

Women

	W35					W40						
	Name	姓名	Team	Results	Year	Location	Name	姓名	Team	Results	Year	Location
60m												
100m												
200m												
400m												
800m												
1500m	Sheila Purves		HKV	0:04:57.27	1995	Buffalo, USA	Sheila Purves		HKV	0:02:32.80	1999	Gateshead, Britain
3000m							Sheila Purves		HKV	0:04:59.08	1997	Durban, South Africa
5000m	Sheila Purves		HKV	0:19:29.28	1995	Buffalo, USA						
10000m	Connie Yip Lai Fong		HKV	0:48:08.96	1995	Buffalo, USA	Gillian Castka		HKV	0:19:21.73	2001	Brisbane, Australia
10km	Wong Sau Lin		HKV	0:45:51.95	2004	Bangkok, Thailand	Rowen Ma		HKV	0:46:06.91	2007	Riccione, Italy
3000mW							Yeung Mei Lun	楊美倫	HKV	0:43:59.00	2002	Dalian, China
5kmW												
5000mW	Billie Kwok Chik Ha	郭夕霞	HKV	0:29:57.77	2012	Taipei, Taiwan						
10000mW												
10kmW	Billie Kwok Chik Ha	郭夕霞	HKV	0:59:57.70	2014	Budapest, Hungary						
20kmW												
HM	Billie Kwok Chik Ha	郭夕霞	HKV	1:50:04.20	2014	Budapest, Hungary	Yeung Mei Lun	楊美倫	HKV	1:37:29.00	2002	Dalian, China
FM	Yeung Mei Lun	楊美倫	HKV	3:41:54.00	1999	Gateshead Britain	Angelita Hui Wai Yin		HKV	3:33:27.00	1999	Gateshead, Britain
80mH												
100mH												
300mH												
400mH												
2000mSC												
3000mSC												
4x100m												
4x400m												
HJ												
PV												
LJ												
TJ												
SP							Chan Ling Kuen	陳玲娟	SCAA	7.54	2013	Hong Kong
DT												
HT												
JT							Alice Tai Miu Kuen	戴妙娟	HKV	18.82	2012	Taipei, Taiwan

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Women

	W45						W50					
	Name	姓名	Team	Results	Year	Location	Name	姓名	Team	Results	Year	Location
60m	Alice Lok Suet Yee	駱雪儀	SCAA	0:00:10.62	2011	Hong Kong	Cecilia Tse Wah Sau	謝華秀	HKV	0:00:09.00	2012	Hong Kong
100m	Alice Lok Suet Yee	駱雪儀	HKV	0:00:16.45	2012	Taipei, Taiwan	Cecilia Tse Wah Sau	謝華秀	HKV	0:00:14.07	2013	Kyoto, Japan
200m							Cecilia Tse Wah Sau	謝華秀	HKV	0:00:31.20	2013	Changhua, Taiwan
400m							Alice Lok Suet Yee	駱雪儀	HKV	0:01:25.29	2013	Changhua, Taiwan
800m	Wong Po Lin	黃寶蓮	TSC	0:03:13.82	2013	Hong Kong	Fung Suet Mei	馮雪薇	SHTB	0:03:09.01	2011	Hong Kong
1500m	Yuko Gordon		HKV	0:05:10.51	1997	Durban, South Africa	Alice Lok Suet Yee	駱雪儀	HKV	0:07:30.54	2013	Tainan, Taiwan
3000m	Cheung Mei Yi	張美儀	HKV	0:17:06.02	2013	Singapore	Sheila Purves		HKV	0:14:33.22	2008	Clemont-Ferrand, France
5000m	Yuko Gordon		HKV	0:18:23.96	1997	Durban, South Africa	Sheila Purves		HKV	0:21:37.13	2005	San Sebastian/Donostia, Spain
10000m												
10km							Rebecca Lau Fung Ling	劉鳳鈴	HKV	0:47:33.00	2002	Dalian, China
3000mW	Wong Yat Wan	王日雲	HKV	0:21:56.87	2013	Kyoto, Japan	Irene Tai Sau King	戴秀琼	HKV	0:19:05.44	2012	Jyvaskyla, Finland
5kmW							Monita Leung Siu Mee	梁少美	HKV	0:32:26.00	2012	Hatyai, Songkla, Thailand
5000mW	Heidi Ip Cheung Sau	葉長秀	HKV	0:34:41.30	2012	Taipei, Taiwan	Catherine Kwan Siu Yin	關小燕	HKV	0:31:26.37	2012	Taipei, Taiwan
10000mW							Rebecca Lau Fung Ling	劉鳳鈴	HKV	1:15:14.00	1999	Gateshead, Britain
10kmW	Wong Yat Wan	王日雲	HKV	1:14:24.00	2012	Jyvaskyla, Finland	Irene Tai Sau King	戴秀琼	HKV	1:07:20.00	2012	Jyvaskyla, Finland
20kmW												
HM	Fung Yuk Ling		HKV	1:42:54.00	2002	Dalian, China	Rebecca Lau Fung Ling	劉鳳鈴	HKV	1:41:22.00	2002	Dalian, China
FM	Yuko Gordon		HKV	3:02:10.00	1997	Durban, South Africa	Caryl Hartwright		HKV	3:46:15.00	1999	Gateshead, Britain
80mH												
100mH												
300mH												
400mH												
2000mSC												
3000mSC												
4x100m	Hong Kong		HKV	0:01:04.28	2012	Taipei, Taiwan	Hong Kong		HKV	0:01:03.90	2013	Tainan, Taiwan
4x400m												
HJ							Lai Yin Mei	黎賢美	HKV	1.25	2013	Changhua, Taiwan
PV												
LJ	Lo Lai Pik	勞麗碧	TCAA	3.07	2011	Hong Kong	Cecilia Tse Wah Sau	謝華秀	HKV	4.00	2013	Singapore
TJ												
SP	Li Chun Nei	李春妮	WAC	9.53	2011	Hong Kong	Niky Mak Lai Fun	麥麗芬	SCAA	8.50	2011	Hong Kong
DT												
HT												
JT	Alice Tai Miu Kuen	戴妙娟	HKV	19.36	2014	Singapore						

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Women

	W55						W60					
	Name	姓名	Team	Results	Year	Location	Name	姓名	Team	Results	Year	Location
60m	Therry Wong Mei Ying	黃美櫻	HKV	0:00:10.02	2013	Hong Kong	Cindy Tsui Kin Mei	徐健徽	RRAC	0:00:11.16	2013	Hong Kong
100m	Therry Wong Mei Ying	黃美櫻	HKV	0:00:16.17	2013	Changhua, Taiwan						
200m	Therry Wong Mei Ying	黃美櫻	HKV	0:00:37.20	2014	Changhua, Taiwan						
400m	Grace Wong		HKLRRRC	0:01:25.32	2012	Hong Kong	Cindy Tsui Kin Mei	徐健徽	RRAC	0:01:27.34	2012	Hong Kong
800m	Gillian Castka		HKLRRRC	0:02:54.83	2012	Hong Kong	Cindy Tsui Kin Mei	徐健徽	RRAC	0:03:18.59	2013	Hong Kong
1500m	Sheila Purves		HKV	0:06:44.71	2014	Sabah, Malaysia	Rebecca Lau Fung Ling	劉鳳鈴	HKV	0:06:56.63	2012	Taipei, Taiwan
3000m	Sheila Purves		HKV	0:14:21.10	2014	Changhua, Taiwan						
5000m	Rebecca Lau Fung Ling	劉鳳鈴	HKV	0:27:07.95	2007	Riccione, Italy	Rebecca Lau Fung Ling	劉鳳鈴	HKV	0:25:09.67	2009	Lahti, Finland
10000m												
10km												
3000mW	Cheng Ip Ming	鄭葉明	HKV	0:18:40.46	2013	Kyoto, Japan						
5kmW	Catherine Kwan Siu Yin	關小燕	HKV	0:31:31.00	2012	Hatyai, Songkla, Thailand	Rebecca Lau Fung Ling	劉鳳鈴	HKV	0:31:17.00	2012	Hatyai, Songkla, Thailand
5000mW	Maggie Brooke		HKV	0:30:49.02	1999	Gateshead, Britain	Maggie Brooke		HKV	0:31:52.71	2005	San Sebastian/Donostia, Spain
10000mW	Maggie Brooke		HKV	1:05:49.00	1999	Gateshead, Britain						
10kmW	Cheng Ip Ming	鄭葉明	HKV	1:03:38.00	2012	Jyvaskyla, Finland	Rebecca Lau Fung Ling	劉鳳鈴	HKV	1:13:04.00	2009	Lahti, Finland
20kmW												
HM												
FM	Rebecca Lau Fung Ling	劉鳳鈴	HKV	4:42:02.00	2005	San Sebastian/Donostia, Spain						
80mH	Lai Yin Mei	黎賢美	HKV	0:00:19.79	2014	Changhua, Taiwan						
100mH												
300mH												
400mH												
2000mSC												
3000mSC												
4x100m												
4x400m												
HJ	Lai Yin Mei	黎賢美	HKV	1.20	2014	Changhua, Taiwan						
PV												
LJ	Lai Yin Mei	黎賢美	HKV	3.42	2014	Changhua, Taiwan						
TJ												
SP	Therry Wong Mei Ying	黃美櫻	HKV	7.96	2014	Changhua, Taiwan	Decem Chow Oi Ha	周愛霞	SHTB	4.68	2013	Hong Kong
DT	Therry Wong Mei Ying	黃美櫻	HKV	15.99	2014	Changhua, Taiwan						
HT												
JT												

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Women

		W65				
	Name	姓名	Team	Results	Year	Location
60m						
100m						
200m						
400m						
800m						
1500m	Rebecca Lau Fung Ling	劉鳳鈴	HKV	0:07:11.07	2013	Khon Kaen, Thailand
3000m						
5000m	Rebecca Lau Fung Ling	劉鳳鈴	HKV	0:26:26.84	2014	Changhua, Taiwan
10000m	Rebecca Lau Fung Ling	劉鳳鈴	HKV	0:55:06.03	2014	Changhua, Taiwan
10km						
3000mW						
5kmW						
5000mW	Rebecca Lau Fung Ling	劉鳳鈴	HKV	0:35:34.59	2013	Khon Kaen, Thailand
10000mW						
10kmW						
20kmW						
HM						
FM						
80mH						
100mH						
300mH						
400mH						
2000mSC						
3000mSC						
4x100m						
4x400m						
HJ						
PV						
LJ						
TJ						
SP						
DT						
HT						
JT						

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