			
1	AUDREY ROSLYN REUTENS	PERAK MASTERS	6:27.01
2	CECILIA MAKSIMON	SAMAS	6:30.5
1500M ( W50 – 54 )			
1	ISIDORE AMIN	SAMAS	7:14.2
2	HUSNAH BT ABDULLAH	BRUNEI	7:45.2
3	TAN HUI CHING	SELANGOR MASTERS	8:25.7
1500M ( W55 – 59 )			
1	KPL LINDA HO MING LEE	PDRM	7:00.2
2	ADENAH BT LOJUHUN	SAMAS	7:26.8
3	JOANNE FOO	PERAK MASTERS	7:42.3

1500M ( W60 – 64 )			
1	VIRONICA JOUTI ELAU	SAMAS	7:29.8
1500M ( W65 – 69 )			
1	SUSANNA HIEW NYUK KYAU	SAMAS	8:10.1
2	LEE YAU HONG	NS MASTERS	8:53.7
3000M ( W35 – 39 )			
1	REQUELINE MC RAPHAEL	KL MASTERS	19:12.9
3000M ( W40 – 44 )			
1	RAZLIZA HANIZA BT RAZAK	PERLIS	18:35.5
3000M ( W45 – 49 )			
1	CECILIA MAKSIMON	SAMAS	14:32.1
2	ZUHARLINA BT ABU BAHARIN	KSDBKL	17:27.9
3000M ( W50 – 54 )			
1	TAN HUI CHING	SELANGOR MASTERS	18:54.3
3000M ( W55 – 59 )			
1	ADENAH BT LOJUHUN	SAMAS	16:33.5
2	TAN TECK BEE	SELANGOR MASTERS	18:14.8
3000M ( W60 – 64 )			
1	VIRONICA JOUTI ELAU	SAMAS	15:48.6
2	CHIN FAH MONG	SELANGOR MASTERS	22:14.8
3000M ( W65 – 69 )			
1	SUSANNA HIEW NYUK KYAU	SAMAS	17:49.1
2	LEE YAU HONG	NS MASTERS	18:35.9
3000M WALK ( W35 – 39 )			
1	KALIAMAH MANIAN	KL MASTERS	19:40.3
2	RACQUELINE MC RAPHAEL	KL MASTERS	23:01.7
3	LANNY SHARONNECA	SAMAS	28:38.1
3000M WALK ( W50 – 54 )			
1	SJN CHAN YEN CHING	PDRM	22:07.5
2	TAN HUI CHING	SELANGOR MASTERS	24:42.6
3	YUGESWARI SHAMUGAM	PERAK MASTERS	25:30.9
4	AMALIA MARQUES BARCOMA	SELANGOR MASTERS	27:46.0
3000M WALK ( W55 – 59 )			
1	JOANNE FOO	PERAK MASTERS	21:16.3
2	TAN TECK HO	SELANGOR MASTERS	23:18.6
3	MARYEM JOINOL	SAMAS	25:15.2
4	DORATHEA ANTHONY AMURU	SAMAS	28:26.1
5	MARIA GASAM	SAMAS	29:36.9
3000M WALK ( W60 – 64 )			
1	VIRONICA JOUTI ELAU	SAMAS	20:33.2
2	LEE SHEW KENG	KL MASTERS	21:09.9
3	NURAI SHAH BT ABDULLAH	SELANGOR MASTERS	23:00.4
4	CHIN FAH MONG	SELANGOR MASTERS	28:49.2
5	PIRING BT BERANGIN	SAMAS	29:22.6
6	MAURA BT EWOT	SAMAS	29:23.4

3000M WALK ( W65 – 69 )			
1	IRENE YEOW	SINGAPORE	20:18.3
2	LEE YAU HONG	NS MASTERS	21:35.6
3	KIMIHI BT MONJITOL	SAMAS	23:18.4
4	SUSANNA HIEW NYUK KYAU	SAMAS	24:30.6
3000M WALK ( W70 – 74 )			
1	SUJITRA PORNMANUCHATIP	LABUAN	32:34.0
3000M WALK ( W80 – 84 )			
1	ADELINE JOHN UMBUL	SAMAS	28:30.4
100M HURDLES ( W35 – 39 )			
1	KATHERINE BT MAJUDI	SAMAS	21.8
2	AHADIJAH MAGDALINA	SAMAS	23.8
SHOT PUT ( W35 – 39 )			
1	NOORLEHA BT OMAR	KSDBKL	8.08
2	CHUA SWEE MEI	MALACCA MASTERS	7.73
3	NAZIRA BT AB RAHIM	MALACCA MASTERS	6.75
SHOT PUT ( W40 – 44 )			
1	SUPT LIONG SAU LAI	PDRM	9.09
2	ALINAWATI HJ ALIAKBAR	BRUNEI	7.85
3	GOH JULIAN	MALACCA MASTERS	7.10
4	NORAZIAH KASSIM	MALACCA MASTERS	5.77
5	AMUTHA ARUMUGAM	SELANGOR MASTERS	2.39
6			
7			
SHOT PUT ( W45 – 49 )			
1	LIANA LIEW SZE KIUK	SARAWAK MASTERS	7.98
2	CHAN NYET FUI	MALACCA MASTERS	7.65
3	KUGANESWARI PALANIAPPAN	SELANGOR	6.58
4	TANUJA SHARMA	INDIA	5.75
5	CHUA CHEONG LIAN	MALACCA MASTERS	5.65
6	MULYANI SUSANA	INDONESIA	5.62
7	TAMILSLVE PERIASAMAY	NS MASTERS	4.98
SHOT PUT ( W50 – 54 )			
1	ERINE SINUEL	SAMAS	7.87
2	JESSIE MANJIN	SAMAS	6.88
3	SITI DIAH BT JANI	BRUNEI	6.29
4	JAYANTHI THAMBY DURAI	KL MASTERS	5.84
5	ZURAI DAH RASHID	MALACCA MASTERS	5.33
6	POLINAH MARIANA KIAT	SAMAS	3.41
SHOT PUT ( W55 – 59 )			
1	LOO CHENG SIEW	PERAK MASTERS	8.50
2	DORATHEA ANTHONY AMURU	SAMAS	6.89
3	SITI ARPAH BT ABDULLAH	KSDBKL	6.52
4	LETCHUMIPRABAH R	SELANGOR	6.31
5	THERESLINE ASIRVATHAM	SELANGOR	5.68
SHOT PUT ( W60 – 64 )			
1	PIRIN BT BERANGIN	SAMAS	7.28
2	TAY YU ENG	SAMAS	6.92

3	NURAI SHAH BT ABDULLAH	SELANGOR MASTERS	6.79
4	PUSHFA RAMASAMY	KL MASTERS	6.39
5	HJH MARIAH HJ METUSSIN	BRUNEI	4.47
6	MAURA BT EWOT	SAMAS	4.07
<b>SHOT PUT ( W70 – 74 )</b>			
1	AISHAH N. ABU BAKAR	MALACCA MASTERS	4.76
2	PETCHAY KANDASAMY	SINGAPORE	4.41
3			
<b>SHOT PUT ( W75 – 79 )</b>			
1	JENNY HAN KIM HWA	LABUAN	5.27
<b>SHOT PUT ( W85 – 89 )</b>			
1	MARIETJE ELIZABETH ROREK	INDONESIA	3.72
<b>DISCUS ( W35 – 39 )</b>			
1	CHUA SWEE MEI	MALACCA MASTERS	24.81
2	NAZIRA BT AB RAHIM	MALACCA MASTERS	20.05
2	NOORLEHA BT OMAR	KSDBKL	19.40
<b>DISCUS ( W40 – 44 )</b>			
1	SUPT LIONG SAU LAI	PDRM	28.44
2	GOH JULIAN	MALACCA MASTERS	23.70
3	MARTA BASA BT LUKAS @ LOKMAN	LABUAN	17.84
<b>DISCUS ( W45 – 49 )</b>			
1	LIANA LIEW SZE KIU K	SARAWAK MASTERS	24.24
2	CHAN NYET FUI	MALACCA MASTERS	22.97
3	TANUJA SHARMA	INDIA	16.95
4	CHUA CHEONG LIAN	MALACCA MASTERS	16.46
5	MULYANI SUSANA	INDONESIA	15.44
6	TAMILS LVE PERIASAMY	NS MASTERS	12.55
7	RASHMI UIKEY	INDIA	9.65
<b>DISCUS ( W50 – 54 )</b>			
1	JESSIE MANJIN	SAMAS	14.58
2	SITI DIAH BT JANI	BRUNEI	13.90
3	ZURAI DAH BT RASHID	MALACCA MASTERS	13.64
<b>DISCUS ( W55 – 59 )</b>			
1	LOO CHENG SIEW	PERAK MASTERS	18.09
2	DORATHEA ANTHONY AMURU	SAMAS	16.96
3	LETCHUMIPRABAH R	SELANGOR	16.05
4	THERESLINE ASIRVATHAM	SELANGOR MASTERS	15.46
5	SITI ARPAH BT ABDULLAH	KSDBKL	14.80
6	MARIA GASAM	SAMAS	9.94
<b>DISCUS ( W60 – 64 )</b>			
1	TAY YU ENG	SAMAS	19.22
2	PIRIN BT BERANGIN	SAMAS	18.37
3	PUSHFA RAMASAMY	KL MASTERS	17.22
4	HJH MARIAH BT HJ METUSSIN	BRUNEI	12.25
5	VIBHA LASHKARI	INDIA	10.07
<b>DISCUS ( W70 – 74 )</b>			
1	AISHAH N. ABU BAKAR	MALACCA MASTERS	8.12
2	SUJITRA PORNMANUCHATIP	LABUAN	7.25

<b>DISCUS ( W75 – 79 )</b>			
1	JENNY HAN KIM HWA	LABUAN	10.50
<b>DISCUS ( W85 – 89 )</b>			
1	MARIETJE ELIZABETH ROREK	INDONESIA	8.54
<b>JAVELIN ( W35 – 39 )</b>			
1	CHUA SWEE MEI	MALACCA MASTERS	28.73
2	EMILY CLARICE JOANNES	KSDBKL	21.66
3	ADLIN BT ADANGKU	SAMAS	20.03
<b>JAVELIN ( W40 – 44 )</b>			
1	SUPT LIONG SAU LAI	PDRM	30.92
2	ALINAWATI BT HJ ALIAKBAR	BRUNEI	30.50
3	MASLIZAR BT SAHARI	PAHANG MASTERS	25.67
<b>JAVELIN ( W45 – 49 )</b>			
1	CHAN NYET PUI	MALACCA MASTERS	24.84
2	MULYANI SUSANA	INDONESIA	11.12
<b>JAVELIN ( W50 – 54 )</b>			
1	DR. WONG NGAN LING	SELANGOR MASTERS	19.63
2	SITI DIAH BT JANI	BRUNEI	16.63
3	HUSNAH BT ABDULLAH	BRUNEI	15.81
4	POLINAH MARIANA KIAT	SAMAS	08.00
<b>JAVELIN ( W55 – 59 )</b>			
1	LOO CHENG SIEW	PERAK MASTERS	27.47
2	MORDIANA BT ABDULLAH	SAMAS	15:57
3	LETCHUMIPRABAH R.	SELANGOR	09.98
<b>JAVELIN ( W60 – 64 )</b>			
1	TAY YU ENG	SAMAS	23.49
2	PUSHFA RAMASAMY	KL MASTERS	17.11
3	PIRIN BT BERANGIN	SAMAS	16.09
4	NURAI SHAH BT ABDULLAH	SELANGOR MASTERS	14.45
5	HJH AMINAH HJ AWANG DAMIT	BRUNEI	10.29
6	HJH MARIAH HJ METUSSIN	BRUNEI	7.89
<b>JAVELIN ( W65 – 69 )</b>			
1	E.N.L. JAYANTHI	SRI LANKA	10.73
<b>JAVELIN ( W70 – 74 )</b>			
1	AISHAH BT N. ABU BAKAR	MALACCA MASTERS	9.12
2	SUJITRA PORMANUCHATIP	LABUAN	6.38
<b>JAVELIN ( W75 – 79 )</b>			
1	JENNY HAN KIM HWA	LABUAN	9.25
<b>JAVELIN ( W85 – 89 )</b>			
1	MARIETJE ELIZABETH ROREK	INDONESIA	7.27
<b>LONG JUMP ( W35 – 39 )</b>			
1	KPL ROSJULIANEE MOHD YUSOFF	PDRM	3.92
2	JESSY LIEW	SAMAS	3.65
3	ADLIN ADANGKU	SAMAS	3.24

LONG JUMP ( W40 – 44 )			
1	MARTA BASA BT LUKAS @ LOKMAN	LABUAN	3.91
2	ALINAWATI BT HJ ALIAKBAR	BRUNEI	3.82
3	STELLA BT JOHNNY	SAMAS	3.49
4	M.M.S. RANATHUNGA	SRI LANKA	3.12
LONG JUMP ( W45 – 49 )			
1	BERNICE LAU KAM MU	SAMAS	4.36
2	RITA THONG @ NUR RITA	PERAK MASTERS	4.13
3	LIANA LIEW SZE KIUK	SARAWAK MASTERS	3.92
4	MARGARET PETRUS	SAMAS	3.38
LONG JUMP ( W50 – 54 )			
1	DR. WONG NGAN LING	SELANGOR MASTERS	3.34
LONG JUMP ( W55 – 59 )			
1	JULIANA GUMPIL	SAMAS	4.43
2	MORDIANA BT ABDULLAH	SAMAS	3.00
3	MITHLESH GUPTA	INDIA	2.11
LONG JUMP ( W60 – 64 )			
1	LUCY YONG	SAMAS	3.58
2	TAY YU ENG	SAMAS	2.66
3	SAMSIAH MOHD YASSIN	SAMAS	2.52
4	VIBHA LASHKARI	INDIA	2.02
5	HJ AMINAH BT HJ AWG DAMIT	BRUNEI	1.72
LONG JUMP ( W65 – 69 )			
1	CHRISTINA LABANJING	SAMAS	2.29
LONG JUMP ( W70 – 74 )			
1	MARAGARETHA ARITONANG	INDONESIA	2.18
HIGH JUMP ( W35 – 39 )			
1	JESSY LIEW	SAMAS	1.21
HIGH JUMP ( W40 – 44 )			
1	SUPT LIONG SAU LAI	PDRM	1.23
2	STELL BT JOHNNY	SAMAS	1.11
3	M.M.S. RANATHUNGA	SRI LANKA	1.07
HIGH JUMP ( W50 – 54 )			
1	ISIDORE AMIN	SAMAS	1.11
HIGH JUMP ( W55 – 59 )			
1	JULIANA GUMPIL	SAMAS	1.15
HIGH JUMP ( W65 – 69 )			
1	CHRISTINA LABANJING	SAMAS	0.88
TRIPLE JUMP ( W35 – 39 )			
1	WAN NORAINI WAN ABDULLAH	PAHANG MASTERS	9.32
2	JESSY LIEW	SAMAS	8.68
TRIPLE JUMP ( W40 – 44 )			
1	STELLA BINTI JOHNNY	SAMAS	7.35
TRIPLE JUMP ( W45 – 49 )			
1	RITA THONG @ NUR RITA	PERAK MASTERS	9.52

<b>TRIPLE JUMP ( W55 – 59 )</b>			
1	JULIANA GUMPIL	SAMAS	8.11
<b>TRIPLE JUMP ( W60 – 64 )</b>			
1	LUCY YONG	SAMAS	6.38
<b>TRIPLE JUMP ( W65 – 69 )</b>			
1	CHRISTINA LABANJING	SAMAS	5.33
<b>TRIPLE JUMP ( W70 – 74 )</b>			
1	MARGARETHA ARITONANG	INDONESIA	5.50
<b>4 X 100M OPEN (WOMEN)</b>			
1	SABAH		58.9
2	SELANGOR		62.3
3	PERAK		62.8
4	KSDBKL		64.7
5	LHDNM		68.7
6	IPGK ILMU KHAS		84.7
7	INDIA 2		94.5
8	INDIA 1		101.5
<b>4 X 400M OPEN (WOMEN)</b>			
1	SABAH		5:21.4
2	PERAK		6:18.3

**33<sup>RD</sup> MALAYSIAN INTERNATIONAL OPEN MASTERS ATHLETICS  
CHAMPIONSHIPS  
22 – 23 JUNE 2019  
STADIUM UNIVERSITI MALAYA  
KUALA LUMPUR, MALAYSIA**

**MEDAL TALLY**

<b>NO.</b>	<b>TEAM</b>	<b>GOLD</b>	<b>SILVER</b>	<b>BRONZE</b>
1	SABAH	88	47	26
2	PDRM	22	8	8
3	PERAK	21	28	23
4	INDONESIA	12	3	3
5	SELANGOR	11	21	19
6	SINGAPORE	10	11	7
7	KUALA LUMPUR	9	7	6
8	BRUNEI DARUSSALAM	8	19	5
9	MALACCA	7	8	4
10	LABUAN	7	4	4
11	HONG KONG	6	1	2
12	NEGERI SEMBILAN	4	10	2
13	INDIA	4	8	11
14	SARAWAK	4	1	1
15	KSDBKL	3	7	10
16	JOHOR	3	2	-
17	MEXICO	3	-	-
18	SRI LANKA	2	1	2
19	LHDNM	1	1	2
20	UZBEKISTAN	1	1	1
21	PERLIS	1	1	1
22	JAPAN	1	1	-
23	JETS	1	1	-
24	PENANG	1	-	1
25	IRELAND	1	-	-
26	SOUTH KOREA	-	1	2
27	TERENGGANU	-	1	-
28	PAHANG	-	-	2
29	IPGK ILMU KHAS	-	-	1
30	PUTRAJAYA	-	-	1

**S. SIVAPRAGASAM, A.M.W.**

**PRESIDENT**

MALAYSIAN MASTERS ATHLETIC ASSOCIATION (MMAA)

ORGANISING CHAIRMAN

33<sup>rd</sup> MALAYSIAN INTERNATIONAL OPEN MASTERS

ATHLETICS CHAMPIONSHIPS 2019

3<sup>rd</sup> July 2019